NDB No. 14101
Alcoholic Beverage, wine, table, red, Barbera

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	86.29		0	NC	4		25.37	126.85	
Energy....kcal	85		0	NC	4		25	125	
Energy....kJ	355		0	NC	4		104	521	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.23	0.015	8	A	1		0.07	0.34	
Carbohydrate, by difference....g	2.79		0	NC	4		0.82	4.10	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.6	0.182	8	A	1		3.1	15.6	
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:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14152
Alcoholic Beverage, wine, table, red, Burgundy

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	85.62		0	NC	4		25.26	126.71	
Energy....kcal	86		0	NC	4		25	127	
Energy....kJ	360		0	NC	4		106	532	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.34	0.018	14	A	1		0.10	0.50	
Carbohydrate, by difference....g	3.69		0	NC	4		1.09	5.46	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.3	0.350	14	A	1		3.0	15.2	
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:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14098
Alcoholic Beverage, wine, table, red, Cabernet Franc

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	86.59		0	NC	4		25.11	127.29	
Energy....kcal	83		0	NC	4		24	123	
Energy....kJ	349		0	NC	4		101	513	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.27	0.010	30	A	1		0.08	0.39	
Carbohydrate, by difference....g	2.45		0	NC	4		0.71	3.61	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.6	0.095	30	A	1		3.1	15.6	
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:

Measure 1 = 29g: 1 fluid ounce

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14097
Alcoholic Beverage, wine, table, red, Cabernet Sauvignon

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	86.56		0	NC	4		25.10	127.24	
Energy....kcal	83		0	NC	4		24	122	
Energy....kJ	347		0	NC	4		101	511	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.29	0.003	377	A	1		0.08	0.43	
Carbohydrate, by difference....g	2.60		0	NC	4		0.76	3.83	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.5	0.028	376	A	1		3.0	15.4	
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:

Measure 1 = 29g: 1 fluid ounce

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14109
Alcoholic Beverage, wine, table, red, Carignane

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	87.88		0	NC	4		25.84	129.18	
Energy....kcal	74		0	NC	4		22	109	
Energy....kJ	311		0	NC	4		91	457	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.31		1	A	1		0.09	0.46	
Carbohydrate, by difference....g	2.40		0	NC	4		0.71	3.53	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	9.3		1	A	1		2.7	13.7	
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:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14105
Alcoholic Beverage, wine, table, red, Claret

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	86.38		0	NC	4		25.40	126.98	
Energy....kcal	83		0	NC	4		24	122	
Energy....kJ	348		0	NC	4		102	511	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.29	0.018	11	A	1		0.09	0.43	
Carbohydrate, by difference....g	3.01		0	NC	4		0.88	4.42	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.2	0.236	11	A	1		3.0	15.1	
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:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14158
Alcoholic Beverage, wine, table, red, Gamay

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	87.49		0	NC	4		25.72	128.61	
Energy....kcal	78		0	NC	4		23	114	
Energy....kJ	326		0	NC	4		96	478	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.21	0.015	15	A	1		0.06	0.31	
Carbohydrate, by difference....g	2.38		0	NC	4		0.70	3.50	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	9.8	0.229	15	A	1		2.9	14.5	
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:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14107
Alcoholic Beverage, wine, table, red, Lemberger

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	87.02		0	NC	4		25.59	127.93	
Energy....kcal	80		0	NC	4		24	118	
Energy....kJ	337		0	NC	4		99	495	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.25	0.013	11	A	1		0.07	0.37	
Carbohydrate, by difference....g	2.46		0	NC	4		0.72	3.62	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.2	0.222	11	A	1		3.0	15.0	
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:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14602
Alcoholic Beverage, wine, table, red, Merlot

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	86.59		0	NC	4		25.46	127.29	
Energy	kcal	83		0	NC	4		24	122	
Energy	kJ	348		0	NC	4		102	512	
Protein (N x 6.25)	g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)	g	0.00		1	A	1		0.00	0.00	
Ash	g	0.27	0.003	142	A	1		0.08	0.40	
Carbohydrate, by difference	g	2.51		0	NC	4		0.74	3.69	
Fiber, total dietary	g	0.0		1	A	1		0.0	0.0	
Sugars, total	g	0.62		1	A	1		0.18	0.92	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	A	1		2	11	
Iron, Fe	mg	0.46		1	A	1		0.14	0.68	
Magnesium, Mg	mg	12		1	A	1		3	17	
Phosphorus, P	mg	23		1	A	1		7	34	
Potassium, K	mg	127		1	A	1		37	187	
Sodium, Na	mg	4		1	A	1		1	6	
Zinc, Zn	mg	0.14		1	A	1		0.04	0.20	
Copper, Cu	mg	0.011		1	A	1		0.003	0.016	
Manganese, Mn	mg	0.132		1	A	1		0.039	0.194	
Selenium, Se	mcg	0.2		1	A	1		0.1	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.005		1	A	1		0.002	0.008	
Riboflavin	mg	0.031		1	A	1		0.009	0.046	
Niacin	mg	0.224		1	A	1		0.066	0.329	
Pantothenic acid	mg	0.030		1	A	1		0.009	0.044	
Vitamin B-6	mg	0.057		1	A	1		0.017	0.084	
Folate, total	mcg	1		1	A	1		0	1	
Folic acid	mcg									
Folate, food	mcg	1		1	A	1		0	1	
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1	A	1		0.00	0.00	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
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									
Others:										
Alcohol, ethyl	g	10.6	0.038	142	A	1		3.1	15.5	
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.

NDB No. 14602
Alcoholic Beverage, wine, table, red, Merlot

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14159
Alcoholic Beverage, wine, table, red, Mouvedre

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	85.81		0	NC	4		25.23	126.14	
Energy....kcal	88		0	NC	4		26	130	
Energy....kJ	369		0	NC	4		108	542	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.29	0.026	8	A	1		0.08	0.42	
Carbohydrate, by difference....g	2.64		0	NC	4		0.78	3.89	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	11.2	0.260	8	A	1		3.3	16.5	
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:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14103
Alcoholic Beverage, wine, table, red, Petite Sirah

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	86.22		0	NC	4		25.44	126.75	
Energy....kcal	85		0	NC	4		25	125	
Energy....kJ	356		0	NC	4		105	523	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.31	0.013	25	A	1		0.09	0.46	
Carbohydrate, by difference....g	2.68		0	NC	4		0.79	3.94	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.7	0.130	24	A	1		3.2	15.8	
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:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14099
Alcoholic Beverage, wine, table, red, Pinot Noir

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	86.94		0	NC	4		25.56	127.79	
Energy....kcal	82		0	NC	4		24	120	
Energy....kJ	341		0	NC	4		100	502	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.25	0.003	287	A	1		0.07	0.37	
Carbohydrate, by difference....g	2.31		0	NC	4		0.68	3.39	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.4	0.039	287	A	1		3.1	15.3	
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:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14108
Alcoholic Beverage, wine, table, red, Sangiovese

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	86.17		0	NC	4		25.33	126.66	
Energy....kcal	86		0	NC	4		25	126	
Energy....kJ	359		0	NC	4		106	528	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.26	0.009	14	A	1		0.08	0.39	
Carbohydrate, by difference....g	2.62		0	NC	4		0.77	3.85	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.9	0.113	14	A	1		3.2	16.0	
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:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14100
Alcoholic Beverage, wine, table, red, Syrah

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	86.53		0	NC	4		25.44	127.20	
Energy....kcal	83		0	NC	4		24	122	
Energy....kJ	348		0	NC	4		102	511	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.32	0.014	30	A	1		0.09	0.47	
Carbohydrate, by difference....g	2.58		0	NC	4		0.76	3.79	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.5	0.146	30	A	1		3.1	15.4	
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:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14102
Alcoholic Beverage, wine, table, red, Zinfandel

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	85.71		0	NC	4		25.20	126.00	
Energy....kcal	88		0	NC	4		26	130	
Energy....kJ	369		0	NC	4		109	543	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.27	0.004	164	A	1		0.08	0.40	
Carbohydrate, by difference....g	2.86		0	NC	4		0.84	4.21	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	11.1	0.062	162	A	1		3.3	16.3	
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:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14006
Alcoholic beverage, beer, 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	94.88		0	O	4		27.99	335.88	
Energy....kcal	29		0	NC	4		9	104	
Energy....kJ	123		0	NC	4		36	436	
Protein (N x 6.25)....g	0.24	0.005	167	A	1		0.07	0.86	
Total lipid (fat)....g	0.00	0.000	4	A	1		0.00	0.00	
Ash....g	0.09	0.002	167	A	1		0.03	0.33	
Carbohydrate, by difference....g	1.64		0	NC	4		0.49	5.82	
Fiber, total dietary....g	0.0		1	A	1		0.0	0.0	
Sugars, total....g	0.09	0.017	4	A	1		0.03	0.33	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	0.09	0.017	4	A	1		0.03	0.33	
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00	0.000	4	A	1		0.00	0.00	
Starch....g	0.00	0.000	4	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	4	0.231	4	A	1		1	13	
Iron, Fe....mg	0.03	0.006	4	A	1		0.01	0.09	
Magnesium, Mg....mg	5	0.362	4	A	1		1	17	
Phosphorus, P....mg	12	1.519	4	A	1		3	41	
Potassium, K....mg	21	1.577	4	A	1		6	75	
Sodium, Na....mg	4	1.140	4	A	1		1	15	
Zinc, Zn....mg	0.01	0.001	4	A	1		0.00	0.03	
Copper, Cu....mg	0.006	0.001	4	A	1		0.002	0.021	
Manganese, Mn....mg	0.006	0.001	4	A	1		0.002	0.022	
Selenium, Se....mcg	0.4	0.087	4	A	1		0.1	1.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.005	0.000	4	A	1		0.002	0.018	
Riboflavin....mg	0.015	0.000	4	A	1		0.004	0.053	
Niacin....mg	0.391	0.023	4	A	1		0.115	1.383	
Pantothenic acid....mg	0.030	0.000	4	A	1		0.009	0.105	
Vitamin B-6....mg	0.034	0.002	4	A	1		0.010	0.121	
Folate, total....mcg	6	1.153	4	A	1		2	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6	1.153	4	A	1		2	23	
Folate, DFE....mcg_DFE	6		0	NC	4		2	23	
Choline, total....mg	8.8		0	AS	1		2.6	31.1	
Betaine....mg									
Vitamin B-12....mcg	0.02		0	BFZN	4		0.01	0.07	
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		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. 14006
Alcoholic beverage, beer, 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
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		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		1		0.000	0.000	
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	0.000		0	A	1		0.000	0.000	
Threonine....g	0.000		0	A	1		0.000	0.000	
Isoleucine....g	0.000		0	A	1		0.000	0.000	
Leucine....g	0.000		0	A	1		0.000	0.000	
Lysine....g	0.000		0	A	1		0.000	0.000	
Methionine....g	0.000		0	A	1		0.000	0.000	
Cystine....g	0.000		0	A	1		0.000	0.000	
Phenylalanine....g	0.000		0	A	1		0.000	0.000	
Tyrosine....g	0.000		0	A	1		0.000	0.000	
Valine....g	0.000		0	A	1		0.000	0.000	
Arginine....g	0.000		0	A	1		0.000	0.000	
Histidine....g	0.000		0	A	1		0.000	0.000	
Alanine....g	0.010		0	A	1		0.003	0.035	
Aspartic acid....g	0.013		0	A	1		0.004	0.046	
Glutamic acid....g	0.039		0	A	1		0.012	0.138	
Glycine....g	0.011		0	A	1		0.003	0.039	
Proline....g	0.029		0	A	1		0.009	0.102	
Serine....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline....g									
Others:									

NDB No. 14006
Alcoholic beverage, beer, 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
Alcohol, ethyl....g	3.1	0.027	167	A	1		0.9	11.1	
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 = 29.5g: 1 fl oz

Measure 2 = 354g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 14 Beverages

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

NDB No. 14007

Alcoholic beverage, beer, light, BUD LIGHT

Anheuser-Busch, Inc.

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	95.00		1	MC	9		28.03	336.30	
Energy....kcal	31		1	MC	9		9	110	
Energy....kJ	130		0	MC	9		38	461	
Protein (N x 6.25)....g	0.25		1	MC	9		0.07	0.90	
Total lipid (fat)....g	0.00		1	MC	9		0.00	0.00	
Ash....g	0.11		1	MC	9		0.03	0.39	
Carbohydrate, by difference....g	1.86		1	MC	9		0.55	6.60	
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	
Sugars, total....g									
Sucrose....g									
Glucose (dextrose)....g	0.00		1	MC	9		0.00	0.00	
Fructose....g	0.00		1	MC	9		0.00	0.00	
Lactose....g									
Maltose....g	0.00		1	MC	9		0.00	0.00	
Galactose....g									
Starch....g	0.00		1	MC	9		0.00	0.00	
Minerals:									
Calcium, Ca....mg	3		1	MC	9		1	12	
Iron, Fe....mg	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg....mg	7		1	MC	9		2	24	
Phosphorus, P....mg	11		1	MC	9		3	40	
Potassium, K....mg	26		1	MC	9		8	91	
Sodium, Na....mg	3		1	MC	9		1	9	
Zinc, Zn....mg	0.00		1	MC	9		0.00	0.00	
Copper, Cu....mg	0.002		1	MC	9		0.001	0.007	
Manganese, Mn....mg	0.006		1	MC	9		0.002	0.021	
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	3.3		1	MC	9		1.0	11.8	
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:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 354g: 12 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14005

Alcoholic beverage, beer, light, BUDWEISER SELECT

Anheuser-Busch, Inc.

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	95.30		1	MC	9		28.59	338.32	
Energy....kcal	28		1	MC	9		8	99	
Energy....kJ	117		0	MC	9		35	414	
Protein....g	0.20		1	MC	9		0.06	0.70	
Total lipid (fat)....g	0.00		1	MC	9		0.00	0.00	
Ash....g	0.08		1	MC	9		0.02	0.29	
Carbohydrate, by difference....g	0.87		1	MC	9		0.26	3.10	
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	
Sugars, total....g									
Sucrose....g									
Glucose (dextrose)....g	0.00		1	MC	9		0.00	0.00	
Fructose....g	0.00		1	MC	9		0.00	0.00	
Lactose....g									
Maltose....g	0.00		1	MC	9		0.00	0.00	
Galactose....g									
Starch....g	0.00		1	MC	9		0.00	0.00	
Minerals:									
Calcium, Ca....mg	4		1	MC	9		1	14	
Iron, Fe....mg	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg....mg	6		1	MC	9		2	20	
Phosphorus, P....mg									
Potassium, K....mg	26		1	MC	9		8	93	
Sodium, Na....mg	3		1	MC	9		1	9	
Zinc, Zn....mg	0.01		1	MC	9		0.00	0.04	
Copper, Cu....mg	0.001		1	MC	9		0.000	0.004	
Manganese, Mn....mg	0.007		1	MC	9		0.002	0.025	
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	3.4		1	MC	9		1.0	11.9	
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:

Measure 1 = 30g: 1 fluid ounce

Measure 2 = 355g: 12 fluid ounce

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

Food Group: 14 Beverages

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

NDB No. 14013

Alcoholic beverage, beer, light, MICHELOB ULTRA

Anheuser-Busch, Inc.

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	95.40		1	MC	9		28.14	337.72	
Energy....kcal	27		1	MC	9		8	95	
Energy....kJ	112		0	MC	9		33	397	
Protein....g	0.17		1	MC	9		0.05	0.60	
Total lipid (fat)....g	0.00		1	MC	9		0.00	0.00	
Ash....g	0.06		1	MC	9		0.02	0.21	
Carbohydrate, by difference....g	0.73		1	MC	9		0.22	2.60	
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	
Sugars, total....g									
Sucrose....g									
Glucose (dextrose)....g	0.00		1	MC	9		0.00	0.00	
Fructose....g	0.00		1	MC	9		0.00	0.00	
Lactose....g									
Maltose....g	0.00		1	MC	9		0.00	0.00	
Galactose....g									
Starch....g	0.00		1	MC	9		0.00	0.00	
Minerals:									
Calcium, Ca....mg	4		1	MC	9		1	13	
Iron, Fe....mg	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg....mg	4		1	MC	9		1	15	
Phosphorus, P....mg	8		1	MC	9		2	28	
Potassium, K....mg	17		1	MC	9		5	60	
Sodium, Na....mg	3		1	MC	9		1	9	
Zinc, Zn....mg	0.01		1	MC	9		0.00	0.02	
Copper, Cu....mg	0.002		1	MC	9		0.001	0.007	
Manganese, Mn....mg	0.005		1	MC	9		0.001	0.018	
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	3.3		1	MC	9		1.0	11.8	
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:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 354g: 12 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14004

Alcoholic beverage, beer, regular, BUDWEISER

Anheuser-Busch, Inc.

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	92.77		1	MC	9		27.65	331.20	
Energy....kcal	41		1	MC	9		12	145	
Energy....kJ	170		0	MC	9		51	607	
Protein (N x 6.25)....g	0.36		1	MC	9		0.11	1.30	
Total lipid (fat)....g	0.00		1	MC	9		0.00	0.00	
Ash....g	0.11		1	MC	9		0.03	0.39	
Carbohydrate, by difference....g	2.97		1	MC	9		0.88	10.60	
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	
Sugars, total....g									
Sucrose....g									
Glucose (dextrose)....g	0.00		1	MC	9		0.00	0.00	
Fructose....g	0.00		1	MC	9		0.00	0.00	
Lactose....g									
Maltose....g	0.00		1	MC	9		0.00	0.00	
Galactose....g									
Starch....g	0.00		1	MC	9		0.00	0.00	
Minerals:									
Calcium, Ca....mg	4		1	MC	9		1	14	
Iron, Fe....mg	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg....mg	7		1	MC	9		2	25	
Phosphorus, P....mg	13		1	MC	9		4	46	
Potassium, K....mg	33		1	MC	9		10	118	
Sodium, Na....mg	3		1	MC	9		1	9	
Zinc, Zn....mg	0.00		1	MC	9		0.00	0.00	
Copper, Cu....mg	0.003		1	MC	9		0.001	0.011	
Manganese, Mn....mg	0.009		1	MC	9		0.003	0.032	
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	3.9		1	MC	9		1.2	14.0	
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:

Measure 1 = 29.8g: 1 fl oz

Measure 2 = 357g: 12 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14003
Alcoholic beverage, beer, regular, all (1)

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	91.96		0	NC	4		327.36	27.31	
Energy	kcal	43		0	NC	4		154	13	
Energy	kJ	181		0	NC	4		644	54	
Protein (N x 6.25)	g	0.46	0.007	588	A	1		1.64	0.14	
Total lipid (fat)	g	0.00	0.000	3	A	1		0.00	0.00	
Ash	g	0.16	0.002	588	A	1		0.58	0.05	
Carbohydrate, by difference	g	3.55		0	NC	4		12.64	1.05	
Fiber, total dietary	g	0.0		1	A	1		0.0	0.0	
Sugars, total	g	0.00	0.000	3	A	1		0.00	0.00	
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	0.00	0.000	3	A	1		0.00	0.00	
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	4	0.639	3	A	1		15	1	
Iron, Fe	mg	0.02	0.004	3	A	1		0.08	0.01	
Magnesium, Mg	mg	6	0.264	3	A	1		21	2	
Phosphorus, P	mg	14	2.099	3	A	1		49	4	
Potassium, K	mg	27	2.282	3	A	1		97	8	
Sodium, Na	mg	4	0.546	3	A	1		16	1	
Zinc, Zn	mg	0.01	0.001	3	A	1		0.02	0.00	
Copper, Cu	mg	0.005	0.001	3	A	1		0.019	0.002	
Manganese, Mn	mg	0.008	0.001	3	A	1		0.030	0.002	
Selenium, Se	mcg	0.6	0.044	3	A	1		2.0	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.005	0.000	3	A	1		0.019	0.002	
Riboflavin	mg	0.025	0.001	3	A	1		0.089	0.007	
Niacin	mg	0.513	0.021	3	A	1		1.826	0.152	
Pantothenic acid	mg	0.041	0.011	3	A	1		0.146	0.012	
Vitamin B-6	mg	0.046	0.004	3	A	1		0.163	0.014	
Folate, total	mcg	6	0.706	3	A	1		21	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6	0.706	3	A	1		21	2	
Folate, DFE	mcg_DFE	6		0	NC	4		21	2	
Choline, total	mg	10.1		0	AS	1		36.0	3.0	
Betaine	mg									
Vitamin B-12	mcg	0.02	0.001	33		1		0.07	0.01	
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		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	0.000	5	A	1		0.00	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00	0.000	5	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.00	0.000	5	A	1		0.00	0.00	
Tocopherol, delta	mg	0.00	0.000	5	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. 14003
Alcoholic beverage, beer, regular, all (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		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		1		0.000	0.000	
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	0.000		0	A	1		0.000	0.000	
Threonine.....g	0.000		0	A	1		0.000	0.000	
Isoleucine.....g	0.000		0	A	1		0.000	0.000	
Leucine.....g	0.000		0	A	1		0.000	0.000	
Lysine.....g	0.000		0	A	1		0.000	0.000	
Methionine.....g	0.000		0	A	1		0.000	0.000	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.000		0	A	1		0.000	0.000	
Tyrosine.....g	0.000		0	A	1		0.000	0.000	
Valine.....g	0.000		0	A	1		0.000	0.000	
Arginine.....g	0.000		0	A	1		0.000	0.000	
Histidine.....g	0.000		0	A	1		0.000	0.000	
Alanine.....g	0.012		0	A	1		0.043	0.004	
Aspartic acid.....g	0.016		0	A	1		0.057	0.005	
Glutamic acid.....g	0.047		0	A	1		0.167	0.014	
Glycine.....g	0.013		0	A	1		0.046	0.004	
Proline.....g	0.035		0	A	1		0.125	0.010	
Serine.....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline.....g									
Others:									

NDB No. 14003
Alcoholic beverage, beer, regular, all (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	3.9	0.032	588	A	1		13.8	1.1	
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 = 356g: 1 can

Measure 2 = 29.7g: 1 fl oz

Footnotes:

1 Proximates include ales, lagers, porters, premium beers and stouts. Other nutrients based on lager samples.

Calories Factors: **Protein** 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 14 Beverages

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

NDB No. 14034
Alcoholic beverage, creme de menthe, 72 proof

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	28.30		1		1		9.51	14.15	
Energy....kcal	371		0	NC	4		125	186	
Energy....kJ	1552		0		4		522	776	
Protein (N x 6.25)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	0.30		1		1		0.10	0.15	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	41.60		0	NC	4		13.98	20.80	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	41.60		0	NR	4		13.98	20.80	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	
Iron, Fe....mg	0.07		1		1		0.02	0.04	
Magnesium, Mg....mg	0		1		1		0	0	
Phosphorus, P....mg	0		1		1		0	0	
Potassium, K....mg	0		1		1		0	0	
Sodium, Na....mg	5		1		1		2	3	
Zinc, Zn....mg	0.04		0		4		0.01	0.02	
Copper, Cu....mg	0.080		1		1		0.027	0.040	
Manganese, Mn....mg	0.040		1		1		0.013	0.020	
Selenium, Se....mcg	0.4		0	BFSN	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		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	0.003		1		1		0.001	0.002	
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	Z	7		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		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		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	0.014		0		1		0.005	0.007	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 14034
Alcoholic beverage, creme de menthe, 72 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.010		0		1		0.003	0.005	
17:0....g									
18:0....g	0.003		0		1		0.001	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.005	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	0.015		0		1		0.005	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	0.167		0		1		0.056	0.084	
18:2 undifferentiated....g	0.058		0		1		0.019	0.029	
18:3 undifferentiated....g	0.109		0		1		0.037	0.055	
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	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	29.8		1		1		10.0	14.9	
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. 14034

Alcoholic beverage, creme de menthe, 72 proof

Common Measures:

Measure 1 = 33.6g: 1 fl oz

Measure 2 = 50g: 1 jigger 1.5 fl oz

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14009
Alcoholic beverage, daiquiri, canned

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	74.60		1		1		22.75	154.42	
Energy....kcal	125		0		4		38	259	
Energy....kJ	523				4		160	1083	
Protein (N x 6.25)....g	0.00		0		4		0.00	0.00	
Total lipid (fat)....g	0.00		0		4		0.00	0.00	
Ash....g	0.10		1		1		0.03	0.21	
Carbohydrate, by difference....g	15.70		0		4		4.79	32.50	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	
Iron, Fe....mg	0.01		1		1		0.00	0.02	
Magnesium, Mg....mg	1		0		4		0	2	
Phosphorus, P....mg	2		0		4		1	4	
Potassium, K....mg	11		1		1		3	23	
Sodium, Na....mg	40		1		1		12	83	
Zinc, Zn....mg	0.03		0		4		0.01	0.06	
Copper, Cu....mg	0.016		0		4		0.005	0.033	
Manganese, Mn....mg	0.005		0		4		0.002	0.010	
Selenium, Se....mcg	0.1		0	BFZN	4		0.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		0		4		0.4	2.7	
Thiamin....mg	0.001		0		4		0.000	0.002	
Riboflavin....mg	0.001		0		4		0.000	0.002	
Niacin....mg	0.014		0		4		0.004	0.029	
Pantothenic acid....mg	0.007		0		4		0.002	0.014	
Vitamin B-6....mg	0.003		0		4		0.001	0.006	
Folate, total....mcg	1		0		4		0	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		4		0	2	
Folate, DFE....mcg_DFE	1		0	NC	4		0	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	2		0		4		1	4	
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		4		0.000	0.000	
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									

NDB No. 14009
Alcoholic beverage, daiquiri, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g									
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	0		0		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	9.6		1		1		2.9	19.9	
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:

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 207g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14010
Alcoholic beverage, daiquiri, prepared-from-recipe

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	69.74		0	RA	4		21.06	41.84	
Energy....kcal	186		0	RA	4		56	111	
Energy....kJ	777		0	RA	4		235	466	
Protein (N x 0)....g	0.06		0	RA	4		0.02	0.04	
Total lipid (fat)....g	0.06		0	RA	4		0.02	0.04	
Ash....g	0.08		0	RA	4		0.02	0.05	
Carbohydrate, by difference....g	6.94		0	RA	4		2.09	4.16	
Fiber, total dietary....g	0.1		0	RA	4		0.0	0.1	
Sugars, total....g	5.58		0	RA	4		1.68	3.35	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	RA	4		1	2	
Iron, Fe....mg	0.09		0	RA	4		0.03	0.05	
Magnesium, Mg....mg	2		0	RA	4		1	1	
Phosphorus, P....mg	5		0	RA	4		2	3	
Potassium, K....mg	21		0	RA	4		6	12	
Sodium, Na....mg	5		0	RA	4		1	3	
Zinc, Zn....mg	0.04		0	RA	4		0.01	0.03	
Copper, Cu....mg	0.022		0	RA	4		0.007	0.013	
Manganese, Mn....mg	0.015		0	RA	4		0.004	0.009	
Selenium, Se....mcg	0.1		0	RA	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		0	RA	4		0.5	1.0	
Thiamin....mg	0.013		0	RA	4		0.004	0.008	
Riboflavin....mg	0.005		0	RA	4		0.001	0.003	
Niacin....mg	0.051		0	RA	4		0.015	0.030	
Pantothenic acid....mg	0.017		0	RA	4		0.005	0.010	
Vitamin B-6....mg	0.008		0	RA	4		0.002	0.005	
Folate, total....mcg	2		0	RA	4		1	1	
Folic acid....mcg	0		0	RA	4		0	0	
Folate, food....mcg	2		0	RA	4		1	1	
Folate, DFE....mcg_DFE	2		0	NC	4		1	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RA	4		0	0	
Retinol....mcg	0		0	RA	4		0	0	
Carotene, beta....mcg	2		0	RA	4		1	1	
Carotene, alpha....mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	RA	4		0	0	
Vitamin A, IU....IU	4		0	RA	4		1	2	
Lycopene....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.03		0	RA	4		0.01	0.02	
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	0.1		0	RA	4		0.0	0.1	
Lipids:									
Fatty acids, total saturated....g	0.006		0	RA	4		0.002	0.004	
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	0.000		0	RA	4		0.000	0.000	

NDB No. 14010
Alcoholic beverage, daiquiri, 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
10:0 ... g	0.000		0	RA	4		0.000	0.000	
12:0 ... g	0.000		0	RA	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	RA	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.006		0	RA	4		0.002	0.004	
17:0 ... g									
18:0 ... g	0.000		0	RA	4		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.006		0	RA	4		0.002	0.003	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	RA	4		0.000	0.001	
17:1 ... g									
18:1 undifferentiated ... g	0.005		0	RA	4		0.001	0.003	
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	0.016		0	RA	4		0.005	0.010	
18:2 undifferentiated ... g	0.011		0	RA	4		0.003	0.006	
18:3 undifferentiated ... g	0.006		0	RA	4		0.002	0.003	
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	0		0	RA	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	23.1		0	RA	4		7.0	13.9	
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 = 30.2g: 1 fl oz

Measure 2 = 60g: 1 cocktail (2 fl oz)

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

Food Group: 14 Beverages

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

NDB No. 14533

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof

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	57.50		1		1		15.99	24.15	
Energy	kcal	295		0	NC	4		82	124	
Energy	kJ	1234				4		343	518	
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash	g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		235		1		0	0	
Iron, Fe	mg	0.04		128		1		0.01	0.02	
Magnesium, Mg	mg	0		231		1		0	0	
Phosphorus, P	mg	4		13		1		1	2	
Potassium, K	mg	2		254		1		1	1	
Sodium, Na	mg	1		260		1		0	0	
Zinc, Zn	mg	0.04		66		1		0.01	0.02	
Copper, Cu	mg	0.021		136		1		0.006	0.009	
Manganese, Mn	mg	0.018		12		1		0.005	0.008	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.006		16		1		0.002	0.003	
Riboflavin	mg	0.004		16		1		0.001	0.002	
Niacin	mg	0.013		16		1		0.004	0.005	
Pantothenic acid	mg	0.000		8		1		0.000	0.000	
Vitamin B-6	mg	0.001		8		1		0.000	0.000	
Folate, total	mcg	0		14		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		14		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		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		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	0.000		0		1		0.000	0.000	
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	0.000		0		1		0.000	0.000	

NDB No. 14533

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		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	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	42.5		0		1		11.8	17.9	
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. 14533

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors:	**Protein**	**Fat**	**Carbohydrate** 4.12

Food Group: 14 Beverages

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

NDB No. 14037

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof

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	66.60		0		1		18.51	27.97	
Energy	kcal	231		0	NC	4		64	97	
Energy	kJ	967		0		4		269	406	
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash	g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		4		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	0		235		1		0	0	
Iron, Fe	mg	0.04		128		1		0.01	0.02	
Magnesium, Mg	mg	0		231		1		0	0	
Phosphorus, P	mg	4		13		1		1	2	
Potassium, K	mg	2		254		1		1	1	
Sodium, Na	mg	1		260		1		0	0	
Zinc, Zn	mg	0.04		66		1		0.01	0.02	
Copper, Cu	mg	0.021		136		1		0.006	0.009	
Manganese, Mn	mg	0.018		12		1		0.005	0.008	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.006		16		1		0.002	0.003	
Riboflavin	mg	0.004		16		1		0.001	0.002	
Niacin	mg	0.013		16		1		0.004	0.005	
Pantothenic acid	mg	0.000		8		1		0.000	0.000	
Vitamin B-6	mg	0.001		8		1		0.000	0.000	
Folate, total	mcg	0		14		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		14		1		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	0		0	NC	4		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		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. 14037

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	33.4		0		1		9.3	14.0	
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. 14037

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors:	**Protein**	**Fat**	**Carbohydrate** 4.12

Food Group: 14 Beverages

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

NDB No. 14550

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof

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	63.90		1		1		17.76	26.84	
Energy....kcal	250		0	NC	4		70	105	
Energy....kJ	1046		0		4		291	439	
Protein (N x 6.25)....g	0.00		4		1		0.00	0.00	
Total lipid (fat)....g	0.00		4		1		0.00	0.00	
Ash....g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference....g	0.10		0	NC	4		0.03	0.04	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		235		1		0	0	
Iron, Fe....mg	0.04		128		1		0.01	0.02	
Magnesium, Mg....mg	0		231		1		0	0	
Phosphorus, P....mg	4		13		1		1	2	
Potassium, K....mg	2		254		1		1	1	
Sodium, Na....mg	1		260		1		0	0	
Zinc, Zn....mg	0.04		66		1		0.01	0.02	
Copper, Cu....mg	0.021		136		1		0.006	0.009	
Manganese, Mn....mg	0.018		12		1		0.005	0.008	
Selenium, Se....mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.006		16		1		0.002	0.003	
Riboflavin....mg	0.004		16		1		0.001	0.002	
Niacin....mg	0.013		16		1		0.004	0.005	
Pantothenic acid....mg	0.000		8		1		0.000	0.000	
Vitamin B-6....mg	0.001		8		1		0.000	0.000	
Folate, total....mcg	0		14		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		14		1		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	0		0	NC	4		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		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	NR	4		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. 14550

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	36.0		0		1		10.0	15.1	
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. 14550

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors:	**Protein**	**Fat**	**Carbohydrate** 4.12

Food Group: 14 Beverages

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

NDB No. 14551

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

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	62.10		1		1		17.26	26.08	
Energy	kcal	263		0	NC	4		73	110	
Energy	kJ	1100		0		4		306	462	
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash	g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		235		1		0	0	
Iron, Fe	mg	0.04		128		1		0.01	0.02	
Magnesium, Mg	mg	0		231		1		0	0	
Phosphorus, P	mg	4		13		1		1	2	
Potassium, K	mg	2		254		1		1	1	
Sodium, Na	mg	1		260		1		0	0	
Zinc, Zn	mg	0.04		66		1		0.01	0.02	
Copper, Cu	mg	0.021		136		1		0.006	0.009	
Manganese, Mn	mg	0.018		12		1		0.005	0.008	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.006		16		1		0.002	0.003	
Riboflavin	mg	0.004		16		1		0.001	0.002	
Niacin	mg	0.013		16		1		0.004	0.005	
Pantothenic acid	mg	0.000		8		1		0.000	0.000	
Vitamin B-6	mg	0.001		8		1		0.000	0.000	
Folate, total	mcg	0		14		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		14		1		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	0		0	NC	4		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		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. 14551

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	37.9		0		1		10.5	15.9	
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. 14551

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors:	**Protein**	**Fat**	**Carbohydrate** 4.12

Food Group: 14 Beverages

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

NDB No. 14532

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof

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	60.30		1		1		16.76	25.33	
Energy	kcal	275		0	NC	4		76	116	
Energy	kJ	1151				4		320	483	
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash	g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		235		1		0	0	
Iron, Fe	mg	0.04		128		1		0.01	0.02	
Magnesium, Mg	mg	0		231		1		0	0	
Phosphorus, P	mg	4		13		1		1	2	
Potassium, K	mg	2		254		1		1	1	
Sodium, Na	mg	1		260		1		0	0	
Zinc, Zn	mg	0.04		66		1		0.01	0.02	
Copper, Cu	mg	0.021		136		1		0.006	0.009	
Manganese, Mn	mg	0.018		12		1		0.005	0.008	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.006		16		1		0.002	0.003	
Riboflavin	mg	0.004		16		1		0.001	0.002	
Niacin	mg	0.013		16		1		0.004	0.005	
Pantothenic acid	mg	0.000		8		1		0.000	0.000	
Vitamin B-6	mg	0.001		8		1		0.000	0.000	
Folate, total	mcg	0		14		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		14		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		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		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	0.000		0		1		0.000	0.000	
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	0.000		0		1		0.000	0.000	

NDB No. 14532

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		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	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	39.7		0		1		11.0	16.7	
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. 14532

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors:	**Protein**	**Fat**	**Carbohydrate** 4.12

Food Group: 14 Beverages

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

NDB No. 14049
Alcoholic beverage, distilled, gin, 90 proof

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	62.10		1		1		17.26	26.08	
Energy	kcal	263		0	NC	4		73	110	
Energy	kJ	1100		0		4		306	462	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
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		7		0.0	0.0	
Sugars, total	g	0.00		0	NR	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		2		1		0	0	
Iron, Fe	mg	0.00	0.000	11		1		0.00	0.00	
Magnesium, Mg	mg	0		2		1		0	0	
Phosphorus, P	mg	0		0		1		0	0	
Potassium, K	mg	0		1		1		0	0	
Sodium, Na	mg	2		3		1		1	1	
Zinc, Zn	mg	0.00		0		1		0.00	0.00	
Copper, Cu	mg	0.004	0.003	16		1		0.001	0.002	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	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		1		1		0.000	0.000	
Pantothenic acid	mg	0.000		1		1		0.000	0.000	
Vitamin B-6	mg	0.000		1		1		0.000	0.000	
Folate, total	mcg	0		1		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		1		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	0		0	NC	4		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		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. 14049
Alcoholic beverage, distilled, gin, 90 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	37.9		0		1		10.5	15.9	
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. 14049

Alcoholic beverage, distilled, gin, 90 proof

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors:	**Protein**	**Fat**	**Carbohydrate** 4.12

Food Group: 14 Beverages

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

NDB No. 14050
Alcoholic beverage, distilled, rum, 80 proof

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	66.60		1		1		18.51	27.97	
Energy	kcal	231		0	NC	4		64	97	
Energy	kJ	967		0		4		269	406	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
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	0		4		1		0	0	
Iron, Fe	mg	0.12		14		1		0.03	0.05	
Magnesium, Mg	mg	0		2		1		0	0	
Phosphorus, P	mg	5		1		1		1	2	
Potassium, K	mg	2		4		1		1	1	
Sodium, Na	mg	1		5		1		0	0	
Zinc, Zn	mg	0.07		1		1		0.02	0.03	
Copper, Cu	mg	0.050		19		1		0.014	0.021	
Manganese, Mn	mg	0.018		0		4		0.005	0.008	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.008		1		1		0.002	0.003	
Riboflavin	mg	0.000		0		1		0.000	0.000	
Niacin	mg	0.000		1		1		0.000	0.000	
Pantothenic acid	mg	0.000		1		1		0.000	0.000	
Vitamin B-6	mg	0.000		1		1		0.000	0.000	
Folate, total	mcg	0		1		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		1		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	0		0	NC	4		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		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. 14050
Alcoholic beverage, distilled, rum, 80 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	33.4		0		1		9.3	14.0	
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. 14050

Alcoholic beverage, distilled, rum, 80 proof

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors:	**Protein**	**Fat**	**Carbohydrate** 4.12

Food Group: 14 Beverages

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

NDB No. 14051
Alcoholic beverage, distilled, vodka, 80 proof

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	66.60		1		1		18.51	27.97	
Energy....kcal	231		0	NC	4		64	97	
Energy....kJ	967		0		4		269	406	
Protein (N x 6.25)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	0.00		1		1		0.00	0.00	
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	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	NR	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		3		1		0	0	
Iron, Fe....mg	0.01		3		1		0.00	0.00	
Magnesium, Mg....mg	0		3		1		0	0	
Phosphorus, P....mg	5		1		1		1	2	
Potassium, K....mg	1		3		1		0	0	
Sodium, Na....mg	1		4		1		0	0	
Zinc, Zn....mg	0.00		0		1		0.00	0.00	
Copper, Cu....mg	0.010		1		1		0.003	0.004	
Manganese, Mn....mg	0.000		0		1		0.000	0.000	
Selenium, Se....mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.005		4		1		0.001	0.002	
Riboflavin....mg	0.007		4		1		0.002	0.003	
Niacin....mg	0.000		4		1		0.000	0.000	
Pantothenic acid....mg	0.000		2		1		0.000	0.000	
Vitamin B-6....mg	0.000		2		1		0.000	0.000	
Folate, total....mcg	0		2		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		2		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		4		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		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	0.000		0		1		0.000	0.000	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	

NDB No. 14051
Alcoholic beverage, distilled, vodka, 80 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	33.4		0		1		9.3	14.0	
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. 14051

Alcoholic beverage, distilled, vodka, 80 proof

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors:	**Protein**	**Fat**	**Carbohydrate** 4.12

Food Group: 14 Beverages

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

NDB No. 14052
Alcoholic beverage, distilled, whiskey, 86 proof

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	63.90		1		1		17.76	26.84	
Energy	kcal	250		0	NC	4		69	105	
Energy	kJ	1046		0	NC	4		291	439	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
Ash	g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference	g	0.10		0	NC	4		0.03	0.04	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g	0.10		0	NR	4		0.03	0.04	
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.086	244	JA	6		0	0	
Iron, Fe	mg	0.02	0.015	117	JA	6		0.00	0.01	
Magnesium, Mg	mg	0	0.032	242	JA	6		0	0	
Phosphorus, P	mg	3	2.735	28	JA	6		1	1	
Potassium, K	mg	1	0.597	258	JA	6		0	1	
Sodium, Na	mg	0	0.050	261	JA	6		0	0	
Zinc, Zn	mg	0.02	0.023	81	JA	6		0.01	0.01	
Copper, Cu	mg	0.014	0.008	117	JA	6		0.004	0.006	
Manganese, Mn	mg	0.008	0.008	27	JA	6		0.002	0.003	
Selenium, Se	mcg	0.0	0.000	18	A	1		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.008		10		1		0.002	0.003	
Riboflavin	mg	0.001	0.000	9		1		0.000	0.000	
Niacin	mg	0.050		10		1		0.014	0.021	
Pantothenic acid	mg	0.000		4		1		0.000	0.000	
Vitamin B-6	mg	0.000		4		1		0.000	0.000	
Folate, total	mcg	0		10		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		10		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		4		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									
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	0.000		0		1		0.000	0.000	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	

NDB No. 14052
Alcoholic beverage, distilled, whiskey, 86 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl....g	36.0		0		1		10.0	15.1	
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:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein **Fat** **Carbohydrate** 4.12

Food Group: 14 Beverages

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

NDB No. 14415
Alcoholic beverage, liqueur, coffee with cream, 34 proof

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	46.50		1		1		14.46	21.86	
Energy	kcal	327		0	NC	4		102	154	
Energy	kJ	1368		0	NC	4		426	643	
Protein (N x 6.38)	g	2.80		1		1		0.87	1.32	
Total lipid (fat)	g	15.70		1		1		4.88	7.38	
Ash	g	0.40		1		1		0.12	0.19	
Carbohydrate, by difference	g	20.90		0	NC	4		6.50	9.82	
Fiber, total dietary	g	0.0		0	FLC	4		0.0	0.0	
Sugars, total	g	19.76		0	FLC	4		6.15	9.29	
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1		1		5	8	
Iron, Fe	mg	0.13		1		1		0.04	0.06	
Magnesium, Mg	mg	2		1		1		1	1	
Phosphorus, P	mg	50		1		1		16	24	
Potassium, K	mg	32		1		1		10	15	
Sodium, Na	mg	92		1		1		29	43	
Zinc, Zn	mg	0.16		1		1		0.05	0.08	
Copper, Cu	mg	0.040		1		1		0.012	0.019	
Manganese, Mn	mg	0.006		0	FLC	4		0.002	0.003	
Selenium, Se	mcg	0.4		0	FLC	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLC	4		0.1	0.1	
Thiamin	mg	0.011		0	FLC	4		0.004	0.005	
Riboflavin	mg	0.057		1		1		0.018	0.027	
Niacin	mg	0.078		1		1		0.024	0.037	
Pantothenic acid	mg	0.087		1		1		0.027	0.041	
Vitamin B-6	mg	0.011		0	FLC	4		0.003	0.005	
Folate, total	mcg	2		0	FLC	4		0	1	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	2		0	FLC	4		0	1	
Folate, DFE	mcg_DFE	2		0	NC	4		0	1	
Choline, total	mg	8.1		0	O	4		2.5	3.8	
Betaine	mg									
Vitamin B-12	mcg	0.08		0	FLC	4		0.02	0.04	
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	173		0	FLC	4		54	81	
Retinol	mcg	171		0	FLC	4		53	80	
Carotene, beta	mcg	30		0	FLC	4		9	14	
Carotene, alpha	mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLC	4		0	0	
Vitamin A, IU	IU	620		0	FLC	4		193	291	
Lycopene	mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.45		0	FLC	4		0.14	0.21	
Vitamin E, added	mg	0.00		0	FLC	4		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	1.3		0	FLC	4		0.4	0.6	
Lipids:										
Fatty acids, total saturated	g	9.664		0		1		3.006	4.542	
4:0	g	0.495		0		1		0.154	0.233	

NDB No. 14415
Alcoholic beverage, liqueur, coffee with cream, 34 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.294		0		1		0.091	0.138	
8:0....g	0.170		0		1		0.053	0.080	
10:0....g	0.387		0		1		0.120	0.182	
12:0....g	0.433		0		1		0.135	0.204	
13:0....g									
14:0....g	1.546		0		1		0.481	0.727	
15:0....g									
16:0....g	4.126		0		1		1.283	1.939	
17:0....g									
18:0....g	0.358		0		1		0.111	0.168	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.458		0		1		1.386	2.095	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.340		0		1		0.106	0.160	
17:1....g									
18:1 undifferentiated....g	3.886		0		1		1.209	1.826	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.669		0		1		0.208	0.314	
18:2 undifferentiated....g	0.439		0		1		0.137	0.206	
18:3 undifferentiated....g	0.232		0		1		0.072	0.109	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	58		0	FLC	4		18	27	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0		1		0.012	0.019	
Threonine....g	0.127		0		1		0.039	0.060	
Isoleucine....g	0.170		0		1		0.053	0.080	
Leucine....g	0.275		0		1		0.086	0.129	
Lysine....g	0.223		0		1		0.069	0.105	
Methionine....g	0.070		0		1		0.022	0.033	
Cystine....g	0.026		0		1		0.008	0.012	
Phenylalanine....g	0.136		0		1		0.042	0.064	
Tyrosine....g	0.136		0		1		0.042	0.064	
Valine....g	0.188		0		1		0.058	0.088	
Arginine....g	0.102		0		1		0.032	0.048	
Histidine....g	0.076		0		1		0.024	0.036	
Alanine....g	0.097		0		1		0.030	0.046	
Aspartic acid....g	0.213		0		1		0.066	0.100	
Glutamic acid....g	0.588		0		1		0.183	0.276	
Glycine....g	0.059		0		1		0.018	0.028	
Proline....g	0.272		0		1		0.085	0.128	
Serine....g	0.153		0		1		0.048	0.072	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	13.8		0		1		4.3	6.5	
Caffeine....mg	8		0	FLC	4		3	4	
Theobromine....mg	0		0	FLC	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. 14415

Alcoholic beverage, liqueur, coffee with cream, 34 proof

Common Measures:

Measure 1 = 31.1g: 1 fl oz

Measure 2 = 47g: 1 jigger 1.5 fl oz

Calories Factors: **Protein** 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14414
Alcoholic beverage, liqueur, coffee, 53 proof

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	31.00		1		1		10.79	16.12	
Energy....kcal	326		0	FLA	4		113	170	
Energy....kJ	1364		0	FLA	4		475	709	
Protein (N x 6.25)....g	0.10		2		1		0.03	0.05	
Total lipid (fat)....g	0.30		2		1		0.10	0.16	
Ash....g	0.10		2		1		0.03	0.05	
Carbohydrate, by difference....g	46.80		0	FLA	4		16.29	24.34	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	46.43		0	FLA	4		16.16	24.14	
Starch....g									
Minerals:									
Calcium, Ca....mg	1		2		1		0	1	
Iron, Fe....mg	0.06		2		1		0.02	0.03	
Magnesium, Mg....mg	3		2		1		1	2	
Phosphorus, P....mg	6		2		1		2	3	
Potassium, K....mg	30		2		1		10	16	
Sodium, Na....mg	8		2		1		3	4	
Zinc, Zn....mg	0.03		2		1		0.01	0.02	
Copper, Cu....mg	0.040		2		1		0.014	0.021	
Manganese, Mn....mg	0.014		0	FLA	4		0.005	0.007	
Selenium, Se....mcg	0.4		0	FLA	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.004		2		1		0.001	0.002	
Riboflavin....mg	0.012		2		1		0.004	0.006	
Niacin....mg	0.144		2		1		0.050	0.075	
Pantothenic acid....mg	0.000		2		1		0.000	0.000	
Vitamin B-6....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.8		0	FLA	4		0.3	0.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	FLA	4		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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.106		0		1		0.037	0.055	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 14414
Alcoholic beverage, liqueur, coffee, 53 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.078		0		1		0.027	0.041	
17:0....g									
18:0....g	0.019		0		1		0.007	0.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.008	0.011	
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	0.021		0	FLA	4		0.007	0.011	
20:1....g	0.001		0	FLA	4		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	0.105		0	FLA	4		0.037	0.055	
18:2 undifferentiated....g	0.096		0	FLA	4		0.034	0.050	
18:3 undifferentiated....g	0.008		0	FLA	4		0.003	0.004	
18:4....g	0.000		0	FLA	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		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	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	21.7		0		1		7.6	11.3	
Caffeine....mg	26		0	FLA	4		9	13	
Theobromine....mg	0		0	FLA	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 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 jigger 1.5 fl oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14534
Alcoholic beverage, liqueur, coffee, 63 proof

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	41.40		1		1		14.41	21.53	
Energy....kcal	308		0	NC	4		107	160	
Energy....kJ	1289		0		4		448	670	
Protein (N x 6.25)....g	0.10		2		1		0.03	0.05	
Total lipid (fat)....g	0.30		2		1		0.10	0.16	
Ash....g	0.10		2		1		0.03	0.05	
Carbohydrate, by difference....g	32.20		0	NC	4		11.21	16.74	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	32.20		0	NR	4		11.21	16.74	
Starch....g									
Minerals:									
Calcium, Ca....mg	1		2		1		0	1	
Iron, Fe....mg	0.06		2		1		0.02	0.03	
Magnesium, Mg....mg	3		2		1		1	2	
Phosphorus, P....mg	6		2		1		2	3	
Potassium, K....mg	30		2		1		10	16	
Sodium, Na....mg	8		2		1		3	4	
Zinc, Zn....mg	0.03		2		1		0.01	0.02	
Copper, Cu....mg	0.040		2		1		0.014	0.021	
Manganese, Mn....mg	0.017		0		4		0.006	0.009	
Selenium, Se....mcg	0.3		0	FLA	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.004		2		1		0.001	0.002	
Riboflavin....mg	0.012		2		1		0.004	0.006	
Niacin....mg	0.144		2		1		0.050	0.075	
Pantothenic acid....mg	0.000		2		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		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		4		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		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	0.106		0		1		0.037	0.055	
4:0....g									
6:0....g									

NDB No. 14534
Alcoholic beverage, liqueur, coffee, 63 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.078		0		1		0.027	0.041	
17:0....g									
18:0....g	0.019		0		1		0.007	0.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.008	0.011	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.007	0.011	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.105		0		1		0.037	0.055	
18:2 undifferentiated....g	0.097		0		1		0.034	0.050	
18:3 undifferentiated....g	0.008		0		1		0.003	0.004	
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	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	26.0		0		1		9.0	13.5	
Caffeine....mg	26		0	FLA	4		9	14	
Theobromine....mg	0		0	FLA	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 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 jigger 1.5 fl oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14015
Alcoholic beverage, pina colada, canned

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	54.90		1		1		17.90	121.88	
Energy....kcal	237		0	NC	4		77	526	
Energy....kJ	992				4		323	2201	
Protein (N x 6.25)....g	0.60		1		1		0.20	1.33	
Total lipid (fat)....g	7.60		1		1		2.48	16.87	
Ash....g	0.30		1		1		0.10	0.67	
Carbohydrate, by difference....g	27.60		0	NC	4		9.00	61.27	
Fiber, total dietary....g	0.1		0		4		0.0	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	1		1		1		0	2	
Iron, Fe....mg	0.03		1		1		0.01	0.07	
Magnesium, Mg....mg	6		0		4		2	13	
Phosphorus, P....mg	36		0		4		12	80	
Potassium, K....mg	83		1		1		27	184	
Sodium, Na....mg	71		1		1		23	158	
Zinc, Zn....mg	0.20		0		4		0.07	0.44	
Copper, Cu....mg	0.087		0		4		0.028	0.193	
Manganese, Mn....mg	0.319		0		4		0.104	0.708	
Selenium, Se....mcg	0.7		0	BFZN	4		0.2	1.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		0		4		0.5	3.3	
Thiamin....mg	0.017		0		4		0.006	0.038	
Riboflavin....mg	0.005		0		4		0.002	0.011	
Niacin....mg	0.104		0		4		0.034	0.231	
Pantothenic acid....mg	0.054		0		4		0.018	0.120	
Vitamin B-6....mg	0.017		0		4		0.006	0.038	
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	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0	3	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	24		0		4		8	53	
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	6.571		0		1		2.142	14.588	
4:0....g									
6:0....g	0.044		0		1		0.014	0.098	
8:0....g	0.570		0		1		0.186	1.265	

NDB No. 14015
Alcoholic beverage, pina colada, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.459		0		1		0.150	1.019	
12:0 g	3.391		0		1		1.105	7.528	
13:0 g									
14:0 g	1.275		0		1		0.416	2.831	
15:0 g									
16:0 g	0.622		0		1		0.203	1.381	
17:0 g									
18:0 g	0.211		0		1		0.069	0.468	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.442		0		1		0.144	0.981	
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.442		0		1		0.144	0.981	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.137		0		1		0.045	0.304	
18:2 undifferentiated g	0.137		0		1		0.045	0.304	
18:3 undifferentiated g									
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	0		0		4		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	9.0		1		1		2.9	20.0	
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:

Measure 1 = 32.6g: 1 fl oz

Measure 2 = 222g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: **Protein** 3.4 **Fat** 8.5 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14017
Alcoholic beverage, pina colada, prepared-from-recipe

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	64.99		0	RC	4		20.41	91.64	
Energy....kcal	174		0	RC	4		55	245	
Energy....kJ	728		0	RC	4		229	1027	
Protein (N x 0)....g	0.42		0	RC	4		0.13	0.59	
Total lipid (fat)....g	1.88		0	RC	4		0.59	2.65	
Ash....g	0.14		0	RC	4		0.04	0.19	
Carbohydrate, by difference....g	22.66		0	RC	4		7.11	31.94	
Fiber, total dietary....g	0.3		0	RC	4		0.1	0.4	
Sugars, total....g	22.33		0	RC	4		7.01	31.48	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	RC	4		2	11	
Iron, Fe....mg	0.21		0	RC	4		0.06	0.29	
Magnesium, Mg....mg	8		0	RC	4		2	11	
Phosphorus, P....mg	7		0	RC	4		2	10	
Potassium, K....mg	71		0	RC	4		22	100	
Sodium, Na....mg	6		0	RC	4		2	8	
Zinc, Zn....mg	0.13		0	RC	4		0.04	0.19	
Copper, Cu....mg	0.079		0	RC	4		0.025	0.112	
Manganese, Mn....mg	0.528		0	RC	4		0.166	0.744	
Selenium, Se....mcg	0.7		0	RC	4		0.2	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.9		0	RC	4		1.5	6.9	
Thiamin....mg	0.029		0	RC	4		0.009	0.041	
Riboflavin....mg	0.017		0	RC	4		0.005	0.024	
Niacin....mg	0.118		0	RC	4		0.037	0.166	
Pantothenic acid....mg	0.061		0	RC	4		0.019	0.086	
Vitamin B-6....mg	0.045		0	RC	4		0.014	0.064	
Folate, total....mcg	12		0	RC	4		4	16	
Folic acid....mcg	0		0	RC	4		0	0	
Folate, food....mcg	12		0	RC	4		4	16	
Folate, DFE....mcg_DFE	12		0	NC	4		4	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RC	4		0	0	
Retinol....mcg	0		0	RC	4		0	0	
Carotene, beta....mcg	1		0	RC	4		0	2	
Carotene, alpha....mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	RC	4		0	0	
Vitamin A, IU....IU	2		0	RC	4		1	3	
Lycopene....mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	RC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	RC	4		0.01	0.03	
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	0.1		0	RC	4		0.0	0.2	
Lipids:									
Fatty acids, total saturated....g	1.636		0	RC	4		0.514	2.307	
4:0....g	0.000		0	RC	4		0.000	0.000	
6:0....g	0.011		0	RC	4		0.003	0.015	
8:0....g	0.129		0	RC	4		0.041	0.182	

NDB No. 14017
Alcoholic beverage, pina colada, 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
10:0....g	0.103		0	RC	4		0.032	0.145	
12:0....g	0.818		0	RC	4		0.257	1.153	
13:0....g									
14:0....g	0.323		0	RC	4		0.101	0.455	
15:0....g									
16:0....g	0.158		0	RC	4		0.049	0.222	
17:0....g									
18:0....g	0.096		0	RC	4		0.030	0.136	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.082		0	RC	4		0.026	0.116	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RC	4		0.000	0.001	
17:1....g									
18:1 undifferentiated....g	0.082		0	RC	4		0.026	0.116	
20:1....g	0.000		0	RC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.033		0	RC	4		0.010	0.046	
18:2 undifferentiated....g	0.027		0	RC	4		0.009	0.038	
18:3 undifferentiated....g	0.005		0	RC	4		0.002	0.007	
18:4....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RC	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	9.9		0	RC	4		3.1	14.0	
Caffeine....mg	0		0	RC	4		0	0	
Theobromine....mg	0		0	RC	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:

NDB No. 14017

Alcoholic beverage, pina colada, prepared-from-recipe

Measure 1 = 31.4g: 1 fl oz

Measure 2 = 141g: 1 cocktail (4.5 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

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

NDB No. 43479
Alcoholic beverage, rice (sake)

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	78.40		1		1		22.81		
Energy....kcal	134		0		4		39		
Energy....kJ	561		0		4		163		
Protein....g	0.50		1		1		0.15		
Total lipid (fat)....g	0.00		1		1		0.00		
Ash....g	0.00		0	Z	7		0.00		
Carbohydrate, by difference....g	5.00		0	NC	4		1.46		
Fiber, total dietary....g	0.0		0		7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1		1		1		
Iron, Fe....mg	0.10		1		1		0.03		
Magnesium, Mg....mg	6		0		4		2		
Phosphorus, P....mg	6		1		1		2		
Potassium, K....mg	25		0		4		7		
Sodium, Na....mg	2		0		4		1		
Zinc, Zn....mg	0.02		0		4		0.01		
Copper, Cu....mg	0.009		0		4		0.003		
Manganese, Mn....mg									
Selenium, Se....mcg	1.4		0	BFPN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.000		1		1		0.000		
Riboflavin....mg	0.000		1		1		0.000		
Niacin....mg	0.000		1		1		0.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000		
Folate, total....mcg	0		0		4		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		0	Z	7		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.0		0	Z	7		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	Z	7		0		
Retinol....mcg	0		0	Z	7		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		1		1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00		
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	T	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000		
4:0....g	0.000		0		4		0.000		

NDB No. 43479
Alcoholic beverage, rice (sake)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		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		4		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		4		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	0		0		7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	16.1		1		1		4.7		
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 = 29.1g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14019
Alcoholic beverage, tequila sunrise, canned

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	78.80		1		1		24.51	166.27	
Energy....kcal	110		0		4		34	232	
Energy....kJ	460				4		143	971	
Protein (N x 6.25)....g	0.30		0		4		0.09	0.63	
Total lipid (fat)....g	0.10		0		4		0.03	0.21	
Ash....g	0.10		1		1		0.03	0.21	
Carbohydrate, by difference....g	11.30		0		4		3.51	23.84	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	
Iron, Fe....mg	0.02		1		1		0.01	0.04	
Magnesium, Mg....mg	7		0		4		2	15	
Phosphorus, P....mg	10		0		4		3	21	
Potassium, K....mg	10		1		1		3	21	
Sodium, Na....mg	57		1		1		18	120	
Zinc, Zn....mg	0.60		0		4		0.19	1.27	
Copper, Cu....mg	0.042		0		4		0.013	0.089	
Manganese, Mn....mg	0.014		0		4		0.004	0.030	
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	19.3		0		4		6.0	40.7	
Thiamin....mg	0.038		0		4		0.012	0.080	
Riboflavin....mg	0.016		0		4		0.005	0.034	
Niacin....mg	0.190		0		4		0.059	0.401	
Pantothenic acid....mg	0.088		0		4		0.027	0.186	
Vitamin B-6....mg	0.050		0		4		0.016	0.106	
Folate, total....mcg	11		0		4		3	22	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0		4		3	22	
Folate, DFE....mcg_DFE	11		0	NC	4		3	22	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	5		0	NC	4		2	10	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	97		0		4		30	205	
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	0.013		0		4		0.004	0.027	
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									

NDB No. 14019
Alcoholic beverage, tequila sunrise, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.003		0		4		0.001	0.006	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.021		0		4		0.007	0.044	
18:3 undifferentiated....g									
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	0		0		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	9.4		1		1		2.9	19.8	
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:

Measure 1 = 31.1g: 1 fl oz

Measure 2 = 211g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14027
Alcoholic beverage, whiskey sour, canned

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	76.90		1		1		23.69	160.72	
Energy	kcal	119		0		4		37	249	
Energy	kJ	498				4		153	1041	
Protein (N x 6.25)	g	0.00		0		4		0.00	0.00	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash	g	0.10		1		1		0.03	0.21	
Carbohydrate, by difference	g	13.40		0		4		4.13	28.01	
Fiber, total dietary	g	0.1		0		4		0.0	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	
Iron, Fe	mg	0.01		1		1		0.00	0.02	
Magnesium, Mg	mg	1		0		4		0	2	
Phosphorus, P	mg	6		0		4		2	13	
Potassium, K	mg	11		1		1		3	23	
Sodium, Na	mg	44		1		1		14	92	
Zinc, Zn	mg	0.06		0		4		0.02	0.13	
Copper, Cu	mg	0.009		0		4		0.003	0.019	
Manganese, Mn	mg	0.006		0		4		0.002	0.013	
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		4		0.5	3.3	
Thiamin	mg	0.011		0		4		0.003	0.023	
Riboflavin	mg	0.006		0		4		0.002	0.013	
Niacin	mg	0.020		0		4		0.006	0.042	
Pantothenic acid	mg	0.008		0		4		0.002	0.017	
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									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	13		0		4		4	27	
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		4		0.000	0.000	
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									

NDB No. 14027
Alcoholic beverage, whiskey sour, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g									
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	0		0		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	9.5		1		1		2.9	19.9	
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:

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 209g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14029
Alcoholic beverage, whiskey sour, prepared from item 14028

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	72.44		0	RPA	1		22.02	76.78	
Energy....kcal	153		0	RPI	6		46	162	
Energy....kJ	638		0	RPI	6		194	677	
Protein (N x 0)....g	0.06		0	RPA	1		0.02	0.06	
Total lipid (fat)....g	0.06		0	RPA	1		0.02	0.06	
Ash....g	0.12		0	RPA	1		0.04	0.13	
Carbohydrate, by difference....g	12.82		0	RPI	6		3.90	13.59	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	12.78		0	RPI	6		3.88	13.54	
Starch....g									
Minerals:									
Calcium, Ca....mg	1		0	RPA	1		0	1	
Iron, Fe....mg	0.08		0	RPA	1		0.02	0.09	
Magnesium, Mg....mg	1		0	RPA	1		0	1	
Phosphorus, P....mg	5		0	RPA	1		2	6	
Potassium, K....mg	18		0	RPA	1		5	19	
Sodium, Na....mg	61		0	RPA	1		19	65	
Zinc, Zn....mg	0.06		0	RPA	1		0.02	0.06	
Copper, Cu....mg	0.008		0	RPA	1		0.003	0.009	
Manganese, Mn....mg	0.007		0	RPA	1		0.002	0.008	
Selenium, Se....mcg	0.2		0	RPI	6		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		0	RPA	1		0.5	1.7	
Thiamin....mg	0.010		0	RPA	1		0.003	0.011	
Riboflavin....mg	0.008		0	RPA	1		0.002	0.008	
Niacin....mg	0.005		0	RPA	1		0.002	0.006	
Pantothenic acid....mg	0.008		0	RPA	1		0.002	0.008	
Vitamin B-6....mg	0.000		0	RPA	1		0.000	0.000	
Folate, total....mcg	0		0	RPI	6		0	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	0		0	RPI	6		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.005		0	RPA	1		0.001	0.005	
4:0....g	0.000		0	RPA	1		0.000	0.000	
6:0....g	0.000		0	RPA	1		0.000	0.000	
8:0....g	0.000		0	RPA	1		0.000	0.000	

NDB No. 14029
Alcoholic beverage, whiskey sour, prepared from item 14028

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPA	1		0.000	0.000	
12:0 ... g	0.000		0	RPA	1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	RPA	1		0.000	0.000	
15:0 ... g									
16:0 ... g	0.005		0	RPA	1		0.001	0.005	
17:0 ... g									
18:0 ... g	0.000		0	RPA	1		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.001		0	RPA	1		0.000	0.001	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RPA	1		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.001		0	RPA	1		0.000	0.001	
20:1 ... g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	RPA	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.011		0	RPA	1		0.003	0.011	
18:2 undifferentiated ... g	0.008		0	RPA	1		0.002	0.008	
18:3 undifferentiated ... g	0.003		0	RPA	1		0.001	0.003	
18:4 ... g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RPI	6		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	14.5		0	RPI	6		4.4	15.4	
Caffeine ... mg	0		0	RPI	6		0	0	
Theobromine ... mg	0		0	RPI	6		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 = 30.4g: 1 fl oz

Measure 2 = 106g: 1 portion (2 oz mix + 1.5 oz whiskey)

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

Food Group: 14 Beverages

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

NDB No. 14531
Alcoholic beverage, whiskey sour, prepared from item 14530

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	72.60		0		1		22.07	76.96	
Energy....kcal	149		0	NC	4		45	158	
Energy....kJ	623				4		190	661	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	0.00		0		1		0.00	0.00	
Ash....g	0.10		0		1		0.03	0.11	
Carbohydrate, by difference....g	13.10		0	NC	4		3.98	13.89	
Fiber, total dietary....g	0.0		0	RP	4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	1		0		1		0	1	
Iron, Fe....mg	0.08		0		1		0.02	0.08	
Magnesium, Mg....mg	1		0		1		0	1	
Phosphorus, P....mg	6		0		1		2	6	
Potassium, K....mg	5		0		1		2	5	
Sodium, Na....mg	20		0		1		6	21	
Zinc, Zn....mg	0.06		0		1		0.02	0.06	
Copper, Cu....mg	0.009		0		1		0.003	0.010	
Manganese, Mn....mg	0.006		0		1		0.002	0.006	
Selenium, Se....mcg	0.1		0	BFZN	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		0		1		0.5	1.7	
Thiamin....mg	0.011		0		1		0.003	0.012	
Riboflavin....mg	0.006		0		1		0.002	0.006	
Niacin....mg	0.020		0		1		0.006	0.021	
Pantothenic acid....mg	0.008		0		1		0.002	0.008	
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	1		0	NC	4		0	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	13		0		1		4	14	
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	0.005		0		1		0.002	0.005	
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	0.000		0		1		0.000	0.000	

NDB No. 14531
Alcoholic beverage, whiskey sour, prepared from item 14530

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		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	0.005		0		1		0.002	0.005	
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	0.001		0		1		0.000	0.001	
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	0.001		0		1		0.000	0.001	
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	0.012		0		1		0.004	0.013	
18:2 undifferentiated ... g	0.008		0		1		0.002	0.008	
18:3 undifferentiated ... g	0.003		0		1		0.001	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	0		0		1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	14.1		0		1		4.3	14.9	
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:

Measure 1 = 30.4g: 1 fl oz

Measure 2 = 106g: 1 portion (2 oz mix + 1.5 oz whiskey)

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

Food Group: 14 Beverages

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

NDB No. 14025

Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix

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	69.15		0	RPI	6		20.33	71.23	
Energy....kcal	164		0	RPI	6		48	168	
Energy....kJ	684		0	RPI	6		201	705	
Protein....g	0.10		0	RPI	6		0.03	0.10	
Total lipid (fat)....g	0.02		0	RPI	6		0.00	0.02	
Ash....g	0.27		0	RPI	6		0.08	0.28	
Carbohydrate, by difference....g	15.85		0	RPI	6		4.66	16.33	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	15.81		0	RPI	6		4.65	16.29	
Starch....g									
Minerals:									
Calcium, Ca....mg	46		0	RPA	1		13	47	
Iron, Fe....mg	0.08		0	RPA	1		0.02	0.08	
Magnesium, Mg....mg	3		0	RPA	1		1	4	
Phosphorus, P....mg	4		0	RPA	1		1	4	
Potassium, K....mg	4		0	RPA	1		1	4	
Sodium, Na....mg	47		0	RPA	1		14	48	
Zinc, Zn....mg	0.04		0	RPA	1		0.01	0.04	
Copper, Cu....mg	0.034		0	RPA	1		0.010	0.035	
Manganese, Mn....mg	0.007		0	RPA	1		0.002	0.008	
Selenium, Se....mcg	0.1		0	RPI	6		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	RPI	6		0.1	0.5	
Thiamin....mg	0.003		0	RPI	6		0.001	0.003	
Riboflavin....mg	0.002		0	RPI	6		0.000	0.002	
Niacin....mg	0.005		0	RPI	6		0.002	0.005	
Pantothenic acid....mg	0.010		0	RPI	6		0.003	0.010	
Vitamin B-6....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total....mcg	0		0	RPI	6		0	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	0		0	RPI	6		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	5		0	RPI	6		1	5	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.003		0	RPI	6		0.001	0.003	

NDB No. 14025

Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder 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
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.000	0.000	
15:0....g									
16:0....g	0.002		0	RPI	6		0.001	0.002	
17:0....g									
18:0....g	0.000		0	RPI	6		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.001		0	RPI	6		0.000	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.001		0	RPI	6		0.000	0.001	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.006		0	RPI	6		0.002	0.006	
18:2 undifferentiated....g	0.004		0	RPI	6		0.001	0.004	
18:3 undifferentiated....g	0.002		0	RPI	6		0.001	0.002	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
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									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	14.6		0	RPI	6		4.3	15.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		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 = 29.4g: 1 fl oz

Measure 2 = 103g: 1 packet prepared

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

Food Group: 14 Beverages

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

NDB No. 43154
Alcoholic beverage, wine, cooking

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	88.90		0		4		4.36	25.78	
Energy....kcal	50		0	NC	4		2	15	
Energy....kJ	209		0	NC	4		10	61	
Protein (N x 6.25)....g	0.50		0		4		0.02	0.15	
Total lipid (fat)....g	0.00		0		4		0.00	0.00	
Ash....g	1.00		0	NR	4		0.05	0.29	
Carbohydrate, by difference....g	6.30		0	NC	4		0.31	1.83	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	1.55		0	BFSN	4		0.08	0.45	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		4		0	3	
Iron, Fe....mg	0.40		0		4		0.02	0.12	
Magnesium, Mg....mg	10		0		4		0	3	
Phosphorus, P....mg	15		0		4		1	4	
Potassium, K....mg	88		0		4		4	26	
Sodium, Na....mg	626		0		4		31	182	
Zinc, Zn....mg	0.08		0		4		0.00	0.02	
Copper, Cu....mg	0.011		0		4		0.001	0.003	
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		0	BFZN	4		0.0	0.1	
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	0.010		0		4		0.000	0.003	
Niacin....mg	0.100		0		4		0.005	0.029	
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0		4		0.001	0.006	
Folate, total....mcg	1		0		4		0	0	
Folic acid....mcg	0		0	BFSN	4		0	0	
Folate, food....mcg	1		0	BFSN	4		0	0	
Folate, DFE....mcg_DFE	1		0	NC	4		0	0	
Choline, total....mg	5.0		0	O	4		0.2	1.4	
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	0		0	BFSN	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	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	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 43154
Alcoholic beverage, wine, cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		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		4		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		4		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		4		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	3.3		0		4		0.2	1.0	
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 = 4.9g: 1 tsp

Measure 2 = 29.0g: 1 fl oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14536
Alcoholic beverage, wine, dessert, dry

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	72.53	0.173	6	AI	13		21.40	74.70	
Energy....kcal	152		0	NC	4		45	157	
Energy....kJ	638		0	NC	4		188	657	
Protein (N x 6.25)....g	0.20		7		1		0.06	0.21	
Total lipid (fat)....g	0.00		0		1		0.00	0.00	
Ash....g	0.30		2		1		0.09	0.31	
Carbohydrate, by difference....g	11.67		0	NC	4		3.44	12.02	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	1.09	0.040	6	AI	13		0.32	1.12	
Sucrose....g	0.00		1	AI	13		0.00	0.00	
Glucose (dextrose)....g	0.58	0.040	6	AI	13		0.17	0.60	
Fructose....g	0.47	0.018	6	AI	13		0.14	0.48	
Lactose....g									
Maltose....g	0.10		2	AI	13		0.03	0.10	
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.801	26		1		2	8	
Iron, Fe....mg	0.24	0.033	32		1		0.07	0.25	
Magnesium, Mg....mg	9	0.752	19		1		3	9	
Phosphorus, P....mg	9		2		1		3	9	
Potassium, K....mg	92	8.026	81		1		27	95	
Sodium, Na....mg	9	1.406	89		1		3	9	
Zinc, Zn....mg	0.07	0.011	55		1		0.02	0.07	
Copper, Cu....mg	0.045	0.015	74		1		0.013	0.046	
Manganese, Mn....mg	0.119	0.063	7		1		0.035	0.123	
Selenium, Se....mcg	0.5		0	BFSN	4		0.1	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.018	0.002	33		1		0.005	0.019	
Riboflavin....mg	0.018	0.002	33		1		0.005	0.019	
Niacin....mg	0.213	0.015	33		1		0.063	0.219	
Pantothenic acid....mg	0.032	0.002	3		1		0.009	0.033	
Vitamin B-6....mg	0.000		1		1		0.000	0.000	
Folate, total....mcg	0	0.046	3		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0	0.046	3		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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		4		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									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									

NDB No. 14536
Alcoholic beverage, wine, dessert, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		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	
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									
Others:									
Alcohol, ethyl....g	15.3		0		1		4.5	15.8	
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 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14057
Alcoholic beverage, wine, dessert, sweet

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	70.51	0.442	9	AI	13		20.80	72.62	
Energy....kcal	160		0	NC	4		47	165	
Energy....kJ	671		0	NC	4		198	691	
Protein (N x 6.25)....g	0.20		7		1		0.06	0.21	
Total lipid (fat)....g	0.00		0		1		0.00	0.00	
Ash....g	0.30		2		1		0.09	0.31	
Carbohydrate, by difference....g	13.69		0	NC	4		4.04	14.11	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	7.78	0.769	6	AI	13		2.30	8.02	
Sucrose....g	0.05	0.050	3	AI	13		0.01	0.05	
Glucose (dextrose)....g	2.60	0.789	6	AI	13		0.77	2.68	
Fructose....g	5.15	0.206	6	AI	13		1.52	5.31	
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.801	26		1		2	8	
Iron, Fe....mg	0.24	0.033	32		1		0.07	0.25	
Magnesium, Mg....mg	9	0.752	19		1		3	9	
Phosphorus, P....mg	9		2		1		3	9	
Potassium, K....mg	92	8.026	81		1		27	95	
Sodium, Na....mg	9	1.406	89		1		3	9	
Zinc, Zn....mg	0.07	0.011	55		1		0.02	0.07	
Copper, Cu....mg	0.045	0.015	74		1		0.013	0.046	
Manganese, Mn....mg	0.119	0.063	7		1		0.035	0.123	
Selenium, Se....mcg	0.5		0	BFSN	4		0.1	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.018	0.002	33		1		0.005	0.019	
Riboflavin....mg	0.018	0.002	33		1		0.005	0.019	
Niacin....mg	0.213	0.015	33		1		0.063	0.219	
Pantothenic acid....mg	0.032	0.002	3		1		0.009	0.033	
Vitamin B-6....mg	0.000		1		1		0.000	0.000	
Folate, total....mcg	0	0.046	3		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0	0.046	3		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	5.0		0	BFZN	4		1.5	5.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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		4		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. 14057
Alcoholic beverage, wine, dessert, sweet

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1	AI	13		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	
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									
Others:									
Alcohol, ethyl.....g	15.3		0		1		4.5	15.8	
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 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 43155
Alcoholic beverage, wine, 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	92.23		0	NC	4		27.21	136.50	
Energy....kcal	49		0	NC	4		15	73	
Energy....kJ	206		0	NC	4		61	305	
Protein....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0		1		0.00	0.00	
Ash....g	0.13		0	BFSN	4		0.04	0.19	
Carbohydrate, by difference....g	1.17		0	O	4		0.35	1.74	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	1.15		0	BFSN	4		0.34	1.70	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		3	13	
Iron, Fe....mg	0.40		0		1		0.12	0.59	
Magnesium, Mg....mg	10		0		1		3	15	
Phosphorus, P....mg	15		0		1		4	22	
Potassium, K....mg	88		0		1		26	130	
Sodium, Na....mg	7		0		1		2	10	
Zinc, Zn....mg	0.08		0		1		0.02	0.12	
Copper, Cu....mg	0.011		0		1		0.003	0.016	
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		0	BFZN	4		0.1	0.3	
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	0.010		0		1		0.003	0.015	
Niacin....mg	0.100		0		1		0.030	0.148	
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0		1		0.006	0.030	
Folate, total....mcg	1		0		1		0	1	
Folic acid....mcg	0		0	BFSN	4		0	0	
Folate, food....mcg	1		0	BFSN	4		0	1	
Folate, DFE....mcg_DFE	1		0	NC	4		0	1	
Choline, total....mg	5.0		0	BFZN	4		1.5	7.4	
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	BFSN	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	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	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 43155
Alcoholic beverage, wine, 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	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		4		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		4		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		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	6.4		0		4		1.9	9.5	
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 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14084
Alcoholic beverage, wine, table, all

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	86.58		0	NC	4		128.13	25.54	
Energy....kcal	83		0	NC	4		123	24	
Energy....kJ	347		0	NC	4		514	102	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.10	0.02	
Total lipid (fat)....g	0.00		2	A	1		0.00	0.00	
Ash....g	0.24	0.038	2526	A	1		0.35	0.07	
Carbohydrate, by difference....g	2.72		0	NC	4		4.03	0.80	
Fiber, total dietary....g	0.0		2	A	1		0.0	0.0	
Sugars, total....g	0.79		2	A	1		1.17	0.23	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2	A	1		13	3	
Iron, Fe....mg	0.37		2	A	1		0.54	0.11	
Magnesium, Mg....mg	11		2	A	1		16	3	
Phosphorus, P....mg	20		2	A	1		30	6	
Potassium, K....mg	99		2	A	1		146	29	
Sodium, Na....mg	5		2	A	1		7	1	
Zinc, Zn....mg	0.13		2	A	1		0.19	0.04	
Copper, Cu....mg	0.007		2	A	1		0.011	0.002	
Manganese, Mn....mg	0.124		2	A	1		0.184	0.037	
Selenium, Se....mcg	0.2		2	A	1		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	
Thiamin....mg	0.005		2	A	1		0.008	0.002	
Riboflavin....mg	0.023		2	A	1		0.034	0.007	
Niacin....mg	0.166		2	A	1		0.246	0.049	
Pantothenic acid....mg	0.037		2	A	1		0.055	0.011	
Vitamin B-6....mg	0.054		2	A	1		0.080	0.016	
Folate, total....mcg	1		2	A	1		1	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		2	A	1		1	0	
Folate, DFE....mcg_DFE	1		0	NC	4		1	0	
Choline, total....mg	5.0		0	AS	1		7.4	1.5	
Betaine....mg									
Vitamin B-12....mcg	0.00		2	A	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		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		1	AI	13		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. 14084
Alcoholic beverage, wine, table, all

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Others:									
Alcohol, ethyl ... g	10.4	0.158	2526	A	1		15.4	3.1	
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 = 148g: 1 serving 5 fl oz

Measure 2 = 29.5g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14096
Alcoholic beverage, wine, table, red (1)

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	86.49		0	NC	4		25.43	127.14	
Energy	kcal	85		0	O	4		25	125	
Energy	kJ	356		0	O	4		105	523	
Protein (N x 6.25)	g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)	g	0.00		1	A	1		0.00	0.00	
Ash	g	0.28	0.002	1300	A	1		0.08	0.41	
Carbohydrate, by difference	g	2.61		0	NC	4		0.77	3.84	
Fiber, total dietary	g	0.0		1	A	1		0.0	0.0	
Sugars, total	g	0.62		1	A	1		0.18	0.92	
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	A	1		2	11	
Iron, Fe	mg	0.46		1	A	1		0.14	0.68	
Magnesium, Mg	mg	12		1	A	1		3	17	
Phosphorus, P	mg	23		1	A	1		7	34	
Potassium, K	mg	127		1	A	1		37	187	
Sodium, Na	mg	4		1	A	1		1	6	
Zinc, Zn	mg	0.14		1	A	1		0.04	0.20	
Copper, Cu	mg	0.011		1	A	1		0.003	0.016	
Manganese, Mn	mg	0.132		1	A	1		0.039	0.194	
Selenium, Se	mcg	0.2		1	A	1		0.1	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.005		1	A	1		0.002	0.008	
Riboflavin	mg	0.031		1	A	1		0.009	0.046	
Niacin	mg	0.224		1	A	1		0.066	0.329	
Pantothenic acid	mg	0.030		1	A	1		0.009	0.044	
Vitamin B-6	mg	0.057		1	A	1		0.017	0.084	
Folate, total	mcg	1		1	A	1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	NR	4		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Choline, total	mg	5.7		0	AS	1		1.7	8.3	
Betaine	mg	0.3		1	A	1		0.1	0.5	
Vitamin B-12	mcg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	1		0	O	4		0	1	
Carotene, alpha	mcg	0		0	O	4		0	0	
Cryptoxanthin, beta	mcg	0		0	O	4		0	0	
Vitamin A, IU	IU	2		0	NC	4		0	2	
Lycopene	mcg	0		0	O	4		0	0	
Lutein + zeaxanthin	mcg	6		0	O	4		2	9	
Vitamin E (alpha-tocopherol)	mg	0.00		0	O	4		0.00	0.00	
Vitamin E, added	mg	0.00		0	NR	4		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. 14096
Alcoholic beverage, wine, table, red (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.4		0	O	4		0.1	0.6	
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	
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									
Others:									
Alcohol, ethyl.....g	10.6	0.020	1300	A	1		3.1	15.5	
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 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Footnotes:

1 Minerals, B vitamins and vitamin C determinations were made on samples of Merlot.

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

NDB No. 14096
Alcoholic beverage, wine, table, red (1)

Food Group: 14 Beverages

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

NDB No. 14106
Alcoholic beverage, wine, table, white (1, 2)

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	86.86		0	NC	4		25.54	127.68	
Energy....kcal	82		0	NC	4		24	120	
Energy....kJ	342		0	NC	4		100	502	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		1	A	1		0.00	0.00	
Ash....g	0.20	0.002	1200	A	1		0.06	0.29	
Carbohydrate, by difference....g	2.60		0	NC	4		0.77	3.83	
Fiber, total dietary....g	0.0		1	A	1		0.0	0.0	
Sugars, total....g	0.96		1	A	1		0.28	1.41	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1	A	1		3	14	
Iron, Fe....mg	0.27		1	A	1		0.08	0.40	
Magnesium, Mg....mg	10		1	A	1		3	14	
Phosphorus, P....mg	18		1	A	1		5	26	
Potassium, K....mg	71		1	A	1		21	104	
Sodium, Na....mg	5		1	A	1		1	7	
Zinc, Zn....mg	0.12		1	A	1		0.04	0.18	
Copper, Cu....mg	0.004		1	A	1		0.001	0.005	
Manganese, Mn....mg	0.117		1	A	1		0.034	0.172	
Selenium, Se....mcg	0.1		1	A	1		0.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.005		1	A	1		0.002	0.008	
Riboflavin....mg	0.015		1	A	1		0.004	0.022	
Niacin....mg	0.108		1	A	1		0.032	0.159	
Pantothenic acid....mg	0.045		1	A	1		0.013	0.066	
Vitamin B-6....mg	0.050		1	A	1		0.015	0.074	
Folate, total....mcg	1		1	A	1		0	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		1	A	1		0	1	
Folate, DFE....mcg_DFE	1		0	NC	4		0	1	
Choline, total....mg	4.3		0	AS	1		1.3	6.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		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		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	0.4		0	O	4		0.1	0.6	
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. 14106
Alcoholic beverage, wine, table, white (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Others:									
Alcohol, ethyl....g	10.3	0.028	1200	A	1		3.0	15.1	
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 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Footnotes:

1 Minerals, B vitamins and vitamin C determinations were made on samples of Chardonnay.

2 Late harvest wines have not been included.

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14116
Alcoholic beverage, wine, table, white, Chenin Blanc

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	86.78		0	NC	4		25.60	128.43	
Energy....kcal	80		0	NC	4		24	118	
Energy....kJ	334		0	NC	4		99	495	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.22	0.007	39	A	1		0.06	0.32	
Carbohydrate, by difference....g	3.31		0	NC	4		0.98	4.90	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	9.6	0.157	39	A	1		2.8	14.2	
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:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 3.87 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14117
Alcoholic beverage, wine, table, white, Fume Blanc

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	86.98		0	NC	4		25.49	127.86	
Energy....kcal	82		0	NC	4		24	121	
Energy....kJ	343		0	NC	4		100	504	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.17	0.007	32	A	1		0.05	0.25	
Carbohydrate, by difference....g	2.27		0	NC	4		0.67	3.34	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.5	0.111	32	A	1		3.1	15.5	
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:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14124
Alcoholic beverage, wine, table, white, Gewurztraminer (1)

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	87.03		0	NC	4		25.67	127.93	
Energy....kcal	81		0	NC	4		24	119	
Energy....kJ	337		0	NC	4		100	496	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.17	0.005	68	A	1		0.05	0.25	
Carbohydrate, by difference....g	2.60		0	NC	4		0.77	3.82	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.1	0.100	66	A	1		3.0	14.9	
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:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Footnotes:

1 Late harvest wines have not been included.

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14120
Alcoholic beverage, wine, table, white, Muller Thurgau

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	87.28		0	NC	4		25.75	129.18	
Energy....kcal	76		0	NC	4		23	113	
Energy....kJ	319		0	NC	4		94	473	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.15	0.012	13	A	1		0.04	0.23	
Carbohydrate, by difference....g	3.48		0	NC	4		1.03	5.15	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	9.0	0.365	13	A	1		2.7	13.3	
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:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14140
Alcoholic beverage, wine, table, white, Muscat (1, 2)

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	85.69		0	NC	4		25.71	128.53	
Energy....kcal	82		0	NC	4		25	123	
Energy....kJ	342		0	NC	4		103	513	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.11	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.21	0.010	37	A	1		0.06	0.32	
Carbohydrate, by difference....g	5.23		0	NC	4		1.57	7.84	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	8.8	0.253	37	A	1		2.6	13.2	
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:

Measure 1 = 30.0g: 1 fl oz

Measure 2 = 150g: 1 serving 5 fl oz

Footnotes:

1 Late harvest wines have not been included.

2 Includes Muscat, Muscat Blanc and Muscat Canelli.

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14138
Alcoholic beverage, wine, table, white, Pinot Blanc

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	87.14		0	NC	4		25.53	128.10	
Energy....kcal	81		0	NC	4		24	120	
Energy....kJ	340		0	NC	4		100	500	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.24	0.014	11	A	1		0.07	0.36	
Carbohydrate, by difference....g	1.94		0	NC	4		0.57	2.85	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.6	0.142	11	A	1		3.1	15.6	
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:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14113
Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)

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	86.98		0	NC	4		25.48	127.85	
Energy....kcal	83		0	NC	4		24	122	
Energy....kJ	346		0	NC	4		101	509	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.16	0.005	47	A	1		0.05	0.23	
Carbohydrate, by difference....g	2.06		0	NC	4		0.60	3.03	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.7	0.086	47	A	1		3.1	15.8	
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:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14132
Alcoholic beverage, wine, table, white, Riesling (1)

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	86.56		0	NC	4		25.62	128.11	
Energy....kcal	80		0	NC	4		24	119	
Energy....kJ	337		0	NC	4		100	498	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.17	0.003	146	A	1		0.05	0.25	
Carbohydrate, by difference....g	3.74		0	NC	4		1.11	5.54	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	9.5	0.081	146	A	1		2.8	14.0	
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:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

Footnotes:

1 Late harvest wines have not been included.

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14134
Alcoholic beverage, wine, table, white, Sauvignon Blanc (1)

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	87.16		0	NC	4		25.54	128.13	
Energy....kcal	81		0	NC	4		24	119	
Energy....kJ	340		0	NC	4		100	500	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.18	0.003	146	A	1		0.05	0.27	
Carbohydrate, by difference....g	2.05		0	NC	4		0.60	3.02	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.5	0.062	146	A	1		3.1	15.5	
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:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Footnotes:

1 Late harvest wines have not been included.

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14126
Alcoholic beverage, wine, table, white, Semillon (1)

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	86.54		0	NC	4		25.53	127.22	
Energy....kcal	82		0	NC	4		24	121	
Energy....kJ	344		0	NC	4		101	505	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.21	0.017	31	A	1		0.06	0.31	
Carbohydrate, by difference....g	3.12		0	NC	4		0.92	4.58	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	10.1	0.145	31	A	1		3.0	14.8	
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:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Footnotes:

1 Late harvest wines have not been included.

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 14135
Alcoholic beverage, wine, table, white, late harvest

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	77.76		0	NC	4		23.95	119.75	
Energy....kcal	112		0	NC	4		34	172	
Energy....kJ	467		0	NC	4		144	720	
Protein (N x 6.25)....g	0.07		0	BFZN	4		0.02	0.11	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.27	0.016	26	A	1		0.08	0.42	
Carbohydrate, by difference....g	13.39		0	NC	4		4.12	20.62	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Others:									
Alcohol, ethyl....g	8.5	0.235	26	A	1		2.6	13.1	
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:

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 154g: 1 serving 5 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

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

NDB No. 43372

Apple cider-flavored drink, powder, added vitamin C and sugar

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	0.30		1	AI	13		0.02	0.06	
Energy....kcal	395		0	NC	4		32	83	
Energy....kJ	1654		0	NC	4		132	347	
Protein (N x 6.25)....g	0.00		1	AI	13		0.00	0.00	
Total lipid (fat)....g	0.00		1	AI	13		0.00	0.00	
Ash....g	0.90		1	AI	13		0.07	0.19	
Carbohydrate, by difference....g	98.80		0	NC	4		7.90	20.75	
Fiber, total dietary....g	0.1		0	FLA	4		0.0	0.0	
Sugars, total....g	80.95		1	LC	8		6.48	17.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	465		0	FLA	4		37	98	
Iron, Fe....mg	0.06		0	FLA	4		0.00	0.01	
Magnesium, Mg....mg	0		0	FLA	4		0	0	
Phosphorus, P....mg	130		0		4		10	27	
Potassium, K....mg	7		0	FLA	4		1	2	
Sodium, Na....mg	95		1	LC	8		8	20	
Zinc, Zn....mg	0.00		0	FLA	4		0.00	0.00	
Copper, Cu....mg	0.001		0	FLA	4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.6		0	FLA	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	363.0		1	AI	13		29.0	76.2	
Thiamin....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin....mg	0.019		0	FLA	4		0.002	0.004	
Niacin....mg	0.003		0	FLA	4		0.000	0.001	
Pantothenic acid....mg	0.002		0	FLA	4		0.000	0.001	
Vitamin B-6....mg	0.002		0	FLA	4		0.000	0.000	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.1		0	O	4		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		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	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	1		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000	0.000	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 43372

Apple cider-flavored drink, powder, added vitamin C and sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLA	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLA	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	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 = 8.0g: 1 tsp

Measure 2 = 21g: 1 packet

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 43388

Apple cider-flavored drink, powder, low calorie, with vitamin C, prepared

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	99.70		0		4		239.28	29.91	
Energy....kcal	1		0		4		2	0	
Energy....kJ	4		0		4		10	1	
Protein....g	0.00		0		4		0.00	0.00	
Total lipid (fat)....g	0.00		0		4		0.00	0.00	
Ash....g	0.10		0	RPI	6		0.24	0.03	
Carbohydrate, by difference....g	0.30		0		4		0.72	0.09	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	RPI	6		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		4		26	3	
Iron, Fe....mg	0.03		0		4		0.07	0.01	
Magnesium, Mg....mg	1		0		4		2	0	
Phosphorus, P....mg	12		0		4		29	4	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	14		0	O	4		33	4	
Zinc, Zn....mg	0.03		0		4		0.07	0.01	
Copper, Cu....mg	0.015		0		4		0.036	0.005	
Manganese, Mn....mg	0.000		0	RPI	6		0.001	0.000	
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	25.0		0	O	4		60.0	7.5	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0	RPI	6		0	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	0		0	RPI	6		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	O	4		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		7		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	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 43388

Apple cider-flavored drink, powder, low calorie, with vitamin C, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		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		4		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		4		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		7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	RPI	6		0	0	
Theobromine ... mg	0		0	RPI	6		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 (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14114
Beef broth and tomato juice, canned

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	89.90		1		1		27.42	151.03	
Energy....kcal	37		0	NC	4		11	62	
Energy....kJ	155				4		47	260	
Protein (N x 6.25)....g	0.60		1		1		0.18	1.01	
Total lipid (fat)....g	0.10		1		1		0.03	0.17	
Ash....g	0.90		1		1		0.27	1.51	
Carbohydrate, by difference....g	8.50		0	NC	4		2.59	14.28	
Fiber, total dietary....g	0.1		0	RA	4		0.0	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		1		1		3	18	
Iron, Fe....mg	0.58		1		1		0.18	0.97	
Magnesium, Mg....mg	3		0		4		1	5	
Phosphorus, P....mg	13		0		4		4	22	
Potassium, K....mg	96		1		1		29	161	
Sodium, Na....mg	131		1		1		40	220	
Zinc, Zn....mg	0.02		0		4		0.01	0.03	
Copper, Cu....mg	0.017		0		4		0.005	0.029	
Manganese, Mn....mg	0.028		0		4		0.009	0.047	
Selenium, Se....mcg	0.7		0	FLA	4		0.2	1.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1		1		0.3	1.5	
Thiamin....mg	0.001		1		1		0.000	0.002	
Riboflavin....mg	0.029		1		1		0.009	0.049	
Niacin....mg	0.164		1		1		0.050	0.276	
Pantothenic acid....mg	0.036		0		4		0.011	0.060	
Vitamin B-6....mg	0.024		0		4		0.007	0.040	
Folate, total....mcg	4		0		4		1	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		4		1	7	
Folate, DFE....mcg_DFE	4		0	NC	4		1	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.05		0		4		0.02	0.08	
Vitamin A, RAE....mcg_RAE	6		0	NC	4		2	11	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	128		1		1		39	215	
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	0.032		0		1		0.010	0.054	
4:0....g									
6:0....g									
8:0....g									

NDB No. 14114
Beef broth and tomato juice, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
12:0....g	0.001		0		1		0.000	0.002	
13:0....g									
14:0....g	0.002		0		1		0.001	0.003	
15:0....g									
16:0....g	0.018		0		1		0.005	0.030	
17:0....g									
18:0....g	0.011		0		1		0.003	0.018	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.029		0		1		0.009	0.049	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.026		0		1		0.008	0.044	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.022		0		1		0.007	0.037	
18:2 undifferentiated....g	0.021		0		1		0.006	0.035	
18:3 undifferentiated....g	0.001		0		1		0.000	0.002	
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	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.000	0.002	
Threonine....g	0.011		0		1		0.003	0.018	
Isoleucine....g	0.009		0		1		0.003	0.015	
Leucine....g	0.018		0		1		0.005	0.030	
Lysine....g	0.022		0		1		0.007	0.037	
Methionine....g	0.004		0		1		0.001	0.007	
Cystine....g	0.001		0		1		0.000	0.002	
Phenylalanine....g	0.013		0		1		0.004	0.022	
Tyrosine....g	0.003		0		1		0.001	0.005	
Valine....g	0.015		0		1		0.005	0.025	
Arginine....g	0.041		0		1		0.013	0.069	
Histidine....g	0.006		0		1		0.002	0.010	
Alanine....g	0.052		0		1		0.016	0.087	
Aspartic acid....g	0.044		0		1		0.013	0.074	
Glutamic acid....g	0.090		0		1		0.027	0.151	
Glycine....g	0.128		0		1		0.039	0.215	
Proline....g	0.075		0		1		0.023	0.126	
Serine....g	0.018		0		1		0.005	0.030	
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 = 30.5g: 1 fl oz

Measure 2 = 168g: 1 can (5.5 oz)

NDB No. 14114
Beef broth and tomato juice, canned

Calories Factors: **Protein** 4 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14638
Beverage, Horchata, as served in restaurant

Latino food
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	87.10	2.933	3	A	1				
Energy	kcal	54		0	NC	4				
Energy	kJ	228		0	NC	4				
Protein	g	0.48	0.075	3	A	1				
Total lipid (fat)	g	0.71	0.164	3	A	1				
Ash	g	0.19	0.062	3	A	1				
Carbohydrate, by difference	g	11.52		0	NC	4				
Fiber, total dietary	g	0.0	0.000	3	A	1				
Sugars, total	g	9.36	2.363	3	A	1				
Sucrose	g	6.17	0.182	3	A	1				
Glucose (dextrose)	g	1.64	1.266	3	A	1				
Fructose	g	1.55	0.935	3	A	1				
Lactose	g	0.00	0.000	3	A	1				
Maltose	g	0.00	0.000	3	A	1				
Galactose	g	0.00	0.000	3	A	1				
Starch	g	0.99	0.254	3	A	1				
Minerals:										
Calcium, Ca	mg	18	6.104	3	A	1				
Iron, Fe	mg	0.01	0.000	3	A	1				
Magnesium, Mg	mg	3	0.973	3	A	1				
Phosphorus, P	mg	15	5.432	3	A	1				
Potassium, K	mg	34	15.207	3	A	1				
Sodium, Na	mg	14	7.241	3	A	1				
Zinc, Zn	mg	0.06	0.010	3	A	1				
Copper, Cu	mg	0.002	0.000	3	A	1				
Manganese, Mn	mg	0.010	0.002	3	A	1				
Selenium, Se	mcg	0.4		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.000	0.000	3	A	1				
Riboflavin	mg	0.000	0.000	3	A	1				
Niacin	mg	0.047	0.014	3	A	1				
Pantothenic acid	mg	0.000		1	A	1				
Vitamin B-6	mg	0.017	0.002	3	A	1				
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									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.24		1	A	1				
Tocopherol, beta	mg	0.02		1	A	1				
Tocopherol, gamma	mg	0.02		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	0.0		1	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.

NDB No. 14638

Beverage, Horchata, as served in restaurant

Common Measures:

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

Food Group: 14 Beverages

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

NDB No. 14631

Beverage, Horchata, dry mix, unprepared, variety of brands, all with morro seeds

Latino food

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	4.89		1	A	1		0.38	5.77	
Energy	kcal	413		0	NC	4		32	488	
Energy	kJ	1729		0	NC	4		135	2041	
Protein (N x 6.25)	g	7.50		1	A	1		0.59	8.85	
Total lipid (fat)	g	7.46		1	A	1		0.58	8.80	
Ash	g	1.10		1	A	1		0.09	1.30	
Carbohydrate, by difference	g	79.05		0	NC	4		6.17	93.28	
Fiber, total dietary	g	4.0		1	A	1		0.3	4.7	
Sugars, total	g	38.90		0	O	4		3.03	45.90	
Starch	g	32.10		1	A	1		2.50	37.88	
Minerals:										
Calcium, Ca	mg	60		1	A	1		5	71	
Iron, Fe	mg	5.80		1	A	1		0.45	6.84	
Magnesium, Mg	mg	77		1	A	1		6	91	
Phosphorus, P	mg	180		1	A	1		14	212	
Potassium, K	mg	180		1	A	1		14	212	
Sodium, Na	mg	3		1	A	1		0	3	
Zinc, Zn	mg	1.60		1	A	1		0.12	1.89	
Copper, Cu	mg	0.470		1	A	1		0.037	0.554	
Manganese, Mn	mg	1.200		1	A	1		0.094	1.416	
Selenium, Se	mcg	7.8		0	FLA	4		0.6	9.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	FLA	4		0.0	0.3	
Thiamin	mg	0.030		1	A	1		0.002	0.035	
Riboflavin	mg	0.170		1	A	1		0.013	0.201	
Niacin	mg	2.200		1	A	1		0.172	2.596	
Pantothenic acid	mg	0.410		1	A	1		0.032	0.484	
Vitamin B-6	mg	0.179		1	A	1		0.014	0.211	
Folate, total	mcg	12		0	FLA	4		1	14	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	12		0	FLA	4		1	14	
Folate, DFE	mcg_DFE	12		0	NC	4		1	14	
Choline, total	mg	11.6		0	FLA	4		0.9	13.7	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	1		0	FLA	4		0	2	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	2		0	FLA	4		0	3	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	11		0	FLA	4		1	13	
Vitamin E (alpha-tocopherol)	mg	0.37		0	FLA	4		0.03	0.43	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone)	mcg	1.1		0	FLA	4		0.1	1.3	
Lipids:										
Fatty acids, total saturated	g	2.086		0	NC	4		0.163	2.461	
4:0	g	0.000		1	A	1		0.000	0.000	

NDB No. 14631

Beverage, Horchata, dry mix, unprepared, variety of brands, all with morro seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1	A	1		0.000	0.000	
8:0 g	0.000		1	A	1		0.000	0.000	
10:0 g	0.012		1	A	1		0.001	0.014	
12:0 g	0.003		1	A	1		0.000	0.004	
13:0 g									
14:0 g	0.016		1	A	1		0.001	0.019	
15:0 g	0.002		1	A	1		0.000	0.002	
16:0 g	1.143		1	A	1		0.089	1.349	
17:0 g	0.008		1	A	1		0.001	0.009	
18:0 g	0.780		1	A	1		0.061	0.920	
20:0 g	0.061		1	A	1		0.005	0.072	
22:0 g	0.035		1	A	1		0.003	0.041	
24:0 g	0.026		1	A	1		0.002	0.031	
Fatty acids, total monounsaturated g	3.174		0	NC	4		0.248	3.745	
14:1 g	0.000		1	A	1		0.000	0.000	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.013		0	AS	1		0.001	0.015	
16:1 c g	0.013		1	A	1		0.001	0.015	
16:1 t g	0.000		1	A	1		0.000	0.000	
17:1 g	0.003		1	A	1		0.000	0.004	
18:1 undifferentiated g	3.136		0	AS	1		0.245	3.700	
18:1 c g	3.124		1	A	1		0.244	3.686	
18:1-11c (18:1c n-7) g									
18:1 t g	0.012		1	A	1		0.001	0.014	
18:1-11t (18:1t n-7) g									
20:1 g	0.020		1	A	1		0.002	0.023	
22:1 undifferentiated g	0.002		0	AS	1		0.000	0.002	
22:1 c g	0.002		1	A	1		0.000	0.002	
22:1 t g	0.000		1	A	1		0.000	0.000	
24:1 c g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	2.069		0	NC	4		0.161	2.441	
18:2 undifferentiated g	2.000		0	AS	1		0.156	2.360	
18:2 n-6 c,c g	1.991		1	A	1		0.155	2.349	
18:2 CLAs g	0.000		1	A	1		0.000	0.000	
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	0.009		1	A	1		0.001	0.011	
18:3 undifferentiated g	0.058		0	AS	1		0.005	0.068	
18:3 n-3 c,c,c (ALA) g	0.058		1	A	1		0.005	0.068	
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c g	0.003		1	A	1		0.000	0.004	
20:3 undifferentiated g	0.000		0	AS	1		0.000	0.000	
20:3 n-3 g	0.000		1	A	1		0.000	0.000	
20:3 n-6 g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated g	0.003		1	A	1		0.000	0.004	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		1	A	1		0.000	0.004	
21:5 g									
22:4 g	0.002		1	A	1		0.000	0.002	
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans g	0.021		0	NC	4		0.002	0.025	
Fatty acids, total trans-monoenoic g	0.012		0	NC	4		0.001	0.014	
Fatty acids, total trans-polyenoic g	0.009		0	NC	4		0.001	0.011	
Cholesterol mg	0		0	FLA	4		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	

NDB No. 14631

Beverage, Horchata, dry mix, unprepared, variety of brands, all with morro seeds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 7.8g: 1 tbsp

Measure 2 = 118g: 1 cup

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

Food Group: 14 Beverages

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

NDB No. 14636

Beverages, fruit juice drink, reduced sugar, with vitamin E added

includes Capri Sun

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	87.58	0.405	4	A	1		183.05	0.88	
Energy....kcal	39		0	NC	4		81	0	
Energy....kJ	161		0	NC	4		337	2	
Protein....g	0.00	0.000	4	A	1		0.00	0.00	
Total lipid (fat)....g	0.07	0.030	4	A	1		0.14	0.00	
Ash....g	2.35		0	NR	4		4.91	0.02	
Carbohydrate, by difference....g	10.00		0	LC	8		20.90	0.10	
Fiber, total dietary....g	0.0		0	BFSN	4		0.0	0.0	
Sugars, total....g	9.00		1	LC	8		18.81	0.09	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.191	4	A	1		11	0	
Iron, Fe....mg	0.04	0.000	4	A	1		0.08	0.00	
Magnesium, Mg....mg	2	0.092	4	A	1		4	0	
Phosphorus, P....mg	1	0.192	4	A	1		3	0	
Potassium, K....mg	11	0.799	4	A	1		22	0	
Sodium, Na....mg	2	0.789	4	A	1		5	0	
Zinc, Zn....mg	0.02	0.005	4	A	1		0.05	0.00	
Copper, Cu....mg	0.000	0.000	4	A	1		0.000	0.000	
Manganese, Mn....mg	0.011	0.003	4	A	1		0.023	0.000	
Selenium, Se....mcg	0.2		0	BFSN	4		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.000	0.000	4	A	1		0.000	0.000	
Riboflavin....mg	0.000	0.000	4	A	1		0.000	0.000	
Niacin....mg	0.015	0.010	4	A	1		0.031	0.000	
Pantothenic acid....mg	0.000	0.000	4	A	1		0.000	0.000	
Vitamin B-6....mg	0.000	0.000	4	A	1		0.000	0.000	
Folate, total....mcg	1		1	A	1		2	0	
Folic acid....mcg	0		1	A	1		0	0	
Folate, food....mcg	1		0	AS	1		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg	0.5		0	BFSN	4		1.1	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFSN	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	BFSN	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFSN	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.68		1	LC	8		1.41	0.01	
Vitamin E, added....mg	0.68		0	NR	4		1.41	0.01	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	BFSN	4		0	0	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.008		0	BFFN	4		0.017	0.000	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 14636

Beverages, fruit juice drink, reduced sugar, with vitamin E 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	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFFN	4		0.001	0.000	
15:0....g									
16:0....g	0.007		0	BFFN	4		0.015	0.000	
17:0....g									
18:0....g	0.000		0	BFFN	4		0.001	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0	BFFN	4		0.025	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFFN	4		0.004	0.000	
17:1....g									
18:1 undifferentiated....g	0.011		0	BFFN	4		0.023	0.000	
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	0.014		0	BFFN	4		0.028	0.000	
18:2 undifferentiated....g	0.010		0	BFFN	4		0.020	0.000	
18:3 undifferentiated....g	0.004		0	BFFN	4		0.008	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	BFFN	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	0		0	BFSN	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFSN	4		0.0	0.0	
Caffeine....mg	0		0	BFSN	4		0	0	
Theobromine....mg	0		0	BFSN	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 = 209g: 1 container

Measure 2 = 1.0g: 1 ml

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

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

NDB No. 14635

Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E

includes V8 V-fusion juices

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	88.40		1	MC	9		217.46		
Energy....kcal	46		0	NC	4		113		
Energy....kJ	192		0	NC	4		473		
Protein....g	0.30	0.102	4	LC	8		0.75		
Total lipid (fat)....g	0.01		0	BFZN	4		0.03		
Ash....g	0.13		0	BFZN	4		0.32		
Carbohydrate, by difference....g	11.15		0	NC	4		27.44		
Fiber, total dietary....g	0.0	0.000	4	LC	8		0.0		
Sugars, total....g	10.37	0.117	4	LC	8		25.50		
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.000	3	LC	8		20		
Iron, Fe....mg	0.31	0.167	4	LC	8		0.77		
Magnesium, Mg....mg	7	0.000	3	LC	8		16		
Phosphorus, P....mg	1		0	BFZN	4		2		
Potassium, K....mg	101	6.716	4	LC	8		248		
Sodium, Na....mg	29	1.016	4	LC	8		72		
Zinc, Zn....mg	0.01		0	BFZN	4		0.02		
Copper, Cu....mg	0.012		0	BFZN	4		0.029		
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	28.5	4.065	4	LC	8		70.0		
Thiamin....mg	0.001		0	BFZN	4		0.002		
Riboflavin....mg	0.001		0	BFZN	4		0.003		
Niacin....mg	0.013		0	BFZN	4		0.032		
Pantothenic acid....mg									
Vitamin B-6....mg	0.016	0.000	3	LC	8		0.040		
Folate, total....mcg	3	0.000	3	LC	8		8		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	3		0	NR	4		8		
Folate, DFE....mcg_DFE	3		0	NC	4		8		
Choline, total....mg	0.2		0	BFZN	4		0.5		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....mcg_RAE	36		0	NC	4		88		
Retinol....mcg	0		0	BFZN	4		0		
Carotene, beta....mcg	427		0	BNA	4		1051		
Carotene, alpha....mcg	1		0	BNA	4		3		
Cryptoxanthin, beta....mcg	0		0	BNA	4		0		
Vitamin A, IU....IU	713	346.079	4	LC	8		1754		
Lycopene....mcg	144		0	BFZN	4		354		
Lutein + zeaxanthin....mcg	2		0	BFZN	4		5		
Vitamin E (alpha-tocopherol)....mg	0.87	0.320	4	LC	8		2.14		
Vitamin E, added....mg	0.87		0	NR	4		2.14		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	BFZN	4		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	BFZN	4		0.2		
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000		
4:0....g	0.000		0	BFZN	4		0.000		

NDB No. 14635

Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000		
8:0 ... g	0.000		0	BFZN	4		0.000		
10:0 ... g	0.000		0	BFZN	4		0.000		
12:0 ... g	0.000		0	BFZN	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	BFZN	4		0.000		
15:0 ... g									
16:0 ... g	0.000		0	BFZN	4		0.000		
17:0 ... g									
18:0 ... g	0.000		0	BFZN	4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	BFZN	4		0.000		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:1 ... g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated ... g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000		
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	BFZN	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	0		0	BFZN	4		0		
Phytosterols ... mg									
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.

Common Measures:

Measure 1 = 246g: 1 serving 8 oz

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

Food Group: 14 Beverages

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

NDB No. 14606
Breakfast type drink, orange flavor, reduced sugar

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	98.87		0	RPI	6				
Energy....kcal	4		0	RPI	6				
Energy....kJ	16		0	RPI	6				
Protein....g	0.04		0	RPI	6				
Total lipid (fat)....g	0.00		0	RPI	6				
Ash....g	0.19		0	RPI	6				
Carbohydrate, by difference....g	0.90		0	RPI	6				
Fiber, total dietary....g	0.0		0	RPI	6				
Sugars, total....g	0.03		0	RPI	6				
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	RPI	6				
Iron, Fe....mg	0.00		0	RPI	6				
Magnesium, Mg....mg	4		0	RPI	6				
Phosphorus, P....mg	7		0	RPI	6				
Potassium, K....mg	33		0	RPI	6				
Sodium, Na....mg	5		0	RPI	6				
Zinc, Zn....mg	0.01		0	RPI	6				
Copper, Cu....mg	0.010		0	RPI	6				
Manganese, Mn....mg	0.000		0	RPA	1				
Selenium, Se....mcg	0.0		0	RPI	6				
Vitamins:									
Vitamin C, total ascorbic acid....mg	25.1		0	RPI	6				
Thiamin....mg	0.000		0	RPI	6				
Riboflavin....mg	0.071		0	RPI	6				
Niacin....mg	0.837		0	RPI	6				
Pantothenic acid....mg	0.000		0	RPI	6				
Vitamin B-6....mg	0.084		0	RPI	6				
Folate, total....mcg	0		0	RPI	6				
Folic acid....mcg	0		0	RPI	6				
Folate, food....mcg	0		0	RPI	6				
Folate, DFE....mcg_DFE	0		0	NC	4				
Choline, total....mg	0.0		0	BFSN	4				
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6				
Vitamin B-12, added....mcg	0.00		0	RPI	6				
Vitamin A, RAE....mcg_RAE	63		0	NC	4				
Retinol....mcg	63		0	NR	4				
Carotene, beta....mcg	0		0	RPI	6				
Carotene, alpha....mcg	0		0	RPI	6				
Cryptoxanthin, beta....mcg	0		0	RPI	6				
Vitamin A, IU....IU	209		0	RPI	6				
Lycopene....mcg	0		0	RPI	6				
Lutein + zeaxanthin....mcg	0		0	RPI	6				
Vitamin E (alpha-tocopherol)....mg	0.56		0	RPI	6				
Vitamin E, added....mg	0.00		0	RPI	6				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	RPI	6				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	RPI	6				
Vitamin K (phylloquinone)....mcg	0.0		0	RPI	6				
Lipids:									
Fatty acids, total saturated....g	0.000		0	RPI	6				
4:0....g	0.000		0	RPI	6				

NDB No. 14606
Breakfast type drink, orange flavor, reduced sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6				
8:0 g	0.000		0	RPI	6				
10:0 g	0.000		0	RPI	6				
12:0 g	0.000		0	RPI	6				
13:0 g									
14:0 g	0.000		0	RPI	6				
15:0 g									
16:0 g	0.000		0	RPI	6				
17:0 g									
18:0 g	0.000		0	RPI	6				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0	RPI	6				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	RPI	6				
17:1 g									
18:1 undifferentiated g	0.000		0	RPI	6				
20:1 g	0.000		0	RPI	6				
22:1 undifferentiated g	0.000		0	RPI	6				
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0	RPI	6				
18:2 undifferentiated g	0.000		0	RPI	6				
18:3 undifferentiated g	0.000		0	RPI	6				
18:4 g	0.000		0	RPI	6				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RPI	6				
20:5 n-3 (EPA) g	0.000		0	RPI	6				
22:5 n-3 (DPA) g	0.000		0	RPI	6				
22:6 n-3 (DHA) g	0.000		0	RPI	6				
Fatty acids, total trans g									
Cholesterol mg	0		0	RPI	6				
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	RPI	6				
Caffeine mg	0		0	RPI	6				
Theobromine mg	0		0	RPI	6				

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: 14 Beverages

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

NDB No. 14611

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Berry Blend

Campbell Soup Co.

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	92.20		1	MC	9		224.05		
Energy	kcal	29		1	LC	8		70		
Energy	kJ	121		0	LC	8		293		
Protein	g	0.00		1	LC	8		0.00		
Total lipid (fat)	g	0.00		1	LC	8		0.00		
Ash	g	0.39		0	NR	4		0.95		
Carbohydrate, by difference	g	7.41		1	LC	8		18.00		
Fiber, total dietary	g									
Sugars, total	g	7.41		1	LC	8		18.00		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	14		1	LC	8		35		
Sodium, Na	mg	21		1	LC	8		50		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	24.7		1	LC	8		60.0		
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	2058		1	LC	8		5000		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	1.11		1	LC	8		2.70		
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									

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 serving 8 oz

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

NDB No. 14611
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Berry Blend

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 14607

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Berry Blend

Campbell Soup Co.

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	98.70		1	MC	9		239.84		
Energy....kcal	4		0	LC	8		10		
Energy....kJ	17		0	LC	8		42		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.07		0	NR	4		0.16		
Carbohydrate, by difference....g	1.23		1	LC	8		3.00		
Fiber, total dietary....g									
Sugars, total....g	0.41		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	33		1	LC	8		80		
Sodium, Na....mg	14		1	LC	8		35		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.7		1	LC	8		60.0		
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	2058		1	LC	8		5000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.11		1	LC	8		2.70		
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									

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 serving 8 oz

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

NDB No. 14607

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Berry Blend

Food Group: 14 Beverages

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

NDB No. 14608

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Fruit Medley

Campbell Soup Co.

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	98.80		1	MC	9		235.14		
Energy....kcal	4		0	LC	8		10		
Energy....kJ	18		0	LC	8		42		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.10		0	O	4		0.24		
Carbohydrate, by difference....g	1.26		1	LC	8		3.00		
Fiber, total dietary....g									
Sugars, total....g	0.84		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	15		1	LC	8		35		
Sodium, Na....mg	13		1	LC	8		30		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	25.2		1	LC	8		60.0		
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	2101		1	LC	8		5000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.13		1	LC	8		2.70		
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									

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 = 238g: 1 serving 8 oz

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

NDB No. 14608

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Fruit Medley

Food Group: 14 Beverages

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

NDB No. 14609

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi

Campbell Soup Co.

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	98.80		1	MC	9		235.14		
Energy....kcal	4		0	LC	8		10		
Energy....kJ	18		0	LC	8		42		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.10		0	O	4		0.24		
Carbohydrate, by difference....g	1.26		1	LC	8		3.00		
Fiber, total dietary....g									
Sugars, total....g	0.84		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.30		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	15		1	LC	8		35		
Sodium, Na....mg	13		1	LC	8		30		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	25.2		1	LC	8		60.0		
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	2101		1	LC	8		5000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.13		1	LC	8		2.70		
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									

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 = 238g: 1 serving

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

NDB No. 14609

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi

Food Group: 14 Beverages

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

NDB No. 14610

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Tropical Blend

Campbell Soup Co.

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	98.80		1	MC	9		235.14		
Energy....kcal	4		0	LC	8		10		
Energy....kJ	18		0	LC	8		42		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.10		0	O	4		0.24		
Carbohydrate, by difference....g	1.26		1	LC	8		3.00		
Fiber, total dietary....g									
Sugars, total....g	0.42		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	34		1	LC	8		80		
Sodium, Na....mg	15		1	LC	8		35		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	25.2		1	LC	8		60.0		
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	2101		1	LC	8		5000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.13		1	LC	8		2.70		
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									

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 = 238g: 1 serving 8 oz

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

NDB No. 14610

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Tropical Blend

Food Group: 14 Beverages

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

NDB No. 14612

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Fruit Medley

Campbell Soup Co.

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	91.80		1	MC	9		223.07		
Energy....kcal	33		0	LC	8		80		
Energy....kJ	138		0	LC	8		335		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.38		0	NR	4		0.92		
Carbohydrate, by difference....g	7.82		1	LC	8		19.00		
Fiber, total dietary....g									
Sugars, total....g	7.82		1	LC	8		19.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	10		1	LC	8		25		
Sodium, Na....mg	21		1	LC	8		50		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.7		1	LC	8		60.0		
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	2058		1	LC	8		5000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.11		1	LC	8		2.70		
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									

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 serving 8 oz

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

NDB No. 14612
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Fruit Medley

Food Group: 14 Beverages

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

NDB No. 14613

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Guava Passion Fruit

Campbell Soup Co.

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	91.90		1	MC	9		223.32		
Energy....kcal	33		0	LC	8		80		
Energy....kJ	138		0	LC	8		335		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.28		0	NR	4		0.68		
Carbohydrate, by difference....g	7.82		1	LC	8		19.00		
Fiber, total dietary....g									
Sugars, total....g	7.82		1	LC	8		19.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	12		1	LC	8		30		
Sodium, Na....mg	14		1	LC	8		35		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.7		1	LC	8		60.0		
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	2058		1	LC	8		5000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.11		1	LC	8		2.70		
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									

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 serving 8 oz

Calories Factors: Protein Fat Carbohydrate

NDB No. 14613

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Guava Passion Fruit

Food Group: 14 Beverages

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

NDB No. 14614

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Mango Peach

Campbell Soup Co.

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	91.60		1	MC	9		222.59		
Energy....kcal	33		0	LC	8		80		
Energy....kJ	138		0	LC	8		335		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.17		0	NR	4		0.41		
Carbohydrate, by difference....g	8.23		1	LC	8		20.00		
Fiber, total dietary....g									
Sugars, total....g	8.23		1	LC	8		20.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	12		1	LC	8		30		
Sodium, Na....mg	16		1	LC	8		40		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.7		1	LC	8		60.0		
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	2058		1	LC	8		5000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.11		1	LC	8		2.70		
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									

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 serving 8 oz

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

NDB No. 14614

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Mango Peach

Food Group: 14 Beverages

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

NDB No. 14615

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Orange Pineapple

Campbell Soup Co.

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	91.90		1	MC	9		223.32		
Energy....kcal	29		0	LC	8		70		
Energy....kJ	121		0	LC	8		293		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.69		0	NR	4		1.68		
Carbohydrate, by difference....g	7.41		1	LC	8		18.00		
Fiber, total dietary....g									
Sugars, total....g	7.41		1	LC	8		18.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	10		1	LC	8		25		
Sodium, Na....mg	21		1	LC	8		50		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.7		1	LC	8		60.0		
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	2058		1	LC	8		5000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.11		1	LC	8		2.70		
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									

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 serving 8 oz

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

NDB No. 14615

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Orange Pineapple

Food Group: 14 Beverages

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

NDB No. 14616

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Orchard Blend

Campbell Soup Co.

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	92.20		1	MC	9		224.05		
Energy....kcal	33		0	LC	8		80		
Energy....kJ	138		0	LC	8		335		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.10		0	O	4		0.24		
Carbohydrate, by difference....g	7.82		1	LC	8		19.00		
Fiber, total dietary....g									
Sugars, total....g	7.82		1	LC	8		19.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	10		1	LC	8		25		
Sodium, Na....mg	21		1	LC	8		50		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.7		1	LC	8		60.0		
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	2058		1	LC	8		5000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.11		1	LC	8		2.70		
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									

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 serving 8 oz

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

NDB No. 14616

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Orchard Blend

Food Group: 14 Beverages

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

NDB No. 14617

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Strawberry Banana

Campbell Soup Co.

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	92.20		1	MC	9		224.05		
Energy....kcal	29		0	LC	8		70		
Energy....kJ	121		0	LC	8		293		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.39		0	NR	4		0.95		
Carbohydrate, by difference....g	7.41		1	LC	8		18.00		
Fiber, total dietary....g									
Sugars, total....g	7.41		1	LC	8		18.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	8		1	LC	8		20		
Sodium, Na....mg	21		1	LC	8		50		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.7		1	LC	8		60.0		
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	2058		1	LC	8		5000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.11		1	LC	8		2.70		
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									

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 serving 8 oz

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

NDB No. 14617
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Strawberry Banana

Food Group: 14 Beverages

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

NDB No. 14618

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Strawberry Kiwi

Campbell Soup Co.

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	92.40		1	MC	9		224.53		
Energy....kcal	29		0	LC	8		70		
Energy....kJ	121		0	LC	8		293		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.19		0	NR	4		0.46		
Carbohydrate, by difference....g	7.41		1	LC	8		18.00		
Fiber, total dietary....g									
Sugars, total....g	7.41		1	LC	8		18.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	14		1	LC	8		35		
Sodium, Na....mg	21		1	LC	8		50		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.7		1	LC	8		60.0		
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	2058		1	LC	8		5000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.11		1	LC	8		2.70		
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									

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 serving 8 oz

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

NDB No. 14618

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Strawberry Kiwi

Food Group: 14 Beverages

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

NDB No. 14619

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Tropical Blend

Campbell Soup Co.

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	92.40		1	MC	9		224.53		
Energy....kcal	29		0	LC	8		70		
Energy....kJ	121		0	LC	8		293		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.19		0	NR	4		0.46		
Carbohydrate, by difference....g	7.41		1	LC	8		18.00		
Fiber, total dietary....g									
Sugars, total....g	7.41		1	LC	8		18.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	12		1	LC	8		30		
Sodium, Na....mg	21		1	LC	8		50		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.7		1	LC	8		60.0		
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	2058		1	LC	8		5000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.11		1	LC	8		2.70		
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									

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 serving 8 oz

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

NDB No. 14619

CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Tropical Blend

Food Group: 14 Beverages

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

NDB No. 14086

CAMPBELL Soup Company, V8 SPLASH Smoothies, Peach Mango

Campbell Soup Co.

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	87.20		1	MC	9		213.64		
Energy....kcal	37		1	LC	8		90		
Energy....kJ	154		1	LC	8		377		
Protein....g	1.22		1	LC	8		3.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	3.82		0	NR	4		9.36		
Carbohydrate, by difference....g	7.76		1	LC	8		19.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	7.35		1	LC	8		18.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	41		1	LC	8		100		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	24		1	LC	8		60		
Sodium, Na....mg	29		1	LC	8		70		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.5		1	LC	8		60.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg	0.816		1	LC	8		2.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.082		1	LC	8		0.200		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.24		1	LC	8		0.60		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1429		1	LC	8		3500		
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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
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. 14086

CAMPBELL Soup Company, V8 SPLASH Smoothies, Peach Mango

Measure 1 = 245g: 1 serving 8 oz

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

Food Group: 14 Beverages

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

NDB No. 14087

CAMPBELL Soup Company, V8 SPLASH Smoothies, Strawberry Banana

Campbell Soup Co.

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	86.50		1	MC	9		211.93		
Energy....kcal	37		1	LC	8		90		
Energy....kJ	154		1	LC	8		377		
Protein....g	1.22		1	LC	8		3.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	4.11		0	NR	4		10.07		
Carbohydrate, by difference....g	8.16		1	LC	8		20.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	7.35		1	LC	8		18.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	41		1	LC	8		100		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	24		1	LC	8		60		
Sodium, Na....mg	29		1	LC	8		70		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.5		1	LC	8		60.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg	0.816		1	LC	8		2.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.082		1	LC	8		0.200		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.24		1	LC	8		0.60		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	408		1	LC	8		1000		
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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
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. 14087

CAMPBELL Soup Company, V8 SPLASH Smoothies, Strawberry Banana

Measure 1 = 245g: 1 serving 8 oz

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

Food Group: 14 Beverages

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

NDB No. 14088

CAMPBELL Soup Company, V8 SPLASH Smoothies, Tropical Colada

Campbell Soup Co.

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	86.70		1	MC	9		213.28		
Energy....kcal	41		1	LC	8		100		
Energy....kJ	170		1	LC	8		418		
Protein....g	1.22		1	LC	8		3.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	3.54		0	NR	4		8.71		
Carbohydrate, by difference....g	8.54		1	LC	8		21.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	7.32		1	LC	8		18.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	41		1	LC	8		100		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	24		1	LC	8		60		
Sodium, Na....mg	20		1	LC	8		50		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.4		1	LC	8		60.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg	0.813		1	LC	8		2.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		1	LC	8		0.000		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.24		1	LC	8		0.60		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		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 D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
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. 14088

CAMPBELL Soup Company, V8 SPLASH Smoothies, Tropical Colada

Measure 1 = 246g: 1 serving 8 oz

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

Food Group: 14 Beverages

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

NDB No. 14623

CAMPBELL Soup Company, V8 V. FUSION Juices, Acai Berry

Campbell Soup Co.

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	88.40		1	MC	9		217.46		
Energy....kcal	45		1	LC	8		110		
Energy....kJ	188		1	LC	8		462		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.62		0	NR	4		1.53		
Carbohydrate, by difference....g	10.98		1	LC	8		27.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	10.57		1	LC	8		26.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	1		1	LC	8		2		
Iron, Fe....mg	0.81		1	LC	8		2.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	98		1	LC	8		240		
Sodium, Na....mg	28		1	LC	8		70		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	40.7		1	LC	8		100.0		
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	6		1	LC	8		15		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.83		1	LC	8		4.50		
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		1	LC	8		0.000		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
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. 14623

CAMPBELL Soup Company, V8 V. FUSION Juices, Acai Berry

Common Measures:

Measure 1 = 246g: 1 serving 8 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14620

CAMPBELL Soup Company, V8 V. FUSION Juices, Peach Mango

Campbell Soup Co.

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	87.80		1	MC	9		215.99		
Energy....kcal	49		0	LC	8		120		
Energy....kJ	204		0	LC	8		502		
Protein....g	0.41		1	LC	8		1.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.41		0	NR	4		1.01		
Carbohydrate, by difference....g	11.38		1	LC	8		28.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	10.57		1	LC	8		26.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg	7		1	LC	8		16		
Phosphorus, P....mg									
Potassium, K....mg	85		1	LC	8		210		
Sodium, Na....mg	28		1	LC	8		70		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.4		1	LC	8		60.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg	0.016		1	LC	8		0.040		
Folate, total....mcg	3		1	LC	8		8		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	407		1	LC	8		1000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.55		1	LC	8		1.35		
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									

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 serving 8 oz

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

NDB No. 14620
CAMPBELL Soup Company, V8 V. FUSION Juices, Peach Mango

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 14621

CAMPBELL Soup Company, V8 V. FUSION Juices, Strawberry Banana

Campbell Soup Co.

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		1	MC	9		216.23		
Energy....kcal	49		0	LC	8		120		
Energy....kJ	204		0	LC	8		502		
Protein....g	0.41		1	LC	8		1.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.10		0	O	4		0.25		
Carbohydrate, by difference....g	11.79		1	LC	8		29.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	10.16		1	LC	8		25.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg	7		1	LC	8		16		
Phosphorus, P....mg									
Potassium, K....mg	102		1	LC	8		250		
Sodium, Na....mg	28		1	LC	8		70		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.4		1	LC	8		60.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg	0.016		1	LC	8		0.040		
Folate, total....mcg	3		1	LC	8		8		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	813		1	LC	8		2000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.55		1	LC	8		1.35		
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									

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 serving 8 oz

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

NDB No. 14621
CAMPBELL Soup Company, V8 V. FUSION Juices, Strawberry Banana

Food Group: 14 Beverages

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

NDB No. 14622

CAMPBELL Soup Company, V8 V. FUSION Juices, Tropical

Campbell Soup Co.

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	88.00		1	MC	9		216.48		
Energy	kcal	49		0	LC	8		120		
Energy	kJ	204		0	LC	8		502		
Protein	g	0.41		1	LC	8		1.00		
Total lipid (fat)	g	0.00		1	LC	8		0.00		
Ash	g	0.21		0	NR	4		0.52		
Carbohydrate, by difference	g	11.38		1	LC	8		28.00		
Fiber, total dietary	g	0.0		1	LC	8		0.0		
Sugars, total	g	10.16		1	LC	8		25.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	LC	8		20		
Iron, Fe	mg	0.15		1	LC	8		0.36		
Magnesium, Mg	mg	7		1	LC	8		16		
Phosphorus, P	mg									
Potassium, K	mg	118		1	LC	8		290		
Sodium, Na	mg	33		1	LC	8		80		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	24.4		1	LC	8		60.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg	0.016		1	LC	8		0.040		
Folate, total	mcg	3		1	LC	8		8		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	1626		1	LC	8		4000		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.55		1	LC	8		1.35		
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									

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 serving 8 oz

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

NDB No. 14622
CAMPBELL Soup Company, V8 V. FUSION Juices, Tropical

Food Group: 14 Beverages

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

NDB No. 14145

Carbonated beverage, SPRITE, lemon-lime, without caffeine (1)

The Coca-Cola Company

pop, soft drink, white soda

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	89.78		4	A	1		27.65	331.31	441.74
Energy	kcal	40		0	NC	4		12	146	195
Energy	kJ	165		0	NC	4		51	610	814
Protein (N x 6.25)	g	0.05		4	A	1		0.01	0.17	0.23
Total lipid (fat)	g	0.02		4	A	1		0.00	0.06	0.08
Ash	g	0.01		4	A	1		0.00	0.04	0.06
Carbohydrate, by difference	g	10.14		0	NC	4		3.12	37.42	49.89
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total (2)	g	8.98		0	NR	4		2.77	33.14	44.18
Sucrose (3)	g	0.65		4	A	1		0.20	2.40	3.20
Glucose (dextrose) (4)	g	3.13		4	A	1		0.97	11.57	15.42
Fructose (5)	g	5.19		4	A	1		1.60	19.17	25.56
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		4	A	1		1	9	12
Iron, Fe	mg	0.11		4	A	1		0.03	0.41	0.54
Magnesium, Mg	mg	1		4	A	1		0	2	3
Phosphorus, P	mg	0		4	A	1		0	1	1
Potassium, K	mg	1		4	A	1		0	3	4
Sodium, Na	mg	9		4	A	1		3	33	44
Zinc, Zn	mg	0.04		4	A	1		0.01	0.15	0.19
Copper, Cu	mg	0.001		4	A	1		0.000	0.003	0.003
Manganese, Mn	mg	0.002		4	A	1		0.001	0.006	0.008
Selenium, Se	mcg	0.0		0	CAZN	4		0.0	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	0.000		0		1		0.000	0.000	0.000
Niacin	mg	0.015		2		1		0.005	0.055	0.074
Pantothenic acid	mg	0.000		2		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		2		1		0.000	0.000	0.000
Folate, total	mcg	0		2		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		2		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.4		0	O	4		0.1	1.5	2.1
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		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	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
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	0		0		1		0	0	0
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	Z	7		0.00	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	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 14145

Carbonated beverage, SPRITE, lemon-lime, without caffeine (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	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	0.000
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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
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									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		2	A	1		0	0	0
Theobromine.....mg	0		1	A	1		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 = 30.8g: 1 fl oz

Measure 2 = 369g: 1 can 12 fl oz

Measure 3 = 492g: 1 bottle 16 fl oz

NDB No. 14145

Carbonated beverage, SPRITE, lemon-lime, without caffeine (1)

Footnotes:

1 Includes retail and fast food, without ice products.
2 Retail products have higher values than fast food products.
3 Fast food products contain sucrose while retail products do not.
4 Retail products have higher values than fast food products.
5 Retail products have higher values than fast food products.

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

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

NDB No. 14552
Carbonated beverage, chocolate-flavored soda

pop, soft drink
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	89.20		1		1		27.65	438.86	329.15
Energy....kcal	42		0		4		13	207	155
Energy....kJ	176		0		4		54	865	648
Protein....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1		1		0.00	0.00	0.00
Ash....g	0.10		0	BFSN	4		0.03	0.50	0.38
Carbohydrate, by difference....g	10.70		0		4		3.32	52.64	39.48
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	10.70		0	NR	4		3.32	52.64	39.48
Starch....g									
Minerals:									
Calcium, Ca....mg	4		1		1		1	20	15
Iron, Fe....mg	0.10		1		1		0.03	0.49	0.37
Magnesium, Mg....mg	1		1		1		0	5	4
Phosphorus, P....mg	1		1		1		0	5	4
Potassium, K....mg	50		1		1		16	246	185
Sodium, Na....mg	88		1		1		27	433	325
Zinc, Zn....mg	0.16		1		1		0.05	0.79	0.59
Copper, Cu....mg	0.013		1		1		0.004	0.064	0.048
Manganese, Mn....mg	0.036		0	BFSN	4		0.011	0.175	0.132
Selenium, Se....mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	0.0
Thiamin....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin....mg	0.000		1		1		0.000	0.000	0.000
Niacin....mg	0.000		0		7		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFSN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1		1		0.000	0.000	0.000
Folate, total....mcg	0		0		7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.3		0	O	4		0.1	1.5	1.2
Betaine....mg									
Vitamin B-12....mcg	0.00		0		7		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	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		0	Z	7		0	0	0
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	Z	7		0.00	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	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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		0.000	0.000	0.000
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 14552
Carbonated beverage, chocolate-flavored soda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	0.000
15:0 g									
16:0 g	0.000		0		4		0.000	0.000	0.000
17:0 g									
18:0 g	0.000		0		4		0.000	0.000	0.000
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0		7		0.000	0.000	0.000
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
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	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
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	0		0		7		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	2		0	BFZN	4		1	10	7
Theobromine mg	63		0	BFZN	4		20	310	232

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 = 31.0g: 1 fl oz

Measure 2 = 492g: 1 can or bottle (16 fl oz)

Measure 3 = 369g: 1 can (12 fl oz)

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

Food Group: 14 Beverages

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

NDB No. 14121
Carbonated beverage, club soda

soft drink
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	99.90		1		1		29.57	473.53	354.65
Energy....kcal	0		0	NC	4		0	0	0
Energy....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0		1		0.00	0.00	0.00
Ash....g	0.10		1		1		0.03	0.47	0.36
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	NR	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1		1		1	24	18
Iron, Fe....mg	0.01		0	BFZN	4		0.00	0.05	0.04
Magnesium, Mg....mg	1		2		1		0	5	4
Phosphorus, P....mg	0	0.020	5		1		0	0	0
Potassium, K....mg	2	1.360	5		1		1	9	7
Sodium, Na....mg	21	5.841	6		1		6	100	75
Zinc, Zn....mg	0.10		2		1		0.03	0.47	0.36
Copper, Cu....mg	0.006		0	BFZN	4		0.002	0.028	0.021
Manganese, Mn....mg	0.001		0	BFZN	4		0.000	0.005	0.004
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	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	0.000		0		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	Z	7		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	Z	7		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		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	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		1	AS	1		0	0	0
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	Z	7		0.00	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	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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	0.000
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 14121
Carbonated beverage, club soda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		1		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		1		0.000	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	0.000
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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
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									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	0.000		0		1		0.000	0.000	0.000
Isoleucine....g	0.000		0		1		0.000	0.000	0.000
Leucine....g	0.000		0		1		0.000	0.000	0.000
Lysine....g	0.000		0		1		0.000	0.000	0.000
Methionine....g	0.000		0		1		0.000	0.000	0.000
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	0.000		0		1		0.000	0.000	0.000
Tyrosine....g	0.000		0		1		0.000	0.000	0.000
Valine....g	0.000		0		1		0.000	0.000	0.000
Arginine....g	0.000		0		1		0.000	0.000	0.000
Histidine....g	0.000		0		1		0.000	0.000	0.000
Alanine....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid....g	0.000		0		1		0.000	0.000	0.000
Glycine....g	0.000		0		1		0.000	0.000	0.000
Proline....g	0.000		0		1		0.000	0.000	0.000
Serine....g									
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. 14121
Carbonated beverage, club soda

Common Measures:

Measure 1 = 29.6g: 1 fl oz
Measure 2 = 474g: 1 can or bottle (16 fl oz)
Measure 3 = 355g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

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

NDB No. 14400
Carbonated beverage, cola, contains caffeine (1)

pop, soda, soft drink
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	90.31	0.033	7	A	1		27.72	332.34	443.42
Energy	kcal	37		0	NC	4		11	138	184
Energy	kJ	157		0	NC	4		48	576	769
Protein (N x 6.25)	g	0.07	0.000	5	A	1		0.02	0.25	0.33
Total lipid (fat)	g	0.02	0.000	5	A	1		0.01	0.09	0.12
Ash	g	0.04	0.016	7	A	1		0.01	0.15	0.21
Carbohydrate, by difference	g	9.56		0	NC	4		2.93	35.18	46.93
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total (2)	g	8.97		0	NR	4		2.75	33.02	44.05
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2	0.085	7	A	1		1	8	11
Iron, Fe	mg	0.11	0.006	7	A	1		0.03	0.41	0.55
Magnesium, Mg	mg	0	0.065	7	A	1		0	2	2
Phosphorus, P	mg	10	0.318	7	A	1		3	38	51
Potassium, K	mg	2	0.423	7	A	1		1	8	11
Sodium, Na	mg	4	0.430	7	A	1		1	14	19
Zinc, Zn	mg	0.02		1	A	1		0.01	0.07	0.10
Copper, Cu	mg	0.001	0.000	7	A	1		0.000	0.003	0.004
Manganese, Mn	mg	0.002	0.000	7	A	1		0.001	0.006	0.008
Selenium, Se	mcg	0.1	0.048	20	JO	11		0.0	0.2	0.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.000		1		1		0.000	0.000	0.000
Riboflavin	mg	0.000		1		1		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.3	0.283	4	A	1		0.1	1.0	1.4
Betaine	mg	0.1	0.027	7	A	1		0.0	0.2	0.3
Vitamin B-12	mcg	0.00		1		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	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
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	0		1		1		0	0	0
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	Z	7		0.00	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	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 14400
Carbonated beverage, cola, contains caffeine (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0
Vitamin K (phylloquinone).....mcg	0.0		2	JA	6		0.0	0.0	0.1
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
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	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
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	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	8	0.127	7	A	1		2	30	39
Theobromine.....mg	0	0.000	4	A	1		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 = 30.7g: 1 fl oz

Measure 2 = 368g: 1 can 12 fl oz

Measure 3 = 491g: 1 bottle 16 lf oz

Footnotes:

1 Includes retail and fast food, without ice products.

2 Retail products have higher values than fast food products.

NDB No. 14400
Carbonated beverage, cola, contains caffeine (1)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

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

NDB No. 14148
Carbonated beverage, cola, with higher caffeine

pop, soda, soft drink
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	89.62	0.067	4	A	1		27.51	329.80	440.04
Energy....kcal	41		0	NC	4		13	151	201
Energy....kJ	171		0	NC	4		53	630	841
Protein (N x 6.25)....g	0.00		2	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		2	A	1		0.00	0.00	0.00
Ash....g	0.06	0.033	4	A	1		0.02	0.21	0.28
Carbohydrate, by difference....g	10.58		0	NR	4		3.25	38.93	51.95
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	10.58		0	NR	4		3.25	38.93	51.95
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	4.48	0.035	4	A	1		1.38	16.49	22.00
Fructose....g	6.10	0.108	4	A	1		1.87	22.46	29.97
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2	0.170	4	A	1		1	9	11
Iron, Fe....mg	0.02	0.012	4	A	1		0.01	0.07	0.09
Magnesium, Mg....mg	0	0.130	4	A	1		0	1	1
Phosphorus, P....mg	11	0.636	4	A	1		3	40	54
Potassium, K....mg	3	0.845	4	A	1		1	10	13
Sodium, Na....mg	4	0.859	4	A	1		1	14	18
Zinc, Zn....mg	0.01	0.002	4	A	1		0.00	0.05	0.07
Copper, Cu....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Selenium, Se....mcg	0.1		0	BFZN	4		0.0	0.2	0.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.3		0	O	4		0.1	1.0	1.4
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		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	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		0.00	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	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 14148
Carbonated beverage, cola, with higher caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0	0.0	0.1
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4....g	0.000		0	BFZN	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	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	27		0	T	4		8	99	133
Theobromine....mg	0	0.000	4	A	1		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 = 30.7g: 1 fl oz

Measure 2 = 368g: 1 can 12 fl oz

Measure 3 = 491g: 1 bottle 16 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

NDB No. 14147
Carbonated beverage, cola, without caffeine (1)

pop, soda, soft drink
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	89.62	0.067	4	A	1		27.51	329.80	440.04
Energy....kcal	41		0	NC	4		13	151	201
Energy....kJ	171		0	NC	4		53	630	841
Protein (N x 6.25)....g	0.00		2	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		2	A	1		0.00	0.00	0.00
Ash....g	0.06	0.033	4	A	1		0.02	0.21	0.28
Carbohydrate, by difference....g	10.58		0	NR	4		3.25	38.93	51.95
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total (2) ....g	10.58		0	NR	4		3.25	38.93	51.95
Sucrose (3) ....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) (4) ....g	4.48	0.035	4	A	1		1.38	16.49	22.00
Fructose (5) ....g	6.10	0.108	4	A	1		1.87	22.46	29.97
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2	0.170	4	A	1		1	9	11
Iron, Fe....mg	0.02	0.012	4	A	1		0.01	0.07	0.09
Magnesium, Mg....mg	0	0.130	4	A	1		0	1	1
Phosphorus, P....mg	11	0.636	4	A	1		3	40	54
Potassium, K....mg	3	0.845	4	A	1		1	10	13
Sodium, Na....mg	4	0.859	4	A	1		1	14	18
Zinc, Zn....mg	0.01	0.002	4	A	1		0.00	0.05	0.07
Copper, Cu....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Selenium, Se....mcg	0.1		0	BFZN	4		0.0	0.2	0.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.3		0	O	4		0.1	1.0	1.4
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		0.00	0.00	0.00
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	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 14147
Carbonated beverage, cola, without caffeine (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	0.1
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	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	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0	0.000	4	A	1		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 = 30.7g: 1 fl oz

Measure 2 = 368g: 1 can 12 fl oz

Measure 3 = 491g: 1 bottle 16 fl oz

NDB No. 14147

Carbonated beverage, cola, without caffeine (1)

Footnotes:

1 Includes retail and fast food, without ice products.
2 Retail products have higher values than fast food products.
3 Fast food products contain sucrose while retail products do not.
4 Retail products have higher values than fast food products.
5 Retail products have higher values than fast food products.

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

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

NDB No. 14130
Carbonated beverage, cream soda

pop, soft drink
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	86.70		0		1		26.79	428.30	321.66
Energy....kcal	51		0	NC	4		16	252	189
Energy....kJ	213		0		4		66	1054	792
Protein (N x 6.25)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0		1		0.00	0.00	0.00
Ash....g	0.10		0		4		0.03	0.49	0.37
Carbohydrate, by difference....g	13.30		0	NC	4		4.11	65.70	49.34
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	13.30		0	NR	4		4.11	65.70	49.34
Starch....g									
Minerals:									
Calcium, Ca....mg	5		1		1		2	25	19
Iron, Fe....mg	0.05	0.017	4		1		0.02	0.25	0.19
Magnesium, Mg....mg	1		1		1		0	5	4
Phosphorus, P....mg	0	0.011	3		1		0	0	0
Potassium, K....mg	1	0.246	8		1		0	5	4
Sodium, Na....mg	12	2.835	8		1		4	59	45
Zinc, Zn....mg	0.07	0.016	3		1		0.02	0.35	0.26
Copper, Cu....mg	0.008		2		1		0.002	0.040	0.030
Manganese, Mn....mg	0.013		0		4		0.004	0.064	0.048
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	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	0.000		0		1		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	O	4		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		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	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		0		1		0	0	0
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	Z	7		0.00	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	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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	0.000
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 14130
Carbonated beverage, cream soda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		1		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		1		0.000	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	0.000
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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
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									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	0.000		0		1		0.000	0.000	0.000
Isoleucine....g	0.000		0		1		0.000	0.000	0.000
Leucine....g	0.000		0		1		0.000	0.000	0.000
Lysine....g	0.000		0		1		0.000	0.000	0.000
Methionine....g	0.000		0		1		0.000	0.000	0.000
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	0.000		0		1		0.000	0.000	0.000
Tyrosine....g	0.000		0		1		0.000	0.000	0.000
Valine....g	0.000		0		1		0.000	0.000	0.000
Arginine....g	0.000		0		1		0.000	0.000	0.000
Histidine....g	0.000		0		1		0.000	0.000	0.000
Alanine....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid....g	0.000		0		1		0.000	0.000	0.000
Glycine....g	0.000		0		1		0.000	0.000	0.000
Proline....g	0.000		0		1		0.000	0.000	0.000
Serine....g	0.000		0		1		0.000	0.000	0.000
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. 14130
Carbonated beverage, cream soda

Common Measures:

Measure 1 = 30.9g: 1 fl oz
Measure 2 = 494g: 1 can or bottle (16 fl oz)
Measure 3 = 371g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

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

NDB No. 14136
Carbonated beverage, ginger ale

pop, soda, soft drink
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	91.23		1	AI	13		27.83	445.20	333.90
Energy	kcal	34		0	NC	4		10	166	124
Energy	kJ	142		0	NC	4		43	693	520
Protein (N x 6.25)	g	0.00		2		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		2		1		0.00	0.00	0.00
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	8.77		0	NC	4		2.67	42.80	32.10
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	8.70		0	NP	4		2.65	42.46	31.84
Sucrose	g	1.90		1	AI	13		0.58	9.27	6.95
Glucose (dextrose)	g	3.10		1	AI	13		0.95	15.13	11.35
Fructose	g	3.70		1	AI	13		1.13	18.06	13.54
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		15		1		1	15	11
Iron, Fe	mg	0.18		2		1		0.05	0.88	0.66
Magnesium, Mg	mg	1		14		1		0	5	4
Phosphorus, P	mg	0		13		1		0	0	0
Potassium, K	mg	1		19		1		0	5	4
Sodium, Na	mg	7		26		1		2	34	26
Zinc, Zn	mg	0.05		7		1		0.02	0.24	0.18
Copper, Cu	mg	0.018		3		1		0.005	0.088	0.066
Manganese, Mn	mg	0.013		0		4		0.004	0.063	0.048
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.5	0.4
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		0		1		0.000	0.000	0.000
Niacin	mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid	mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0		1		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.0		0	O	4		0.0	0.0	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		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	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
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	0		0		1		0	0	0
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	Z	7		0.00	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	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 14136
Carbonated beverage, ginger ale

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	0.000
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	0		0		1		0	0	0
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 = 30.5g: 1 fl oz

Measure 2 = 488g: 1 can or bottle (16 fl oz)

Measure 3 = 366g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

NDB No. 14142
Carbonated beverage, grape soda

pop, soft drink
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	88.80		0		1		27.53	330.34	
Energy....kcal	43		0	NC	4		13	160	
Energy....kJ	180		0		4		56	669	
Protein (N x 6.25)....g	0.00		0		4		0.00	0.00	
Total lipid (fat)....g	0.00		0		4		0.00	0.00	
Ash....g	0.10		0		4		0.03	0.37	
Carbohydrate, by difference....g	11.20		0	NC	4		3.47	41.66	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3		2		1		1	11	
Iron, Fe....mg	0.08	0.018	12		1		0.02	0.30	
Magnesium, Mg....mg	1		2		1		0	4	
Phosphorus, P....mg	0	0.014	9		1		0	0	
Potassium, K....mg	1		25		1		0	4	
Sodium, Na....mg	15		25		1		5	56	
Zinc, Zn....mg	0.07	0.025	11		1		0.02	0.26	
Copper, Cu....mg	0.022	0.010	9		1		0.007	0.082	
Manganese, Mn....mg	0.013		0		4		0.004	0.048	
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
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	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
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									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		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		4		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	0.000		0		1		0.000	0.000	
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	0.000		0		1		0.000	0.000	

NDB No. 14142
Carbonated beverage, grape soda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		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	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
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. 14142
Carbonated beverage, grape soda

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 372g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

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

NDB No. 14144
Carbonated beverage, lemon-lime soda, contains caffeine

pop, soft drink, white soda
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	89.49		1	A	1		27.56	330.22	440.29
Energy....kcal	41		0	NC	4		13	150	200
Energy....kJ	170		0	NC	4		52	627	836
Protein (N x 6.25)....g	0.09		1	A	1		0.03	0.34	0.46
Total lipid (fat)....g	0.00		1	A	1		0.00	0.00	0.00
Ash....g	0.00		1	A	1		0.00	0.00	0.00
Carbohydrate, by difference....g	10.42		0	NC	4		3.21	38.44	51.25
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	10.19		0	NR	4		3.14	37.61	50.15
Sucrose....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	4.32		1	A	1		1.33	15.95	21.27
Fructose....g	5.87		1	A	1		1.81	21.66	28.88
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		1	A	1		1	9	12
Iron, Fe....mg	0.02		1	A	1		0.01	0.08	0.11
Magnesium, Mg....mg	1		1	A	1		0	2	3
Phosphorus, P....mg	0		1	A	1		0	1	2
Potassium, K....mg	1		1	A	1		0	3	4
Sodium, Na....mg	10		1	A	1		3	37	49
Zinc, Zn....mg	0.01		1	A	1		0.00	0.03	0.04
Copper, Cu....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.015		0	BFZN	4		0.005	0.055	0.074
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.4		0	O	4		0.1	1.6	2.1
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		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	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		0	BFZN	4		0	0	0
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	Z	7		0.00	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	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 14144

Carbonated beverage, lemon-lime soda, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4....g	0.000		0	BFZN	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	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	15		0	T	4		5	55	74
Theobromine....mg	0		1	A	1		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 = 30.8g: 1 fl oz

Measure 2 = 369g: 1 can 12 fl oz

Measure 3 = 492g: 1 bottle 16 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

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

NDB No. 14416

Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine (1)

pop, soda, soft drink

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	99.54		7	A	1		29.46	353.37	470.83
Energy	kcal	2		0	NC	4		1	6	8
Energy	kJ	7		0	NC	4		2	25	34
Protein (N x 6.25)	g	0.11		7	A	1		0.03	0.38	0.51
Total lipid (fat)	g	0.03		7	A	1		0.01	0.09	0.12
Ash	g	0.03		7	A	1		0.01	0.11	0.15
Carbohydrate, by difference	g	0.29		0	NC	4		0.09	1.04	1.39
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Sucrose	g	0.00		3	A	1		0.00	0.00	0.00
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		6	A	1		1	9	13
Iron, Fe	mg	0.11		6	A	1		0.03	0.40	0.53
Magnesium, Mg	mg	1		7	A	1		0	2	3
Phosphorus, P	mg	9		7	A	1		3	31	41
Potassium, K	mg	8		6	A	1		2	28	38
Sodium, Na	mg	8		7	A	1		2	28	38
Zinc, Zn	mg	0.01		6	A	1		0.00	0.04	0.05
Copper, Cu	mg	0.002		6	A	1		0.001	0.007	0.009
Manganese, Mn	mg	0.107		7	A	1		0.032	0.380	0.506
Selenium, Se	mcg	0.0	0.000	18	A	1		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.005		1		1		0.001	0.018	0.024
Riboflavin	mg	0.023		1		1		0.007	0.082	0.109
Niacin	mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid	mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0		1		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.0		1	AS	1		0.0	0.0	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		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	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
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	0		0		1		0	0	0
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	Z	7		0.00	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	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 14416

Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0
Vitamin K (phylloquinone).....mcg	0.0	0.001	3	JA	6		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	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	0.000
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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
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									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	12		7	A	1		3	41	55
Theobromine.....mg	0		4	A	1		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 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can 12 fl oz

Measure 3 = 473g: 1 bottle 16 fl oz

Footnotes:

1 Includes retail and fast food, without ice products.

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

NDB No. 14416

Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine (1)

Food Group: 14 Beverages

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

NDB No. 14146

Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine

pop, soda, soft drink

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	99.74	0.007	4	A	1		29.52	471.77	354.08
Energy....kcal	1		0	NC	4		0	4	3
Energy....kJ	4		0	NC	4		1	19	14
Protein (N x 6.25)....g	0.12	0.000	4	A	1		0.03	0.54	0.41
Total lipid (fat)....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Ash....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.15		0	NC	4		0.04	0.69	0.52
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.049	4	A	1		1	14	10
Iron, Fe....mg	0.02	0.001	4	A	1		0.01	0.11	0.08
Magnesium, Mg....mg	0	0.030	4	A	1		0	2	2
Phosphorus, P....mg	10	0.063	4	A	1		3	49	37
Potassium, K....mg	7	0.040	4	A	1		2	35	26
Sodium, Na....mg	4	0.025	4	A	1		1	19	14
Zinc, Zn....mg	0.01	0.003	4	A	1		0.00	0.07	0.05
Copper, Cu....mg	0.002	0.001	4	A	1		0.001	0.011	0.009
Manganese, Mn....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Selenium, Se....mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.005		0	BFZN	4		0.001	0.024	0.018
Riboflavin....mg	0.023		0	BFZN	4		0.007	0.109	0.082
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		1	AS	1		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		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	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		0	BFZN	4		0	0	0
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	Z	7		0.00	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	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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 14146

Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0 g									
16:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0 g									
18:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1 g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4 g	0.000		0	BFZN	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	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0	0.000	4	A	1		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 = 29.6g: 1 fl oz

Measure 2 = 473g: 1 bottle 16 fl oz

Measure 3 = 355g: 1 can 12 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

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

NDB No. 14166

Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine

pop, soda, soft drink

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	99.80		3		1		29.54	473.05	354.29
Energy....kcal	0		0	NC	4		0	0	0
Energy....kJ	0				4		0	0	0
Protein (N x 6.25)....g	0.00		4		1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		3		1		0.00	0.00	0.00
Ash....g	0.10	0.012	3		1		0.03	0.47	0.36
Carbohydrate, by difference....g	0.10		0	NC	4		0.03	0.47	0.36
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.344	74	JA	6		1	17	13
Iron, Fe....mg	0.02	0.020	28	JA	6		0.01	0.09	0.07
Magnesium, Mg....mg	1	0.224	74	JA	6		0	4	3
Phosphorus, P....mg	11	0.162	41	JA	6		3	51	38
Potassium, K....mg	4	2.235	74	JA	6		1	20	15
Sodium, Na....mg	16	0.766	72		1		5	76	57
Zinc, Zn....mg	0.03	0.024	30	JA	6		0.01	0.13	0.09
Copper, Cu....mg	0.013	0.013	29	JA	6		0.004	0.059	0.044
Manganese, Mn....mg	0.009	0.009	25	JA	6		0.003	0.040	0.030
Selenium, Se....mcg	0.1		0	BFZN	4		0.0	0.5	0.4
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		0		1		0.000	0.000	0.000
Niacin....mg	0.000		4		1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		4		1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		4		1		0.000	0.000	0.000
Folate, total....mcg	0		4		1		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		4		1		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		0		1		0	0	0
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	Z	7		0.00	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	0.001	3	JA	6		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	0.000
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

NDB No. 14166

Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		1		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		1		0.000	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	0.000
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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	11	0.622	17		1		3	52	39
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 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 bottle (16 fl oz)

Measure 3 = 355g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.87 **Fat** 8.37 **Carbohydrate** 3.36

Food Group: 14 Beverages

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

NDB No. 14143

Carbonated beverage, low calorie, other than cola or pepper, without caffeine

pop, soda, soft drink

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	99.80		0	BFZN	4		29.54	354.29	
Energy....kcal	0		0	NC	4		0	0	
Energy....kJ	0		0	NC	4		0	0	
Protein....g	0.10		0	BFZN	4		0.03	0.36	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.10		0	BFZN	4		0.03	0.36	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	BFZN	4		1	14	
Iron, Fe....mg	0.04		0	BFZN	4		0.01	0.14	
Magnesium, Mg....mg	1		0	BFZN	4		0	4	
Phosphorus, P....mg	0		0	BFZN	4		0	0	
Potassium, K....mg	2		0	BFZN	4		1	7	
Sodium, Na....mg	6		0	BFZN	4		2	21	
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu....mg	0.025		0	BFZN	4		0.007	0.089	
Manganese, Mn....mg	0.017		0	BFZN	4		0.005	0.060	
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	O	4		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		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	BFZN	4		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		1	AI	13		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000	0.000	
4:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 14143

Carbonated beverage, low calorie, other than cola or pepper, without caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
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	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
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	BFZN	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	0		0	BFZN	4		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 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14151

Carbonated beverage, low calorie, other than cola or pepper, with aspartame, contains caffeine

pop, soda, soft drink

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	99.80		0	BFZN	4		29.54	354.29	
Energy....kcal	0		0	BFZN	4		0	0	
Energy....kJ	0		0		4		0	0	
Protein (N x 6.25)....g	0.10		0	BFZN	4		0.03	0.36	
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	
Ash....g	0.10		0	BFZN	4		0.03	0.36	
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	BFZN	4		1	14	
Iron, Fe....mg	0.04		0	BFZN	4		0.01	0.14	
Magnesium, Mg....mg	1		0	BFZN	4		0	4	
Phosphorus, P....mg	0		0	BFZN	4		0	0	
Potassium, K....mg	2		0	BFZN	4		1	7	
Sodium, Na....mg	6		0	BFZN	4		2	21	
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu....mg	0.025		0	BFZN	4		0.007	0.089	
Manganese, Mn....mg	0.017		0	BFZN	4		0.005	0.060	
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	O	4		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		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		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	BFZN	4		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	BFZN	4		0.000	0.000	
4:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 14151

Carbonated beverage, low calorie, other than cola or pepper, with aspartame, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000	0.000	
8:0 ... g	0.000		0	BFZN	4		0.000	0.000	
10:0 ... g	0.000		0	BFZN	4		0.000	0.000	
12:0 ... g	0.000		0	BFZN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	BFZN	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.000		0	BFZN	4		0.000	0.000	
17:0 ... g									
18:0 ... g	0.000		0	BFZN	4		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	BFZN	4		0.000	0.000	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
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	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
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	BFZN	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	0		0	BFZN	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	
Caffeine ... mg	15		0	FLC	4		4	53	
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 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14537

Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine

pop, soda, soft drink

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	99.80		3		1		29.54	354.29	
Energy....kcal	0		0	NC	4		0	0	
Energy....kJ	0				4		0	0	
Protein (N x 6.25)....g	0.00		4		1		0.00	0.00	
Total lipid (fat)....g	0.00		3		1		0.00	0.00	
Ash....g	0.10	0.012	3		1		0.03	0.36	
Carbohydrate, by difference....g	0.10		0	NC	4		0.03	0.36	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		56		1		1	14	
Iron, Fe....mg	0.04	0.009	10		1		0.01	0.14	
Magnesium, Mg....mg	1	0.072	56		1		0	4	
Phosphorus, P....mg	0		23		1		0	0	
Potassium, K....mg	2	0.312	56		1		1	7	
Sodium, Na....mg	16	0.766	72		1		5	57	
Zinc, Zn....mg	0.05		12		1		0.01	0.18	
Copper, Cu....mg	0.025	0.007	11		1		0.007	0.089	
Manganese, Mn....mg	0.017	0.004	7		1		0.005	0.060	
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	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		4		1		0.000	0.000	
Pantothenic acid....mg	0.000		4		1		0.000	0.000	
Vitamin B-6....mg	0.000		4		1		0.000	0.000	
Folate, total....mcg	0		4		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		4		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		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		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	0.000		0		1		0.000	0.000	
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	0.000		0		1		0.000	0.000	

NDB No. 14537

Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		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									

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 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

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

NDB No. 14150
Carbonated beverage, orange

pop, soda, soft drink
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	87.60		1		1		27.16	434.50	325.87
Energy....kcal	48		0	NC	4		15	238	179
Energy....kJ	201		0		4		62	996	747
Protein (N x 6.25)....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0		4		0.00	0.00	0.00
Ash....g	0.10	0.004	46		1		0.03	0.50	0.37
Carbohydrate, by difference....g	12.30		0	NC	4		3.81	61.01	45.76
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		6		1		2	25	19
Iron, Fe....mg	0.06	0.011	9		1		0.02	0.30	0.22
Magnesium, Mg....mg	1		6		1		0	5	4
Phosphorus, P....mg	1		11		1		0	5	4
Potassium, K....mg	2		76		1		1	10	7
Sodium, Na....mg	12		30		1		4	60	45
Zinc, Zn....mg	0.10		12		1		0.03	0.50	0.37
Copper, Cu....mg	0.015	0.008	5		1		0.005	0.074	0.056
Manganese, Mn....mg	0.013		0		4		0.004	0.064	0.048
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.6		0	AS	1		0.2	2.9	2.1
Betaine....mg	0.1		1	A	1		0.0	0.3	0.2
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000

NDB No. 14150
Carbonated beverage, orange

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		1		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		1		0.000	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	0.000
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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
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									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	0.000		0		1		0.000	0.000	0.000
Isoleucine....g	0.000		0		1		0.000	0.000	0.000
Leucine....g	0.000		0		1		0.000	0.000	0.000
Lysine....g	0.000		0		1		0.000	0.000	0.000
Methionine....g	0.000		0		1		0.000	0.000	0.000
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	0.000		0		1		0.000	0.000	0.000
Tyrosine....g	0.000		0		1		0.000	0.000	0.000
Valine....g	0.000		0		1		0.000	0.000	0.000
Arginine....g	0.000		0		1		0.000	0.000	0.000
Histidine....g	0.000		0		1		0.000	0.000	0.000
Alanine....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid....g	0.000		0		1		0.000	0.000	0.000
Glycine....g	0.000		0		1		0.000	0.000	0.000
Proline....g	0.000		0		1		0.000	0.000	0.000
Serine....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	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. 14150
Carbonated beverage, orange

Common Measures:

Measure 1 = 31.0g: 1 fl oz
Measure 2 = 496g: 1 can or bottle (16 fl oz)
Measure 3 = 372g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

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

NDB No. 14153
Carbonated beverage, pepper-type, contains caffeine

pop, soda, soft drink
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	89.40	0.195	3		1		27.45	438.95	328.99
Energy....kcal	41		0	NC	4		13	201	151
Energy....kJ	172		0		4		53	842	631
Protein (N x 6.25)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	0.10	0.027	3		1		0.03	0.49	0.37
Ash....g	0.00	0.000	3		1		0.00	0.00	0.00
Carbohydrate, by difference....g	10.40		0	NC	4		3.19	51.06	38.27
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3		2		1		1	15	11
Iron, Fe....mg	0.04		2		1		0.01	0.20	0.15
Magnesium, Mg....mg	0		2		1		0	0	0
Phosphorus, P....mg	11		5		1		3	54	40
Potassium, K....mg	1	0.090	8		1		0	5	4
Sodium, Na....mg	10	1.603	8		1		3	49	37
Zinc, Zn....mg	0.04		2		1		0.01	0.20	0.15
Copper, Cu....mg	0.006		2		1		0.002	0.029	0.022
Manganese, Mn....mg	0.035		0		4		0.011	0.172	0.129
Selenium, Se....mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	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	0.070		0		4		0.021	0.344	0.258
Fatty acids, total monounsaturated....g	0.000		0	Z	7		0.000	0.000	0.000
14:1....g									
15:1....g									

NDB No. 14153
Carbonated beverage, pepper-type, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	Z	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g									
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	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	0.000		0		1		0.000	0.000	0.000
Isoleucine....g	0.000		0		1		0.000	0.000	0.000
Leucine....g	0.000		0		1		0.000	0.000	0.000
Lysine....g	0.000		0		1		0.000	0.000	0.000
Methionine....g	0.000		0		1		0.000	0.000	0.000
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	0.000		0		1		0.000	0.000	0.000
Tyrosine....g	0.000		0		1		0.000	0.000	0.000
Valine....g	0.000		0		1		0.000	0.000	0.000
Arginine....g	0.000		0		1		0.000	0.000	0.000
Histidine....g	0.000		0		1		0.000	0.000	0.000
Alanine....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid....g	0.000		0		1		0.000	0.000	0.000
Glycine....g	0.000		0		1		0.000	0.000	0.000
Proline....g	0.000		0		1		0.000	0.000	0.000
Serine....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	10		3		1		3	49	37
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:

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 491g: 1 can or bottle (16 fl oz)

Measure 3 = 368g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

NDB No. 14149

Carbonated beverage, reduced sugar, cola, contains caffeine and 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	94.78		0	O	4		28.06	336.48	
Energy	kcal	20		0	NC	4		6	71	
Energy	kJ	84		0	NC	4		25	297	
Protein (N x 6.25)	g	0.00		2	A	1		0.00	0.00	
Total lipid (fat)	g	0.00		2	A	1		0.00	0.00	
Ash	g	0.06	0.033	4	A	1		0.02	0.20	
Carbohydrate, by difference	g	5.16		0	O	4		1.53	18.32	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	5.16		0	NR	4		1.53	18.32	
Starch	g									
Minerals:										
Calcium, Ca	mg	2	0.170	4	A	1		1	8	
Iron, Fe	mg	0.02	0.012	4	A	1		0.01	0.06	
Magnesium, Mg	mg	0	0.130	4	A	1		0	1	
Phosphorus, P	mg	11	0.636	4	A	1		3	39	
Potassium, K	mg	3	0.845	4	A	1		1	10	
Sodium, Na	mg	4	0.859	4	A	1		1	13	
Zinc, Zn	mg	0.01	0.002	4	A	1		0.00	0.05	
Copper, Cu	mg	0.000	0.000	4	A	1		0.000	0.000	
Manganese, Mn	mg	0.000	0.000	4	A	1		0.000	0.000	
Selenium, Se	mcg	0.1	0.048	20	JO	11		0.0	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.000		1		1		0.000	0.000	
Riboflavin	mg	0.000		1		1		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		1		1		0.000	0.000	
Vitamin B-6	mg	0.000		1		1		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	0.3		0	O	4		0.1	1.1	
Betaine	mg									
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NR	4		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		1		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		2	JA	6		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 14149

Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		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		4		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		4		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									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	9	0.254	4	A	1		3	33	
Theobromine ... mg	0	0.000	4	A	1		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 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (8 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

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

NDB No. 14157
Carbonated beverage, root beer

pop, soda, soft drink
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	89.30		2		1		27.50	440.25	330.41
Energy....kcal	41		0	NC	4		13	202	152
Energy....kJ	172		0		4		53	846	635
Protein (N x 6.25)....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0		1		0.00	0.00	0.00
Ash....g	0.10		0		4		0.03	0.49	0.37
Carbohydrate, by difference....g	10.60		0	NC	4		3.26	52.26	39.22
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	10.60		0	NR	4		3.26	52.26	39.22
Starch....g									
Minerals:									
Calcium, Ca....mg	5		10		1		2	25	19
Iron, Fe....mg	0.05	0.012	10		1		0.02	0.25	0.19
Magnesium, Mg....mg	1		10		1		0	5	4
Phosphorus, P....mg	0		16		1		0	0	0
Potassium, K....mg	1		27		1		0	5	4
Sodium, Na....mg	13		27		1		4	64	48
Zinc, Zn....mg	0.07	0.018	11		1		0.02	0.35	0.26
Copper, Cu....mg	0.007		3		1		0.002	0.035	0.026
Manganese, Mn....mg	0.013		0		4		0.004	0.064	0.048
Selenium, Se....mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin....mg	0.000		1		1		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1		1		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.3		0	O	4		0.1	1.4	1.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		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	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		0		1		0	0	0
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	Z	7		0.00	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	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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	0.000
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 14157
Carbonated beverage, root beer

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		0.000	0.000	0.000
10:0 ... g	0.000		0		1		0.000	0.000	0.000
12:0 ... g	0.000		0		1		0.000	0.000	0.000
13:0 ... g									
14:0 ... g	0.000		0		1		0.000	0.000	0.000
15:0 ... g									
16:0 ... g	0.000		0		1		0.000	0.000	0.000
17:0 ... g									
18:0 ... g	0.000		0		1		0.000	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	0.000
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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
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									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		1		1		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 = 30.8g: 1 fl oz

Measure 2 = 493g: 1 can or bottle (16 fl oz)

Measure 3 = 370g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

NDB No. 14155
Carbonated beverage, tonic water

soda, soft drink
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	91.10		0		1		27.79	306.10	444.57
Energy....kcal	34		0	NC	4		10	114	166
Energy....kJ	142		0		4		43	478	694
Protein (N x 6.25)....g	0.00	0.000	3	LC	8		0.00	0.00	0.00
Total lipid (fat)....g	0.00	0.000	3	LC	8		0.00	0.00	0.00
Ash....g	0.10		0		4		0.03	0.34	0.49
Carbohydrate, by difference....g	8.80		0	NC	4		2.68	29.57	42.94
Fiber, total dietary....g	0.0	0.000	3	LC	8		0.0	0.0	0.0
Sugars, total....g	8.80		0	NR	4		2.68	29.57	42.94
Starch....g									
Minerals:									
Calcium, Ca....mg	1		1		1		0	3	5
Iron, Fe....mg	0.01		0		4		0.00	0.03	0.05
Magnesium, Mg....mg	0		1		1		0	0	0
Phosphorus, P....mg	0	0.009	3		1		0	0	0
Potassium, K....mg	0	0.177	3		1		0	0	0
Sodium, Na....mg	12	1.156	3	LC	8		4	42	60
Zinc, Zn....mg	0.10		0		4		0.03	0.34	0.49
Copper, Cu....mg	0.006		0		4		0.002	0.020	0.029
Manganese, Mn....mg	0.001		0		4		0.000	0.003	0.005
Selenium, Se....mcg	0.0		0	CAZN	4		0.0	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	0.000		0		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		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		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	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		0		1		0	0	0
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	Z	7		0.00	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	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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0	Z	7		0.000	0.000	0.000
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 14155
Carbonated beverage, tonic water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		1		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	Z	7		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
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	0.000		0	Z	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	0.000		0		1		0.000	0.000	0.000
Isoleucine....g	0.000		0		1		0.000	0.000	0.000
Leucine....g	0.000		0		1		0.000	0.000	0.000
Lysine....g	0.000		0		1		0.000	0.000	0.000
Methionine....g	0.000		0		1		0.000	0.000	0.000
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	0.000		0		1		0.000	0.000	0.000
Tyrosine....g	0.000		0		1		0.000	0.000	0.000
Valine....g	0.000		0		1		0.000	0.000	0.000
Arginine....g	0.000		0		1		0.000	0.000	0.000
Histidine....g	0.000		0		1		0.000	0.000	0.000
Alanine....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid....g	0.000		0		1		0.000	0.000	0.000
Glycine....g	0.000		0		1		0.000	0.000	0.000
Proline....g	0.000		0		1		0.000	0.000	0.000
Serine....g	0.000		0		1		0.000	0.000	0.000
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. 14155
Carbonated beverage, tonic water

Common Measures:

Measure 1 = 30.5g: 1 fl oz
Measure 2 = 336g: 1 bottle (11 fl oz)
Measure 3 = 488g: 1 can or bottle (16 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

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

NDB No. 14168
Carob-flavor beverage mix, powder

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	2.90		2		1		0.35		
Energy	kcal	372		0	NC	4		45		
Energy	kJ	1556		0		4		187		
Protein (N x 6.25)	g	1.80		2		1		0.22		
Total lipid (fat)	g	0.20		2		1		0.02		
Ash	g	1.90		2		1		0.23		
Carbohydrate, by difference	g	93.30		0	NC	4		11.20		
Fiber, total dietary	g	8.0		0	RA	4		1.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0		4		4		
Iron, Fe	mg	4.60		2		1		0.55		
Magnesium, Mg	mg	5		0		4		1		
Phosphorus, P	mg	7		0		4		1		
Potassium, K	mg	104		0		4		12		
Sodium, Na	mg	103		2		1		12		
Zinc, Zn	mg	0.08		0		4		0.01		
Copper, Cu	mg	0.060		0		4		0.007		
Manganese, Mn	mg	0.063		0		4		0.008		
Selenium, Se	mcg	1.5		0	FLA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0		
Thiamin	mg	0.009		2		1		0.001		
Riboflavin	mg	0.001		0		4		0.000		
Niacin	mg	0.760		2		1		0.091		
Pantothenic acid	mg	0.006		0		4		0.001		
Vitamin B-6	mg	0.124		2		1		0.015		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		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	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		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	0.030		0		1		0.004		
4:0	g									
6:0	g									

NDB No. 14168
Carob-flavor beverage mix, 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
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.024		0		1		0.003		
17:0....g									
18:0....g	0.005		0		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.060		0		1		0.007		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.059		0		1		0.007		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.068		0		1		0.008		
18:2 undifferentiated....g	0.066		0		1		0.008		
18:3 undifferentiated....g	0.002		0		1		0.000		
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	0		0		1		0		
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:

Measure 1 = 12.0g: 1 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14169

Carob-flavor beverage mix, powder, prepared with whole 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	84.32		0	RPA	1		215.86		
Energy	kcal	75		0	RPI	6		192		
Energy	kJ	313		0	RPI	6		801		
Protein	g	3.16		0	RPA	1		8.08		
Total lipid (fat)	g	3.11		0	RPI	6		7.95		
Ash	g	0.75		0	RPA	1		1.91		
Carbohydrate, by difference	g	8.68		0	RPI	6		22.21		
Fiber, total dietary	g	0.4		0	RPI	6		1.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	98		0	RPI	6		250		
Iron, Fe	mg	0.25		0	RPA	1		0.63		
Magnesium, Mg	mg	10		0	RPI	6		25		
Phosphorus, P	mg	80		0	RPI	6		205		
Potassium, K	mg	131		0	RPI	6		336		
Sodium, Na	mg	46		0	RPA	1		118		
Zinc, Zn	mg	0.37		0	RPI	6		0.94		
Copper, Cu	mg	0.025		0	RPI	6		0.063		
Manganese, Mn	mg	0.006		0	RPI	6		0.015		
Selenium, Se	mcg	3.6		0	RPI	6		9.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPA	1		0.0		
Thiamin	mg	0.042		0	RPA	1		0.108		
Riboflavin	mg	0.174		0	RPI	6		0.446		
Niacin	mg	0.138		0	RPA	1		0.353		
Pantothenic acid	mg	0.346		0	RPI	6		0.885		
Vitamin B-6	mg	0.040		0	RPA	1		0.103		
Folate, total	mcg	5		0	RPI	6		12		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0	RPI	6		12		
Folate, DFE	mcg_DFE	5		0	NC	4		12		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.42		0	RPI	6		1.07		
Vitamin A, RAE	mcg_RAE	27		0	NC	4		68		
Retinol	mcg	27		0	RPI	6		68		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	97		0	RPI	6		249		
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	1.779		0	RPI	6		4.555		
4:0	g	0.071		0	RPA	1		0.182		
6:0	g	0.071		0	RPA	1		0.182		
8:0	g	0.071		0	RPA	1		0.182		

NDB No. 14169

Carob-flavor beverage mix, powder, prepared with 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
10:0....g	0.071		0	RPA	1		0.182		
12:0....g	0.073		0	RPA	1		0.187		
13:0....g									
14:0....g	0.283		0	RPA	1		0.724		
15:0....g									
16:0....g	0.791		0	RPA	1		2.025		
17:0....g									
18:0....g	0.348		0	RPA	1		0.891		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.777		0	RPI	6		1.989		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPA	1		0.000		
17:1....g									
18:1 undifferentiated....g	0.777		0	RPA	1		1.989		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.189		0	RPI	6		0.483		
18:2 undifferentiated....g	0.118		0	RPA	1		0.301		
18:3 undifferentiated....g	0.071		0	RPA	1		0.182		
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	10		0	RPA	1		25		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.071		0	RPA	1		0.183		
Threonine....g	0.136		0	RPA	1		0.349		
Isoleucine....g	0.157		0	RPA	1		0.403		
Leucine....g	0.253		0	RPA	1		0.648		
Lysine....g	0.134		0	RPA	1		0.342		
Methionine....g	0.071		0	RPA	1		0.183		
Cystine....g	0.016		0	RPA	1		0.041		
Phenylalanine....g	0.140		0	RPA	1		0.359		
Tyrosine....g	0.145		0	RPA	1		0.370		
Valine....g	0.183		0	RPA	1		0.469		
Arginine....g	0.071		0	RPA	1		0.183		
Histidine....g	0.071		0	RPA	1		0.183		
Alanine....g	0.098		0	RPA	1		0.251		
Aspartic acid....g	0.226		0	RPA	1		0.579		
Glutamic acid....g	0.618		0	RPA	1		1.581		
Glycine....g	0.071		0	RPA	1		0.183		
Proline....g	0.326		0	RPA	1		0.834		
Serine....g	0.102		0	RPA	1		0.261		
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 = 256g: 1 cup (8 fl oz)

NDB No. 14169

Carob-flavor beverage mix, powder, prepared with whole milk

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

Food Group: 14 Beverages

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

NDB No. 14181
Chocolate syrup

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	31.00	3.200	13	A	1		12.09	93.00	
Energy....kcal	279		0	NC	4		109	837	
Energy....kJ	1167		0	NC	4		455	3502	
Protein (N x 6.25)....g	2.10	0.120	14	A	1		0.82	6.30	
Total lipid (fat)....g	1.13	0.120	14	A	1		0.44	3.39	
Ash....g	0.67	0.070	13	A	1		0.26	2.01	
Carbohydrate, by difference....g	65.10		0	NC	4		25.39	195.30	
Fiber, total dietary....g	2.6	0.465	4	JO	11		1.0	7.7	
Sugars, total....g	49.65		2	AI	13		19.36	148.95	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		3		1		5	42	
Iron, Fe....mg	2.11		13		1		0.82	6.33	
Magnesium, Mg....mg	65		3		1		25	195	
Phosphorus, P....mg	129		2		1		50	387	
Potassium, K....mg	224		3		1		87	672	
Sodium, Na....mg	72	13.460	15	A	1		28	216	
Zinc, Zn....mg	0.73		3		1		0.28	2.19	
Copper, Cu....mg	0.512		4		1		0.200	1.536	
Manganese, Mn....mg	0.382		3		1		0.149	1.146	
Selenium, Se....mcg	1.4		0	FLA	4		0.6	4.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		11		1		0.1	0.6	
Thiamin....mg	0.009		12		1		0.004	0.027	
Riboflavin....mg	0.050		1		1		0.020	0.150	
Niacin....mg	0.322		12		1		0.126	0.966	
Pantothenic acid....mg	0.013		1		1		0.005	0.039	
Vitamin B-6....mg	0.006		11		1		0.002	0.018	
Folate, total....mcg	2		0	FLA	4		1	7	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	2		0	FLA	4		1	7	
Folate, DFE....mcg_DFE	2		0	NC	4		1	7	
Choline, total....mg	1.3		0	FLA	4		0.5	4.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	3		0	FLA	4		1	8	
Vitamin E (alpha-tocopherol)....mg	0.02		0	FLA	4		0.01	0.06	
Vitamin E, added....mg	0.00		0	FLA	4		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	0.5		0	FLA	4		0.2	1.4	
Lipids:									
Fatty acids, total saturated....g	0.519		0		1		0.202	1.557	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14181
Chocolate syrup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0 ... g	0.000		0	FLA	4		0.000	0.000	
10:0 ... g	0.000		0	FLA	4		0.000	0.000	
12:0 ... g	0.000		0	FLA	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.001		0	FLA	4		0.001	0.004	
15:0 ... g									
16:0 ... g	0.244		0	FLA	4		0.095	0.732	
17:0 ... g									
18:0 ... g	0.267		0	FLA	4		0.104	0.800	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.286		0	FLA	4		0.112	0.858	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.001	
17:1 ... g									
18:1 undifferentiated ... g	0.286		0	FLA	4		0.111	0.857	
20:1 ... g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.026		0	FLA	4		0.010	0.078	
18:2 undifferentiated ... g	0.024		0	FLA	4		0.009	0.072	
18:3 undifferentiated ... g	0.002		0	FLA	4		0.001	0.006	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLA	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	
Caffeine ... mg	6		0	FLA	4		2	17	
Theobromine ... mg	190		0	FLA	4		74	569	

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 = 39g: 1 serving 2 tbsp

Measure 2 = 300g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14182
Chocolate syrup, prepared with whole 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	80.51		0	RPA	1		227.03		
Energy....kcal	90		0	RPI	6		254		
Energy....kJ	377		0	RPI	6		1062		
Protein....g	3.07		0	RPA	1		8.66		
Total lipid (fat)....g	2.96		0	RPI	6		8.35		
Ash....g	0.69		0	RPA	1		1.94		
Carbohydrate, by difference....g	12.78		0	RPI	6		36.03		
Fiber, total dietary....g	0.3		0	RPI	6		1.0		
Sugars, total....g	11.31		0	RPI	6		31.89		
Starch....g									
Minerals:									
Calcium, Ca....mg	89		0	RPA	1		251		
Iron, Fe....mg	0.32		0	RPA	1		0.89		
Magnesium, Mg....mg	18		0	RPA	1		50		
Phosphorus, P....mg	90		0	RPA	1		254		
Potassium, K....mg	145		0	RPA	1		409		
Sodium, Na....mg	47		0	RPA	1		133		
Zinc, Zn....mg	0.43		0	RPA	1		1.21		
Copper, Cu....mg	0.090		0	RPA	1		0.253		
Manganese, Mn....mg	0.055		0	RPA	1		0.154		
Selenium, Se....mcg	3.4		0	RPI	6		9.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPA	1		0.1		
Thiamin....mg	0.039		0	RPA	1		0.110		
Riboflavin....mg	0.165		0	RPA	1		0.464		
Niacin....mg	0.137		0	RPA	1		0.385		
Pantothenic acid....mg	0.315		0	RPA	1		0.887		
Vitamin B-6....mg	0.032		0	RPA	1		0.091		
Folate, total....mcg	5		0	RPI	6		13		
Folic acid....mcg	0		0	RPI	6		0		
Folate, food....mcg	5		0	RPI	6		13		
Folate, DFE....mcg_DFE	5		0	NC	4		13		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.38		0	RPI	6		1.07		
Vitamin A, RAE....mcg_RAE	25		0	RPI	6		69		
Retinol....mcg	24		0	RPI	6		68		
Carotene, beta....mcg	4		0	RPI	6		13		
Carotene, alpha....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta....mcg	0		0	RPI	6		0		
Vitamin A, IU....IU	88		0	RPI	6		249		
Lycopene....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin....mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)....mg	0.05		0	RPI	6		0.14		
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	0.2		0	RPI	6		0.5		
Lipids:									
Fatty acids, total saturated....g	1.681		0	RPI	6		4.739		
4:0....g	0.064		0	RPA	1		0.181		
6:0....g	0.064		0	RPA	1		0.181		
8:0....g	0.064		0	RPA	1		0.181		

NDB No. 14182
Chocolate syrup, prepared with 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
10:0 g	0.064		0	RPA	1		0.181		
12:0 g	0.066		0	RPA	1		0.187		
13:0 g	0.000		0	RPA	1		0.000		
14:0 g	0.257		0	RPA	1		0.723		
15:0 g	0.000		0	RPA	1		0.000		
16:0 g	0.746		0	RPA	1		2.104		
17:0 g	0.000		0	RPA	1		0.000		
18:0 g	0.354		0	RPA	1		1.000		
20:0 g	0.000		0	RPA	1		0.000		
22:0 g	0.000		0	RPA	1		0.000		
24:0 g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated g	0.740		0	RPI	6		2.088		
14:1 g	0.000		0	RPA	1		0.000		
15:1 g									
16:1 undifferentiated g	0.000		0	RPA	1		0.001		
17:1 g									
18:1 undifferentiated g	0.740		0	RPA	1		2.087		
20:1 g	0.000		0	RPA	1		0.000		
22:1 undifferentiated g	0.000		0	RPA	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.172		0	RPI	6		0.484		
18:2 undifferentiated g	0.107		0	RPA	1		0.302		
18:3 undifferentiated g	0.064		0	RPA	1		0.182		
18:4 g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RPA	1		0.000		
20:5 n-3 (EPA) g	0.000		0	RPA	1		0.000		
22:5 n-3 (DPA) g	0.000		0	RPA	1		0.000		
22:6 n-3 (DHA) g	0.000		0	RPA	1		0.000		
Fatty acids, total trans g									
Cholesterol mg	9		0	RPA	1		25		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.068		0	RPA	1		0.192		
Threonine g	0.132		0	RPA	1		0.373		
Isoleucine g	0.151		0	RPA	1		0.426		
Leucine g	0.243		0	RPA	1		0.685		
Lysine g	0.132		0	RPA	1		0.373		
Methionine g	0.067		0	RPA	1		0.188		
Cystine g	0.017		0	RPA	1		0.049		
Phenylalanine g	0.138		0	RPA	1		0.389		
Tyrosine g	0.140		0	RPA	1		0.394		
Valine g	0.179		0	RPA	1		0.505		
Arginine g	0.077		0	RPA	1		0.217		
Histidine g	0.068		0	RPA	1		0.193		
Alanine g	0.099		0	RPA	1		0.278		
Aspartic acid g	0.227		0	RPA	1		0.641		
Glutamic acid g	0.592		0	RPA	1		1.671		
Glycine g	0.075		0	RPA	1		0.211		
Proline g	0.304		0	RPA	1		0.857		
Serine g	0.101		0	RPA	1		0.285		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RPI	6		0.0		
Caffeine mg	2		0	RPI	6		5		
Theobromine mg	64		0	RPI	6		181		

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. 14182

Chocolate syrup, prepared with whole milk

Common Measures:

Measure 1 = 282g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14557

Chocolate-flavor beverage mix for milk, powder, with added nutrients

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	1.10		0	FLC	4		0.24		
Energy	kcal	400		0	NC	4		88		
Energy	kJ	1673		0	NC	4		368		
Protein (N x 6.25)	g	4.55		1	LC	8		1.00		
Total lipid (fat)	g	2.27		1	LC	8		0.50		
Ash	g	1.80		0	BFZN	4		0.40		
Carbohydrate, by difference	g	90.28		0	NC	4		19.86		
Fiber, total dietary	g	4.5		1	LC	8		1.0		
Sugars, total	g	81.82		1	LC	8		18.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	455		1	LC	8		100		
Iron, Fe	mg	0.00		1	LC	8		0.00		
Magnesium, Mg	mg	53		0	FLC	4		12		
Phosphorus, P	mg	86		0	FLC	4		19		
Potassium, K	mg	280		0	FLC	4		62		
Sodium, Na	mg	136		1	LC	8		30		
Zinc, Zn	mg	6.82		1	LC	8		1.50		
Copper, Cu	mg	0.909		1	LC	8		0.200		
Manganese, Mn	mg	0.707		0	BFZN	4		0.156		
Selenium, Se	mcg	1.9		0	FLC	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	27.3		1	LC	8		6.0		
Thiamin	mg	0.009		0	FLC	4		0.002		
Riboflavin	mg	0.056		0	FLC	4		0.012		
Niacin	mg	0.199		0	FLC	4		0.044		
Pantothenic acid	mg	0.000		0	FLC	4		0.000		
Vitamin B-6	mg	0.909		1	LC	8		0.200		
Folate, total	mcg	4		0	FLC	4		1		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	4		0	FLC	4		1		
Folate, DFE	mcg_DFE	4		0	NC	4		1		
Choline, total	mg	3.3		0	FLC	4		0.7		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Carotene, beta	mcg	0		0	FLC	4		0		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	2		0	FLC	4		0		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.04		0	FLC	4		0.01		
Vitamin E, added	mg	0.00		0	FLC	4		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		1	LC	8		0		
Vitamin K (phylloquinone)	mcg	0.9		0	FLC	4		0.2		
Lipids:										
Fatty acids, total saturated	g	2.273		1	LC	8		0.500		
4:0	g	0.000		0	FLC	4		0.000		

NDB No. 14557

Chocolate-flavor beverage mix for milk, powder, with added nutrients

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4		0.000		
8:0 ... g	0.000		0	FLC	4		0.000		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.006		0	FLC	4		0.001		
15:0 ... g									
16:0 ... g	1.082		0	FLC	4		0.238		
17:0 ... g									
18:0 ... g	1.162		0	FLC	4		0.256		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	Z	7		0.000		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	Z	7		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	Z	7		0.000		
20:1 ... g	0.000		0	FLC	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	Z	7		0.000		
18:2 undifferentiated ... g	0.000		0	Z	7		0.000		
18:3 undifferentiated ... g	0.000		0	Z	7		0.000		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1	LC	8		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	8		0	FLC	4		2		
Theobromine ... mg	277		0	FLC	4		61		

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 = 22g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14558

Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with 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	80.93		0	RPI	6		215.27		
Energy	kcal	89		0	NC	4		237		
Energy	kJ	373		0	NC	4		991		
Protein	g	3.27		0	RPI	6		8.70		
Total lipid (fat)	g	3.17		0	RPI	6		8.43		
Ash	g	0.77		0	RPI	6		2.04		
Carbohydrate, by difference	g	11.87		0	RPI	6		31.57		
Fiber, total dietary	g	0.4		0	RPI	6		1.0		
Sugars, total	g	11.59		0	RPI	6		30.83		
Starch	g									
Minerals:										
Calcium, Ca	mg	141		0	RPI	6		375		
Iron, Fe	mg	0.03		0	RPI	6		0.08		
Magnesium, Mg	mg	14		0	RPI	6		36		
Phosphorus, P	mg	84		0	RPI	6		224		
Potassium, K	mg	144		0	RPI	6		384		
Sodium, Na	mg	50		0	RPI	6		134		
Zinc, Zn	mg	0.91		0	RPI	6		2.41		
Copper, Cu	mg	0.098		0	RPI	6		0.261		
Manganese, Mn	mg	0.062		0	RPI	6		0.166		
Selenium, Se	mcg	3.5		0	RPI	6		9.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		0	RPI	6		6.0		
Thiamin	mg	0.043		0	RPI	6		0.114		
Riboflavin	mg	0.159		0	RPI	6		0.424		
Niacin	mg	0.098		0	RPI	6		0.260		
Pantothenic acid	mg	0.342		0	RPI	6		0.910		
Vitamin B-6	mg	0.108		0	RPI	6		0.287		
Folate, total	mcg	5		0	RPI	6		13		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	5		0	RPI	6		13		
Folate, DFE	mcg_DFE	5		0	NC	4		13		
Choline, total	mg	13.4		0	RPI	6		35.6		
Betaine	mg									
Vitamin B-12	mcg	0.41		0	RPI	6		1.09		
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00		
Vitamin A, RAE	mcg_RAE	42		0	RPI	6		112		
Retinol	mcg	41		0	RPI	6		110		
Carotene, beta	mcg	6		0	RPI	6		16		
Carotene, alpha	mcg	0		0	RPI	6		0		
Cryptoxanthin, beta	mcg	0		0	RPI	6		0		
Vitamin A, IU	IU	149		0	RPI	6		395		
Lycopene	mcg	0		0	RPI	6		0		
Lutein + zeaxanthin	mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)	mg	0.07		0	RPI	6		0.18		
Vitamin E, added	mg	0.00		0	RPI	6		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.2		0	RPI	6		3.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	47		0	RPI	6		125		
Vitamin K (phylloquinone)	mcg	0.3		0	RPI	6		0.8		
Lipids:										
Fatty acids, total saturated	g	1.899		0	RPI	6		5.051		
4:0	g	0.068		0	RPI	6		0.182		

NDB No. 14558

Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with 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	0.068		0	RPI	6		0.182		
8:0....g	0.068		0	RPI	6		0.182		
10:0....g	0.068		0	RPI	6		0.182		
12:0....g	0.070		0	RPI	6		0.187		
13:0....g									
14:0....g	0.273		0	RPI	6		0.726		
15:0....g									
16:0....g	0.850		0	RPI	6		2.261		
17:0....g									
18:0....g	0.431		0	RPI	6		1.146		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.745		0	RPI	6		1.982		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000		
17:1....g									
18:1 undifferentiated....g	0.745		0	RPI	6		1.982		
20:1....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated....g	0.000		0	RPI	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.178		0	RPI	6		0.475		
18:2 undifferentiated....g	0.110		0	RPI	6		0.293		
18:3 undifferentiated....g	0.068		0	RPI	6		0.182		
18:4....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000		
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	10		0	RPI	6		25		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	1		0	RPI	6		2		
Theobromine....mg	23		0	RPI	6		61		

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 = 266g: 1 serving

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

Food Group: 14 Beverages

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

NDB No. 14175

Chocolate-flavor beverage mix for milk, powder, without added nutrients

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	0.90		16		1		0.20		
Energy	kcal	405		0	NC	4		89		
Energy	kJ	1693		0	NC	4		373		
Protein (N x 6.25)	g	3.30		20		1		0.73		
Total lipid (fat)	g	3.10		17		1		0.68		
Ash	g	1.80		14		1		0.40		
Carbohydrate, by difference	g	90.90		0	NC	4		20.00		
Fiber, total dietary	g	4.8		2	LC	8		1.1		
Sugars, total	g	83.88		2	LC	8		18.45		
Starch	g									
Minerals:										
Calcium, Ca	mg	37		16		1		8		
Iron, Fe	mg	3.14		27		1		0.69		
Magnesium, Mg	mg	98		13		1		22		
Phosphorus, P	mg	128		10		1		28		
Potassium, K	mg	591		11		1		130		
Sodium, Na	mg	210		26		1		46		
Zinc, Zn	mg	1.55		12		1		0.34		
Copper, Cu	mg	0.705		11		1		0.155		
Manganese, Mn	mg	0.707		11		1		0.156		
Selenium, Se	mcg	2.6	0.387	15	A	1		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.196	10		1		0.2		
Thiamin	mg	0.032		11		1		0.007		
Riboflavin	mg	0.146		4		1		0.032		
Niacin	mg	0.511		13		1		0.112		
Pantothenic acid	mg	0.041		0	FLA	4		0.009		
Vitamin B-6	mg	0.010	0.000	10		1		0.002		
Folate, total	mcg	5		0	FLA	4		1		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	5		0	FLA	4		1		
Folate, DFE	mcg_DFE	5		0	NC	4		1		
Choline, total	mg	15.5		0	FLA	4		3.4		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	0		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	0		0	FLA	4		0		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	6		0	FLA	4		1		
Vitamin E (alpha-tocopherol)	mg	0.37		0	FLA	4		0.08		
Vitamin E, added	mg	0.00		0	FLA	4		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		1	LC	8		0		
Vitamin K (phylloquinone)	mcg	8.1		0	FLA	4		1.8		
Lipids:										
Fatty acids, total saturated	g	1.834		0	FLA	4		0.403		
4:0	g	0.000		0	FLA	4		0.000		

NDB No. 14175

Chocolate-flavor beverage mix for milk, powder, without added nutrients

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000		
8:0 ... g	0.000		0	FLA	4		0.000		
10:0 ... g	0.000		0	FLA	4		0.000		
12:0 ... g	0.000		0	FLA	4		0.000		
13:0 ... g									
14:0 ... g	0.007		0	FLA	4		0.002		
15:0 ... g									
16:0 ... g	1.038		0	FLA	4		0.228		
17:0 ... g									
18:0 ... g	0.771		0	FLA	4		0.170		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.009		0	FLA	4		0.222		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.014		0	FLA	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	0.995		0	FLA	4		0.219		
20:1 ... g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.091		0	FLA	4		0.020		
18:2 undifferentiated ... g	0.081		0	FLA	4		0.018		
18:3 undifferentiated ... g	0.010		0	FLA	4		0.002		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		2	LC	8		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0		
Caffeine ... mg	36		6		1		8		
Theobromine ... mg	424		0	FLA	4		93		

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 = 22g: 1 portion (2-3 heaping tsp)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14177

Chocolate-flavor beverage mix, powder, prepared with whole 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	80.79		0	RPA	1		214.89		
Energy	kcal	85		0	RPI	6		226		
Energy	kJ	356		0	RPI	6		946		
Protein	g	3.23		0	RPA	1		8.59		
Total lipid (fat)	g	3.24		0	RPI	6		8.61		
Ash	g	0.78		0	RPA	1		2.09		
Carbohydrate, by difference	g	11.91		0	RPI	6		31.68		
Fiber, total dietary	g	0.4		0	RPI	6		1.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	95		0	RPA	1		254		
Iron, Fe	mg	0.30		0	RPA	1		0.80		
Magnesium, Mg	mg	18		0	RPA	1		47		
Phosphorus, P	mg	88		0	RPA	1		233		
Potassium, K	mg	172		0	RPA	1		458		
Sodium, Na	mg	58		0	RPA	1		153		
Zinc, Zn	mg	0.48		0	RPA	1		1.28		
Copper, Cu	mg	0.082		0	RPA	1		0.217		
Manganese, Mn	mg	0.064		0	RPA	1		0.169		
Selenium, Se	mcg	3.6		0	RPA	1		9.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RPA	1		0.2		
Thiamin	mg	0.043		0	RPA	1		0.114		
Riboflavin	mg	0.180		0	RPA	1		0.478		
Niacin	mg	0.142		0	RPA	1		0.378		
Pantothenic acid	mg	0.336		0	RPI	6		0.893		
Vitamin B-6	mg	0.034		0	RPA	1		0.091		
Folate, total	mcg	5		0	RPI	6		14		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	5		0	RPI	6		14		
Folate, DFE	mcg_DFE	5		0	NC	4		14		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.40		0	RPI	6		1.06		
Vitamin A, RAE	mcg_RAE	26		0	RPI	6		69		
Retinol	mcg	26		0	RPI	6		68		
Carotene, beta	mcg	5		0	RPI	6		13		
Carotene, alpha	mcg	0		0	RPI	6		0		
Cryptoxanthin, beta	mcg	0		0	RPI	6		0		
Vitamin A, IU	IU	94		0	RPI	6		249		
Lycopene	mcg	0		0	RPI	6		0		
Lutein + zeaxanthin	mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)	mg	0.06		0	RPI	6		0.15		
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	0.3		0	RPI	6		0.8		
Lipids:										
Fatty acids, total saturated	g	1.860		0	RPI	6		4.947		
4:0	g	0.068		0	RPA	1		0.181		
6:0	g	0.068		0	RPA	1		0.181		
8:0	g	0.068		0	RPA	1		0.181		

NDB No. 14177

Chocolate-flavor beverage mix, powder, prepared with 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
10:0 g	0.068		0	RPA	1		0.181		
12:0 g	0.070		0	RPA	1		0.186		
13:0 g	0.000		0	RPA	1		0.000		
14:0 g	0.272		0	RPA	1		0.722		
15:0 g	0.000		0	RPA	1		0.000		
16:0 g	0.825		0	RPA	1		2.194		
17:0 g	0.000		0	RPA	1		0.000		
18:0 g	0.421		0	RPA	1		1.120		
20:0 g	0.000		0	RPA	1		0.000		
22:0 g	0.000		0	RPA	1		0.000		
24:0 g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated g	0.829		0	RPI	6		2.206		
14:1 g	0.000		0	RPA	1		0.000		
15:1 g									
16:1 undifferentiated g	0.001		0	RPA	1		0.002		
17:1 g									
18:1 undifferentiated g	0.829		0	RPA	1		2.204		
20:1 g	0.000		0	RPA	1		0.000		
22:1 undifferentiated g	0.000		0	RPA	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.186		0	RPI	6		0.494		
18:2 undifferentiated g	0.117		0	RPA	1		0.312		
18:3 undifferentiated g	0.068		0	RPA	1		0.182		
18:4 g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RPA	1		0.000		
20:5 n-3 (EPA) g	0.000		0	RPA	1		0.000		
22:5 n-3 (DPA) g	0.000		0	RPA	1		0.000		
22:6 n-3 (DHA) g	0.000		0	RPA	1		0.000		
Fatty acids, total trans g									
Cholesterol mg	9		0	RPI	6		25		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.072		0	RPA	1		0.192		
Threonine g	0.140		0	RPA	1		0.373		
Isoleucine g	0.160		0	RPA	1		0.426		
Leucine g	0.257		0	RPA	1		0.684		
Lysine g	0.140		0	RPA	1		0.373		
Methionine g	0.071		0	RPA	1		0.188		
Cystine g	0.018		0	RPA	1		0.049		
Phenylalanine g	0.146		0	RPA	1		0.389		
Tyrosine g	0.148		0	RPA	1		0.393		
Valine g	0.190		0	RPA	1		0.505		
Arginine g	0.082		0	RPA	1		0.218		
Histidine g	0.073		0	RPA	1		0.193		
Alanine g	0.105		0	RPA	1		0.278		
Aspartic acid g	0.241		0	RPA	1		0.641		
Glutamic acid g	0.628		0	RPA	1		1.670		
Glycine g	0.079		0	RPA	1		0.211		
Proline g	0.322		0	RPA	1		0.857		
Serine g	0.107		0	RPA	1		0.285		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RPI	6		0.0		
Caffeine mg	3		0	RPI	6		8		
Theobromine mg	104		0	RPI	6		278		

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. 14177

Chocolate-flavor beverage mix, powder, prepared with whole milk

Common Measures:

Measure 1 = 266g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

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

NDB No. 43369
Chocolate-flavored drink, whey and milk based

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	87.63		0	FLC	4		213.81	26.73	
Energy....kcal	49		0	FLC	4		119	15	
Energy....kJ	205		0	FLC	4		499	62	
Protein (N x 6.25)....g	0.64		0	FLC	4		1.57	0.20	
Total lipid (fat)....g	0.40		0	FLC	4		0.98	0.12	
Ash....g	0.58		0	FLC	4		1.41	0.18	
Carbohydrate, by difference....g	10.68		0	FLC	4		26.07	3.26	
Fiber, total dietary....g	0.6		0	FLC	4		1.4	0.2	
Sugars, total....g	8.68		0	FLC	4		21.18	2.65	
Starch....g									
Minerals:									
Calcium, Ca....mg	100		0	FLC	4		244	31	
Iron, Fe....mg	0.33		0	FLC	4		0.80	0.10	
Magnesium, Mg....mg	11		0	FLC	4		28	3	
Phosphorus, P....mg	24		0	FLC	4		58	7	
Potassium, K....mg	79		0	FLC	4		192	24	
Sodium, Na....mg	91		0	FLC	4		222	28	
Zinc, Zn....mg	0.16		0	FLC	4		0.38	0.05	
Copper, Cu....mg	0.074		0	FLC	4		0.181	0.023	
Manganese, Mn....mg	0.073		0	FLC	4		0.179	0.022	
Selenium, Se....mcg	0.7		0	FLC	4		1.6	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		0	FLC	4		4.9	0.6	
Thiamin....mg	0.010		0	FLC	4		0.025	0.003	
Riboflavin....mg	0.051		0	FLC	4		0.124	0.015	
Niacin....mg	0.106		0	FLC	4		0.258	0.032	
Pantothenic acid....mg	0.082		0	FLC	4		0.201	0.025	
Vitamin B-6....mg	0.011		0	FLC	4		0.027	0.003	
Folate, total....mcg	1		0	FLC	4		2	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	FLC	4		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg	3.3		0	FLC	4		8.1	1.0	
Betaine....mg									
Vitamin B-12....mcg	0.06		0	FLC	4		0.14	0.02	
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	60		0	NC	4		146	18	
Retinol....mcg	60		0	FLC	4		146	18	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	200		0	FLC	4		488	61	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	1		0	FLC	4		2	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLC	4		0.02	0.00	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.3		0	NR	4		3.1	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	50		0	LC	8		123	15	
Vitamin K (phylloquinone)....mcg	0.1		0	FLC	4		0.2	0.0	
Lipids:									
Fatty acids, total saturated....g	0.310		0	FLC	4		0.756	0.094	
4:0....g	0.005		0	FLC	4		0.013	0.002	

NDB No. 43369
Chocolate-flavored drink, whey and milk based

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4		0.002	0.000	
8:0....g	0.001		0	FLC	4		0.002	0.000	
10:0....g	0.002		0	FLC	4		0.004	0.000	
12:0....g	0.001		0	FLC	4		0.003	0.000	
13:0....g									
14:0....g	0.010		0	FLC	4		0.024	0.003	
15:0....g	0.000		0	FLC	4		0.000	0.000	
16:0....g	0.143		0	FLC	4		0.349	0.044	
17:0....g	0.000		0	FLC	4		0.000	0.000	
18:0....g	0.139		0	FLC	4		0.339	0.042	
20:0....g	0.000		0	FLC	4		0.001	0.000	
22:0....g	0.000		0	FLC	4		0.001	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	0.049		0	FLC	4		0.119	0.015	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLC	4		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.048		0	FLC	4		0.116	0.015	
20:1....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.009		0	FLC	4		0.022	0.003	
18:2 undifferentiated....g	0.008		0	FLC	4		0.020	0.003	
18:3 undifferentiated....g	0.000		0	FLC	4		0.001	0.000	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		1	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	1		0	FLC	4		4	0	
Theobromine....mg	50		0	FLC	4		121	15	

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 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14262
Citrus fruit juice drink, frozen concentrate

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	57.40		1		1		20.20	242.80	
Energy....kcal	162		0	NC	4		57	684	
Energy....kJ	676		0	NC	4		238	2861	
Protein (N x 6.25)....g	1.20		1		1		0.42	5.08	
Total lipid (fat)....g	0.10		1		1		0.04	0.42	
Ash....g	1.10		1		1		0.39	4.65	
Carbohydrate, by difference....g	40.20		0	NC	4		14.15	170.05	
Fiber, total dietary....g	0.2		0	FLC	4		0.1	1.0	
Sugars, total....g	28.63		0	FLC	4		10.08	121.09	
Starch....g									
Minerals:									
Calcium, Ca....mg	25		7		1		9	106	
Iron, Fe....mg	3.94		1		1		1.39	16.67	
Magnesium, Mg....mg	20		8		1		7	85	
Phosphorus, P....mg	36	2.789	4		1		13	152	
Potassium, K....mg	393		8		1		138	1662	
Sodium, Na....mg	3		8		1		1	13	
Zinc, Zn....mg	0.12		1		1		0.04	0.51	
Copper, Cu....mg	0.097		4		1		0.034	0.410	
Manganese, Mn....mg	0.255		2		1		0.090	1.079	
Selenium, Se....mcg	0.4		0	FLC	4		0.1	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	95.3		1		1		33.5	403.1	
Thiamin....mg	0.051		1		1		0.018	0.216	
Riboflavin....mg	0.034		0	FLC	4		0.012	0.142	
Niacin....mg	0.263		0	FLC	4		0.093	1.113	
Pantothenic acid....mg	0.214		0	FLC	4		0.075	0.904	
Vitamin B-6....mg	0.066		0	FLC	4		0.023	0.278	
Folate, total....mcg	26		0	FLC	4		9	111	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	26		0	FLC	4		9	111	
Folate, DFE....mcg_DFE	26		0	NC	4		9	111	
Choline, total....mg	1.8		0	O	4		0.6	7.5	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	7		0	FLC	4		2	29	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	27		0	FLC	4		10	116	
Carotene, alpha....mcg	6		0	FLC	4		2	24	
Cryptoxanthin, beta....mcg	97		0	FLC	4		34	411	
Vitamin A, IU....IU	131		0	FLC	4		46	555	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	93		0	FLC	4		33	395	
Vitamin E (alpha-tocopherol)....mg	0.22		0	FLC	4		0.08	0.92	
Vitamin E, added....mg	0.00		0	FLC	4		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	FLC	4		0.1	1.0	
Lipids:									
Fatty acids, total saturated....g	0.007		0	FLC	4		0.002	0.029	
4:0....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 14262
Citrus fruit juice drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	
10:0....g	0.000		0	FLC	4		0.000	0.000	
12:0....g	0.000		0	FLC	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLC	4		0.000	0.001	
15:0....g									
16:0....g	0.006		0	FLC	4		0.002	0.027	
17:0....g									
18:0....g	0.000		0	FLC	4		0.000	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0	FLC	4		0.002	0.030	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLC	4		0.000	0.004	
17:1....g									
18:1 undifferentiated....g	0.006		0	FLC	4		0.002	0.026	
20:1....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.015		0	FLC	4		0.005	0.063	
18:2 undifferentiated....g	0.011		0	FLC	4		0.004	0.045	
18:3 undifferentiated....g	0.004		0	FLC	4		0.002	0.018	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	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 = 35.2g: 1 fl oz

Measure 2 = 423g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14263

Citrus fruit juice drink, frozen concentrate, prepared with water

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	87.83		0	RPI	6		217.81	27.23	
Energy	kcal	46		0	RPI	6		114	14	
Energy	kJ	192		0	RPI	6		476	60	
Protein (N x 0)	g	0.34		0	RPI	6		0.85	0.11	
Total lipid (fat)	g	0.03		0	RPI	6		0.07	0.01	
Ash	g	0.38		0	RPI	6		0.95	0.12	
Carbohydrate, by difference	g	11.42		0	RPI	6		28.32	3.54	
Fiber, total dietary	g	0.1		0	RPI	6		0.2	0.0	
Sugars, total	g	8.13		0	RPI	6		20.17	2.52	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	RPA	1		23	3	
Iron, Fe	mg	1.12		0	RPA	1		2.78	0.35	
Magnesium, Mg	mg	6		0	RPA	1		16	2	
Phosphorus, P	mg	10		0	RPA	1		25	3	
Potassium, K	mg	112		0	RPA	1		278	35	
Sodium, Na	mg	4		0	RPA	1		9	1	
Zinc, Zn	mg	0.04		0	RPA	1		0.09	0.01	
Copper, Cu	mg	0.035		0	RPA	1		0.086	0.011	
Manganese, Mn	mg	0.073		0	RPA	1		0.180	0.023	
Selenium, Se	mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	27.1		0	RPI	6		67.1	8.4	
Thiamin	mg	0.014		0	RPI	6		0.036	0.004	
Riboflavin	mg	0.010		0	RPI	6		0.024	0.003	
Niacin	mg	0.075		0	RPI	6		0.185	0.023	
Pantothenic acid	mg	0.061		0	RPI	6		0.151	0.019	
Vitamin B-6	mg	0.019		0	RPI	6		0.046	0.006	
Folate, total	mcg	7		0	RPI	6		18	2	
Folic acid	mcg	0		0	RPI	6		0	0	
Folate, food	mcg	7		0	RPI	6		18	2	
Folate, DFE	mcg_DFE	7		0	NC	4		18	2	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	RPI	6		5	1	
Retinol	mcg	0		0	RPI	6		0	0	
Carotene, beta	mcg	8		0	RPI	6		19	2	
Carotene, alpha	mcg	2		0	RPI	6		4	1	
Cryptoxanthin, beta	mcg	28		0	RPI	6		68	9	
Vitamin A, IU	IU	37		0	RPI	6		92	12	
Lycopene	mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin	mcg	27		0	RPI	6		66	8	
Vitamin E (alpha-tocopherol)	mg	0.06		0	RPI	6		0.15	0.02	
Vitamin E, added	mg	0.00		0	RPI	6		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	0.1		0	RPI	6		0.2	0.0	
Lipids:										
Fatty acids, total saturated	g	0.002		0	RPI	6		0.005	0.001	
4:0	g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14263

Citrus fruit juice drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0 ... g	0.000		0	RPI	6		0.000	0.000	
10:0 ... g	0.000		0	RPI	6		0.000	0.000	
12:0 ... g	0.000		0	RPI	6		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	RPI	6		0.000	0.000	
15:0 ... g									
16:0 ... g	0.002		0	RPI	6		0.004	0.001	
17:0 ... g									
18:0 ... g	0.000		0	RPI	6		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.002		0	RPI	6		0.005	0.001	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RPI	6		0.001	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.002		0	RPI	6		0.004	0.001	
20:1 ... g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.004		0	RPI	6		0.011	0.001	
18:2 undifferentiated ... g	0.003		0	RPI	6		0.008	0.001	
18:3 undifferentiated ... g	0.001		0	RPI	6		0.003	0.000	
18:4 ... g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
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									
Cholesterol ... mg	0		0	RPI	6		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0	0.0	
Caffeine ... mg	0		0	RPI	6		0	0	
Theobromine ... mg	0		0	RPI	6		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 = 248g: 1 serving 8 fl oz

Measure 2 = 31.0g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14187
Clam and tomato juice, canned

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	87.40		2	A	1		26.39	145.08	
Energy....kcal	48		0	NC	4		14	79	
Energy....kJ	200		0	NC	4		60	332	
Protein (N x 6.25)....g	0.60		2	A	1		0.18	1.00	
Total lipid (fat)....g	0.20		2	A	1		0.06	0.33	
Ash....g	0.85		2	A	1		0.26	1.41	
Carbohydrate, by difference....g	10.95		0	NC	4		3.31	18.18	
Fiber, total dietary....g	0.4		1	LC	8		0.1	0.7	
Sugars, total....g	3.31		1	LC	8		1.00	5.49	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		2	14	
Iron, Fe....mg	0.15		1	LC	8		0.04	0.25	
Magnesium, Mg....mg	5		0	FLC	4		2	9	
Phosphorus, P....mg	11		0	FLC	4		3	19	
Potassium, K....mg	89		0	FLC	4		27	147	
Sodium, Na....mg	362		2	A	1		109	601	
Zinc, Zn....mg	0.08		0	FLC	4		0.02	0.14	
Copper, Cu....mg	0.029		0	FLC	4		0.009	0.049	
Manganese, Mn....mg	0.032		0	FLC	4		0.010	0.053	
Selenium, Se....mcg	0.4		0	FLC	4		0.1	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0		1	LC	8		1.5	8.2	
Thiamin....mg	0.021		0	FLC	4		0.006	0.035	
Riboflavin....mg	0.012		0	FLC	4		0.004	0.020	
Niacin....mg	0.231		0	FLC	4		0.070	0.383	
Pantothenic acid....mg	0.083		0	FLC	4		0.025	0.138	
Vitamin B-6....mg	0.061		0	FLC	4		0.019	0.102	
Folate, total....mcg	8		0	FLC	4		2	13	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	8		0	FLC	4		2	13	
Folate, DFE....mcg_DFE	8		0	NC	4		2	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.03		0	FLC	4		0.01	0.04	
Vitamin A, RAE....mcg_RAE	7		0	FLC	4		2	12	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	89		0	FLC	4		27	148	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	149		0	FLC	4		45	247	
Lycopene....mcg	2982		0	FLC	4		901	4951	
Lutein + zeaxanthin....mcg	20		0	FLC	4		6	33	
Vitamin E (alpha-tocopherol)....mg	0.11		0	FLC	4		0.03	0.19	
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		1	LC	8		0.000	0.000	
4:0....g	0.000		0	FLC	4		0.000	0.000	
6:0....g	0.000		0	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 14187
Clam and tomato juice, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4		0.000	0.000	
12:0....g	0.000		0	FLC	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLC	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLC	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLC	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:1....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.004		0	FLC	4		0.001	0.006	
Threonine....g	0.010		0	FLC	4		0.003	0.016	
Isoleucine....g	0.011		0	FLC	4		0.003	0.018	
Leucine....g	0.015		0	FLC	4		0.005	0.025	
Lysine....g	0.013		0	FLC	4		0.004	0.022	
Methionine....g	0.004		0	FLC	4		0.001	0.006	
Cystine....g	0.003		0	FLC	4		0.001	0.006	
Phenylalanine....g	0.010		0	FLC	4		0.003	0.016	
Tyrosine....g	0.006		0	FLC	4		0.002	0.010	
Valine....g	0.011		0	FLC	4		0.003	0.018	
Arginine....g	0.023		0	FLC	4		0.007	0.038	
Histidine....g	0.007		0	FLC	4		0.002	0.011	
Alanine....g	0.011		0	FLC	4		0.003	0.019	
Aspartic acid....g	0.042		0	FLC	4		0.013	0.070	
Glutamic acid....g	0.124		0	FLC	4		0.037	0.206	
Glycine....g	0.009		0	FLC	4		0.003	0.015	
Proline....g	0.010		0	FLC	4		0.003	0.016	
Serine....g	0.010		0	FLC	4		0.003	0.017	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	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. 14187
Clam and tomato juice, canned

Common Measures:

Measure 1 = 30.2g: 1 fl oz

Measure 2 = 166g: 1 can (5.5 oz)

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 44203
Cocktail mix, non-alcoholic, concentrated, 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	28.24		0	FLA	4		10.16		
Energy	kcal	287		0	NC	4		103		
Energy	kJ	1200		0	NC	4		432		
Protein (N x 6.25)	g	0.08		0	FLA	4		0.03		
Total lipid (fat)	g	0.01		0	FLA	4		0.00		
Ash	g	0.07		0	FLA	4		0.03		
Carbohydrate, by difference	g	71.60		0	NC	4		25.78		
Fiber, total dietary	g	0.0		0	FLA	4		0.0		
Sugars, total	g	48.44		0	FLA	4		17.44		
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	FLA	4		1		
Iron, Fe	mg	0.04		0	FLA	4		0.01		
Magnesium, Mg	mg	1		0	FLA	4		0		
Phosphorus, P	mg	2		0	FLA	4		1		
Potassium, K	mg	23		0	FLA	4		8		
Sodium, Na	mg	0		2	LC	8		0		
Zinc, Zn	mg	0.02		0	FLA	4		0.01		
Copper, Cu	mg	0.020		0	FLA	4		0.007		
Manganese, Mn	mg	0.045		0	FLA	4		0.016		
Selenium, Se	mcg	0.5		0	FLA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2		2	LC	8		1.5		
Thiamin	mg	0.009		0	FLA	4		0.003		
Riboflavin	mg	0.017		0	FLA	4		0.006		
Niacin	mg	0.026		0	FLA	4		0.009		
Pantothenic acid	mg	0.023		0	FLA	4		0.008		
Vitamin B-6	mg	0.005		0	FLA	4		0.002		
Folate, total	mcg	5		0	FLA	4		2		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	5		0	FLA	4		2		
Folate, DFE	mcg_DFE	5		0	NC	4		2		
Choline, total	mg	3.0		0	O	4		1.1		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	2		0	FLA	4		1		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	9		0	FLA	4		3		
Vitamin A, IU	IU	12		0	FLA	4		4		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	12		0	FLA	4		4		
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.01		
Vitamin E, added	mg	0.00		0	FLA	4		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	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.003		0	FLA	4		0.001		
4:0	g	0.000		0	FLA	4		0.000		

NDB No. 44203
Cocktail mix, non-alcoholic, concentrated, 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	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.000		0	FLA	4		0.000		
15:0....g									
16:0....g	0.003		0	FLA	4		0.001		
17:0....g									
18:0....g	0.000		0	FLA	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.001		0	FLA	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.001		0	FLA	4		0.000		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.009		0	FLA	4		0.003		
18:2 undifferentiated....g	0.006		0	FLA	4		0.002		
18:3 undifferentiated....g	0.003		0	FLA	4		0.001		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		2	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	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 = 36.0g: 1 fl oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14195

Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows

Nestle USA, Inc.

hot chocolate

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	4.18		0	O	4		0.84		
Energy....kcal	400		1	MC	9		80		
Energy....kJ	1674		0	MC	9		335		
Protein....g	2.80		1	MC	9		0.56		
Total lipid (fat)....g	15.00		1	MC	9		3.00		
Ash....g	3.02		3	A	1		0.60		
Carbohydrate, by difference....g	75.00		1	MC	9		15.00		
Fiber, total dietary....g	3.7		1	MC	9		0.7		
Sugars, total....g	65.00		1	MC	9		13.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	80		1	MC	9		16		
Iron, Fe....mg	1.80		1	MC	9		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	800		1	MC	9		160		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
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	10		1	MC	9		2		
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	15.000		1	MC	9		3.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.230		1	MC	9		0.046		
Cholesterol....mg	0		1	MC	9		0		
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. 14195

Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows

Measure 1 = 20g: 1 serving 1 envelope

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

Food Group: 14 Beverages

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

NDB No. 14197

Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix

Nestle USA, Inc.

hot chocolate

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	3.73		0	O	4		0.75		
Energy....kcal	400		1	MC	9		80		
Energy....kJ	1674		0	MC	9		335		
Protein....g	3.00		1	MC	9		0.60		
Total lipid (fat)....g	15.00		1	MC	9		3.00		
Ash....g	3.27		3	A	1		0.65		
Carbohydrate, by difference....g	75.00		1	MC	9		15.00		
Fiber, total dietary....g	4.0		1	MC	9		0.8		
Sugars, total....g	60.00		1	MC	9		12.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	100		1	MC	9		20		
Iron, Fe....mg	1.80		1	MC	9		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	0		1	LC	8		0		
Sodium, Na....mg	850		1	MC	9		170		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
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	11		1	MC	9		2		
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	10.000		1	MC	9		2.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.250		1	MC	9		0.050		
Cholesterol....mg	0		1	MC	9		0		
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. 14197

Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix

Measure 1 = 20g: 1 serving 1 envelope

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

Food Group: 14 Beverages

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

NDB No. 14196
Cocoa mix, no sugar added, powder

hot chocolate
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	3.40		2		1		0.65	0.51	
Energy....kcal	377		0	NC	4		72	57	
Energy....kJ	1576		0	NC	4		299	236	
Protein (N x 6.25)....g	15.49		2	LC	8		2.94	2.32	
Total lipid (fat)....g	3.00		2		1		0.57	0.45	
Ash....g	6.18		0	FLA	4		1.17	0.93	
Carbohydrate, by difference....g	71.93		0	NC	4		13.67	10.79	
Fiber, total dietary....g	7.5		0	FLA	4		1.4	1.1	
Sugars, total....g	37.65		0	FLA	4		7.15	5.65	
Starch....g									
Minerals:									
Calcium, Ca....mg	576		1		1		109	86	
Iron, Fe....mg	4.96		2		1		0.94	0.74	
Magnesium, Mg....mg	208		2		1		40	31	
Phosphorus, P....mg	893		1		1		170	134	
Potassium, K....mg	2702		2		1		513	405	
Sodium, Na....mg	876	189.858	3	LC	8		166	131	
Zinc, Zn....mg	3.44		2		1		0.65	0.52	
Copper, Cu....mg	0.730		2		1		0.139	0.110	
Manganese, Mn....mg	0.665		2		1		0.126	0.100	
Selenium, Se....mcg	16.9		0	FLA	4		3.2	2.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	LC	8		0.0	0.0	
Thiamin....mg	0.267		2		1		0.051	0.040	
Riboflavin....mg	1.400		2		1		0.266	0.210	
Niacin....mg	1.084		2		1		0.206	0.163	
Pantothenic acid....mg	3.826		2		1		0.727	0.574	
Vitamin B-6....mg	0.318		2		1		0.060	0.048	
Folate, total....mcg	14		0	FLA	4		3	2	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	14		0	FLA	4		3	2	
Folate, DFE....mcg_DFE	14		0	NC	4		3	2	
Choline, total....mg	115.3		0	FLA	4		21.9	17.3	
Betaine....mg									
Vitamin B-12....mcg	1.18		0	FLA	4		0.23	0.18	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	4		0	FLA	4		1	1	
Retinol....mcg	4		0	FLA	4		1	1	
Carotene, beta....mcg	1		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	15		0	FLA	4		3	2	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	9		0	FLA	4		2	1	
Vitamin E (alpha-tocopherol)....mg	0.04		0	FLA	4		0.01	0.01	
Vitamin E, added....mg	0.00		0	FLA	4		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	0.7		0	FLA	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated....g	1.777		0		1		0.338	0.267	
4:0....g	0.023		0	FLA	4		0.004	0.003	

NDB No. 14196
Cocoa mix, no sugar added, 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	0.003		0	FLA	4		0.001	0.001	
8:0 ... g	0.004		0	FLA	4		0.001	0.001	
10:0 ... g	0.007		0	FLA	4		0.001	0.001	
12:0 ... g	0.005		0	FLA	4		0.001	0.001	
13:0 ... g									
14:0 ... g	0.044		0	FLA	4		0.008	0.007	
15:0 ... g									
16:0 ... g	0.817		0	FLA	4		0.155	0.123	
17:0 ... g									
18:0 ... g	0.830		0	FLA	4		0.158	0.125	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.979		0	FLA	4		0.186	0.147	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.013		0	FLA	4		0.002	0.002	
17:1 ... g									
18:1 undifferentiated ... g	0.955		0	FLA	4		0.182	0.143	
20:1 ... g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.088		0	FLA	4		0.017	0.013	
18:2 undifferentiated ... g	0.078		0	FLA	4		0.015	0.012	
18:3 undifferentiated ... g	0.003		0	FLA	4		0.001	0.000	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0	0.000	3	LC	8		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	
Caffeine ... mg	19		0	FLA	4		4	3	
Theobromine ... mg	658		0	FLA	4		125	99	

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 = 19g: 1 envelope Alba (.675 oz)

Measure 2 = 15.0g: 1 envelope Swiss Miss (.53 oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14192
Cocoa mix, powder

hot chocolate
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	1.50	0.079	4		1		0.42		
Energy....kcal	398		0	NC	4		111		
Energy....kJ	1664		0	NC	4		466		
Protein (N x 6.25)....g	6.67	0.877	3	LC	8		1.87		
Total lipid (fat)....g	4.00		8		1		1.12		
Ash....g	4.10	0.050	4		1		1.15		
Carbohydrate, by difference....g	83.73		0	NC	4		23.44		
Fiber, total dietary....g	3.7	0.679	3	LC	8		1.0		
Sugars, total....g	65.55	5.392	3	LC	8		18.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	133	17.549	3	LC	8		37		
Iron, Fe....mg	1.19		8		1		0.33		
Magnesium, Mg....mg	83		9		1		23		
Phosphorus, P....mg	315		8		1		88		
Potassium, K....mg	712		8		1		199		
Sodium, Na....mg	504		8		1		141		
Zinc, Zn....mg	1.46		9		1		0.41		
Copper, Cu....mg	0.286		8		1		0.080		
Manganese, Mn....mg	0.269		8		1		0.075		
Selenium, Se....mcg	5.0		3	AI	13		1.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.1		
Thiamin....mg	0.096		8		1		0.027		
Riboflavin....mg	0.565		8		1		0.158		
Niacin....mg	0.586		8		1		0.164		
Pantothenic acid....mg	0.893		3		1		0.250		
Vitamin B-6....mg	0.114		3		1		0.032		
Folate, total....mcg	6		0	FLA	4		2		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	6		0	FLA	4		2		
Folate, DFE....mcg_DFE	6		0	NC	4		2		
Choline, total....mg	33.1		0	O	4		9.3		
Betaine....mg									
Vitamin B-12....mcg	0.35		0	FLA	4		0.10		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	1		0	FLA	4		0		
Retinol....mcg	1		0	FLA	4		0		
Carotene, beta....mcg	0		0	FLA	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	4		0	FLA	4		1		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	5		0	FLA	4		1		
Vitamin E (alpha-tocopherol)....mg	0.19		0	FLA	4		0.05		
Vitamin E, added....mg	0.00		0	FLA	4		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	0.9		0	FLA	4		0.2		
Lipids:									
Fatty acids, total saturated....g	2.377		0	FLA	4		0.666		
4:0....g	0.012		0	FLA	4		0.003		

NDB No. 14192
Cocoa mix, 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	0.002		0	FLA	4		0.001		
8:0 g	0.002		0	FLA	4		0.001		
10:0 g	0.004		0	FLA	4		0.001		
12:0 g	0.003		0	FLA	4		0.001		
13:0 g									
14:0 g	0.029		0	FLA	4		0.008		
15:0 g	0.001		0	FLA	4		0.000		
16:0 g	1.085		0	FLA	4		0.304		
17:0 g	0.004		0	FLA	4		0.001		
18:0 g	1.181		0	FLA	4		0.331		
20:0 g	0.012		0	FLA	4		0.003		
22:0 g	0.012		0	FLA	4		0.003		
24:0 g									
Fatty acids, total monounsaturated g	1.325		0	FLA	4		0.371		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.004		0	FLA	4		0.001		
17:1 g									
18:1 undifferentiated g	1.318		0	FLA	4		0.369		
20:1 g	0.001		0	FLA	4		0.000		
22:1 undifferentiated g	0.000		0	FLA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.114		0	FLA	4		0.032		
18:2 undifferentiated g	0.107		0	FLA	4		0.030		
18:3 undifferentiated g	0.003		0	FLA	4		0.001		
18:4 g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0	0.000	3	LC	8		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0		
Caffeine mg	18		10		1		5		
Theobromine mg	323		0	FLA	4		90		

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 = 28g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14194
Cocoa mix, powder, prepared with water

hot chocolate
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	86.34		0	RPI	6		177.87	29.62	
Energy....kcal	55		0	RPI	6		113	19	
Energy....kJ	229		0	RPI	6		472	79	
Protein....g	0.92		0	RPI	6		1.89	0.32	
Total lipid (fat)....g	0.55		0	RPI	6		1.14	0.19	
Ash....g	0.65		0	RPI	6		1.34	0.22	
Carbohydrate, by difference....g	11.54		0	RPI	6		23.76	3.96	
Fiber, total dietary....g	0.5		0	RPI	6		1.1	0.2	
Sugars, total....g	9.03		0	RPI	6		18.60	3.10	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	RPI	6		43	7	
Iron, Fe....mg	0.17		0	RPA	1		0.34	0.06	
Magnesium, Mg....mg	12		0	RPA	1		25	4	
Phosphorus, P....mg	43		0	RPA	1		89	15	
Potassium, K....mg	99		0	RPA	1		203	34	
Sodium, Na....mg	73		0	RPA	1		150	25	
Zinc, Zn....mg	0.21		0	RPA	1		0.42	0.07	
Copper, Cu....mg	0.048		0	RPA	1		0.099	0.016	
Manganese, Mn....mg	0.037		0	RPA	1		0.077	0.013	
Selenium, Se....mcg	0.7		0	RPI	6		1.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.1	0.0	
Thiamin....mg	0.013		0	RPI	6		0.027	0.005	
Riboflavin....mg	0.078		0	RPI	6		0.160	0.027	
Niacin....mg	0.081		0	RPI	6		0.166	0.028	
Pantothenic acid....mg	0.123		0	RPI	6		0.253	0.042	
Vitamin B-6....mg	0.016		0	RPI	6		0.032	0.005	
Folate, total....mcg	1		0	RPI	6		2	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	1		0	RPI	6		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg	4.6		0	RPI	6		9.4	1.6	
Betaine....mg									
Vitamin B-12....mcg	0.05		0	RPI	6		0.10	0.02	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	1		0	RPI	6		1	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	1		0	RPI	6		1	0	
Vitamin E (alpha-tocopherol)....mg	0.03		0	RPI	6		0.06	0.01	
Vitamin E, added....mg	0.00		0	RPI	6		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	0.1		0	RPI	6		0.2	0.0	
Lipids:									
Fatty acids, total saturated....g	0.328		0	RPI	6		0.675	0.112	
4:0....g	0.002		0	RPI	6		0.003	0.001	

NDB No. 14194
Cocoa mix, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.001	0.000	
8:0 g	0.000		0	RPI	6		0.001	0.000	
10:0 g	0.001		0	RPI	6		0.001	0.000	
12:0 g	0.000		0	RPI	6		0.001	0.000	
13:0 g									
14:0 g	0.004		0	RPI	6		0.008	0.001	
15:0 g	0.000		0	RPI	6		0.000	0.000	
16:0 g	0.150		0	RPI	6		0.308	0.051	
17:0 g	0.001		0	RPI	6		0.001	0.000	
18:0 g	0.163		0	RPI	6		0.335	0.056	
20:0 g	0.002		0	RPI	6		0.003	0.001	
22:0 g	0.002		0	RPI	6		0.003	0.001	
24:0 g									
Fatty acids, total monounsaturated g	0.183		0	RPI	6		0.376	0.063	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	RPI	6		0.001	0.000	
17:1 g									
18:1 undifferentiated g	0.182		0	RPI	6		0.374	0.062	
20:1 g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.016		0	RPI	6		0.032	0.005	
18:2 undifferentiated g	0.015		0	RPI	6		0.030	0.005	
18:3 undifferentiated g	0.000		0	RPI	6		0.001	0.000	
18:4 g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
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	0.104		0	RPI	6		0.215	0.036	
Cholesterol mg	0		0	RPI	6		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	RPI	6		0.0	0.0	
Caffeine mg	2		0	RPI	6		5	1	
Theobromine mg	44		0	RPI	6		92	15	

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 = 206g: 1 serving 6 fl oz

Measure 2 = 34.3g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14538

Cocoa mix, with aspartame, low calorie, powder, with added calcium phosphorus, without added sodium or 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	3.40		2		1		0.51	0.65	
Energy....kcal	359		0	NC	4		54	68	
Energy....kJ	1504		0	NC	4		226	286	
Protein (N x 6.25)....g	25.10		2		1		3.77	4.77	
Total lipid (fat)....g	3.00		2		1		0.45	0.57	
Ash....g	10.50		2		1		1.58	2.00	
Carbohydrate, by difference....g	58.00		0	NC	4		8.70	11.02	
Fiber, total dietary....g	1.1		0	FLA	4		0.2	0.2	
Sugars, total....g	55.58		0	FLA	4		8.34	10.56	
Starch....g									
Minerals:									
Calcium, Ca....mg	1440		1		1		216	274	
Iron, Fe....mg	4.96		2		1		0.74	0.94	
Magnesium, Mg....mg	208		2		1		31	40	
Phosphorus, P....mg	1630		1		1		245	310	
Potassium, K....mg	2702		2		1		405	513	
Sodium, Na....mg	653		1		1		98	124	
Zinc, Zn....mg	3.44		2		1		0.52	0.65	
Copper, Cu....mg	0.730		2		1		0.110	0.139	
Manganese, Mn....mg	0.665		2		1		0.100	0.126	
Selenium, Se....mcg	24.0		0	FLA	4		3.6	4.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.267		2		1		0.040	0.051	
Riboflavin....mg	1.400		2		1		0.210	0.266	
Niacin....mg	1.084		2		1		0.163	0.206	
Pantothenic acid....mg	3.826		2		1		0.574	0.727	
Vitamin B-6....mg	0.318		2		1		0.048	0.060	
Folate, total....mcg	27		0	FLA	4		4	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	27		0	FLA	4		4	5	
Folate, DFE....mcg_DFE	27		0	NC	4		4	5	
Choline, total....mg	175.6		0	FLA	4		26.3	33.4	
Betaine....mg									
Vitamin B-12....mcg	2.78		0	FLA	4		0.42	0.53	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	479		0	FLA	4		72	91	
Retinol....mcg	479		0	FLA	4		72	91	
Carotene, beta....mcg	1		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	1600		0	FLA	4		240	304	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	FLA	4		0.03	0.04	
Vitamin E, added....mg	0.00		0	FLA	4		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	4.2		0	FLA	4		0.6	0.8	
Lipids:									
Fatty acids, total saturated....g	1.777		0		1		0.267	0.338	
4:0....g	0.074		0	FLA	4		0.011	0.014	

NDB No. 14538

Cocoa mix, with aspartame, low calorie, powder, with added calcium phosphorus, without added sodium or 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	0.013		0	FLA	4		0.002	0.002	
8:0....g	0.015		0	FLA	4		0.002	0.003	
10:0....g	0.031		0	FLA	4		0.005	0.006	
12:0....g	0.022		0	FLA	4		0.003	0.004	
13:0....g									
14:0....g	0.164		0	FLA	4		0.025	0.031	
15:0....g									
16:0....g	1.013		0	FLA	4		0.152	0.192	
17:0....g									
18:0....g	0.379		0	FLA	4		0.057	0.072	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.979		0	FLA	4		0.147	0.186	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.048		0	FLA	4		0.007	0.009	
17:1....g									
18:1 undifferentiated....g	0.910		0	FLA	4		0.136	0.173	
20:1....g	0.003		0	FLA	4		0.000	0.001	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.088		0	FLA	4		0.013	0.017	
18:2 undifferentiated....g	0.077		0	FLA	4		0.012	0.015	
18:3 undifferentiated....g	0.011		0	FLA	4		0.002	0.002	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	11		0	FLA	4		2	2	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	1		0	FLA	4		0	0	
Theobromine....mg	27		0	FLA	4		4	5	

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 envelope Swiss Miss (.53 oz)

Measure 2 = 19g: 1 packet (0.675 oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14390
Cocoa mix, with aspartame, powder, prepared with water

hot chocolate
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	92.38		0	RPI	6		177.36	29.65	
Energy....kcal	29		0	RPI	6		56	9	
Energy....kJ	123		0	RPI	6		236	39	
Protein....g	1.21		0	RPI	6		2.32	0.39	
Total lipid (fat)....g	0.23		0	RPI	6		0.45	0.08	
Ash....g	0.57		0	RPI	6		1.10	0.18	
Carbohydrate, by difference....g	5.61		0	RPI	6		10.77	1.80	
Fiber, total dietary....g	0.6		0	RPI	6		1.1	0.2	
Sugars, total....g	2.93		0	RPI	6		5.64	0.94	
Starch....g									
Minerals:									
Calcium, Ca....mg	48		0	RPA	1		92	15	
Iron, Fe....mg	0.39		0	RPA	1		0.75	0.12	
Magnesium, Mg....mg	17		0	RPA	1		33	5	
Phosphorus, P....mg	70		0	RPA	1		134	22	
Potassium, K....mg	211		0	RPA	1		405	68	
Sodium, Na....mg	72		0	RPI	6		138	23	
Zinc, Zn....mg	0.27		0	RPA	1		0.52	0.09	
Copper, Cu....mg	0.066		0	RPA	1		0.127	0.021	
Manganese, Mn....mg	0.052		0	RPA	1		0.100	0.017	
Selenium, Se....mcg	1.3		0	RPI	6		2.5	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin....mg	0.021		0	RPI	6		0.040	0.007	
Riboflavin....mg	0.109		0	RPI	6		0.210	0.035	
Niacin....mg	0.085		0	RPI	6		0.162	0.027	
Pantothenic acid....mg	0.298		0	RPI	6		0.573	0.096	
Vitamin B-6....mg	0.025		0	RPI	6		0.048	0.008	
Folate, total....mcg	1		0	RPI	6		2	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	1		0	RPI	6		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.09		0	RPI	6		0.18	0.03	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		1	0	
Retinol....mcg	0		0	RPI	6		1	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	1		0	RPI	6		2	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	1		0	RPI	6		1	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.01	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		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	0.1		0	RPI	6		0.1	0.0	
Lipids:									
Fatty acids, total saturated....g	0.139		0	RPI	6		0.266	0.044	
4:0....g	0.002		0	RPI	6		0.003	0.001	

NDB No. 14390

Cocoa mix, with aspartame, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.001	0.000	
8:0 ... g	0.000		0	RPI	6		0.001	0.000	
10:0 ... g	0.001		0	RPI	6		0.001	0.000	
12:0 ... g	0.000		0	RPI	6		0.001	0.000	
13:0 ... g									
14:0 ... g	0.003		0	RPI	6		0.007	0.001	
15:0 ... g									
16:0 ... g	0.064		0	RPI	6		0.122	0.020	
17:0 ... g									
18:0 ... g	0.065		0	RPI	6		0.124	0.021	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.076		0	RPI	6		0.147	0.024	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0	RPI	6		0.002	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.074		0	RPI	6		0.143	0.024	
20:1 ... g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.007		0	RPI	6		0.013	0.002	
18:2 undifferentiated ... g	0.006		0	RPI	6		0.012	0.002	
18:3 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
18:4 ... g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
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									
Cholesterol ... mg	0		0	RPI	6		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0	0.0	
Caffeine ... mg	2		0	RPI	6		3	0	
Theobromine ... mg	51		0	RPI	6		99	16	

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 = 192g: 1 serving 6 fl oz

Measure 2 = 32.1g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 43343

Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener

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	3.10		0		4		0.20		
Energy....kcal	257		0	LC	8		16		
Energy....kJ	1075		0	LC	8		69		
Protein....g	9.00		0		4		0.58		
Total lipid (fat)....g	13.21		0	NR	4		0.85		
Ash....g	3.29		0	FLC	4		0.21		
Carbohydrate, by difference....g	71.40		0	LC	8		4.57		
Fiber, total dietary....g	4.8		0	FLC	4		0.3		
Sugars, total....g	34.98		0	FLC	4		2.24		
Starch....g									
Minerals:									
Calcium, Ca....mg	60		0	FLC	4		4		
Iron, Fe....mg	3.06		0	FLC	4		0.20		
Magnesium, Mg....mg	122		0	FLC	4		8		
Phosphorus, P....mg	451		0		4		29		
Potassium, K....mg	1856		0		4		119		
Sodium, Na....mg	500		1	LC	8		32		
Zinc, Zn....mg	1.01		0	FLC	4		0.06		
Copper, Cu....mg	0.560		0	FLC	4		0.036		
Manganese, Mn....mg	0.807		0	FLC	4		0.052		
Selenium, Se....mcg	4.0		0	FLC	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0		
Thiamin....mg	0.021		0	FLC	4		0.001		
Riboflavin....mg	0.109		0	FLC	4		0.007		
Niacin....mg	4.655		0	FLC	4		0.298		
Pantothenic acid....mg	0.063		0	FLC	4		0.004		
Vitamin B-6....mg	0.030		0	FLC	4		0.002		
Folate, total....mcg	5		0	FLC	4		0		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	5		0	FLC	4		0		
Folate, DFE....mcg_DFE	5		0	NC	4		0		
Choline, total....mg	16.8		0	O	4		1.1		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	FLC	4		0		
Retinol....mcg	0		0	FLC	4		0		
Carotene, beta....mcg	2		0	FLC	4		0		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	4		0	FLC	4		0		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	6		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.09		0	FLC	4		0.01		
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	1.7		0	FLC	4		0.1		
Lipids:									
Fatty acids, total saturated....g	11.376		0	NC	4		0.728		
4:0....g	0.002		0		4		0.000		

NDB No. 43343

Coffee and cocoa (mocha) powder, with whitener and 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	0.077		0		4		0.005		
8:0....g	0.954		0		4		0.061		
10:0....g	0.764		0		4		0.049		
12:0....g	5.672		0		4		0.363		
13:0....g									
14:0....g	2.140		0		4		0.137		
15:0....g									
16:0....g	1.233		0		4		0.079		
17:0....g									
18:0....g	0.535		0		4		0.034		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.954		0	NC	4		0.061		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.952		0		4		0.061		
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	0.349		0	NC	4		0.022		
18:2 undifferentiated....g	0.338		0		4		0.022		
18:3 undifferentiated....g	0.011		0		4		0.001		
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	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	476		0	FLC	4		30		
Theobromine....mg	390		0	FLC	4		25		

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 = 6.4g: 1 tsp dry

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

Food Group: 14 Beverages

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

NDB No. 14204

Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated

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	3.10		0	BFZN	4		0.20		
Energy....kcal	257		0	BFZN	4		16		
Energy....kJ	1075		0	BFZN	4		69		
Protein (N x 6.25)....g	9.00		0	BFZN	4		0.58		
Total lipid (fat)....g	13.21		0	BFZN	4		0.85		
Ash....g	3.29		0	BFZN	4		0.21		
Carbohydrate, by difference....g	71.40		0	BFZN	4		4.57		
Fiber, total dietary....g	4.8		0	BFZN	4		0.3		
Sugars, total....g	34.98		0	BFZN	4		2.24		
Starch....g									
Minerals:									
Calcium, Ca....mg	60		0	BFZN	4		4		
Iron, Fe....mg	3.06		0	BFZN	4		0.20		
Magnesium, Mg....mg	122		0	BFZN	4		8		
Phosphorus, P....mg	451		0	BFZN	4		29		
Potassium, K....mg	1856		0	BFZN	4		119		
Sodium, Na....mg	500		0	BFZN	4		32		
Zinc, Zn....mg	1.01		0	BFZN	4		0.06		
Copper, Cu....mg	0.560		0	BFZN	4		0.036		
Manganese, Mn....mg	0.807		0	BFZN	4		0.052		
Selenium, Se....mcg	4.0		0	BFZN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0		
Thiamin....mg	0.021		0	BFZN	4		0.001		
Riboflavin....mg	0.109		0	BFZN	4		0.007		
Niacin....mg	4.655		0	BFZN	4		0.298		
Pantothenic acid....mg	0.063		0	BFZN	4		0.004		
Vitamin B-6....mg	0.030		0	BFZN	4		0.002		
Folate, total....mcg	5		0	BFZN	4		0		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	5		0	BFZN	4		0		
Folate, DFE....mcg_DFE	5		0	NC	4		0		
Choline, total....mg	16.8		0	BFZN	4		1.1		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0		
Retinol....mcg	0		0	BFZN	4		0		
Carotene, beta....mcg	2		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	4		0	BFZN	4		0		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	6		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.09		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	0.0		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	1.7		0	BFZN	4		0.1		
Lipids:									
Fatty acids, total saturated....g	11.376		0	BFZN	4		0.728		
4:0....g	0.002		0	BFZN	4		0.000		

NDB No. 14204

Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.077		0	BFZN	4		0.005		
8:0....g	0.954		0	BFZN	4		0.061		
10:0....g	0.764		0	BFZN	4		0.049		
12:0....g	5.672		0	BFZN	4		0.363		
13:0....g									
14:0....g	2.140		0	BFZN	4		0.137		
15:0....g									
16:0....g	1.233		0	BFZN	4		0.079		
17:0....g									
18:0....g	0.535		0	BFZN	4		0.034		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.954		0	BFZN	4		0.061		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFZN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.952		0	BFZN	4		0.061		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.349		0	BFZN	4		0.022		
18:2 undifferentiated....g	0.338		0	BFZN	4		0.022		
18:3 undifferentiated....g	0.011		0	BFZN	4		0.001		
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	BFZN	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	0		0	BFZN	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	25		0	FLC	4		2		
Theobromine....mg	324		0	FLC	4		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 = 6.4g: 1 tsp dry

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14236
Coffee substitute, cereal grain beverage, 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	7.99	1.713	26	JO	11		0.24		
Energy	kcal	360		0	NC	4		11		
Energy	kJ	1508		0	NC	4		45		
Protein (N x 6.25)	g	6.01	0.335	26	JO	11		0.18		
Total lipid (fat)	g	2.52	0.595	26	JO	11		0.08		
Ash	g	5.06	0.894	26	JO	11		0.15		
Carbohydrate, by difference	g	78.42		0	NC	4		2.35		
Fiber, total dietary	g	23.3		0	FLA	4		0.7		
Sugars, total	g	4.63		0	FLA	4		0.14		
Starch	g									
Minerals:										
Calcium, Ca	mg	58		1		1		2		
Iron, Fe	mg	4.60	1.615	11	JO	11		0.14		
Magnesium, Mg	mg	244	107.000	11	JO	11		7		
Phosphorus, P	mg	580	144.100	11	JO	11		17		
Potassium, K	mg	2443	860.000	11	JO	11		73		
Sodium, Na	mg	83	19.500	11	JO	11		2		
Zinc, Zn	mg	0.51		3		1		0.02		
Copper, Cu	mg	0.208		3		1		0.006		
Manganese, Mn	mg	1.100		1		1		0.033		
Selenium, Se	mcg	64.1		0	FLA	4		1.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	mg	0.413		0	FLA	4		0.012		
Riboflavin	mg	0.095		1		1		0.003		
Niacin	mg	17.664	2.046	16	JO	11		0.530		
Pantothenic acid	mg	1.410		0	FLA	4		0.042		
Vitamin B-6	mg	0.747		0	FLA	4		0.022		
Folate, total	mcg	52		0	FLA	4		2		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	52		0	FLA	4		2		
Folate, DFE	mcg_DFE	52		0	NC	4		2		
Choline, total	mg	13.4		0	FLA	4		0.4		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	5		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	8		0	FLA	4		0		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	194		0	FLA	4		6		
Vitamin E (alpha-tocopherol)	mg	0.98		0	FLA	4		0.03		
Vitamin E, added	mg	0.00		0	FLA	4		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	1.6		0	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.603		0	FLA	4		0.018		
4:0	g	0.000		0	FLA	4		0.000		

NDB No. 14236
Coffee substitute, cereal grain beverage, 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	FLA	4		0.000		
8:0 g	0.011		0	FLA	4		0.000		
10:0 g	0.000		0	FLA	4		0.000		
12:0 g	0.001		0	FLA	4		0.000		
13:0 g	0.000		0	FLA	4		0.000		
14:0 g	0.006		0	FLA	4		0.000		
15:0 g	0.000		0	FLA	4		0.000		
16:0 g	0.522		0	FLA	4		0.016		
17:0 g	0.000		0	FLA	4		0.000		
18:0 g	0.033		0	FLA	4		0.001		
20:0 g	0.000		0	FLA	4		0.000		
22:0 g	0.000		0	FLA	4		0.000		
24:0 g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated g	0.356		0	FLA	4		0.011		
14:1 g	0.000		0	FLA	4		0.000		
15:1 g	0.000		0	FLA	4		0.000		
16:1 undifferentiated g	0.012		0	FLA	4		0.000		
17:1 g	0.000		0	FLA	4		0.000		
18:1 undifferentiated g	0.341		0	FLA	4		0.010		
20:1 g	0.000		0	FLA	4		0.000		
22:1 undifferentiated g	0.000		0	FLA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.225		0	FLA	4		0.037		
18:2 undifferentiated g	1.134		0	FLA	4		0.034		
18:3 undifferentiated g	0.083		0	FLA	4		0.003		
18:4 g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c g	0.000		0	FLA	4		0.000		
20:3 undifferentiated g	0.000		0	FLA	4		0.000		
20:4 undifferentiated g	0.003		0	FLA	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	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 = 3.0g: 1 tsp (1 serving)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14421

Coffee substitute, cereal grain beverage, powder, prepared with whole 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	87.00		0		1		160.95		
Energy	kcal	65		0	NC	4		120		
Energy	kJ	272				4		503		
Protein	g	3.30		0		1		6.11		
Total lipid (fat)	g	3.30		0		1		6.11		
Ash	g	0.80		0		1		1.48		
Carbohydrate, by difference	g	5.60		0	NC	4		10.36		
Fiber, total dietary	g	0.1		0	RP	4		0.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	119		0		1		220		
Iron, Fe	mg	0.11		0		1		0.20		
Magnesium, Mg	mg	16		0		1		30		
Phosphorus, P	mg	99		0		1		183		
Potassium, K	mg	172		0		1		318		
Sodium, Na	mg	49		0		1		91		
Zinc, Zn	mg	0.38		0		1		0.70		
Copper, Cu	mg	0.012		0		1		0.022		
Manganese, Mn	mg	0.016		0		1		0.030		
Selenium, Se	mcg	5.5		0	RP	4		10.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		1.7		
Thiamin	mg	0.038		0		1		0.070		
Riboflavin	mg	0.161		0		1		0.298		
Niacin	mg	0.293		0		1		0.542		
Pantothenic acid	mg	0.310		0		1		0.574		
Vitamin B-6	mg	0.042		0		1		0.078		
Folate, total	mcg	5		0		1		9		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0		1		9		
Folate, DFE	mcg_DFE	5		0	NC	4		9		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.35		0		1		0.65		
Vitamin A, RAE	mcg_RAE	28		0	NC	4		51		
Retinol	mcg	28		0	O	4		51		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	124		0		1		229		
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	2.061		0		1		3.813		
4:0	g	0.107		0		1		0.198		
6:0	g	0.063		0		1		0.117		
8:0	g	0.037		0		1		0.068		

NDB No. 14421

Coffee substitute, cereal grain beverage, powder, prepared with 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
10:0 g	0.083		0		1		0.154		
12:0 g	0.093		0		1		0.172		
13:0 g									
14:0 g	0.332		0		1		0.614		
15:0 g									
16:0 g	0.875		0		1		1.619		
17:0 g									
18:0 g	0.400		0		1		0.740		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.958		0		1		1.772		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.074		0		1		0.137		
17:1 g									
18:1 undifferentiated g	0.834		0		1		1.543		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.144		0		1		0.266		
18:2 undifferentiated g	0.093		0		1		0.172		
18:3 undifferentiated g	0.051		0		1		0.094		
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	13		0		1		24		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.046		0		1		0.085		
Threonine g	0.150		0		1		0.278		
Isoleucine g	0.199		0		1		0.368		
Leucine g	0.323		0		1		0.598		
Lysine g	0.260		0		1		0.481		
Methionine g	0.083		0		1		0.154		
Cystine g	0.031		0		1		0.057		
Phenylalanine g	0.160		0		1		0.296		
Tyrosine g	0.159		0		1		0.294		
Valine g	0.221		0		1		0.409		
Arginine g	0.121		0		1		0.224		
Histidine g	0.089		0		1		0.165		
Alanine g	0.115		0		1		0.213		
Aspartic acid g	0.251		0		1		0.464		
Glutamic acid g	0.695		0		1		1.286		
Glycine g	0.072		0		1		0.133		
Proline g	0.322		0		1		0.596		
Serine g	0.180		0		1		0.333		
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	0		0		1		0		
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. 14421

Coffee substitute, cereal grain beverage, powder, prepared with whole milk

Measure 1 = 185g: 6 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14237

Coffee substitute, cereal grain beverage, prepared with water

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	98.37		0	RPI	6		177.07	29.61	
Energy....kcal	6		0	RPI	6		11	2	
Energy....kJ	25		0	RPI	6		45	8	
Protein....g	0.10		0	RPI	6		0.18	0.03	
Total lipid (fat)....g	0.04		0	RPI	6		0.08	0.01	
Ash....g	0.18		0	RPI	6		0.33	0.05	
Carbohydrate, by difference....g	1.30		0	RPI	6		2.35	0.39	
Fiber, total dietary....g	0.4		0	RPI	6		0.7	0.1	
Sugars, total....g	0.08		0	RPI	6		0.14	0.02	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	RPA	1		7	1	
Iron, Fe....mg	0.08		0	RPI	6		0.14	0.02	
Magnesium, Mg....mg	5		0	RPI	6		9	2	
Phosphorus, P....mg	10		0	RPI	6		17	3	
Potassium, K....mg	41		0	RPI	6		74	12	
Sodium, Na....mg	5		0	RPI	6		9	2	
Zinc, Zn....mg	0.01		0	RPA	1		0.02	0.00	
Copper, Cu....mg	0.013		0	RPA	1		0.024	0.004	
Manganese, Mn....mg	0.019		0	RPA	1		0.033	0.006	
Selenium, Se....mcg	1.1		0	RPI	6		1.9	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin....mg	0.007		0	RPI	6		0.012	0.002	
Riboflavin....mg	0.002		0	RPI	6		0.003	0.000	
Niacin....mg	0.294		0	RPI	6		0.529	0.088	
Pantothenic acid....mg	0.023		0	RPI	6		0.042	0.007	
Vitamin B-6....mg	0.012		0	RPI	6		0.022	0.004	
Folate, total....mcg	1		0	RPI	6		2	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	1		0	RPI	6		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg	0.2		0	RPI	6		0.4	0.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	3		0	RPI	6		6	1	
Vitamin E (alpha-tocopherol)....mg	0.02		0	RPI	6		0.03	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.010		0	RPI	6		0.018	0.003	
4:0....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14237

Coffee substitute, cereal grain beverage, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0 g	0.000		0	RPI	6		0.000	0.000	
10:0 g	0.000		0	RPI	6		0.000	0.000	
12:0 g	0.000		0	RPI	6		0.000	0.000	
13:0 g	0.000		0	RPI	6		0.000	0.000	
14:0 g	0.000		0	RPI	6		0.000	0.000	
15:0 g	0.000		0	RPI	6		0.000	0.000	
16:0 g	0.009		0	RPI	6		0.016	0.003	
17:0 g	0.000		0	RPI	6		0.000	0.000	
18:0 g	0.001		0	RPI	6		0.001	0.000	
20:0 g	0.000		0	RPI	6		0.000	0.000	
22:0 g	0.000		0	RPI	6		0.000	0.000	
24:0 g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total monounsaturated g	0.006		0	RPI	6		0.011	0.002	
14:1 g	0.000		0	RPI	6		0.000	0.000	
15:1 g	0.000		0	RPI	6		0.000	0.000	
16:1 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
17:1 g	0.000		0	RPI	6		0.000	0.000	
18:1 undifferentiated g	0.006		0	RPI	6		0.010	0.002	
20:1 g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.020		0	RPI	6		0.037	0.006	
18:2 undifferentiated g	0.019		0	RPI	6		0.034	0.006	
18:3 undifferentiated g	0.001		0	RPI	6		0.003	0.000	
18:4 g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c g	0.000		0	RPI	6		0.000	0.000	
20:3 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
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									
Cholesterol mg	0		0	RPI	6		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	RPI	6		0.0	0.0	
Caffeine mg	0		0	RPI	6		0	0	
Theobromine mg	0		0	RPI	6		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 = 180g: 1 serving 6 fl oz

Measure 2 = 30.1g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14624

Coffee substitute, roasted grain beverage, NATURAL TOUCH KAFFREE ROMA, powder

Kellogg, Co.

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	2.20		1	MC	9		0.04		
Energy....kcal	358		1	MC	9		7		
Energy....kJ	1498		1	MC	9		30		
Protein (N x 6.25)....g	4.50		1	MC	9		0.09		
Total lipid (fat)....g	0.30		1	MC	9		0.01		
Ash....g	8.70		1	MC	9		0.17		
Carbohydrate, by difference....g	84.30		1	MC	9		1.69		
Fiber, total dietary....g	0.0		1	MC	9		0.0		
Sugars, total....g	3.50		1	MC	9		0.07		
Starch....g									
Minerals:									
Calcium, Ca....mg	43		1	MC	9		1		
Iron, Fe....mg	3.87		1	MC	9		0.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	999		1	MC	9		20		
Sodium, Na....mg	126		1	MC	9		3		
Zinc, Zn....mg	0.50		1	MC	9		0.01		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
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	0		1	MC	9		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 D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
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. 14624

Coffee substitute, roasted grain beverage, NATURAL TOUCH KAFFREE ROMA, powder

Measure 1 = 2.0g: 1 tsp rounded (1 serving)

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

Food Group: 14 Beverages

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

NDB No. 14209

Coffee, brewed from grounds, prepared with tap water (1)

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	99.39	0.019	10	A	1		235.56	29.42	176.92
Energy	kcal	1		0	NC	4		1	0	1
Energy	kJ	2		0	NC	4		6	1	4
Protein (N x 6.25)	g	0.12	0.000	10	A	1		0.29	0.04	0.22
Total lipid (fat)	g	0.02	0.003	6	A	1		0.04	0.00	0.03
Ash	g	0.35	0.025	10	A	1		0.82	0.10	0.62
Carbohydrate, by difference	g	0.00		0	NR	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00	0.000	3	A	1		0.00	0.00	0.00
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	0.00	0.000	3	A	1		0.00	0.00	0.00
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	2	0.023	11	A	1		4	1	3
Iron, Fe	mg	0.01	0.000	11	A	1		0.02	0.00	0.01
Magnesium, Mg	mg	3	0.039	11	A	1		7	1	5
Phosphorus, P	mg	3	0.035	11	A	1		7	1	5
Potassium, K	mg	49	0.667	11	A	1		115	14	87
Sodium, Na	mg	2	0.131	11	A	1		4	0	3
Zinc, Zn	mg	0.02	0.001	11	A	1		0.05	0.01	0.04
Copper, Cu	mg	0.002		3	A	1		0.004	0.000	0.003
Manganese, Mn	mg	0.023	0.001	11	A	1		0.054	0.007	0.040
Selenium, Se	mcg	0.0	0.003	9	A	1		0.1	0.0	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin	mg	0.014		3	A	1		0.033	0.004	0.025
Riboflavin	mg	0.076	0.004	6	A	1		0.179	0.022	0.135
Niacin	mg	0.191	0.000	6	A	1		0.453	0.057	0.340
Pantothenic acid	mg	0.254	0.026	6	A	1		0.603	0.075	0.453
Vitamin B-6	mg	0.001	0.000	6	A	1		0.003	0.000	0.002
Folate, total	mcg	2	0.082	6	A	1		5	1	4
Folic acid	mcg	0		2	A	1		0	0	0
Folate, food	mcg	2	0.082	6	A	1		5	1	4
Folate, DFE	mcg_DFE	2		0	NC	4		5	1	4
Choline, total	mg	2.6		0	AS	1		6.2	0.8	4.7
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		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	0		0	Z	7		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
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	0		0		4		0	0	0
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		2	A	1		0.02	0.00	0.01
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	0.01		2	A	1		0.02	0.00	0.01
Tocopherol, delta	mg	0.00		2	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									

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Coffee, brewed from grounds, prepared with tap water (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0
Vitamin K (phylloquinone).....mcg	0.1	0.066	9	JA	6		0.2	0.0	0.1
Lipids:									
Fatty acids, total saturated.....g	0.002		0	NC	4		0.004	0.000	0.003
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:0.....g	0.002	0.000	6	A	1		0.004	0.000	0.003
17:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.015		0	NC	4		0.034	0.004	0.026
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1.....g	0.000		3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1.....g	0.000		3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.000	0.000	5	JO	11		0.000	0.000	0.000
18:1 c.....g	0.015		1	A	1		0.034	0.004	0.026
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	NC	4		0.003	0.000	0.002
18:2 undifferentiated.....g	0.001	0.000	6	A	1		0.003	0.000	0.002
18:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	6	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	6	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	5	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.001		0		1		0.002	0.000	0.002
Isoleucine.....g	0.002		0		1		0.005	0.001	0.004
Leucine.....g	0.005		0		1		0.012	0.001	0.009
Lysine.....g	0.001		0		1		0.002	0.000	0.002
Methionine.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 14209
Coffee, brewed from grounds, prepared with tap water (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.002		0		1		0.005	0.001	0.004
Phenylalanine....g	0.003		0		1		0.007	0.001	0.005
Tyrosine....g	0.002		0		1		0.005	0.001	0.004
Valine....g	0.003		0		1		0.007	0.001	0.005
Arginine....g	0.001		0		1		0.002	0.000	0.002
Histidine....g	0.002		0		1		0.005	0.001	0.004
Alanine....g	0.003		0		1		0.007	0.001	0.005
Aspartic acid....g	0.005		0		1		0.012	0.001	0.009
Glutamic acid....g	0.020		0		1		0.047	0.006	0.036
Glycine....g	0.004		0		1		0.009	0.001	0.007
Proline....g	0.004		0		1		0.009	0.001	0.007
Serine....g	0.001		0		1		0.002	0.000	0.002
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	40	0.476	8	A	1		95	12	71
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 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Footnotes:

1 Includes fast food and home brewed coffee.

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 14 Beverages

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

NDB No. 14201

Coffee, brewed from grounds, prepared with tap water, decaffeinated

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	99.30		0	BFZN	4		235.34	29.39	176.75
Energy	kcal	0		0	NC	4		1	0	1
Energy	kJ	1		0	NC	4		3	0	3
Protein (N x 6.25)	g	0.10		0	BFZN	4		0.24	0.03	0.18
Total lipid (fat)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash	g	0.10		0	BFZN	4		0.24	0.03	0.18
Carbohydrate, by difference	g	0.00		0	NR	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	NC	4		0.00	0.00	0.00
Sucrose	g	0.00		0	BFZN	4		0.00	0.00	0.00
Glucose (dextrose)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fructose	g	0.00		0	BFZN	4		0.00	0.00	0.00
Lactose	g	0.00		0	BFZN	4		0.00	0.00	0.00
Maltose	g	0.00		0	BFZN	4		0.00	0.00	0.00
Galactose	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	BFZN	4		5	1	4
Iron, Fe	mg	0.05		0	BFZN	4		0.12	0.01	0.09
Magnesium, Mg	mg	5		0	BFZN	4		12	1	9
Phosphorus, P	mg	1		0	BFZN	4		2	0	2
Potassium, K	mg	54		0	BFZN	4		128	16	96
Sodium, Na	mg	2		0	BFZN	4		5	1	4
Zinc, Zn	mg	0.02		0	BFZN	4		0.05	0.01	0.04
Copper, Cu	mg	0.007		0	BFZN	4		0.017	0.002	0.012
Manganese, Mn	mg	0.027		0	BFZN	4		0.064	0.008	0.048
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.222		0	BFZN	4		0.526	0.066	0.395
Pantothenic acid	mg	0.001		0	BFZN	4		0.002	0.000	0.002
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	1.0		0	BFZN	4		2.4	0.3	1.8
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		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	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
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	NR	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
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	NC	4		0.00	0.00	0.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma	mg	0.01		0	BFZN	4		0.02	0.00	0.01
Tocopherol, delta	mg	0.00		0	BFZN	4		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									

NDB No. 14201

Coffee, brewed from grounds, prepared with tap water, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0
Vitamin K (phylloquinone)....mcg	0.1		0	O	4		0.2	0.0	0.2
Lipids:									
Fatty acids, total saturated....g	0.002		0	BFZN	4		0.005	0.001	0.004
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
16:0....g	0.001		0	BFZN	4		0.002	0.000	0.002
17:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:1....g	0.000		0	BFZN	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1 c....g	0.015		0	BFZN	4		0.034	0.004	0.026
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.002		0	BFZN	4		0.005	0.001	0.004
18:2 undifferentiated....g	0.002		0	BFZN	4		0.005	0.001	0.004
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 n-6 c,c,c....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		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	BFZN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.001		0	BFZN	4		0.002	0.000	0.002
Isoleucine....g	0.002		0	BFZN	4		0.005	0.001	0.004
Leucine....g	0.005		0	BFZN	4		0.012	0.001	0.009
Lysine....g	0.001		0	BFZN	4		0.002	0.000	0.002
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 14201

Coffee, brewed from grounds, prepared with tap water, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.002		0	BFZN	4		0.005	0.001	0.004
Phenylalanine....g	0.003		0	BFZN	4		0.007	0.001	0.005
Tyrosine....g	0.002		0	BFZN	4		0.005	0.001	0.004
Valine....g	0.003		0	BFZN	4		0.007	0.001	0.005
Arginine....g	0.001		0	BFZN	4		0.002	0.000	0.002
Histidine....g	0.002		0	BFZN	4		0.005	0.001	0.004
Alanine....g	0.003		0	BFZN	4		0.007	0.001	0.005
Aspartic acid....g	0.005		0	BFZN	4		0.012	0.001	0.009
Glutamic acid....g	0.020		0	BFZN	4		0.047	0.006	0.036
Glycine....g	0.004		0	BFZN	4		0.009	0.001	0.007
Proline....g	0.004		0	BFZN	4		0.009	0.001	0.007
Serine....g	0.001		0	BFZN	4		0.002	0.000	0.002
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	1		0	BFZN	4		2	0	2
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 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 14 Beverages

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

NDB No. 14210
Coffee, brewed, espresso, restaurant-prepared

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	97.80		2	A	1		29.34		
Energy	kcal	2		0	NC	4		1		
Energy	kJ	8		0	NC	4		2		
Protein (N x 6.25)	g	0.12		0	BFZN	4		0.04		
Total lipid (fat)	g	0.18		2	A	1		0.05		
Ash	g	0.23		2	A	1		0.07		
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	2		2	A	1		1		
Iron, Fe	mg	0.13		2	A	1		0.04		
Magnesium, Mg	mg	80		2	A	1		24		
Phosphorus, P	mg	7		2	A	1		2		
Potassium, K	mg	115		2	A	1		35		
Sodium, Na	mg	14		2	A	1		4		
Zinc, Zn	mg	0.05		2	A	1		0.02		
Copper, Cu	mg	0.050		2	A	1		0.015		
Manganese, Mn	mg	0.050		2	A	1		0.015		
Selenium, Se	mcg	0.0		0	BFPN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		2	A	1		0.1		
Thiamin	mg	0.001		2	A	1		0.000		
Riboflavin	mg	0.177		2	A	1		0.053		
Niacin	mg	5.207		2	A	1		1.562		
Pantothenic acid	mg	0.028		2	A	1		0.008		
Vitamin B-6	mg	0.002		2	A	1		0.001		
Folate, total	mcg	1		2	A	1		0		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	1		2	A	1		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Choline, total	mg	2.6		0	BFZN	4		0.8		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	BFZN	4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFZN	4		0.00		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00		0	BFZN	4		0.00		
Tocopherol, gamma	mg	0.01		0	BFZN	4		0.00		
Tocopherol, delta	mg	0.00		0	BFZN	4		0.00		
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	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.092		0	BFFN	4		0.028		
4:0	g	0.000		0	BFFN	4		0.000		

NDB No. 14210
Coffee, brewed, espresso, restaurant-prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.000		0	BFFN	4		0.000		
12:0 g	0.000		0	BFFN	4		0.000		
13:0 g	0.000		0	BFZN	4		0.000		
14:0 g	0.000		0	BFFN	4		0.000		
15:0 g	0.000		0	BFZN	4		0.000		
16:0 g	0.046		0	BFFN	4		0.014		
17:0 g	0.000		0	BFZN	4		0.000		
18:0 g	0.000		0	BFFN	4		0.000		
20:0 g	0.000		0	BFZN	4		0.000		
22:0 g	0.000		0	BFZN	4		0.000		
24:0 g	0.000		0	BFZN	4		0.000		
Fatty acids, total monounsaturated g	0.000		0	BFFN	4		0.000		
14:1 g	0.000		0	BFZN	4		0.000		
15:1 g	0.000		0	BFZN	4		0.000		
16:1 undifferentiated g	0.000		0	BFFN	4		0.000		
17:1 g	0.000		0	BFZN	4		0.000		
18:1 undifferentiated g	0.000		0	BFFN	4		0.000		
18:1 c g	0.015		0	BFZN	4		0.004		
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		0	BFZN	4		0.000		
18:1-11t (18:1t n-7) g									
20:1 g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.092		0	BFFN	4		0.028		
18:2 undifferentiated g	0.092		0	BFFN	4		0.028		
18:3 undifferentiated g	0.000		0	BFFN	4		0.000		
18:3 n-3 c,c,c (ALA) g	0.000		0	BFZN	4		0.000		
18:3 n-6 c,c,c g	0.000		0	BFZN	4		0.000		
18:3i g									
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g	0.000		0	BFZN	4		0.000		
20:3 undifferentiated g	0.000		0	BFZN	4		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		0	BFFN	4		0.000		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-monoenoic g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-polyenoic g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	212		2	A	1		64		
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 = 30g: 1 fluid ounce

NDB No. 14210
Coffee, brewed, espresso, restaurant-prepared

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 14 Beverages

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

NDB No. 14202
Coffee, brewed, espresso, restaurant-prepared, decaffeinated

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	97.80		0	BFZN	4		29.34		
Energy	kcal	0		0	BFZN	4		0		
Energy	kJ	1		0	BFZN	4		0		
Protein	g	0.10		0	BFZN	4		0.03		
Total lipid (fat)	g	0.18		0	BFZN	4		0.05		
Ash	g	0.23		0	BFZN	4		0.07		
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	BFZN	4		1		
Iron, Fe	mg	0.13		0	BFZN	4		0.04		
Magnesium, Mg	mg	80		0	BFZN	4		24		
Phosphorus, P	mg	7		0	BFZN	4		2		
Potassium, K	mg	115		0	BFZN	4		35		
Sodium, Na	mg	14		0	BFZN	4		4		
Zinc, Zn	mg	0.05		0	BFZN	4		0.02		
Copper, Cu	mg	0.050		0	BFZN	4		0.015		
Manganese, Mn	mg	0.050		0	BFZN	4		0.015		
Selenium, Se	mcg	0.0		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	BFZN	4		0.1		
Thiamin	mg	0.001		0	BFZN	4		0.000		
Riboflavin	mg	0.177		0	BFZN	4		0.053		
Niacin	mg	5.207		0	BFZN	4		1.562		
Pantothenic acid	mg	0.028		0	BFZN	4		0.008		
Vitamin B-6	mg	0.002		0	BFZN	4		0.001		
Folate, total	mcg	1		0	BFZN	4		0		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	1		0	BFZN	4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Choline, total	mg	1.0		0	BFZN	4		0.3		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	BFZN	4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFZN	4		0.00		
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	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.092		0	BFZN	4		0.028		
4:0	g	0.000		0	BFZN	4		0.000		

NDB No. 14202
Coffee, brewed, espresso, restaurant-prepared, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g	0.000		0	BFZN	4		0.000		
14:0....g	0.000		0	BFZN	4		0.000		
15:0....g	0.000		0	BFZN	4		0.000		
16:0....g	0.046		0	BFZN	4		0.014		
17:0....g	0.000		0	BFZN	4		0.000		
18:0....g	0.000		0	BFZN	4		0.000		
20:0....g	0.000		0	BFZN	4		0.000		
22:0....g	0.000		0	BFZN	4		0.000		
24:0....g	0.000		0	BFZN	4		0.000		
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000		
14:1....g	0.000		0	BFZN	4		0.000		
15:1....g	0.000		0	BFZN	4		0.000		
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
17:1....g	0.000		0	BFZN	4		0.000		
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
18:1 c....g	0.015		0	BFZN	4		0.004		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		0	BFZN	4		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.092		0	BFZN	4		0.028		
18:2 undifferentiated....g	0.092		0	BFZN	4		0.028		
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		0	BFZN	4		0.000		
18:3 n-6 c,c,c....g	0.000		0	BFZN	4		0.000		
18:3i....g									
18:4....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c....g	0.000		0	BFZN	4		0.000		
20:3 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000		
21:5....g									
22:4....g									
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	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	BFZN	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	1		0	BFZN	4		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 = 30g: 1 fluid ounce

NDB No. 14202
Coffee, brewed, espresso, restaurant-prepared, decaffeinated

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

Food Group: 14 Beverages

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

NDB No. 43401
Coffee, dry, powder, with whitener, reduced calorie

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	6.16		0	FLA	4		0.10		
Energy....kcal	509		0	NC	4		9		
Energy....kJ	2132		0	NC	4		36		
Protein (N x 6.25)....g	1.96		0	FLA	4		0.03		
Total lipid (fat)....g	29.10		0		4		0.49		
Ash....g	2.84		0	FLA	4		0.05		
Carbohydrate, by difference....g	59.94		0	NC	4		1.02		
Fiber, total dietary....g	0.5		0	FLA	4		0.0		
Sugars, total....g	59.00		0	NR	4		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	FLA	4		0		
Iron, Fe....mg	0.06		0	FLA	4		0.00		
Magnesium, Mg....mg	2		0	FLA	4		0		
Phosphorus, P....mg	135		0	FLA	4		2		
Potassium, K....mg	909		0	FLA	4		15		
Sodium, Na....mg	819		0	FLA	4		14		
Zinc, Zn....mg	0.02		0	FLA	4		0.00		
Copper, Cu....mg	0.011		0	FLA	4		0.000		
Manganese, Mn....mg	0.011		0	FLA	4		0.000		
Selenium, Se....mcg	0.9		0	FLA	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0		
Thiamin....mg	0.000		0	FLA	4		0.000		
Riboflavin....mg	0.000		0	FLA	4		0.000		
Niacin....mg	0.188		0	FLA	4		0.003		
Pantothenic acid....mg	0.001		0	FLA	4		0.000		
Vitamin B-6....mg	0.000		0	FLA	4		0.000		
Folate, total....mcg	1		0	FLA	4		0		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	1		0	FLA	4		0		
Folate, DFE....mcg_DFE	1		0	NC	4		0		
Choline, total....mg	0.7		0	FLA	4		0.0		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		0	FLA	4		0		
Retinol....mcg	0		0	FLA	4		0		
Carotene, beta....mcg	9		0	FLA	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	14		0	FLA	4		0		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.26		0	FLA	4		0.00		
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	3.8		0	FLA	4		0.1		
Lipids:									
Fatty acids, total saturated....g	25.128		0	FLA	4		0.427		
4:0....g	0.000		0	FLA	4		0.000		

NDB No. 43401
Coffee, dry, powder, with whitener, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.000		0	FLA	4		0.000		
15:0....g									
16:0....g	7.368		0	FLA	4		0.125		
17:0....g									
18:0....g	17.761		0	FLA	4		0.302		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.705		0	FLA	4		0.029		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000		
17:1....g									
18:1 undifferentiated....g	1.705		0	FLA	4		0.029		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.576		0	FLA	4		0.010		
18:2 undifferentiated....g	0.576		0	FLA	4		0.010		
18:3 undifferentiated....g	0.000		0	FLA	4		0.000		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	21		0	FLA	4		0		
Theobromine....mg	0		0	FLA	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 = 1.7g: 1 tsp dry

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14218
Coffee, instant, decaffeinated, powder

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	3.20		6		1		0.06		
Energy....kcal	224		0	NC	4		4		
Energy....kJ	937		0		4		17		
Protein (N x 6.25)....g	11.60		10		1		0.21		
Total lipid (fat)....g	0.20		4		1		0.00		
Ash....g	9.00		6		1		0.16		
Carbohydrate, by difference....g	42.60		5	NC	4		0.77		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g	0.00		0	FLA	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	140		27		1		3		
Iron, Fe....mg	3.80		14		1		0.07		
Magnesium, Mg....mg	311		23		1		6		
Phosphorus, P....mg	286		26		1		5		
Potassium, K....mg	3501		29		1		63		
Sodium, Na....mg	23		29		1		0		
Zinc, Zn....mg	0.11	0.139	4		1		0.00		
Copper, Cu....mg	0.069	0.037	8		1		0.001		
Manganese, Mn....mg	1.222	0.299	8		1		0.022		
Selenium, Se....mcg	17.3		0	FLA	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0		
Thiamin....mg	0.000		0	FLA	4		0.000		
Riboflavin....mg	1.360		2		1		0.024		
Niacin....mg	28.075		6		1		0.505		
Pantothenic acid....mg	0.097		0	FLA	4		0.002		
Vitamin B-6....mg	0.000		0	FLA	4		0.000		
Folate, total....mcg	0		0	FLA	4		0		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	0		0	FLA	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	101.9		0	AS	1		1.8		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0		
Retinol....mcg	0		0	FLA	4		0		
Carotene, beta....mcg	0		0	FLA	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	0		0	FLA	4		0		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00		
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	1.9		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.101		0		1		0.002		
4:0....g	0.000		0	BFZN	4		0.000		

NDB No. 14218
Coffee, instant, decaffeinated, 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	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000		
15:0....g									
16:0....g	0.075		0		1		0.001		
17:0....g									
18:0....g	0.018		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		1		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.000		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.101		0		1		0.002		
18:2 undifferentiated....g	0.093		0		1		0.002		
18:3 undifferentiated....g	0.008		0		1		0.000		
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	BFZN	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	0		0	FLA	4		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1		0.001		
Threonine....g	0.136		0		1		0.002		
Isoleucine....g	0.164		0		1		0.003		
Leucine....g	0.456		0		1		0.008		
Lysine....g	0.092		0		1		0.002		
Methionine....g	0.022		0		1		0.000		
Cystine....g	0.193		0		1		0.003		
Phenylalanine....g	0.250		0		1		0.005		
Tyrosine....g	0.158		0		1		0.003		
Valine....g	0.263		0		1		0.005		
Arginine....g	0.050		0		1		0.001		
Histidine....g	0.158		0		1		0.003		
Alanine....g	0.320		0		1		0.006		
Aspartic acid....g	0.456		0		1		0.008		
Glutamic acid....g	1.937		0		1		0.035		
Glycine....g	0.421		0		1		0.008		
Proline....g	0.335		0		1		0.006		
Serine....g	0.121		0		1		0.002		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	122		10		1		2		
Theobromine....mg	0		0	FLA	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. 14218

Coffee, instant, decaffeinated, powder

Common Measures:

Measure 1 = 1.8g: 1 tsp rounded

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 14 Beverages

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

NDB No. 14219

Coffee, instant, decaffeinated, powder, prepared with water

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	98.93		0	RPI	6		177.08	29.58	
Energy....kcal	2		0	RPI	6		4	1	
Energy....kJ	9		0	RPI	6		16	3	
Protein (N x 0)....g	0.12		0	RPI	6		0.21	0.03	
Total lipid (fat)....g	0.00		0	RPI	6		0.00	0.00	
Ash....g	0.19		0	RPI	6		0.34	0.06	
Carbohydrate, by difference....g	0.43		0	RPI	6		0.77	0.13	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	0.00		0	RPI	6		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	RPA	1		8	1	
Iron, Fe....mg	0.04		0	RPA	1		0.07	0.01	
Magnesium, Mg....mg	4		0	RPA	1		7	1	
Phosphorus, P....mg	3		0	RPA	1		5	1	
Potassium, K....mg	36		0	RPA	1		64	11	
Sodium, Na....mg	4		0	RPA	1		7	1	
Zinc, Zn....mg	0.01		0	RPA	1		0.01	0.00	
Copper, Cu....mg	0.010		0	RPA	1		0.019	0.003	
Manganese, Mn....mg	0.012		0	RPA	1		0.022	0.004	
Selenium, Se....mcg	0.2		0	RPI	6		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin....mg	0.014		0	RPI	6		0.024	0.004	
Niacin....mg	0.282		0	RPI	6		0.505	0.084	
Pantothenic acid....mg	0.001		0	RPI	6		0.002	0.000	
Vitamin B-6....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total....mcg	0		0	RPI	6		0	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	0		0	RPI	6		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.001		0	RPI	6		0.002	0.000	
4:0....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14219
Coffee, instant, decaffeinated, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.000	0.000	
15:0....g									
16:0....g	0.001		0	RPI	6		0.001	0.000	
17:0....g									
18:0....g	0.000		0	RPI	6		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	RPI	6		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.001		0	RPI	6		0.002	0.000	
18:2 undifferentiated....g	0.001		0	RPI	6		0.002	0.000	
18:3 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
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									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	1		0	RPI	6		2	0	
Theobromine....mg	0		0	RPI	6		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 = 179g: 1 serving 6 fl oz

Measure 2 = 29.9g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14214
Coffee, instant, regular, powder

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	3.10		11		1		0.03	0.06	
Energy....kcal	241		0	NC	4		2	5	
Energy....kJ	1008		0		4		10	20	
Protein (N x 6.25)....g	12.20		10		1		0.12	0.24	
Total lipid (fat)....g	0.50		8		1		0.01	0.01	
Ash....g	8.80		10		1		0.09	0.18	
Carbohydrate, by difference....g	41.10		5	NC	4		0.41	0.82	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	141		28		1		1	3	
Iron, Fe....mg	4.41		18		1		0.04	0.09	
Magnesium, Mg....mg	327		23		1		3	7	
Phosphorus, P....mg	303		28		1		3	6	
Potassium, K....mg	3535		32		1		35	71	
Sodium, Na....mg	37		32		1		0	1	
Zinc, Zn....mg	0.35		12		1		0.00	0.01	
Copper, Cu....mg	0.139		12		1		0.001	0.003	
Manganese, Mn....mg	1.712	0.244	24		1		0.017	0.034	
Selenium, Se....mcg	12.6	0.398	10	A	1		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.008	0.005	3		1		0.000	0.000	
Riboflavin....mg	0.074	0.012	3		1		0.001	0.001	
Niacin....mg	28.173		10		1		0.282	0.563	
Pantothenic acid....mg	0.097	0.031	3		1		0.001	0.002	
Vitamin B-6....mg	0.029	0.002	3		1		0.000	0.001	
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	101.9		0	BFZN	4		1.0	2.0	
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		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	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	1.9		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.197		0		1		0.002	0.004	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 14214
Coffee, instant, regular, 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	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.146		0		1		0.001	0.003	
17:0....g									
18:0....g	0.035		0		1		0.000	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.041		0		1		0.000	0.001	
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	0.040		0		1		0.000	0.001	
20:1....g	0.001		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	0.196		0		1		0.002	0.004	
18:2 undifferentiated....g	0.180		0		1		0.002	0.004	
18:3 undifferentiated....g	0.015		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	0.030		0		1		0.000	0.001	
Threonine....g	0.142		0		1		0.001	0.003	
Isoleucine....g	0.172		0		1		0.002	0.003	
Leucine....g	0.478		0		1		0.005	0.010	
Lysine....g	0.096		0		1		0.001	0.002	
Methionine....g	0.023		0		1		0.000	0.000	
Cystine....g	0.202		0		1		0.002	0.004	
Phenylalanine....g	0.262		0		1		0.003	0.005	
Tyrosine....g	0.165		0		1		0.002	0.003	
Valine....g	0.276		0		1		0.003	0.006	
Arginine....g	0.053		0		1		0.001	0.001	
Histidine....g	0.165		0		1		0.002	0.003	
Alanine....g	0.335		0		1		0.003	0.007	
Aspartic acid....g	0.478		0		1		0.005	0.010	
Glutamic acid....g	2.030		0		1		0.020	0.041	
Glycine....g	0.441		0		1		0.004	0.009	
Proline....g	0.351		0		1		0.004	0.007	
Serine....g	0.126		0		1		0.001	0.003	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	3142		15		1		31	63	
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. 14214
Coffee, instant, regular, powder

Common Measures:

Measure 1 = 1.0g: 1 tsp

Measure 2 = 2.0g: 1 packet

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 14 Beverages

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

NDB No. 14203

Coffee, instant, regular, powder, half the caffeine

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	3.10		0	BFZN	4		0.03	0.06	
Energy....kcal	350		0	FLC	4		4	7	
Energy....kJ	1464		0		4		15	29	
Protein (N x 6.25)....g	14.42		0	FLC	4		0.14	0.29	
Total lipid (fat)....g	0.50		0	BFZN	4		0.01	0.01	
Ash....g	8.80		0	BFZN	4		0.09	0.18	
Carbohydrate, by difference....g	70.60		0	FLC	4		0.71	1.41	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	141		0	BFZN	4		1	3	
Iron, Fe....mg	4.41		0	BFZN	4		0.04	0.09	
Magnesium, Mg....mg	327		0	BFZN	4		3	7	
Phosphorus, P....mg	303		0	BFZN	4		3	6	
Potassium, K....mg	3535		0	BFZN	4		35	71	
Sodium, Na....mg	37		0	BFZN	4		0	1	
Zinc, Zn....mg	0.35		0	BFZN	4		0.00	0.01	
Copper, Cu....mg	0.139		0	BFZN	4		0.001	0.003	
Manganese, Mn....mg	1.712		0	BFZN	4		0.017	0.034	
Selenium, Se....mcg	12.6		0	BFZN	4		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.008		0	BFZN	4		0.000	0.000	
Riboflavin....mg	0.074		0	BFZN	4		0.001	0.001	
Niacin....mg	28.173		0	BFZN	4		0.282	0.563	
Pantothenic acid....mg	0.097		0	BFZN	4		0.001	0.002	
Vitamin B-6....mg	0.029		0	BFZN	4		0.000	0.001	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	101.9		0	O	4		1.0	2.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		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	BFZN	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	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	1.9		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.197		0	BFZN	4		0.002	0.004	
4:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 14203

Coffee, instant, regular, powder, half the caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000	0.000	
8:0 ... g	0.000		0	BFZN	4		0.000	0.000	
10:0 ... g	0.000		0	BFZN	4		0.000	0.000	
12:0 ... g	0.000		0	BFZN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	BFZN	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.146		0	BFZN	4		0.001	0.003	
17:0 ... g									
18:0 ... g	0.035		0	BFZN	4		0.000	0.001	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.041		0	BFZN	4		0.000	0.001	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.040		0	BFZN	4		0.000	0.001	
20:1 ... g	0.001		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	0.196		0	BFZN	4		0.002	0.004	
18:2 undifferentiated ... g	0.180		0	BFZN	4		0.002	0.004	
18:3 undifferentiated ... g	0.015		0	BFZN	4		0.000	0.000	
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	BFZN	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	0		0	BFZN	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	
Caffeine ... mg	1571		0	FLC	4		16	31	
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 = 1.0g: 1 tsp

Measure 2 = 2.0g: 1 packet

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 14 Beverages

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

NDB No. 14215
Coffee, instant, regular, prepared with water

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	99.09		0	RPI	6		177.37	29.53	
Energy....kcal	2		0	RPI	6		3	1	
Energy....kJ	7		0	RPI	6		13	2	
Protein (N x 0)....g	0.10		0	RPI	6		0.18	0.03	
Total lipid (fat)....g	0.00		0	RPI	6		0.01	0.00	
Ash....g	0.17		0	RPI	6		0.31	0.05	
Carbohydrate, by difference....g	0.34		0	RPI	6		0.62	0.10	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	0.00		0	RPI	6		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	RPA	1		8	1	
Iron, Fe....mg	0.04		0	RPA	1		0.07	0.01	
Magnesium, Mg....mg	4		0	RPA	1		7	1	
Phosphorus, P....mg	3		0	RPA	1		5	1	
Potassium, K....mg	30		0	RPA	1		54	9	
Sodium, Na....mg	4		0	RPA	1		7	1	
Zinc, Zn....mg	0.01		0	RPA	1		0.01	0.00	
Copper, Cu....mg	0.011		0	RPA	1		0.019	0.003	
Manganese, Mn....mg	0.015		0	RPA	1		0.026	0.004	
Selenium, Se....mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin....mg	0.001		0	RPI	6		0.001	0.000	
Niacin....mg	0.236		0	RPI	6		0.423	0.070	
Pantothenic acid....mg	0.001		0	RPI	6		0.001	0.000	
Vitamin B-6....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total....mcg	0		0	RPI	6		0	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	0		0	RPI	6		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.002		0	RPI	6		0.003	0.000	
4:0....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14215
Coffee, instant, regular, prepared with water

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0	g	0.000		0	RPI	6		0.000	0.000	
10:0	g	0.000		0	RPI	6		0.000	0.000	
12:0	g	0.000		0	RPI	6		0.000	0.000	
13:0	g									
14:0	g	0.000		0	RPI	6		0.000	0.000	
15:0	g									
16:0	g	0.001		0	RPI	6		0.002	0.000	
17:0	g									
18:0	g	0.000		0	RPI	6		0.001	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	RPI	6		0.001	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	RPI	6		0.000	0.000	
17:1	g									
18:1 undifferentiated	g	0.000		0	RPI	6		0.001	0.000	
20:1	g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated	g	0.000		0	RPI	6		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.002		0	RPI	6		0.003	0.000	
18:2 undifferentiated	g	0.002		0	RPI	6		0.003	0.000	
18:3 undifferentiated	g	0.000		0	RPI	6		0.000	0.000	
18:4	g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
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									
Cholesterol	mg	0		0	RPI	6		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	RPI	6		0.0	0.0	
Caffeine	mg	26		0	RPI	6		47	8	
Theobromine	mg	0		0	RPI	6		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 = 179g: 1 serving 6 fl oz

Measure 2 = 29.8g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14222
Coffee, instant, with chicory, powder

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	4.10	0.233	3		1		0.07		
Energy	kcal	351		0	NC	4		6		
Energy	kJ	1469		0		4		26		
Protein (N x 6.25)	g	9.30		3		1		0.17		
Total lipid (fat)	g	0.20	0.033	3		1		0.00		
Ash	g	7.50	0.185	3		1		0.14		
Carbohydrate, by difference	g	74.20		0	NC	4		1.34		
Fiber, total dietary	g	0.5		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	103	2.815	3		1		2		
Iron, Fe	mg	4.76	0.629	3		1		0.09		
Magnesium, Mg	mg	213	8.505	3		1		4		
Phosphorus, P	mg	271	7.024	3		1		5		
Potassium, K	mg	3395	99.081	3		1		61		
Sodium, Na	mg	277	20.883	3		1		5		
Zinc, Zn	mg	0.37	0.013	3		1		0.01		
Copper, Cu	mg	0.050	0.025	3		1		0.001		
Manganese, Mn	mg	1.200	0.058	3		1		0.022		
Selenium, Se	mcg	9.4		0	FLA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.000		0		1		0.000		
Riboflavin	mg	0.290	0.000	3		1		0.005		
Niacin	mg	21.667	0.913	3		1		0.390		
Pantothenic acid	mg	0.097		0		4		0.002		
Vitamin B-6	mg	0.029		0		4		0.001		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		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	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		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	0.071		0		1		0.001		
4:0	g									
6:0	g									

NDB No. 14222
Coffee, instant, with chicory, 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
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.052		0		1		0.001		
17:0....g									
18:0....g	0.012		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.000		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.070		0		1		0.001		
18:2 undifferentiated....g	0.065		0		1		0.001		
18:3 undifferentiated....g	0.005		0		1		0.000		
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	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.000		
Threonine....g	0.103		0		1		0.002		
Isoleucine....g	0.124		0		1		0.002		
Leucine....g	0.344		0		1		0.006		
Lysine....g	0.069		0		1		0.001		
Methionine....g	0.017		0		1		0.000		
Cystine....g	0.146		0		1		0.003		
Phenylalanine....g	0.189		0		1		0.003		
Tyrosine....g	0.119		0		1		0.002		
Valine....g	0.198		0		1		0.004		
Arginine....g	0.038		0		1		0.001		
Histidine....g	0.119		0		1		0.002		
Alanine....g	0.241		0		1		0.004		
Aspartic acid....g	0.344		0		1		0.006		
Glutamic acid....g	1.462		0		1		0.026		
Glycine....g	0.318		0		1		0.006		
Proline....g	0.253		0		1		0.005		
Serine....g	0.091		0		1		0.002		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	2063	144.376	3		1		37		
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. 14222

Coffee, instant, with chicory, powder

Common Measures:

Measure 1 = 1.8g: 1 tsp, rounded

Calories Factors: **Protein** 3.2 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 14 Beverages

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

NDB No. 14223
Coffee, instant, with chicory, prepared with water

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	98.94		0	RPI	6		177.10	29.58	
Energy....kcal	3		0	RPI	6		6	1	
Energy....kJ	14		0	RPI	6		25	4	
Protein....g	0.09		0	RPI	6		0.17	0.03	
Total lipid (fat)....g	0.00		0	RPI	6		0.00	0.00	
Ash....g	0.17		0	RPI	6		0.31	0.05	
Carbohydrate, by difference....g	0.75		0	RPI	6		1.33	0.22	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	0.00		0	RPI	6		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	RPA	1		7	1	
Iron, Fe....mg	0.05		0	RPA	1		0.09	0.01	
Magnesium, Mg....mg	3		0	RPA	1		6	1	
Phosphorus, P....mg	3		0	RPA	1		5	1	
Potassium, K....mg	35		0	RPA	1		62	10	
Sodium, Na....mg	7		0	RPA	1		12	2	
Zinc, Zn....mg	0.01		0	RPA	1		0.02	0.00	
Copper, Cu....mg	0.010		0	RPA	1		0.018	0.003	
Manganese, Mn....mg	0.012		0	RPA	1		0.022	0.004	
Selenium, Se....mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin....mg	0.003		0	RPI	6		0.005	0.001	
Niacin....mg	0.218		0	RPI	6		0.390	0.065	
Pantothenic acid....mg	0.001		0	RPI	6		0.002	0.000	
Vitamin B-6....mg	0.000		0	RPI	6		0.001	0.000	
Folate, total....mcg	0		0	RPI	6		0	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	0		0	RPI	6		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.001		0	RPI	6		0.001	0.000	
4:0....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14223
Coffee, instant, with chicory, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0 g	0.000		0	RPI	6		0.000	0.000	
10:0 g	0.000		0	RPI	6		0.000	0.000	
12:0 g	0.000		0	RPI	6		0.000	0.000	
13:0 g									
14:0 g	0.000		0	RPI	6		0.000	0.000	
15:0 g									
16:0 g	0.001		0	RPI	6		0.001	0.000	
17:0 g									
18:0 g	0.000		0	RPI	6		0.000	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0	RPI	6		0.000	0.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
20:1 g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.001		0	RPI	6		0.001	0.000	
18:2 undifferentiated g	0.001		0	RPI	6		0.001	0.000	
18:3 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
18:4 g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
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									
Cholesterol mg	0		0	RPI	6		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	RPI	6		0.0	0.0	
Caffeine mg	21		0	RPI	6		37	6	
Theobromine mg	0		0	RPI	6		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 = 179g: 1 serving 6 fl oz

Measure 2 = 29.9g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14228

Coffee, instant, with sugar, cappuccino-flavor powder

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	1.30		6		1		0.17		
Energy	kcal	406		0	NC	4		53		
Energy	kJ	1699		0	NC	4		221		
Protein (N x 6.25)	g	3.10		6		1		0.40		
Total lipid (fat)	g	5.56	7.199	5	LC	8		0.72		
Ash	g	4.10		6		1		0.53		
Carbohydrate, by difference	g	85.94		0	NC	4		11.17		
Fiber, total dietary	g	1.2	1.512	8	LC	8		0.2		
Sugars, total	g	69.16		0	FLC	4		8.99		
Starch	g									
Minerals:										
Calcium, Ca	mg	133	28.795	5	LC	8		17		
Iron, Fe	mg	0.48		0	FLC	4		0.06		
Magnesium, Mg	mg	43		0	FLC	4		6		
Phosphorus, P	mg	183		6		1		24		
Potassium, K	mg	831		6		1		108		
Sodium, Na	mg	180	178.939	5	LC	8		23		
Zinc, Zn	mg	0.25		1		1		0.03		
Copper, Cu	mg	0.110		1		1		0.014		
Manganese, Mn	mg	0.200		1		1		0.026		
Selenium, Se	mcg	4.2		0	FLC	4		0.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	FLC	4		0.1		
Thiamin	mg	0.111		1		1		0.014		
Riboflavin	mg	0.037		1		1		0.005		
Niacin	mg	2.262		6		1		0.294		
Pantothenic acid	mg	0.073		1		1		0.009		
Vitamin B-6	mg	0.036		0	FLC	4		0.005		
Folate, total	mcg	5		0	FLC	4		1		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	5		0	FLC	4		1		
Folate, DFE	mcg_DFE	5		0	NC	4		1		
Choline, total	mg	68.0		0	O	4		8.8		
Betaine	mg									
Vitamin B-12	mcg	0.38		0	FLC	4		0.05		
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Carotene, beta	mcg	0		0	FLC	4		0		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	1		0	FLC	4		0		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.36		0	FLC	4		0.05		
Vitamin E, added	mg	0.00		0	FLC	4		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	1.3		0	FLC	4		0.2		
Lipids:										
Fatty acids, total saturated	g	3.422	7.404	5	LC	8		0.445		
4:0	g	0.006		0	FLC	4		0.001		

NDB No. 14228
Coffee, instant, with sugar, cappuccino-flavor 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	0.011		0	FLC	4		0.001		
8:0 g	0.125		0	FLC	4		0.016		
10:0 g	0.093		0	FLC	4		0.012		
12:0 g	0.722		0	FLC	4		0.094		
13:0 g	0.000		0	FLC	4		0.000		
14:0 g	0.289		0	FLC	4		0.038		
15:0 g	0.003		0	FLC	4		0.000		
16:0 g	1.008		0	FLC	4		0.131		
17:0 g	0.009		0	FLC	4		0.001		
18:0 g	1.097		0	FLC	4		0.143		
20:0 g	0.028		0	FLC	4		0.004		
22:0 g	0.026		0	FLC	4		0.003		
24:0 g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated g	1.604		0	FLC	4		0.209		
14:1 g									
15:1 g	0.000		0	FLC	4		0.000		
16:1 undifferentiated g	0.004		0	FLC	4		0.000		
17:1 g	0.000		0	FLC	4		0.000		
18:1 undifferentiated g	1.599		0	FLC	4		0.208		
20:1 g	0.001		0	FLC	4		0.000		
22:1 undifferentiated g	0.000		0	FLC	4		0.000		
24:1 c g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated g	0.241		0	FLC	4		0.031		
18:2 undifferentiated g	0.234		0	FLC	4		0.030		
18:3 undifferentiated g	0.007		0	FLC	4		0.001		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g	0.000		0	FLC	4		0.000		
20:3 undifferentiated g	0.000		0	FLC	4		0.000		
20:4 undifferentiated g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	2		0	FLC	4		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0		
Caffeine mg	302		0	FLC	4		39		
Theobromine mg	0		0	FLC	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 = 13.0g: 4 teaspoon (1 serving)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14229
Coffee, instant, with sugar, french-flavor, 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	2.40	0.041	5		1		0.31		
Energy	kcal	484		0	NC	4		63		
Energy	kJ	2027		0	NC	4		263		
Protein (N x 6.25)	g	4.50		5		1		0.59		
Total lipid (fat)	g	22.63		2	LC	8		2.94		
Ash	g	4.80	0.097	5		1		0.62		
Carbohydrate, by difference	g	65.67		0	NC	4		8.54		
Fiber, total dietary	g	0.0		1	LC	8		0.0		
Sugars, total	g	41.74		2	LC	8		5.43		
Starch	g									
Minerals:										
Calcium, Ca	mg	36	2.449	5		1		5		
Iron, Fe	mg	0.36		0	FLA	4		0.05		
Magnesium, Mg	mg	26		0	FLA	4		3		
Phosphorus, P	mg	354	9.273	5		1		46		
Potassium, K	mg	1184	61.693	5		1		154		
Sodium, Na	mg	557		2	LC	8		72		
Zinc, Zn	mg	0.04		0	FLA	4		0.00		
Copper, Cu	mg	0.022		0	FLA	4		0.003		
Manganese, Mn	mg	0.171		0	FLA	4		0.022		
Selenium, Se	mcg	1.4		0	FLA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	mg	0.001		0	FLA	4		0.000		
Riboflavin	mg	0.020		0	FLA	4		0.003		
Niacin	mg	5.859	0.197	7		1		0.762		
Pantothenic acid	mg	0.012		0	FLA	4		0.002		
Vitamin B-6	mg	0.002		0	FLA	4		0.000		
Folate, total	mcg	0		0	FLA	4		0		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	0		0	FLA	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	10.0		0	FLA	4		1.3		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	0		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	0		0	FLA	4		0		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	1.65		0	FLA	4		0.22		
Vitamin E, added	mg	0.00		0	FLA	4		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	6.1		0	FLA	4		0.8		
Lipids:										
Fatty acids, total saturated	g	4.997		2	LC	8		0.650		
4:0	g	0.000		0	FLA	4		0.000		

NDB No. 14229
Coffee, instant, with sugar, french-flavor, 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	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.021		0	FLA	4		0.003		
15:0....g	0.007		0	FLA	4		0.001		
16:0....g	2.290		0	FLA	4		0.298		
17:0....g	0.024		0	FLA	4		0.003		
18:0....g	2.511		0	FLA	4		0.326		
20:0....g	0.070		0	FLA	4		0.009		
22:0....g	0.072		0	FLA	4		0.009		
24:0....g									
Fatty acids, total monounsaturated....g	14.001		0	FLA	4		1.820		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0	FLA	4		0.003		
17:1....g									
18:1 undifferentiated....g	13.970		0	FLA	4		1.816		
20:1....g	0.009		0	FLA	4		0.001		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.419		0	FLA	4		0.315		
18:2 undifferentiated....g	2.225		0	FLA	4		0.289		
18:3 undifferentiated....g	0.082		0	FLA	4		0.011		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	246		0	FLA	4		32		
Theobromine....mg	0		0	FLA	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 = 13.0g: 4 teaspoon (1 serving)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14224
Coffee, instant, with sugar, mocha-flavor, 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	1.70		12		1		0.22		
Energy	kcal	460		0	NC	4		60		
Energy	kJ	1925		0	NC	4		250		
Protein (N x 6.25)	g	5.29		1	LC	8		0.69		
Total lipid (fat)	g	15.87		1	LC	8		2.06		
Ash	g	3.10		12		1		0.40		
Carbohydrate, by difference	g	74.04		0	NC	4		9.62		
Fiber, total dietary	g	1.9		2	LC	8		0.2		
Sugars, total	g	58.20		1	LC	8		7.57		
Starch	g									
Minerals:										
Calcium, Ca	mg	271		2	LC	8		35		
Iron, Fe	mg	0.00		2	LC	8		0.00		
Magnesium, Mg	mg	68		2		1		9		
Phosphorus, P	mg	251		9		1		33		
Potassium, K	mg	1033		9		1		134		
Sodium, Na	mg	317		1	LC	8		41		
Zinc, Zn	mg	0.96		2		1		0.12		
Copper, Cu	mg	0.435		2		1		0.057		
Manganese, Mn	mg	0.445		2		1		0.058		
Selenium, Se	mcg	6.2		0	FLC	4		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	FLC	4		0.1		
Thiamin	mg	0.031		5		1		0.004		
Riboflavin	mg	0.028		2		1		0.004		
Niacin	mg	2.263		14		1		0.294		
Pantothenic acid	mg	0.052		2		1		0.007		
Vitamin B-6	mg	0.055		0	FLC	4		0.007		
Folate, total	mcg	9		0	FLC	4		1		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	9		0	FLC	4		1		
Folate, DFE	mcg_DFE	9		0	NC	4		1		
Choline, total	mg	31.3		0	O	4		4.1		
Betaine	mg									
Vitamin B-12	mcg	0.45		0	FLC	4		0.06		
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	1		0	FLC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Carotene, beta	mcg	2		0	FLC	4		0		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	5		0	FLC	4		1		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	4		0	FLC	4		1		
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00		
Vitamin E, added	mg	0.00		0	FLC	4		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	1.5		0	FLC	4		0.2		
Lipids:										
Fatty acids, total saturated	g	4.934		0	NC	4		0.641		
4:0	g	0.003		0	FLC	4		0.000		

NDB No. 14224
Coffee, instant, with sugar, mocha-flavor, 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	0.001		0	FLC	4		0.000		
8:0....g	0.162		0	FLC	4		0.021		
10:0....g	0.179		0	FLC	4		0.023		
12:0....g	1.647		0	FLC	4		0.214		
13:0....g									
14:0....g	0.737		0	FLC	4		0.096		
15:0....g									
16:0....g	0.929		0	FLC	4		0.121		
17:0....g									
18:0....g	1.276		0	FLC	4		0.166		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.934		0	NC	4		1.161		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.034		0	FLC	4		0.004		
17:1....g									
18:1 undifferentiated....g	8.899		0	FLC	4		1.157		
20:1....g	0.002		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.053		0	NC	4		0.137		
18:2 undifferentiated....g	0.995		0	FLC	4		0.129		
18:3 undifferentiated....g	0.058		0	FLC	4		0.007		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		2	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	360		0	FLC	4		47		
Theobromine....mg	294		0	FLC	4		38		

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 = 13.0g: 1 serving 2 tbsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 42181
Corn beverage

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	90.16		0	FLA	4		27.23		
Energy	kcal	40		0	FLA	4		12		
Energy	kJ	166		0	FLA	4		50		
Protein	g	0.80		0	FLA	4		0.24		
Total lipid (fat)	g	0.20		0	FLA	4		0.06		
Ash	g	0.15		0	FLA	4		0.04		
Carbohydrate, by difference	g	8.70		0	FLA	4		2.63		
Fiber, total dietary	g	0.4		0	FLA	4		0.1		
Sugars, total	g	0.18		0	FLA	4		0.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	FLA	4		1		
Iron, Fe	mg	0.12		0	FLA	4		0.04		
Magnesium, Mg	mg	5		0	FLA	4		1		
Phosphorus, P	mg	12		0	FLA	4		3		
Potassium, K	mg	17		0	FLA	4		5		
Sodium, Na	mg	140		0		4		42		
Zinc, Zn	mg	0.08		0	FLA	4		0.02		
Copper, Cu	mg	0.017		0	FLA	4		0.005		
Manganese, Mn	mg	0.020		0	FLA	4		0.006		
Selenium, Se	mcg	1.3		0	FLA	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	mg	0.015		0	FLA	4		0.005		
Riboflavin	mg	0.005		0	FLA	4		0.002		
Niacin	mg	0.110		0	FLA	4		0.033		
Pantothenic acid	mg	0.031		0	FLA	4		0.009		
Vitamin B-6	mg	0.022		0	FLA	4		0.007		
Folate, total	mcg	3		0	FLA	4		1		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	3		0	FLA	4		1		
Folate, DFE	mcg_DFE	3		0	NC	4		1		
Choline, total	mg	1.3		0	O	4		0.4		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	11		0	FLA	4		3		
Carotene, alpha	mcg	7		0	FLA	4		2		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	24		0	FLA	4		7		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	149		0	FLA	4		45		
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.01		
Vitamin E, added	mg	0.00		0	FLA	4		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	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLA	4		0.000		
4:0	g	0.000		0	FLA	4		0.000		

NDB No. 42181
Corn beverage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000		
8:0 g	0.000		0	FLA	4		0.000		
10:0 g	0.000		0	FLA	4		0.000		
12:0 g	0.000		0	FLA	4		0.000		
13:0 g	0.000		0	FLA	4		0.000		
14:0 g	0.000		0	FLA	4		0.000		
15:0 g	0.000		0	FLA	4		0.000		
16:0 g	0.000		0	FLA	4		0.000		
17:0 g	0.000		0	FLA	4		0.000		
18:0 g	0.000		0	FLA	4		0.000		
20:0 g	0.000		0	FLA	4		0.000		
22:0 g	0.000		0	FLA	4		0.000		
24:0 g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated g	0.000		0	FLA	4		0.000		
14:1 g	0.000		0	FLA	4		0.000		
15:1 g	0.000		0	FLA	4		0.000		
16:1 undifferentiated g	0.000		0	FLA	4		0.000		
17:1 g	0.000		0	FLA	4		0.000		
18:1 undifferentiated g	0.000		0	FLA	4		0.000		
20:1 g	0.000		0	FLA	4		0.000		
22:1 undifferentiated g	0.000		0	FLA	4		0.000		
24:1 c g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated g	0.000		0	FLA	4		0.000		
18:2 undifferentiated g	0.000		0	FLA	4		0.000		
18:3 undifferentiated g	0.000		0	FLA	4		0.000		
18:4 g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c g	0.000		0	FLA	4		0.000		
20:3 undifferentiated g	0.000		0	FLA	4		0.000		
20:4 undifferentiated g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000		
Fatty acids, total trans g	0.000		0	FLA	4		0.000		
Cholesterol mg	0		0	FLA	4		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	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 = 30.2g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14242
Cranberry juice cocktail, bottled

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	86.17		1	A	1		218.02	27.23	
Energy	kcal	54		0	NC	4		136	17	
Energy	kJ	224		0	NC	4		567	71	
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	
Total lipid (fat)	g	0.10		1	A	1		0.27	0.03	
Ash	g	0.20		1	A	1		0.52	0.06	
Carbohydrate, by difference	g	13.52		0	NC	4		34.20	4.27	
Fiber, total dietary	g	0.0		1	A	1		0.0	0.0	
Sugars, total	g	11.87		1	A	1		30.03	3.75	
Sucrose	g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)	g	6.79		1	A	1		17.17	2.14	
Fructose	g	4.97		1	A	1		12.57	1.57	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.12		1	A	1		0.29	0.04	
Galactose	g	0.00		1	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1	A	1		9	1	
Iron, Fe	mg	0.10		1	A	1		0.26	0.03	
Magnesium, Mg	mg	1		1	A	1		3	0	
Phosphorus, P	mg	1		1	A	1		3	0	
Potassium, K	mg	14		1	A	1		36	5	
Sodium, Na	mg	2		1	A	1		5	1	
Zinc, Zn	mg	0.03		1	A	1		0.06	0.01	
Copper, Cu	mg	0.010		1	A	1		0.024	0.003	
Manganese, Mn	mg	0.048		1	A	1		0.121	0.015	
Selenium, Se	mcg	0.2		0	FLA	4		0.4	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	42.3		1	A	1		107.0	13.4	
Thiamin	mg	0.000		1	A	1		0.000	0.000	
Riboflavin	mg	0.000		1	A	1		0.000	0.000	
Niacin	mg	0.041		1	A	1		0.104	0.013	
Pantothenic acid	mg	0.052		1	A	1		0.131	0.016	
Vitamin B-6	mg	0.000		1	A	1		0.000	0.000	
Folate, total	mcg	0	0.027	3	AI	13		1	0	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	0	0.027	3	AI	13		1	0	
Folate, DFE	mcg_DFE	0		0	NC	4		1	0	
Choline, total	mg	1.1		0	AS	1		2.9	0.4	
Betaine	mg	0.1		1	A	1		0.2	0.0	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		1	0	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	5		0	FLA	4		13	2	
Carotene, alpha	mcg	0		1	A	1		0	0	
Cryptoxanthin, beta	mcg	0		1	A	1		0	0	
Vitamin A, IU	IU	8		0	FLA	4		21	3	
Lycopene	mcg	0		1	A	1		0	0	
Lutein + zeaxanthin	mcg	13		0	FLA	4		32	4	
Vitamin E (alpha-tocopherol)	mg	0.22		0	FLA	4		0.57	0.07	
Vitamin E, added	mg	0.00		0	FLA	4		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. 14242
Cranberry juice cocktail, bottled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.0		0	FLA	4		2.4	0.3	
Lipids:									
Fatty acids, total saturated.....g	0.009		0	FLA	4		0.022	0.003	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.007		0	FLA	4		0.017	0.002	
17:0.....g									
18:0.....g	0.002		0	FLA	4		0.005	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0	FLA	4		0.049	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.019		0	FLA	4		0.047	0.006	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0	FLA	4		0.149	0.019	
18:2 undifferentiated.....g	0.035		0	FLA	4		0.090	0.011	
18:3 undifferentiated.....g	0.023		0	FLA	4		0.059	0.007	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 253g: 1 cup (8 fl oz)

Measure 2 = 31.6g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14243

Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn 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	95.20		1	MC	9		225.62	28.18	
Energy	kcal	19		0	NC	4		44	5	
Energy	kJ	77		0	NC	4		184	23	
Protein (N x 6.25)	g	0.02		0	FLC	4		0.04	0.00	
Total lipid (fat)	g	0.01		0	FLC	4		0.01	0.00	
Ash	g	0.18		1	AI	13		0.43	0.05	
Carbohydrate, by difference	g	4.60		0	NC	4		10.90	1.36	
Fiber, total dietary	g	0.0		0	FLC	4		0.0	0.0	
Sugars, total	g	4.59		0	FLA	4		10.89	1.36	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1	MC	9		22	3	
Iron, Fe	mg	0.04		1	MC	9		0.09	0.01	
Magnesium, Mg	mg	2		1	MC	9		4	1	
Phosphorus, P	mg	1		1	MC	9		2	0	
Potassium, K	mg	25		1	AI	13		58	7	
Sodium, Na	mg	3		1	MC	9		8	1	
Zinc, Zn	mg	0.02		1	MC	9		0.05	0.01	
Copper, Cu	mg	0.010		0	FLC	4		0.024	0.003	
Manganese, Mn	mg	0.006		0	FLC	4		0.013	0.002	
Selenium, Se	mcg	0.0		0	FLC	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	32.2		2		1		76.3	9.5	
Thiamin	mg	0.000		0	FLC	4		0.001	0.000	
Riboflavin	mg	0.002		0	FLC	4		0.004	0.001	
Niacin	mg	0.004		0	FLC	4		0.009	0.001	
Pantothenic acid	mg	0.001		0	FLC	4		0.001	0.000	
Vitamin B-6	mg	0.002		0	FLC	4		0.005	0.001	
Folate, total	mcg	0		0	FLC	4		0	0	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	0		0	FLC	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	0.4		0	O	4		0.9	0.1	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLC	4		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	FLC	4		0	0	
Retinol	mcg	0		0	FLC	4		0	0	
Carotene, beta	mcg	1		0	FLC	4		3	0	
Carotene, alpha	mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLC	4		0	0	
Vitamin A, IU	IU	2		0	FLC	4		4	1	
Lycopene	mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	mcg	3		0	FLC	4		7	1	
Vitamin E (alpha-tocopherol)	mg	0.05		0	FLC	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	0.0		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	FLC	4		0.5	0.1	
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLC	4		0.000	0.000	
4:0	g	0.000		0	FLC	4		0.000	0.000	

NDB No. 14243

Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn 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	0.000		0	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	
10:0....g	0.000		0	FLC	4		0.000	0.000	
12:0....g	0.000		0	FLC	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLC	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLC	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLC	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:1....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	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. 14243

Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14430
Cranberry juice cocktail, frozen concentrate

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	48.40		2	A	1		17.52	210.54	
Energy	kcal	201		0	NC	4		73	874	
Energy	kJ	841		0		4		304	3658	
Protein (N x 6.25)	g	0.05		2	A	1		0.02	0.22	
Total lipid (fat)	g	0.00		2	A	1		0.00	0.00	
Ash	g	0.10		2	A	1		0.04	0.44	
Carbohydrate, by difference	g	51.45		0	NC	4		18.62	223.81	
Fiber, total dietary	g	0.2		0		4		0.1	0.9	
Sugars, total	g	42.50		1	A	1		15.39	184.88	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1		1		4	48	
Iron, Fe	mg	0.30		1		1		0.11	1.31	
Magnesium, Mg	mg	5		1		1		2	22	
Phosphorus, P	mg	5		1		1		2	22	
Potassium, K	mg	49		1		1		18	213	
Sodium, Na	mg	4		2	A	1		1	17	
Zinc, Zn	mg	0.07		1		1		0.03	0.30	
Copper, Cu	mg	0.020		1		1		0.007	0.087	
Manganese, Mn	mg	0.140		1		1		0.051	0.609	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	45.8		2	A	1		16.6	199.2	
Thiamin	mg	0.023		1		1		0.008	0.100	
Riboflavin	mg	0.032		1		1		0.012	0.139	
Niacin	mg	0.040		1		1		0.014	0.174	
Pantothenic acid	mg	0.487		1		1		0.176	2.118	
Vitamin B-6	mg	0.049		1		1		0.018	0.213	
Folate, total	mcg	0		1		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		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		4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1	7	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	34		1		1		12	148	
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		4		0.000	0.000	
Fatty acids, total monounsaturated	g									
14:1	g									

NDB No. 14430
Cranberry juice cocktail, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g									
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	0		0		1		0	0	
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:

Measure 1 = 36.2g: 1 fl oz

Measure 2 = 435g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14431

Cranberry juice cocktail, frozen concentrate, prepared with water

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	88.08		0	RPI	6		208.74	26.07	
Energy....kcal	47		0	NC	4		112	14	
Energy....kJ	198		0	NC	4		469	59	
Protein....g	0.01		0	RPI	6		0.03	0.00	
Total lipid (fat)....g	0.00		0	RPI	6		0.00	0.00	
Ash....g	0.10		0	RPI	6		0.24	0.03	
Carbohydrate, by difference....g	11.81		0	RPI	6		27.99	3.50	
Fiber, total dietary....g	0.0		0	RPI	6		0.1	0.0	
Sugars, total....g	9.76		0	RPI	6		23.12	2.89	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	RPA	1		12	1	
Iron, Fe....mg	0.07		0	RPA	1		0.17	0.02	
Magnesium, Mg....mg	2		0	RPA	1		4	1	
Phosphorus, P....mg	1		0	RPA	1		3	0	
Potassium, K....mg	12		0	RPA	1		28	3	
Sodium, Na....mg	4		0	RPA	1		9	1	
Zinc, Zn....mg	0.02		0	RPA	1		0.05	0.01	
Copper, Cu....mg	0.012		0	RPA	1		0.029	0.004	
Manganese, Mn....mg	0.032		0	RPA	1		0.077	0.010	
Selenium, Se....mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.5		0	RPI	6		24.9	3.1	
Thiamin....mg	0.005		0	RPI	6		0.013	0.002	
Riboflavin....mg	0.007		0	RPI	6		0.017	0.002	
Niacin....mg	0.009		0	RPI	6		0.022	0.003	
Pantothenic acid....mg	0.112		0	RPI	6		0.265	0.033	
Vitamin B-6....mg	0.011		0	RPI	6		0.027	0.003	
Folate, total....mcg	0		0	RPI	6		0	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	0		0	RPI	6		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		1	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	8		0	RPI	6		18	2	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	RPI	6		0.000	0.000	
4:0....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14431

Cranberry juice cocktail, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.000	0.000	
15:0....g									
16:0....g	0.000		0	RPI	6		0.000	0.000	
17:0....g									
18:0....g	0.000		0	RPI	6		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	RPI	6		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
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									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		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 = 237g: 1 serving 8 fl oz

Measure 2 = 29.6g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14238
Cranberry-apple juice drink, bottled

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	83.78		1	A	1		205.26	25.64	
Energy....kcal	63		0	NC	4		154	19	
Energy....kJ	263		0	NC	4		643	80	
Protein (N x 6.25)....g	0.00		1	A	1		0.00	0.00	
Total lipid (fat)....g	0.11		1	A	1		0.28	0.03	
Ash....g	0.26		1	A	1		0.63	0.08	
Carbohydrate, by difference....g	15.85		0	NC	4		38.83	4.85	
Fiber, total dietary....g	0.0		1	A	1		0.0	0.0	
Sugars, total....g	14.50		1	A	1		35.53	4.44	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		1	A	1		7	1	
Iron, Fe....mg	0.07		1	A	1		0.18	0.02	
Magnesium, Mg....mg	1		1	A	1		3	0	
Phosphorus, P....mg	2		1	A	1		4	0	
Potassium, K....mg	17		1	A	1		42	5	
Sodium, Na....mg	2		1	A	1		5	1	
Zinc, Zn....mg	0.02		1	A	1		0.05	0.01	
Copper, Cu....mg	0.010		1	A	1		0.024	0.003	
Manganese, Mn....mg	0.029		1	A	1		0.071	0.009	
Selenium, Se....mcg	0.0		1	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	39.5		1	A	1		96.8	12.1	
Thiamin....mg	0.000		1	A	1		0.000	0.000	
Riboflavin....mg	0.000		1	A	1		0.000	0.000	
Niacin....mg	0.000		1	A	1		0.000	0.000	
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	
Folate, total....mcg	0		0	FLM	4		0	0	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	0		0	FLM	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.7		0	O	4		1.6	0.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLM	4		1	0	
Retinol....mcg	0		0	FLM	4		0	0	
Carotene, beta....mcg	2		0	FLM	4		5	1	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	3		0	FLM	4		8	1	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	6		0	FLM	4		16	2	
Vitamin E (alpha-tocopherol)....mg	0.12		0	FLM	4		0.29	0.04	
Vitamin E, added....mg	0.00		0	FLM	4		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	0.5		0	FLM	4		1.2	0.2	
Lipids:									
Fatty acids, total saturated....g	0.013		0	FLM	4		0.033	0.004	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 14238
Cranberry-apple juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLM	4		0.000	0.000	
8:0....g	0.000		0	FLM	4		0.000	0.000	
10:0....g	0.000		0	FLM	4		0.000	0.000	
12:0....g	0.000		0	FLM	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLM	4		0.001	0.000	
15:0....g									
16:0....g	0.011		0	FLM	4		0.027	0.003	
17:0....g									
18:0....g	0.002		0	FLM	4		0.005	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0	FLM	4		0.034	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLM	4		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.013		0	FLM	4		0.033	0.004	
20:1....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.052		0	FLM	4		0.127	0.016	
18:2 undifferentiated....g	0.034		0	FLM	4		0.084	0.011	
18:3 undifferentiated....g	0.017		0	FLM	4		0.042	0.005	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLM	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
Theobromine....mg	0		0	FLM	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 = 245g: 1 cup (8 fl oz)

Measure 2 = 30.6g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 43404

Cranberry-apple juice drink, low calorie, with vitamin C added

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	95.20		0		4		228.48	28.56	
Energy	kcal	19		0		4		46	6	
Energy	kJ	79		0		4		191	24	
Protein	g	0.10		0		4		0.24	0.03	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash	g	0.12		1	MC	9		0.29	0.04	
Carbohydrate, by difference	g	4.70		0		4		11.28	1.41	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g	4.60		0	NR	4		11.04	1.38	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		1	MC	9		23	3	
Iron, Fe	mg	0.06		0		4		0.14	0.02	
Magnesium, Mg	mg	3		1	MC	9		7	1	
Phosphorus, P	mg	1		1	MC	9		3	0	
Potassium, K	mg	45		1	MC	9		107	13	
Sodium, Na	mg	5		1	MC	9		11	1	
Zinc, Zn	mg	0.02		1	MC	9		0.04	0.00	
Copper, Cu	mg	0.007		0		4		0.017	0.002	
Manganese, Mn	mg	0.014		0	FLC	4		0.034	0.004	
Selenium, Se	mcg	0.1		0	FLC	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	32.0		0		4		76.8	9.6	
Thiamin	mg	0.003		0	FLC	4		0.007	0.001	
Riboflavin	mg	0.007		0	FLC	4		0.017	0.002	
Niacin	mg	0.028		0	FLC	4		0.068	0.009	
Pantothenic acid	mg	0.014		0	FLC	4		0.033	0.004	
Vitamin B-6	mg	0.019		0	FLC	4		0.045	0.006	
Folate, total	mcg	0		0	FLC	4		0	0	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	0		0	FLC	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	0.4		0	O	4		0.9	0.1	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLC	4		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	FLC	4		1	0	
Retinol	mcg	0		0	FLC	4		0	0	
Carotene, beta	mcg	6		0	FLC	4		14	2	
Carotene, alpha	mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLC	4		0	0	
Vitamin A, IU	IU	10		0	FLC	4		24	3	
Lycopene	mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	mcg	19		0	FLC	4		45	6	
Vitamin E (alpha-tocopherol)	mg	0.27		0	FLC	4		0.64	0.08	
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	1.1		0	FLC	4		2.7	0.3	
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 43404

Cranberry-apple juice drink, low calorie, with vitamin C 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	0.000		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		4		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		4		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	FLC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	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 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14240
Cranberry-apricot juice drink, bottled

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		1		1		204.58	25.55	
Energy....kcal	64		0	NC	4		157	20	
Energy....kJ	268				4		656	82	
Protein (N x 6.25)....g	0.20		1		1		0.49	0.06	
Total lipid (fat)....g	0.00		0		1		0.00	0.00	
Ash....g	0.10		1		1		0.25	0.03	
Carbohydrate, by difference....g	16.20		0	NC	4		39.69	4.96	
Fiber, total dietary....g	0.1		0		4		0.2	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1		1		22	3	
Iron, Fe....mg	0.15		1		1		0.37	0.05	
Magnesium, Mg....mg	3		1		1		7	1	
Phosphorus, P....mg	5		1		1		12	2	
Potassium, K....mg	61		1		1		149	19	
Sodium, Na....mg	2		1		1		5	1	
Zinc, Zn....mg	0.04		1		1		0.10	0.01	
Copper, Cu....mg	0.015		1		1		0.037	0.005	
Manganese, Mn....mg	0.125		0		4		0.306	0.038	
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.005		1		1		0.012	0.002	
Riboflavin....mg	0.010		1		1		0.025	0.003	
Niacin....mg	0.120		1		1		0.294	0.037	
Pantothenic acid....mg	0.036		0		4		0.088	0.011	
Vitamin B-6....mg	0.020		0		4		0.049	0.006	
Folate, total....mcg	1		0		4		1	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		4		1	0	
Folate, DFE....mcg_DFE	1		0	NC	4		1	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	23		0	NC	4		57	7	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	463		0		4		1134	142	
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		4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		0		4		0.000	0.000	
14:1....g									
15:1....g									

NDB No. 14240
Cranberry-apricot juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g									
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	0		0		1		0	0	
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:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 30.6g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14241
Cranberry-grape juice drink, bottled

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	85.60		1		1		209.72	26.19	
Energy....kcal	56		0	NC	4		137	17	
Energy....kJ	234		0		4		574	72	
Protein (N x 6.25)....g	0.20		1		1		0.49	0.06	
Total lipid (fat)....g	0.10		1		1		0.25	0.03	
Ash....g	0.10		1		1		0.25	0.03	
Carbohydrate, by difference....g	14.00		0	NC	4		34.30	4.28	
Fiber, total dietary....g	0.1		0		4		0.2	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1		1		20	2	
Iron, Fe....mg	0.01		1		1		0.02	0.00	
Magnesium, Mg....mg	3		1		1		7	1	
Phosphorus, P....mg	4		1		1		10	1	
Potassium, K....mg	24		1		1		59	7	
Sodium, Na....mg	3		1		1		7	1	
Zinc, Zn....mg	0.04		1		1		0.10	0.01	
Copper, Cu....mg	0.007	0.003	3		1		0.017	0.002	
Manganese, Mn....mg	0.158		0		4		0.387	0.048	
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	32.0		1		1		78.4	9.8	
Thiamin....mg	0.010		1		1		0.025	0.003	
Riboflavin....mg	0.018		1		1		0.044	0.006	
Niacin....mg	0.120		1		1		0.294	0.037	
Pantothenic acid....mg	0.053		0		4		0.130	0.016	
Vitamin B-6....mg	0.028		0		4		0.069	0.009	
Folate, total....mcg	1		0		4		2	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		4		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		1	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	5		0		4		12	2	
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	0.033		0		4		0.081	0.010	
Fatty acids, total monounsaturated....g	0.004		0		4		0.010	0.001	
14:1....g									
15:1....g									

NDB No. 14241
Cranberry-grape juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.004		0		4		0.010	0.001	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.023		0		4		0.056	0.007	
18:2 undifferentiated....g	0.023		0		4		0.056	0.007	
18:3 undifferentiated....g									
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	0		0		1		0	0	
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:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 30.6g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14423

Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice

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	92.26		0	RPI	6		224.20		
Energy	kcal	29		0	RPI	6		70		
Energy	kJ	121		0	RPI	6		293		
Protein (N x 0)	g	2.19		0	RPI	6		5.33		
Total lipid (fat)	g	0.23		0	RPI	6		0.55		
Ash	g	0.81		0	RPI	6		1.97		
Carbohydrate, by difference	g	4.51		0	RPI	6		10.95		
Fiber, total dietary	g	0.8		0	RPI	6		2.0		
Sugars, total	g	2.89		0	RPI	6		7.02		
Starch	g									
Minerals:										
Calcium, Ca	mg	127		0	RPI	6		308		
Iron, Fe	mg	0.68		0	RPA	1		1.64		
Magnesium, Mg	mg	19		0	RPA	1		47		
Phosphorus, P	mg	78		0	RPI	6		190		
Potassium, K	mg	197		0	RPA	1		478		
Sodium, Na	mg	61		0	RPI	6		149		
Zinc, Zn	mg	0.32		0	RPA	1		0.78		
Copper, Cu	mg	0.079		0	RPA	1		0.192		
Manganese, Mn	mg	0.064		0	RPA	1		0.156		
Selenium, Se	mcg	1.9		0	RPI	6		4.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	RPI	6		1.2		
Thiamin	mg	0.010		0	RPI	6		0.024		
Riboflavin	mg	0.170		0	RPI	6		0.413		
Niacin	mg	0.110		0	RPI	6		0.266		
Pantothenic acid	mg	0.188		0	RPI	6		0.456		
Vitamin B-6	mg	0.010		0	RPI	6		0.023		
Folate, total	mcg	3		0	RPI	6		7		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	3		0	RPI	6		7		
Folate, DFE	mcg_DFE	3		0	NC	4		7		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.18		0	RPI	6		0.43		
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00		
Vitamin A, RAE	mcg_RAE	18		0	RPI	6		45		
Retinol	mcg	18		0	RPI	6		45		
Carotene, beta	mcg	0		0	RPI	6		0		
Carotene, alpha	mcg	0		0	RPI	6		0		
Cryptoxanthin, beta	mcg	0		0	RPI	6		0		
Vitamin A, IU	IU	61		0	RPI	6		149		
Lycopene	mcg	0		0	RPI	6		0		
Lutein + zeaxanthin	mcg	1		0	RPI	6		3		
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.01		
Vitamin E, added	mg	0.00		0	RPI	6		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	0.1		0	RPI	6		0.2		
Lipids:										
Fatty acids, total saturated	g	0.164		0	RPI	6		0.399		
4:0	g	0.000		0	RPI	6		0.000		

NDB No. 14423

Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.001		
8:0 ... g	0.008		0	RPI	6		0.020		
10:0 ... g	0.007		0	RPI	6		0.016		
12:0 ... g	0.050		0	RPI	6		0.122		
13:0 ... g									
14:0 ... g	0.019		0	RPI	6		0.046		
15:0 ... g									
16:0 ... g	0.038		0	RPI	6		0.092		
17:0 ... g									
18:0 ... g	0.040		0	RPI	6		0.098		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.043		0	RPI	6		0.106		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RPI	6		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.043		0	RPI	6		0.105		
20:1 ... g	0.000		0	RPI	6		0.000		
22:1 undifferentiated ... g	0.000		0	RPI	6		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.005		0	RPI	6		0.013		
18:2 undifferentiated ... g	0.005		0	RPI	6		0.013		
18:3 undifferentiated ... g	0.000		0	RPI	6		0.000		
18:4 ... g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RPI	6		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RPI	6		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0	RPI	6		5		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.032		0	RPA	1		0.078		
Threonine ... g	0.097		0	RPA	1		0.235		
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0		
Caffeine ... mg	2		0	RPI	6		5		
Theobromine ... mg	73		0	RPI	6		178		

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. 14423

Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice

Common Measures:

Measure 1 = 243g: 1 serving

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

Food Group: 14 Beverages

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

NDB No. 14422

Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder

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	12.80		1		1		2.69		
Energy	kcal	329		0	NC	4		69		
Energy	kJ	1377		0	NC	4		289		
Protein (N x 6.25)	g	25.00		1		1		5.25		
Total lipid (fat)	g	2.60		1		1		0.55		
Ash	g	8.20		1		1		1.72		
Carbohydrate, by difference	g	51.40		0	NC	4		10.79		
Fiber, total dietary	g	9.4		1	LC	8		2.0		
Sugars, total	g	32.94		1	LC	8		6.92		
Starch	g									
Minerals:										
Calcium, Ca	mg	1412		1	LC	8		296		
Iron, Fe	mg	7.70		1		1		1.62		
Magnesium, Mg	mg	210		1		1		44		
Phosphorus, P	mg	893		0	FLA	4		187		
Potassium, K	mg	2240		1		1		470		
Sodium, Na	mg	659		1	LC	8		138		
Zinc, Zn	mg	3.60		1		1		0.76		
Copper, Cu	mg	0.800		1		1		0.168		
Manganese, Mn	mg	0.730		1		1		0.153		
Selenium, Se	mcg	21.5		0	FLC	4		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.6		1	LC	8		1.2		
Thiamin	mg	0.112		1		1		0.024		
Riboflavin	mg	1.938		1		1		0.407		
Niacin	mg	1.250		1		1		0.263		
Pantothenic acid	mg	2.139		1		1		0.449		
Vitamin B-6	mg	0.110		1		1		0.023		
Folate, total	mcg	33		0	FLA	4		7		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	33		0	FLA	4		7		
Folate, DFE	mcg_DFE	33		0	NC	4		7		
Choline, total	mg	128.3		0	FLC	4		26.9		
Betaine	mg									
Vitamin B-12	mcg	2.03		0	FLC	4		0.43		
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	209		0	FLC	4		44		
Retinol	mcg	209		0	FLC	4		44		
Carotene, beta	mcg	1		0	FLC	4		0		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	698		0	FLC	4		147		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	12		0	FLC	4		3		
Vitamin E (alpha-tocopherol)	mg	0.04		0	FLC	4		0.01		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	4.7		0	LC	8		1.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	188		1	LC	8		40		
Vitamin K (phylloquinone)	mcg	0.8		0	FLC	4		0.2		
Lipids:										
Fatty acids, total saturated	g	1.871		0		1		0.393		
4:0	g	0.000		0		1		0.000		

NDB No. 14422

Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, 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	0.007		0		1		0.001		
8:0....g	0.096		0		1		0.020		
10:0....g	0.077		0		1		0.016		
12:0....g	0.571		0		1		0.120		
13:0....g									
14:0....g	0.216		0		1		0.045		
15:0....g									
16:0....g	0.430		0		1		0.090		
17:0....g									
18:0....g	0.461		0		1		0.097		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.496		0		1		0.104		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.492		0		1		0.103		
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	0.061		0		1		0.013		
18:2 undifferentiated....g	0.060		0		1		0.013		
18:3 undifferentiated....g	0.002		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	24		1	LC	8		5		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.365		0		1		0.077		
Threonine....g	1.102		0		1		0.231		
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	25		0	FLC	4		5		
Theobromine....mg	833		0	FLC	4		175		

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. 14422

Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder

Common Measures:

Measure 1 = 21g: 1 packet (.75 oz)

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14131

Drink mix, QUAKER OATS, GATORADE, lemon-lime flavor, powder

Quaker Oats Company - The Gatorade Company, a unit of Pepsi Co.

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	2.70		1	MA	12		0.43		
Energy....kcal	364		0	MC	9		58		
Energy....kJ	1523		0		9		244		
Protein....g	0.00		2	MA	12		0.00		
Total lipid (fat)....g	0.00		2	MA	12		0.00		
Ash....g	2.00		2	MA	12		0.32		
Carbohydrate, by difference....g	95.30		0	MC	9		15.25		
Fiber, total dietary....g									
Sugars, total....g	89.70		1	MA	12		14.35		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	201		1	MA	12		32		
Sodium, Na....mg	603		1	MA	12		96		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									

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: .75 scoop

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

Food Group: 14 Beverages

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

NDB No. 14450

Drink mix, QUAKER OATS, GATORADE, orange flavor, powder

Quaker Oats Company - The Gatorade Company, a unit of Pepsi Co.

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	2.51		1	A	1		5.20	0.58	
Energy....kcal	388		0	NC	4		802	89	
Energy....kJ	1621		0	NC	4		3356	373	
Protein (N x 6.25)....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	1.23		1	A	1		2.55	0.28	
Ash....g	2.15		1	A	1		4.45	0.49	
Carbohydrate, by difference....g	94.11		0	NC	4		194.81	21.65	
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	
Sugars, total....g	80.50		0	NR	4		166.64	18.52	
Sucrose....g	59.90		1	A	1		123.99	13.78	
Glucose (dextrose)....g	20.00		1	A	1		41.40	4.60	
Fructose....g	0.20		1	A	1		0.41	0.05	
Lactose....g	0.20		1	A	1		0.41	0.05	
Maltose....g	0.20		1	A	1		0.41	0.05	
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	40		1	A	1		83	9	
Iron, Fe....mg	0.34		1	A	1		0.70	0.08	
Magnesium, Mg....mg	1		1	A	1		1	0	
Phosphorus, P....mg	120		1	A	1		248	28	
Potassium, K....mg	30		1	A	1		62	7	
Sodium, Na....mg	63		1	A	1		130	14	
Zinc, Zn....mg	0.06		1	A	1		0.12	0.01	
Copper, Cu....mg	0.250		1	A	1		0.518	0.058	
Manganese, Mn....mg	0.050		1	A	1		0.104	0.012	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	A	1		0.9	0.1	
Thiamin....mg	0.011		1	A	1		0.023	0.003	
Riboflavin....mg	0.802		1	A	1		1.660	0.184	
Niacin....mg	0.220		1	A	1		0.455	0.051	
Pantothenic acid....mg	0.055		1	A	1		0.114	0.013	
Vitamin B-6....mg	0.022		1	A	1		0.045	0.005	
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									
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	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

NDB No. 14450
Drink mix, QUAKER OATS, GATORADE, orange flavor, 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

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 = 207g: 1 cup powder

Measure 2 = 23g: 1 scoop powder

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14245
Eggnog-flavor mix, powder, prepared with whole 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	79.16		0	RPA	1		215.32		
Energy....kcal	95		0	RPI	6		258		
Energy....kJ	396		0	RPI	6		1077		
Protein....g	2.93		0	RPA	1		7.97		
Total lipid (fat)....g	3.02		0	RPI	6		8.20		
Ash....g	0.69		0	RPA	1		1.88		
Carbohydrate, by difference....g	14.20		0	RPI	6		38.64		
Fiber, total dietary....g	0.0		0	RPI	6		0.1		
Sugars, total....g	12.66		0	RPI	6		34.43		
Starch....g									
Minerals:									
Calcium, Ca....mg	92		0	RPI	6		249		
Iron, Fe....mg	0.12		0	RPA	1		0.34		
Magnesium, Mg....mg	10		0	RPI	6		26		
Phosphorus, P....mg	77		0	RPI	6		210		
Potassium, K....mg	121		0	RPI	6		328		
Sodium, Na....mg	55		0	RPA	1		149		
Zinc, Zn....mg	0.35		0	RPI	6		0.95		
Copper, Cu....mg	0.022		0	RPI	6		0.060		
Manganese, Mn....mg	0.007		0	RPI	6		0.020		
Selenium, Se....mcg	3.4		0	RPI	6		9.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPA	1		0.0		
Thiamin....mg	0.040		0	RPA	1		0.108		
Riboflavin....mg	0.166		0	RPI	6		0.452		
Niacin....mg	0.112		0	RPA	1		0.306		
Pantothenic acid....mg	0.330		0	RPI	6		0.897		
Vitamin B-6....mg	0.033		0	RPA	1		0.090		
Folate, total....mcg	5		0	RPI	6		13		
Folic acid....mcg	0		0	RPI	6		0		
Folate, food....mcg	5		0	RPI	6		13		
Folate, DFE....mcg_DFE	5		0	NC	4		13		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.39		0	RPI	6		1.07		
Vitamin A, RAE....mcg_RAE	26		0	RPI	6		71		
Retinol....mcg	26		0	RPI	6		70		
Carotene, beta....mcg	5		0	RPI	6		13		
Carotene, alpha....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta....mcg	0		0	RPI	6		0		
Vitamin A, IU....IU	94		0	RPI	6		256		
Lycopene....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin....mcg	2		0	RPI	6		5		
Vitamin E (alpha-tocopherol)....mg	0.06		0	RPI	6		0.15		
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	0.2		0	RPI	6		0.6		
Lipids:									
Fatty acids, total saturated....g	1.701		0	RPI	6		4.626		
4:0....g	0.067		0	RPI	6		0.182		
6:0....g	0.067		0	RPI	6		0.182		
8:0....g	0.067		0	RPI	6		0.182		

NDB No. 14245
Eggnog-flavor mix, powder, prepared with 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
10:0 g	0.067		0	RPI	6		0.182		
12:0 g	0.069		0	RPI	6		0.188		
13:0 g									
14:0 g	0.284		0	RPI	6		0.774		
15:0 g	0.000		0	RPI	6		0.000		
16:0 g	0.751		0	RPI	6		2.042		
17:0 g									
18:0 g	0.329		0	RPI	6		0.895		
20:0 g	0.000		0	RPI	6		0.000		
22:0 g	0.000		0	RPI	6		0.000		
24:0 g	0.000		0	RPI	6		0.000		
Fatty acids, total monounsaturated g	0.767		0	RPI	6		2.085		
14:1 g	0.000		0	RPI	6		0.000		
15:1 g									
16:1 undifferentiated g	0.006		0	RPI	6		0.016		
17:1 g									
18:1 undifferentiated g	0.761		0	RPI	6		2.069		
20:1 g	0.000		0	RPI	6		0.001		
22:1 undifferentiated g	0.000		0	RPI	6		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.186		0	RPI	6		0.506		
18:2 undifferentiated g	0.118		0	RPI	6		0.320		
18:3 undifferentiated g	0.067		0	RPI	6		0.182		
18:4 g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0	RPI	6		0.003		
20:5 n-3 (EPA) g	0.000		0	RPI	6		0.000		
22:5 n-3 (DPA) g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA) g	0.000		0	RPI	6		0.001		
Fatty acids, total trans g									
Cholesterol mg	11		0	RPI	6		31		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.067		0	RPI	6		0.183		
Threonine g	0.129		0	RPI	6		0.352		
Isoleucine g	0.149		0	RPI	6		0.406		
Leucine g	0.240		0	RPI	6		0.654		
Lysine g	0.128		0	RPI	6		0.348		
Methionine g	0.068		0	RPI	6		0.184		
Cystine g	0.015		0	RPI	6		0.042		
Phenylalanine g	0.133		0	RPI	6		0.361		
Tyrosine g	0.137		0	RPI	6		0.373		
Valine g	0.174		0	RPI	6		0.473		
Arginine g	0.069		0	RPI	6		0.188		
Histidine g	0.068		0	RPI	6		0.184		
Alanine g	0.094		0	RPI	6		0.254		
Aspartic acid g	0.215		0	RPI	6		0.586		
Glutamic acid g	0.584		0	RPI	6		1.589		
Glycine g	0.068		0	RPI	6		0.185		
Proline g	0.307		0	RPI	6		0.836		
Serine g	0.098		0	RPI	6		0.267		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RPI	6		0.0		
Caffeine mg	0		0	RPI	6		0		
Theobromine mg	0		0	RPI	6		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. 14245

Eggnog-flavor mix, powder, prepared with whole milk

Common Measures:

Measure 1 = 272g: 1 cup (8 fl oz)

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

Food Group: 14 Beverages

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

NDB No. 14627
Energy Drink, Monster

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	88.45		0	BFZN	4		212.28		
Energy....kcal	42		1	LC	8		100		
Energy....kJ	176		1	LC	8		422		
Protein (N x 6.25)....g	0.00		0	FLC	4		0.00		
Total lipid (fat)....g	0.00		0	FLC	4		0.00		
Ash....g	0.27		0	FLC	4		0.65		
Carbohydrate, by difference....g	11.25		1	LC	8		27.00		
Fiber, total dietary....g	0.0		0	FLC	4		0.0		
Sugars, total....g	11.25		1	LC	8		27.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	FLC	4		6		
Iron, Fe....mg	0.01		0	FLC	4		0.01		
Magnesium, Mg....mg	1		0	FLC	4		2		
Phosphorus, P....mg	0		0	FLC	4		0		
Potassium, K....mg	3		0	BFZN	4		8		
Sodium, Na....mg	75		1	LC	8		180		
Zinc, Zn....mg	0.00		0	FLC	4		0.01		
Copper, Cu....mg	0.008		0	FLC	4		0.018		
Manganese, Mn....mg	0.001		0	FLC	4		0.001		
Selenium, Se....mcg	0.0		0	FLC	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0		
Thiamin....mg	0.000		0	FLC	4		0.000		
Riboflavin....mg	0.708		1	LC	8		1.700		
Niacin....mg	8.333		1	LC	8		20.000		
Pantothenic acid....mg	0.000		0	FLC	4		0.000		
Vitamin B-6....mg	0.833		1	LC	8		2.000		
Folate, total....mcg	0		0	FLC	4		0		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	0		0	FLC	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.0		0	FLC	4		0.0		
Betaine....mg	0.0		0	FLC	4		0.0		
Vitamin B-12....mcg	2.50		1	LC	8		6.00		
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	FLC	4		0		
Retinol....mcg	0		0	FLC	4		0		
Carotene, beta....mcg	0		0	FLC	4		0		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	0		0	FLC	4		0		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00		
Vitamin E, added....mg	0.00		0	NR	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....mcg	0.0		0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLC	4		0.000		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 14627
Energy Drink, Monster

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated....g	0.000		0	FLC	4		0.000		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	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 = 240g: 1 serving

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

Food Group: 14 Beverages

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

NDB No. 14625
Energy drink, AMP
Pepsi-Cola North America

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	87.30		0	NR	4		209.52		
Energy....kcal	46		1	LC	8		110		
Energy....kJ	192		1	LC	8		461		
Protein....g	0.25		0	BFZN	4		0.60		
Total lipid (fat)....g	0.08		0	BFZN	4		0.19		
Ash....g	0.28		0	BFZN	4		0.67		
Carbohydrate, by difference....g	12.08		1	LC	8		29.00		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g	12.08		1	LC	8		29.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	BFZN	4		32		
Iron, Fe....mg	0.02		0	BFZN	4		0.05		
Magnesium, Mg....mg	3		0	BFZN	4		8		
Phosphorus, P....mg	17		0	LC	8		40		
Potassium, K....mg	3		0	BFZN	4		8		
Sodium, Na....mg	27		1	LC	8		65		
Zinc, Zn....mg	0.00		0	BFZN	4		0.01		
Copper, Cu....mg	0.005		0	BFZN	4		0.012		
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		0	BFZN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0		
Thiamin....mg	0.025		0	BFZN	4		0.060		
Riboflavin....mg	0.340		1	LC	8		0.816		
Niacin....mg	2.000		1	LC	8		4.800		
Pantothenic acid....mg	1.000		1	LC	8		2.400		
Vitamin B-6....mg	0.200		1	LC	8		0.480		
Folate, total....mcg	0		0	BFZN	4		0		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	0		0	BFZN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.3		0	BFZN	4		0.8		
Betaine....mg									
Vitamin B-12....mcg	0.60		1	LC	8		1.44		
Vitamin B-12, added....mcg	0.43		0	NR	4		1.02		
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0		
Retinol....mcg	0		0	BFZN	4		0		
Carotene, beta....mcg	0		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		0.00		
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	0.0		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	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000		
4:0....g	0.000		0	BFZN	4		0.000		

NDB No. 14625
Energy drink, AMP

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000		
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000		
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000		
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	BFZN	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	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	31		1	O	4		75		
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.

Common Measures:

Measure 1 = 240g: 1 serving

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

Food Group: 14 Beverages

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

NDB No. 14628

Energy drink, AMP, sugar free

Pepsi-Cola North America

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	98.35		0	BFZN	4		236.04		
Energy	kcal	2		1	LC	8		5		
Energy	kJ	8		1	LC	8		19		
Protein (N x 6.25)	g	0.00		1	LC	8		0.00		
Total lipid (fat)	g	0.00		1	LC	8		0.00		
Ash	g	0.62		0	BFZN	4		1.49		
Carbohydrate, by difference	g	1.03		0	NC	4		2.47		
Fiber, total dietary	g	0.0		1	LC	8		0.0		
Sugars, total	g	0.00		1	LC	8		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1	LC	8		0		
Iron, Fe	mg	0.00		1	LC	8		0.00		
Magnesium, Mg	mg	3		0	BFZN	4		8		
Phosphorus, P	mg	17		0	LC	8		40		
Potassium, K	mg	2		1	LC	8		5		
Sodium, Na	mg	31		1	LC	8		75		
Zinc, Zn	mg	0.00		0	BFZN	4		0.01		
Copper, Cu	mg	0.005		0	BFZN	4		0.012		
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg	0.000		0	Z	7		0.000		
Riboflavin	mg	0.142		1	LC	8		0.340		
Niacin	mg	0.833		1	LC	8		2.000		
Pantothenic acid	mg	0.417		1	LC	8		1.000		
Vitamin B-6	mg	0.083		1	LC	8		0.200		
Folate, total	mcg	0		0	BFZN	4		0		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	0		0	BFZN	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	0.0		0	BFZN	4		0.0		
Betaine	mg									
Vitamin B-12	mcg	0.25		1	LC	8		0.60		
Vitamin B-12, added	mcg	0.25		0	NR	4		0.60		
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		1	LC	8		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFZN	4		0.00		
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	0.0		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	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0	BFZN	4		0.000		
4:0	g	0.000		0	BFZN	4		0.000		

NDB No. 14628
Energy drink, AMP, sugar 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	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000		
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000		
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000		
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	BFZN	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	0		0	BFZN	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	30		1	LC	8		71		
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.

Common Measures:

Measure 1 = 240g: 1 serving 8 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14626
Energy drink, FULL THROTTLE
The Coca-Cola Company

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	87.30		0	NR	4		209.52		
Energy....kcal	46		1	LC	8		110		
Energy....kJ	192		1	LC	8		461		
Protein (N x 6.25)....g	0.25		0	BFZN	4		0.60		
Total lipid (fat)....g	0.08		0	BFZN	4		0.19		
Ash....g	0.28		0	BFZN	4		0.67		
Carbohydrate, by difference....g	12.08		1	LC	8		29.00		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g	12.08		1	LC	8		29.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	BFZN	4		32		
Iron, Fe....mg	0.02		0	BFZN	4		0.05		
Magnesium, Mg....mg	3		0	BFZN	4		8		
Phosphorus, P....mg	0		0	BFZN	4		0		
Potassium, K....mg	3		0	BFZN	4		8		
Sodium, Na....mg	35		1	LC	8		85		
Zinc, Zn....mg	0.00		0	BFZN	4		0.01		
Copper, Cu....mg	0.005		0	BFZN	4		0.012		
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		0	BFZN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0		
Thiamin....mg	0.025		0	BFZN	4		0.060		
Riboflavin....mg	0.000		1	LC	8		0.000		
Niacin....mg	1.667		1	LC	8		4.000		
Pantothenic acid....mg	0.000		1	LC	8		0.000		
Vitamin B-6....mg	0.167		1	LC	8		0.400		
Folate, total....mcg	0		0	BFZN	4		0		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	0		0	BFZN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.3		0	BFZN	4		0.8		
Betaine....mg									
Vitamin B-12....mcg	0.25		1	LC	8		0.60		
Vitamin B-12, added....mcg	0.25		0	NR	4		0.60		
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0		
Retinol....mcg	0		0	BFZN	4		0		
Carotene, beta....mcg	0		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		0.00		
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	0.0		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	BFZN	4		0		
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000		
4:0....g	0.000		0	BFZN	4		0.000		

NDB No. 14626
Energy drink, FULL THROTTLE

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000		
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000		
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000		
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	BFZN	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	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	30		1	LC	8		72		
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.

Common Measures:

Measure 1 = 240g: 1 serving 8 fluid oz

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

Food Group: 14 Beverages

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

NDB No. 14156

Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12

Red Bull North America/Red Bull GmbH

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	98.35		1	AI	13		245.88		
Energy....kcal	5		0	NC	4		11		
Energy....kJ	19		0	NC	4		47		
Protein (N x 6.25)....g	0.25		1	AI	13		0.63		
Total lipid (fat)....g	0.08		1	AI	13		0.20		
Ash....g	0.62		1	AI	13		1.55		
Carbohydrate, by difference....g	0.70		0	NC	4		1.75		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	13		2	AI	13		33		
Iron, Fe....mg	0.02		2	AI	13		0.05		
Magnesium, Mg....mg	3		2	AI	13		8		
Phosphorus, P....mg	0		2	AI	13		1		
Potassium, K....mg	3		2	AI	13		8		
Sodium, Na....mg	84		2	AI	13		209		
Zinc, Zn....mg	0.00		2	AI	13		0.01		
Copper, Cu....mg	0.005		2	AI	13		0.013		
Manganese, Mn....mg	0.003		2	AI	13		0.008		
Selenium, Se....mcg	0.2		0	O	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.025		2	AI	13		0.063		
Riboflavin....mg	0.575		2	AI	13		1.438		
Niacin....mg	8.500		2	AI	13		21.250		
Pantothenic acid....mg	1.400		2	AI	13		3.500		
Vitamin B-6....mg	0.835		2	AI	13		2.088		
Folate, total....mcg	0		0	Z	7		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		0	NR	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.0		0	Z	7		0.0		
Betaine....mg									
Vitamin B-12....mcg	1.75		2	AI	13		4.38		
Vitamin B-12, added....mcg	1.75		0	NR	4		4.38		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		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	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00		
Vitamin E, added....mg	0.00		0	NR	4		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	O	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		0	Z	7		0.000		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 14156

Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.000		0	Z	7		0.000		
15:0....g									
16:0....g	0.000		0	Z	7		0.000		
17:0....g									
18:0....g	0.000		0	Z	7		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	Z	7		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	Z	7		0.000		
20:1....g	0.000		0	Z	7		0.000		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	Z	7		0.000		
18:2 undifferentiated....g	0.000		0	Z	7		0.000		
18:3 undifferentiated....g	0.000		0	Z	7		0.000		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	30		2	AI	13		75		
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 = 250g: 1 serving 8.3 fl oz can

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14154

Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12

Red Bull North America/Red Bull GmbH

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	88.45		1	AI	13		225.55		
Energy....kcal	45		0	NC	4		116		
Energy....kJ	190		0	NC	4		485		
Protein (N x 6.25)....g	0.25		1	AI	13		0.64		
Total lipid (fat)....g	0.08		1	AI	13		0.20		
Ash....g	0.28		1	AI	13		0.71		
Carbohydrate, by difference....g	10.94		0	NC	4		27.90		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	10.06		1	AI	13		25.65		
Starch....g									
Minerals:									
Calcium, Ca....mg	13		2	AI	13		34		
Iron, Fe....mg	0.02		2	AI	13		0.05		
Magnesium, Mg....mg	3		2	AI	13		8		
Phosphorus, P....mg	0		2	AI	13		1		
Potassium, K....mg	3		2	AI	13		9		
Sodium, Na....mg	84		2	AI	13		213		
Zinc, Zn....mg	0.00		2	AI	13		0.01		
Copper, Cu....mg	0.005		2	AI	13		0.013		
Manganese, Mn....mg	0.003		2	AI	13		0.008		
Selenium, Se....mcg	0.2		0	FLC	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.025		2	AI	13		0.064		
Riboflavin....mg	0.575		2	AI	13		1.466		
Niacin....mg	8.500		2	AI	13		21.675		
Pantothenic acid....mg	1.400		2	AI	13		3.570		
Vitamin B-6....mg	0.835		2	AI	13		2.129		
Folate, total....mcg	0		0	FLC	4		0		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	0		0	FLC	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.3		0	O	4		0.9		
Betaine....mg									
Vitamin B-12....mcg	1.75		2	AI	13		4.46		
Vitamin B-12, added....mcg	1.75		0	NR	4		4.46		
Vitamin A, RAE....mcg_RAE	0		0	FLC	4		0		
Retinol....mcg	0		0	FLC	4		0		
Carotene, beta....mcg	0		0	FLC	4		0		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	0		0	FLC	4		0		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00		
Vitamin E, added....mg	0.00		0	FLC	4		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	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 14154

Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
18:2 undifferentiated....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated....g	0.000		0	FLC	4		0.000		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	30		2	AI	13		77		
Theobromine....mg	0		0	FLC	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 = 255g: 1 serving 8.3 fl oz can

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14629
Energy drink, ROCKSTAR
Rockstar, Inc.

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		
Energy....kcal	58		1	LC	8		140		
Energy....kJ	243		1	LC	8		583		
Protein (N x 6.25)....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.28		0	BFZN	4		0.67		
Carbohydrate, by difference....g	12.70		0	O	4		30.48		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	12.70		0	O	4		30.48		
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	BFZN	4		32		
Iron, Fe....mg	0.02		0	BFZN	4		0.05		
Magnesium, Mg....mg	3		0	BFZN	4		8		
Phosphorus, P....mg	0		0	BFZN	4		0		
Potassium, K....mg	3		0	BFZN	4		8		
Sodium, Na....mg	17		1	LC	8		40		
Zinc, Zn....mg	0.00		0	BFZN	4		0.01		
Copper, Cu....mg	0.005		0	BFZN	4		0.012		
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		0	BFZN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0		
Thiamin....mg	0.025		0	BFZN	4		0.060		
Riboflavin....mg	1.417		1	LC	8		3.400		
Niacin....mg	8.333		1	LC	8		20.000		
Pantothenic acid....mg	4.167		1	LC	8		10.000		
Vitamin B-6....mg	0.833		1	LC	8		2.000		
Folate, total....mcg	0		0	BFZN	4		0		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	0		0	BFZN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.3		0	BFZN	4		0.8		
Betaine....mg									
Vitamin B-12....mcg	2.50		1	LC	8		6.00		
Vitamin B-12, added....mcg	2.50		0	NR	4		6.00		
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0		
Retinol....mcg	0		0	BFZN	4		0		
Carotene, beta....mcg	0		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		0.00		
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	0.0		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	BFZN	4		0		
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000		
4:0....g	0.000		0	BFZN	4		0.000		

NDB No. 14629
Energy drink, ROCKSTAR

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000		
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000		
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000		
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	BFZN	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	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	33		1	LC	8		80		
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.

Common Measures:

Measure 1 = 240g: 1 serving

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

Food Group: 14 Beverages

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

NDB No. 14630
Energy drink, ROCKSTAR, sugar 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	98.35		0	BFZN	4		236.04		
Energy....kcal	4		1	LC	8		10		
Energy....kJ	17		1	LC	8		41		
Protein (N x 6.25)....g	0.25		0	BFZN	4		0.60		
Total lipid (fat)....g	0.08		0	BFZN	4		0.19		
Ash....g	0.62		0	BFZN	4		1.49		
Carbohydrate, by difference....g	0.70		0	BFZN	4		1.68		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g	0.00		1	LC	8		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	BFZN	4		32		
Iron, Fe....mg	0.02		0	BFZN	4		0.05		
Magnesium, Mg....mg	3		0	BFZN	4		8		
Phosphorus, P....mg	0		0	BFZN	4		0		
Potassium, K....mg	3		0	BFZN	4		8		
Sodium, Na....mg	52		1	LC	8		125		
Zinc, Zn....mg	0.00		0	BFZN	4		0.01		
Copper, Cu....mg	0.005		0	BFZN	4		0.012		
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		0	BFZN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0		
Thiamin....mg	0.025		0	BFZN	4		0.060		
Riboflavin....mg	1.417		1	LC	8		3.400		
Niacin....mg	8.333		1	LC	8		20.000		
Pantothenic acid....mg	4.167		1	LC	8		10.000		
Vitamin B-6....mg	0.833		1	LC	8		2.000		
Folate, total....mcg	0		0	BFZN	4		0		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	0		0	BFZN	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.0		0	BFZN	4		0.0		
Betaine....mg									
Vitamin B-12....mcg	2.50		1	LC	8		6.00		
Vitamin B-12, added....mcg	2.50		0	NR	4		6.00		
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0		
Retinol....mcg	0		0	BFZN	4		0		
Carotene, beta....mcg	0		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		0.00		
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	0.0		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	BFZN	4		0		
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000		
4:0....g	0.000		0	BFZN	4		0.000		

NDB No. 14630
Energy drink, ROCKSTAR, sugar 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	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000		
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000		
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000		
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	BFZN	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	0		0	BFZN	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	33		1	LC	8		80		
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.

Common Measures:

Measure 1 = 240g: 8 fl oz (1 serving)

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

Food Group: 14 Beverages

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

NDB No. 14641

Energy drink, VAULT Zero, sugar-free, citrus flavor

The Coca-Cola Company

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	98.35		0	BFZN	4		241.94	354.06	
Energy....kcal	1		1	LC	8		3	5	
Energy....kJ	4		1	LC	8		10	14	
Protein (N x 6.25)....g	0.25		0	BFZN	4		0.62	0.90	
Total lipid (fat)....g	0.08		0	BFZN	4		0.20	0.29	
Ash....g	0.62		0	BFZN	4		1.53	2.23	
Carbohydrate, by difference....g	0.70		0	BFZN	4		1.72	2.52	
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	
Sugars, total....g	0.00		1	LC	8		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0	BFZN	4		6	9	
Iron, Fe....mg	0.02		0	BFZN	4		0.05	0.08	
Magnesium, Mg....mg	3		0	BFZN	4		8	11	
Phosphorus, P....mg	0		0	BFZN	4		1	1	
Potassium, K....mg	3		0	BFZN	4		8	12	
Sodium, Na....mg	14		1	LC	8		34	50	
Zinc, Zn....mg	0.00		0	BFZN	4		0.01	0.02	
Copper, Cu....mg	0.005		0	BFZN	4		0.012	0.018	
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		0	BFZN	4		0.4	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg	0.025		0	BFZN	4		0.062	0.090	
Riboflavin....mg	0.575		0	BFZN	4		1.415	2.070	
Niacin....mg	0.015		0	BFZN	4		0.037	0.054	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.3		0	BFZN	4		0.8	1.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		1	LC	8		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	BFZN	4		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	BFZN	4		0.0	0.1	
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000	0.000	
4:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 14641
Energy drink, VAULT Zero, sugar-free, citrus flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
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	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
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	BFZN	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	0		1	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	19		1	LC	8		47	69	
Theobromine....mg	0		0	BFZN	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 = 246g: 1 serving (8 fl oz)

Measure 2 = 360g: 12 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14640

Energy drink, VAULT, citrus flavor

The Coca-Cola Company

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	86.73		0	NR	4		213.36	26.89	
Energy....kcal	49		1	LC	8		120	15	
Energy....kJ	205		1	LC	8		504	64	
Protein (N x 6.25)....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	0.28		0	BFZN	4		0.69	0.09	
Carbohydrate, by difference....g	12.99		1	LC	8		31.95	4.03	
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	
Sugars, total....g	12.99		1	LC	8		31.95	4.03	
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0	BFZN	4		6	1	
Iron, Fe....mg	0.02		0	BFZN	4		0.05	0.01	
Magnesium, Mg....mg	3		0	BFZN	4		8	1	
Phosphorus, P....mg	0		0	BFZN	4		1	0	
Potassium, K....mg	3		0	BFZN	4		8	1	
Sodium, Na....mg	12		1	LC	8		30	4	
Zinc, Zn....mg	0.00		0	BFZN	4		0.01	0.00	
Copper, Cu....mg	0.005		0	BFZN	4		0.012	0.002	
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		0	BFZN	4		0.4	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.025		0	BFZN	4		0.062	0.008	
Riboflavin....mg	0.575		0	BFZN	4		1.415	0.178	
Niacin....mg	0.015		0	BFZN	4		0.037	0.005	
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.3		0	BFZN	4		0.8	0.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		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	BFZN	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		1	LC	8		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	BFZN	4		0	0	
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000	0.000	
4:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 14640
Energy drink, VAULT, citrus flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
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	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
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	BFZN	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	0		1	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	19		1	LC	8		47	6	
Theobromine....mg	0		0	BFZN	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 = 246g: 8 fl oz (1 serving)

Measure 2 = 31g: 1 oz

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

Food Group: 14 Beverages

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

NDB No. 14268
Fruit punch drink, frozen concentrate

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	58.20		2		1		20.25	243.28	
Energy	kcal	162		0	NC	4		56	677	
Energy	kJ	678		0		4		236	2833	
Protein (N x 6.25)	g	0.20		2		1		0.07	0.84	
Total lipid (fat)	g	0.00		2		1		0.00	0.00	
Ash	g	0.20		2		1		0.07	0.84	
Carbohydrate, by difference	g	41.40		0	NC	4		14.41	173.05	
Fiber, total dietary	g	0.4		0		4		0.1	1.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		2		1		3	33	
Iron, Fe	mg	0.30		2		1		0.10	1.25	
Magnesium, Mg	mg	6		2		1		2	25	
Phosphorus, P	mg	2		2		1		1	8	
Potassium, K	mg	44		2		1		15	184	
Sodium, Na	mg	8		2		1		3	33	
Zinc, Zn	mg	0.07		2		1		0.02	0.29	
Copper, Cu	mg	0.090		2		1		0.031	0.376	
Manganese, Mn	mg	0.360		2		1		0.125	1.505	
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	155.6		2		1		54.1	650.4	
Thiamin	mg	0.034		2		1		0.012	0.142	
Riboflavin	mg	0.046		1		1		0.016	0.192	
Niacin	mg	0.074		2		1		0.026	0.309	
Pantothenic acid	mg	0.028		2		1		0.010	0.117	
Vitamin B-6	mg	0.021		2		1		0.007	0.088	
Folate, total	mcg	3		2		1		1	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		2		1		1	14	
Folate, DFE	mcg_DFE	3		0	NC	4		1	14	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1	8	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	39		2		1		14	163	
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	0.003		0		1		0.001	0.013	
4:0	g									
6:0	g									

NDB No. 14268
Fruit punch drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.003		0		1		0.001	0.013	
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	0.003		0		1		0.001	0.013	
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	0.002		0		1		0.001	0.008	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.006		0		1		0.002	0.025	
18:2 undifferentiated....g	0.005		0		1		0.002	0.021	
18:3 undifferentiated....g	0.002		0		1		0.001	0.008	
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	0		0		1		0	0	
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:

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 418g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14269

Fruit punch drink, frozen concentrate, prepared with water

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	88.15		0	RPI	6		217.73	27.24	
Energy....kcal	46		0	RPI	6		113	14	
Energy....kJ	191		0	RPI	6		472	59	
Protein (N x 0)....g	0.06		0	RPI	6		0.14	0.02	
Total lipid (fat)....g	0.00		0	RPI	6		0.00	0.00	
Ash....g	0.13		0	RPI	6		0.32	0.04	
Carbohydrate, by difference....g	11.66		0	RPI	6		28.81	3.60	
Fiber, total dietary....g	0.1		0	RPI	6		0.3	0.0	
Sugars, total....g	0.00		0	RPI	6		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	RPA	1		11	1	
Iron, Fe....mg	0.09		0	RPA	1		0.21	0.03	
Magnesium, Mg....mg	2		0	RPA	1		6	1	
Phosphorus, P....mg	1		0	RPA	1		1	0	
Potassium, K....mg	13		0	RPA	1		31	4	
Sodium, Na....mg	5		0	RPA	1		12	2	
Zinc, Zn....mg	0.02		0	RPA	1		0.06	0.01	
Copper, Cu....mg	0.032		0	RPA	1		0.080	0.010	
Manganese, Mn....mg	0.102		0	RPA	1		0.251	0.031	
Selenium, Se....mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	43.8		0	RPI	6		108.3	13.5	
Thiamin....mg	0.010		0	RPI	6		0.024	0.003	
Riboflavin....mg	0.013		0	RPI	6		0.032	0.004	
Niacin....mg	0.021		0	RPI	6		0.051	0.006	
Pantothenic acid....mg	0.008		0	RPI	6		0.019	0.002	
Vitamin B-6....mg	0.006		0	RPI	6		0.015	0.002	
Folate, total....mcg	1		0	RPI	6		2	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	1		0	RPI	6		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	RPI	6		1	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	11		0	RPI	6		27	3	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.001		0	RPI	6		0.002	0.000	
4:0....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14269
Fruit punch drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.000	0.000	
15:0....g									
16:0....g	0.001		0	RPI	6		0.002	0.000	
17:0....g									
18:0....g	0.000		0	RPI	6		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.001		0	RPI	6		0.002	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.001		0	RPI	6		0.001	0.000	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.002		0	RPI	6		0.004	0.001	
18:2 undifferentiated....g	0.001		0	RPI	6		0.003	0.000	
18:3 undifferentiated....g	0.001		0	RPI	6		0.001	0.000	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
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									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		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 serving 8 fl oz

Measure 2 = 30.9g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14267
Fruit punch drink, with added nutrients, canned

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	87.97	0.231	6	JO	11		218.17	27.27	
Energy....kcal	47		0	NC	4		116	14	
Energy....kJ	195		0	NC	4		485	61	
Protein (N x 6.25)....g	0.00		5		1		0.00	0.00	
Total lipid (fat)....g	0.00		3		1		0.00	0.00	
Ash....g	0.05	0.016	6	JO	11		0.13	0.02	
Carbohydrate, by difference....g	11.97		0	NC	4		29.70	3.71	
Fiber, total dietary....g	0.2		0	FLA	4		0.5	0.1	
Sugars, total....g	11.29		1	AI	13		28.00	3.50	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	1.370	15	A	1		20	3	
Iron, Fe....mg	0.09	0.014	18	A	1		0.22	0.03	
Magnesium, Mg....mg	3	0.433	18	A	1		8	1	
Phosphorus, P....mg	3	0.744	17	A	1		8	1	
Potassium, K....mg	31	5.553	18	A	1		78	10	
Sodium, Na....mg	38		1	LC	8		95	12	
Zinc, Zn....mg	0.01	0.004	18	A	1		0.03	0.00	
Copper, Cu....mg	0.010		2	AI	13		0.025	0.003	
Manganese, Mn....mg	0.084	0.018	18	A	1		0.209	0.026	
Selenium, Se....mcg	0.2	0.141	18	A	1		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	29.6		11		1		73.4	9.2	
Thiamin....mg	0.005		2	JO	11		0.012	0.002	
Riboflavin....mg	0.023		2		1		0.057	0.007	
Niacin....mg	0.021		3		1		0.052	0.007	
Pantothenic acid....mg	0.014		2		1		0.035	0.004	
Vitamin B-6....mg	0.011		2	JO	11		0.027	0.003	
Folate, total....mcg	1		2	JO	11		2	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	1		2	JO	11		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg	0.5		0	O	4		1.2	0.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	FLA	4		4	1	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	14		0	FLA	4		36	4	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	4		0	FLA	4		11	1	
Vitamin A, IU....IU	28		0	FLA	4		69	9	
Lycopene....mcg	1		0	FLA	4		3	0	
Lutein + zeaxanthin....mcg	2		0	FLA	4		6	1	
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLA	4		0.02	0.00	
Vitamin E, added....mg	0.00		0	FLA	4		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		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000	0.000	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14267
Fruit punch drink, with added nutrients, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLA	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLA	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0	FLA	4		0.005	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.002		0	FLA	4		0.004	0.000	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.003		0	FLA	4		0.007	0.001	
18:2 undifferentiated....g	0.002		0	FLA	4		0.006	0.001	
18:3 undifferentiated....g	0.001		0	FLA	4		0.002	0.000	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	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 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14264
Fruit punch drink, without added nutrients, canned

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	87.97		0	BFZN	4				
Energy	kcal	48		0	NC	4				
Energy	kJ	200		0	NC	4				
Protein	g	0.00		2	LC	8				
Total lipid (fat)	g	0.00		2	LC	8				
Ash	g	0.05		0	BFZN	4				
Carbohydrate, by difference	g	11.97		0	NC	4				
Fiber, total dietary	g	0.0		2	LC	8				
Sugars, total	g	11.29		0	BFZN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	BFZN	4				
Iron, Fe	mg	0.09		0	BFZN	4				
Magnesium, Mg	mg	3		0	BFZN	4				
Phosphorus, P	mg	3		0	BFZN	4				
Potassium, K	mg	25		0	BFZN	4				
Sodium, Na	mg	10		2	LC	8				
Zinc, Zn	mg	0.01		0	BFZN	4				
Copper, Cu	mg	0.010		0	BFZN	4				
Manganese, Mn	mg	0.084		0	BFZN	4				
Selenium, Se	mcg	0.2		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	FLC	4				
Thiamin	mg	0.022		0	BFZN	4				
Riboflavin	mg	0.023		0	BFZN	4				
Niacin	mg	0.021		0	BFZN	4				
Pantothenic acid	mg	0.014		0	BFZN	4				
Vitamin B-6	mg	0.011		0	BFZN	4				
Folate, total	mcg	4		0	BFZN	4				
Folic acid	mcg	0		0	BFZN	4				
Folate, food	mcg	4		0	BFZN	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg	0.5		0	O	4				
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	FLC	4				
Retinol	mcg	0		0	FLC	4				
Carotene, beta	mcg	0		0	FLC	4				
Carotene, alpha	mcg	0		0	FLC	4				
Cryptoxanthin, beta	mcg	0		0	FLC	4				
Vitamin A, IU	IU	0		0	FLC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	0		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.02		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	0.0		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	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8				
4:0	g	0.000		0	FLC	4				

NDB No. 14264
Fruit punch drink, without added nutrients, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4				
8:0....g	0.000		0	FLC	4				
10:0....g	0.000		0	FLC	4				
12:0....g	0.000		0	FLC	4				
13:0....g									
14:0....g	0.000		0	FLC	4				
15:0....g									
16:0....g	0.000		0	FLC	4				
17:0....g									
18:0....g	0.000		0	FLC	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4				
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4				
20:1....g	0.000		0	FLC	4				
22:1 undifferentiated....g	0.000		0	FLC	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4				
18:2 undifferentiated....g	0.000		0	FLC	4				
18:3 undifferentiated....g	0.000		0	FLC	4				
18:4....g	0.000		0	FLC	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4				
20:5 n-3 (EPA)....g	0.000		0	FLC	4				
22:5 n-3 (DPA)....g	0.000		0	FLC	4				
22:6 n-3 (DHA)....g	0.000		0	FLC	4				
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4				
Caffeine....mg	0		0	FLC	4				
Theobromine....mg	0		0	FLC	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: 14 Beverages

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

NDB No. 14405
Fruit punch juice drink, frozen concentrate

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	55.50		1		1		19.54	234.77	
Energy....kcal	175		0	NC	4		62	740	
Energy....kJ	732		0		4		258	3097	
Protein (N x 6.25)....g	0.30		1		1		0.11	1.27	
Total lipid (fat)....g	0.70		1		1		0.25	2.96	
Ash....g	0.50		1		1		0.18	2.12	
Carbohydrate, by difference....g	43.10		0	NC	4		15.17	182.31	
Fiber, total dietary....g	0.2		0		4		0.1	0.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1		1		7	85	
Iron, Fe....mg	0.80		1		1		0.28	3.38	
Magnesium, Mg....mg	11		1		1		4	47	
Phosphorus, P....mg	12		0		4		4	51	
Potassium, K....mg	270		1		1		95	1142	
Sodium, Na....mg	10		1		1		4	42	
Zinc, Zn....mg	0.70		1		1		0.25	2.96	
Copper, Cu....mg	0.070		1		1		0.025	0.296	
Manganese, Mn....mg	0.210		1		1		0.074	0.888	
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	19.7		1		1		6.9	83.3	
Thiamin....mg	0.004		1		1		0.001	0.017	
Riboflavin....mg	0.230		1		1		0.081	0.973	
Niacin....mg	0.208		1		1		0.073	0.880	
Pantothenic acid....mg	0.103		1		1		0.036	0.436	
Vitamin B-6....mg	0.045		1		1		0.016	0.190	
Folate, total....mcg	7		1		1		2	30	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		1		1		2	30	
Folate, DFE....mcg_DFE	7		0	NC	4		2	30	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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		0	4	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	21		1		1		7	89	
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	0.087		0		1		0.031	0.368	
4:0....g									
6:0....g									

NDB No. 14405
Fruit punch juice drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.002		0		1		0.001	0.008	
15:0....g									
16:0....g	0.079		0		1		0.028	0.334	
17:0....g									
18:0....g	0.004		0		1		0.001	0.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.086		0		1		0.030	0.364	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		1		0.002	0.030	
17:1....g									
18:1 undifferentiated....g	0.047		0		1		0.017	0.199	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.173		0		1		0.061	0.732	
18:2 undifferentiated....g	0.126		0		1		0.044	0.533	
18:3 undifferentiated....g	0.047		0		1		0.017	0.199	
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	0		0		1		0	0	
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:

Measure 1 = 35.2g: 1 fl oz

Measure 2 = 423g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14406

Fruit punch juice drink, frozen concentrate, prepared with water

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	89.15		0	RPI	6		208.60	26.12	
Energy	kcal	42		0	RPI	6		99	12	
Energy	kJ	177		0	RPI	6		415	52	
Protein (N x 0)	g	0.07		0	RPI	6		0.17	0.02	
Total lipid (fat)	g	0.17		0	RPI	6		0.40	0.05	
Ash	g	0.20		0	RPI	6		0.46	0.06	
Carbohydrate, by difference	g	10.44		0	RPI	6		24.43	3.06	
Fiber, total dietary	g	0.0		0	RPI	6		0.1	0.0	
Sugars, total	g	0.00		0	RPI	6		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	RPA	1		17	2	
Iron, Fe	mg	0.20		0	RPA	1		0.46	0.06	
Magnesium, Mg	mg	3		0	RPA	1		8	1	
Phosphorus, P	mg	3		0	RPI	6		7	1	
Potassium, K	mg	66		0	RPA	1		154	19	
Sodium, Na	mg	5		0	RPA	1		12	2	
Zinc, Zn	mg	0.17		0	RPA	1		0.41	0.05	
Copper, Cu	mg	0.024		0	RPA	1		0.057	0.007	
Manganese, Mn	mg	0.051		0	RPA	1		0.119	0.015	
Selenium, Se	mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8		0	RPI	6		11.2	1.4	
Thiamin	mg	0.001		0	RPI	6		0.002	0.000	
Riboflavin	mg	0.056		0	RPI	6		0.130	0.016	
Niacin	mg	0.050		0	RPI	6		0.118	0.015	
Pantothenic acid	mg	0.025		0	RPI	6		0.058	0.007	
Vitamin B-6	mg	0.011		0	RPI	6		0.026	0.003	
Folate, total	mcg	2		0	RPI	6		4	0	
Folic acid	mcg	0		0	RPI	6		0	0	
Folate, food	mcg	2		0	RPI	6		4	0	
Folate, DFE	mcg_DFE	2		0	NC	4		4	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		1	0	
Retinol	mcg	0		0	RPI	6		0	0	
Carotene, beta	mcg	0		0	RPI	6		0	0	
Carotene, alpha	mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta	mcg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	5		0	RPI	6		12	1	
Lycopene	mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added	mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.021		0	RPI	6		0.049	0.006	
4:0	g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14406

Fruit punch juice drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.001	0.000	
15:0....g									
16:0....g	0.019		0	RPI	6		0.045	0.006	
17:0....g									
18:0....g	0.001		0	RPI	6		0.002	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0	RPI	6		0.049	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	RPI	6		0.004	0.000	
17:1....g									
18:1 undifferentiated....g	0.011		0	RPI	6		0.027	0.003	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0	RPI	6		0.098	0.012	
18:2 undifferentiated....g	0.031		0	RPI	6		0.071	0.009	
18:3 undifferentiated....g	0.011		0	RPI	6		0.027	0.003	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
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									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		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 = 234g: 1 serving 8 fl oz

Measure 2 = 29.3g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14540
Fruit punch-flavor drink, powder, without added 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	1.40		7		1		0.35	2.88	
Energy....kcal	382		0	NC	4		96	787	
Energy....kJ	1598		0	NC	4		400	3292	
Protein (N x 6.25)....g	0.00		2		1		0.00	0.00	
Total lipid (fat)....g	0.10		2		1		0.03	0.21	
Ash....g	0.80		7		1		0.20	1.65	
Carbohydrate, by difference....g	97.70		0	NC	4		24.43	201.26	
Fiber, total dietary....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total....g	95.20		0	FLA	4		23.80	196.11	
Starch....g									
Minerals:									
Calcium, Ca....mg	142		7		1		36	293	
Iron, Fe....mg	0.50		2		1		0.13	1.03	
Magnesium, Mg....mg	0		0	FLA	4		0	0	
Phosphorus, P....mg	0		0	FLA	4		0	0	
Potassium, K....mg	5		2		1		1	10	
Sodium, Na....mg	42		2		1		11	87	
Zinc, Zn....mg	0.11		2		1		0.03	0.23	
Copper, Cu....mg	0.130		1		1		0.033	0.268	
Manganese, Mn....mg	0.025		2		1		0.006	0.052	
Selenium, Se....mcg	0.7		0	FLA	4		0.2	1.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	121.9		2		1		30.5	251.1	
Thiamin....mg	0.004		2		1		0.001	0.008	
Riboflavin....mg	0.023		1		1		0.006	0.047	
Niacin....mg	0.014		2		1		0.004	0.029	
Pantothenic acid....mg	0.001		2		1		0.000	0.002	
Vitamin B-6....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.1		0	O	4		0.0	0.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.057		0		1		0.014	0.117	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14540
Fruit punch-flavor drink, powder, without added 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	0.000		0		1		0.000	0.000	
8:0....g	0.005		0		1		0.001	0.010	
10:0....g	0.004		0		1		0.001	0.008	
12:0....g	0.027		0		1		0.007	0.056	
13:0....g									
14:0....g	0.010		0		1		0.003	0.021	
15:0....g									
16:0....g	0.009		0		1		0.002	0.019	
17:0....g									
18:0....g	0.002		0		1		0.001	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.002	0.014	
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	0.007		0		1		0.002	0.014	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.011		0		1		0.003	0.023	
18:2 undifferentiated....g	0.011		0		1		0.003	0.023	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	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 = 25g: 2 tbsp, rounded

Measure 2 = 206g: 1 packet (7.25 oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14541

Fruit punch-flavor drink, powder, without added sodium, prepared with water

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	90.35		0	RPI	6		236.72	29.54	
Energy	kcal	37		0	RPI	6		97	12	
Energy	kJ	155		0	RPI	6		406	51	
Protein (N x 0)	g	0.00		0	RPI	6		0.00	0.00	
Total lipid (fat)	g	0.01		0	RPI	6		0.03	0.00	
Ash	g	0.17		0	RPI	6		0.44	0.05	
Carbohydrate, by difference	g	9.47		0	RPI	6		24.82	3.10	
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0	
Sugars, total	g	9.23		0	RPI	6		24.18	3.02	
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	RPA	1		43	5	
Iron, Fe	mg	0.05		0	RPA	1		0.13	0.02	
Magnesium, Mg	mg	1		0	RPI	6		2	0	
Phosphorus, P	mg	0		0	RPI	6		0	0	
Potassium, K	mg	1		0	RPA	1		2	0	
Sodium, Na	mg	7		0	RPA	1		20	2	
Zinc, Zn	mg	0.02		0	RPA	1		0.04	0.00	
Copper, Cu	mg	0.021		0	RPA	1		0.056	0.007	
Manganese, Mn	mg	0.003		0	RPA	1		0.007	0.001	
Selenium, Se	mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.8		0	RPI	6		31.0	3.9	
Thiamin	mg	0.000		0	RPI	6		0.001	0.000	
Riboflavin	mg	0.002		0	RPI	6		0.006	0.001	
Niacin	mg	0.001		0	RPI	6		0.004	0.000	
Pantothenic acid	mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6	mg	0.000		0	RPI	6		0.000	0.000	
Folate, total	mcg	0		0	RPI	6		0	0	
Folic acid	mcg	0		0	RPI	6		0	0	
Folate, food	mcg	0		0	RPI	6		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	
Retinol	mcg	0		0	RPI	6		0	0	
Carotene, beta	mcg	0		0	RPI	6		0	0	
Carotene, alpha	mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta	mcg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	0		0	RPI	6		0	0	
Lycopene	mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added	mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.006		0	RPI	6		0.014	0.002	
4:0	g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14541

Fruit punch-flavor drink, powder, without added sodium, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.001	0.000	
10:0....g	0.000		0	RPI	6		0.001	0.000	
12:0....g	0.003		0	RPI	6		0.007	0.001	
13:0....g									
14:0....g	0.001		0	RPI	6		0.003	0.000	
15:0....g									
16:0....g	0.001		0	RPI	6		0.002	0.000	
17:0....g									
18:0....g	0.000		0	RPI	6		0.001	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.001		0	RPI	6		0.002	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.001		0	RPI	6		0.002	0.000	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.001		0	RPI	6		0.003	0.000	
18:2 undifferentiated....g	0.001		0	RPI	6		0.003	0.000	
18:3 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
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									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		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 = 262g: 1 serving 8 fl oz

Measure 2 = 32.7g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 47011
Fruit-flavored drink mix, powder, unsweetened

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	0.96		0	FLM	4		0.24		
Energy....kcal	226		0	NC	4		56		
Energy....kJ	944		0	NC	4		236		
Protein (N x 6.25)....g	0.00		0	FLM	4		0.00		
Total lipid (fat)....g	0.00		0	FLM	4		0.00		
Ash....g	7.74		0	FLM	4		1.93		
Carbohydrate, by difference....g	91.30		0	NC	4		22.82		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.00		1	LC	8		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	1105		0	BFZN	4		276		
Iron, Fe....mg	0.03		0	FLM	4		0.01		
Magnesium, Mg....mg	0		0	FLM	4		0		
Phosphorus, P....mg	509		0	BFZN	4		127		
Potassium, K....mg	1		0	FLM	4		0		
Sodium, Na....mg	2727		1	LC	8		682		
Zinc, Zn....mg	0.01		0	FLM	4		0.00		
Copper, Cu....mg	0.003		0	FLM	4		0.001		
Manganese, Mn....mg	0.007		0	FLM	4		0.002		
Selenium, Se....mcg	0.0		0	FLM	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1090.9		1	LC	8		272.7		
Thiamin....mg	0.000		0	FLM	4		0.000		
Riboflavin....mg	0.000		0	FLM	4		0.000		
Niacin....mg	0.001		0	FLM	4		0.000		
Pantothenic acid....mg	0.000		0	FLM	4		0.000		
Vitamin B-6....mg	0.000		0	FLM	4		0.000		
Folate, total....mcg	0		0	FLM	4		0		
Folic acid....mcg	0		0	FLM	4		0		
Folate, food....mcg	0		0	FLM	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.1		0	O	4		0.0		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	FLM	4		0		
Retinol....mcg	0		0	FLM	4		0		
Carotene, beta....mcg	0		0	FLM	4		0		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLM	4		0.00		
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	FLM	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
4:0....g	0.000		0	FLM	4		0.000		

NDB No. 47011
Fruit-flavored drink mix, powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.000		0	FLM	4		0.000		
15:0....g									
16:0....g	0.000		0	FLM	4		0.000		
17:0....g									
18:0....g	0.000		0	FLM	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLM	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLM	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLM	4		0.000		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLM	4		0.000		
18:2 undifferentiated....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated....g	0.000		0	FLM	4		0.000		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	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 = 25g: 2 tsp, rounded

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 2.471

Food Group: 14 Beverages

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

NDB No. 42055

Fruit-flavored drink, dry powdered mix, low calorie, with aspartame

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	1.84		0	FLC	4		0.15		
Energy....kcal	217		0	NC	4		17		
Energy....kJ	907		0	NC	4		73		
Protein (N x 6.25)....g	0.45		0	FLC	4		0.04		
Total lipid (fat)....g	0.04		0	FLC	4		0.00		
Ash....g	10.30		0	FLC	4		0.82		
Carbohydrate, by difference....g	86.85		0	FLC	4		6.95		
Fiber, total dietary....g	0.1		0	FLC	4		0.0		
Sugars, total....g	0.00		0	FLC	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	1047		0		4		84		
Iron, Fe....mg	0.08		0	FLC	4		0.01		
Magnesium, Mg....mg	3		0	FLC	4		0		
Phosphorus, P....mg	1239		0		4		99		
Potassium, K....mg	498		0		4		40		
Sodium, Na....mg	404		0	FLC	4		32		
Zinc, Zn....mg	0.00		0	FLC	4		0.00		
Copper, Cu....mg	0.000		0	FLC	4		0.000		
Manganese, Mn....mg	0.001		0	FLC	4		0.000		
Selenium, Se....mcg	0.0		0	FLC	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	560.0		0	BFZN	4		44.8		
Thiamin....mg	0.000		0	FLC	4		0.000		
Riboflavin....mg	0.000		0	FLC	4		0.000		
Niacin....mg	0.000		0	FLC	4		0.000		
Pantothenic acid....mg	0.000		0	FLC	4		0.000		
Vitamin B-6....mg	0.000		0	FLC	4		0.000		
Folate, total....mcg	0		0	FLC	4		0		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	0		0	FLC	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.1		0	O	4		0.0		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	FLC	4		0		
Retinol....mcg	0		0	FLC	4		0		
Carotene, beta....mcg	0		0	FLC	4		0		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	0		0	FLC	4		0		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00		
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	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLC	4		0.000		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 42055

Fruit-flavored drink, dry powdered mix, low calorie, with aspartame

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4		0.000		
8:0 ... g	0.000		0	FLC	4		0.000		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	FLC	4		0.000		
15:0 ... g									
16:0 ... g	0.000		0	FLC	4		0.000		
17:0 ... g									
18:0 ... g	0.000		0	FLC	4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	FLC	4		0.000		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:1 ... g	0.000		0	FLC	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	FLC	4		0.000		
18:2 undifferentiated ... g	0.000		0	FLC	4		0.000		
18:3 undifferentiated ... g	0.000		0	FLC	4		0.000		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLC	4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	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 = 8.0g: 1 tsp

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 2.471

Food Group: 14 Beverages

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

NDB No. 43345

Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie

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	1.32		1		9		0.03		
Energy	kcal	227		0	NC	4		5		
Energy	kJ	951		0	NC	4		19		
Protein (N x 6.25)	g	0.25		0	FLA	4		0.01		
Total lipid (fat)	g	0.16		1		9		0.00		
Ash	g	7.27		1		9		0.15		
Carbohydrate, by difference	g	91.00		0	NC	4		1.82		
Fiber, total dietary	g	2.2		0	FLA	4		0.0		
Sugars, total	g	0.00		1	LC	8		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	800		1	LC	8		16		
Iron, Fe	mg	0.08		0	FLA	4		0.00		
Magnesium, Mg	mg	245		1		9		5		
Phosphorus, P	mg	493		1		9		10		
Potassium, K	mg	2518		1		9		50		
Sodium, Na	mg	14		0	FLA	4		0		
Zinc, Zn	mg	0.01		1		9		0.00		
Copper, Cu	mg	0.011		1		9		0.000		
Manganese, Mn	mg	0.008		0	FLA	4		0.000		
Selenium, Se	mcg	0.0		0	FLA	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2400.0		1		8		48.0		
Thiamin	mg	0.009		0	FLA	4		0.000		
Riboflavin	mg	6.800		1	LC	8		0.136		
Niacin	mg	80.000		1	LC	8		1.600		
Pantothenic acid	mg	0.018		0	FLA	4		0.000		
Vitamin B-6	mg	8.000		1	LC	8		0.160		
Folate, total	mcg	5		0	FLA	4		0		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	5		0	FLA	4		0		
Folate, DFE	mcg_DFE	5		0	NC	4		0		
Choline, total	mg	0.1		0	O	4		0.0		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	5997		0	FLA	4		120		
Retinol	mcg	5996		0	FLA	4		120		
Carotene, beta	mcg	2		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	10		0	FLA	4		0		
Vitamin A, IU	IU	20000		0	FLA	4		400		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	13		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.00		
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	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.010		0	NC	4		0.000		
4:0	g	0.000		0		4		0.000		

NDB No. 43345

Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		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	0.010		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	0.038		0	NC	4		0.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.037		0		4		0.001		
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	0.034		1		9		0.001		
18:2 undifferentiated....g	0.025		0		4		0.001		
18:3 undifferentiated....g	0.009		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	0		0	FLA	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	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 = 2.0g: 1 tsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 2.471

Food Group: 14 Beverages

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

NDB No. 14277
Grape drink, canned

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	84.20		0	FLA	4		210.49	26.35	
Energy....kcal	61		0	NC	4		154	19	
Energy....kJ	257		0	NC	4		642	80	
Protein (N x 6.25)....g	0.00		2	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		2	LC	8		0.00	0.00	
Ash....g	0.06		2	AI	13		0.14	0.02	
Carbohydrate, by difference....g	15.75		0	NC	4		39.37	4.93	
Fiber, total dietary....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total....g	13.06		2	LC	8		32.66	4.09	
Starch....g									
Minerals:									
Calcium, Ca....mg	52		1	LC	8		131	16	
Iron, Fe....mg	0.07		0	FLA	4		0.16	0.02	
Magnesium, Mg....mg	1		0	FLA	4		2	0	
Phosphorus, P....mg	0		0	FLA	4		1	0	
Potassium, K....mg	12	3.148	5	JO	11		30	4	
Sodium, Na....mg	16		2	LC	8		39	5	
Zinc, Zn....mg	0.12		1	AI	13		0.29	0.04	
Copper, Cu....mg	0.013		1	AI	13		0.033	0.004	
Manganese, Mn....mg	0.027		0	FLA	4		0.068	0.009	
Selenium, Se....mcg	0.1		0	FLA	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	31.4		2	LC	8		78.4	9.8	
Thiamin....mg	0.001		0	FLA	4		0.002	0.000	
Riboflavin....mg	0.004		0	FLA	4		0.010	0.001	
Niacin....mg	0.010		0	FLA	4		0.024	0.003	
Pantothenic acid....mg	0.003		0	FLA	4		0.008	0.001	
Vitamin B-6....mg	0.002		0	FLA	4		0.006	0.001	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.3		0	O	4		0.8	0.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		1	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		1	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	4		0	FLA	4		10	1	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	FLA	4		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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000	0.000	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14277
Grape drink, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.000		0	FLA	4		0.000	0.000	
15:0 g									
16:0 g	0.000		0	FLA	4		0.000	0.000	
17:0 g									
18:0 g	0.000		0	FLA	4		0.000	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0	FLA	4		0.000	0.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g									
Isoleucine g									
Leucine g	0.000		0		1		0.000	0.000	
Lysine g	0.000		0		1		0.000	0.000	
Methionine g	0.000		0		1		0.000	0.000	
Cystine g									
Phenylalanine g									
Tyrosine g									
Valine g									
Arginine g									
Histidine g									
Alanine g									
Aspartic acid g									
Glutamic acid g									
Glycine g									
Proline g									
Serine g									
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	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. 14277
Grape drink, canned

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14282
Grape juice drink, canned

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	85.30		0	O	4		213.25	26.70	
Energy....kcal	57		0	NC	4		142	18	
Energy....kJ	237		0	NC	4		594	74	
Protein (N x 6.25)....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	0.12	0.032	7	AI	13		0.30	0.04	
Carbohydrate, by difference....g	14.55		1	LC	8		36.38	4.55	
Fiber, total dietary....g	0.1		0	FLA	4		0.1	0.0	
Sugars, total....g	14.11		1	LC	8		35.27	4.42	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	FLA	4		17	2	
Iron, Fe....mg	0.13		0	FLA	4		0.34	0.04	
Magnesium, Mg....mg	6		0	FLA	4		15	2	
Phosphorus, P....mg	6		0	FLA	4		15	2	
Potassium, K....mg	33	4.043	6	AI	13		82	10	
Sodium, Na....mg	9		1	LC	8		22	3	
Zinc, Zn....mg	0.03		0	FLA	4		0.08	0.01	
Copper, Cu....mg	0.022		0	FLA	4		0.054	0.007	
Manganese, Mn....mg	0.200		0	FLA	4		0.501	0.063	
Selenium, Se....mcg	0.1		0	FLA	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	26.5		1	LC	8		66.1	8.3	
Thiamin....mg	0.225		1	AI	13		0.563	0.070	
Riboflavin....mg	0.354		1	AI	13		0.885	0.111	
Niacin....mg	0.142		0	FLA	4		0.355	0.044	
Pantothenic acid....mg	0.023		0	FLA	4		0.057	0.007	
Vitamin B-6....mg	0.035		0	FLA	4		0.088	0.011	
Folate, total....mcg	1		0	FLA	4		4	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	1		0	FLA	4		4	0	
Folate, DFE....mcg_DFE	1		0	NC	4		4	0	
Choline, total....mg	0.3		0	O	4		0.8	0.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		1	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	3		0	FLA	4		6	1	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	4		0	FLA	4		11	1	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	19		0	FLA	4		47	6	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	FLA	4		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	FLA	4		0.5	0.1	
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000	0.000	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14282
Grape juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLA	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLA	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	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 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14542
Lemonade, frozen concentrate, pink

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	50.09		2	A	1		18.23	218.87	109.19
Energy	kcal	192		0	NC	4		70	840	419
Energy	kJ	804		0	NC	4		293	3514	1753
Protein (N x 6.25)	g	0.22		2	A	1		0.08	0.95	0.48
Total lipid (fat)	g	0.69		2	A	1		0.25	3.04	1.51
Ash	g	0.14		2	A	1		0.05	0.63	0.32
Carbohydrate, by difference	g	48.86		0	NC	4		17.78	213.51	106.51
Fiber, total dietary	g	0.3		2	A	1		0.1	1.2	0.6
Sugars, total	g	46.46		2	A	1		16.91	203.05	101.29
Sucrose	g	7.39		2	A	1		2.69	32.32	16.12
Glucose (dextrose)	g	18.57		2	A	1		6.76	81.15	40.48
Fructose	g	20.06		2	A	1		7.30	87.66	43.73
Lactose	g	0.00		2	A	1		0.00	0.00	0.00
Maltose	g	0.44		2	A	1		0.16	1.92	0.96
Galactose	g	0.00		2	A	1		0.00	0.00	0.00
Starch	g	0.00		2	A	1		0.00	0.00	0.00
Minerals:										
Calcium, Ca	mg	8		2	A	1		3	33	16
Iron, Fe	mg	0.08		2	A	1		0.03	0.35	0.17
Magnesium, Mg	mg	7		2	A	1		2	30	15
Phosphorus, P	mg	7		2	A	1		3	31	15
Potassium, K	mg	76		2	A	1		28	330	165
Sodium, Na	mg	4		2	A	1		2	19	10
Zinc, Zn	mg	0.03		2	A	1		0.01	0.14	0.07
Copper, Cu	mg	0.011		2	A	1		0.004	0.049	0.025
Manganese, Mn	mg	0.014		2	A	1		0.005	0.061	0.030
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.1		2	A	1		5.1	61.4	30.6
Thiamin	mg	0.017		2	A	1		0.006	0.076	0.038
Riboflavin	mg	0.000		2	A	1		0.000	0.000	0.000
Niacin	mg	0.120		2	A	1		0.044	0.524	0.261
Pantothenic acid	mg	0.105		2	A	1		0.038	0.459	0.229
Vitamin B-6	mg	0.015		2	A	1		0.005	0.065	0.032
Folate, total	mcg	11		2	A	1		4	46	23
Folic acid	mcg	0		2	Z	7		0	0	0
Folate, food	mcg	11		2	A	1		4	46	23
Folate, DFE	mcg_DFE	11		0	NC	4		4	46	23
Choline, total	mg	2.0		2	A	1		0.7	8.6	4.3
Betaine	mg	0.2		2	A	1		0.1	0.9	0.5
Vitamin B-12	mcg	0.00		0	Z	7		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	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		2	A	1		0	0	0
Carotene, alpha	mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta	mcg	0		2	A	1		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.07		2	A	1		0.03	0.31	0.15
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	0.00		2	A	1		0.00	0.00	0.00
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. 14542
Lemonade, frozen concentrate, pink

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.1		2	A	1		0.0	0.2	0.1
Lipids:									
Fatty acids, total saturated....g	0.026		0		1		0.009	0.114	0.057
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	NR	4		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.000		0	Z	7		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0		1		0.000	0.004	0.002
15:0....g									
16:0....g	0.024		0		1		0.009	0.105	0.052
17:0....g									
18:0....g	0.001		0		1		0.000	0.004	0.002
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.003	0.035	0.017
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000	0.004	0.002
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.003	0.031	0.015
20:1....g	0.000		0	Z	7		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.059		0		1		0.021	0.258	0.129
18:2 undifferentiated....g	0.042		0		1		0.015	0.184	0.092
18:3 undifferentiated....g	0.017		0		1		0.006	0.074	0.037
18:4....g	0.000		0	Z	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	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
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 = 36.4g: 1 fl oz

Measure 2 = 437g: 1 can (12 fl oz)

Measure 3 = 218g: 1 can (6 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

NDB No. 14543

Lemonade, frozen concentrate, pink, prepared with water

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	88.88		0	RPI	6		219.52	27.46	
Energy	kcal	43		0	RPI	6		105	13	
Energy	kJ	178		0	RPI	6		440	55	
Protein (N x 0)	g	0.05		0	RPI	6		0.12	0.01	
Total lipid (fat)	g	0.15		0	RPI	6		0.38	0.05	
Ash	g	0.11		0	RPI	6		0.27	0.03	
Carbohydrate, by difference	g	10.81		0	RPI	6		26.71	3.34	
Fiber, total dietary	g	0.1		0	RPI	6		0.2	0.0	
Sugars, total	g	10.28		0	RPI	6		25.40	3.18	
Sucrose	g	1.64		0	RPA	1		4.04	0.51	
Glucose (dextrose)	g	4.11		0	RPA	1		10.15	1.27	
Fructose	g	4.44		0	RPA	1		10.97	1.37	
Lactose	g	0.00		0	RPA	1		0.00	0.00	
Maltose	g	0.10		0	RPA	1		0.24	0.03	
Galactose	g	0.00		0	RPA	1		0.00	0.00	
Starch	g	0.00		0	RPA	1		0.00	0.00	
Minerals:										
Calcium, Ca	mg	4		0	RPA	1		10	1	
Iron, Fe	mg	0.02		0	RPA	1		0.05	0.01	
Magnesium, Mg	mg	2		0	RPA	1		6	1	
Phosphorus, P	mg	2		0	RPA	1		4	0	
Potassium, K	mg	17		0	RPA	1		42	5	
Sodium, Na	mg	4		0	RPA	1		10	1	
Zinc, Zn	mg	0.01		0	RPA	1		0.03	0.00	
Copper, Cu	mg	0.010		0	RPA	1		0.025	0.003	
Manganese, Mn	mg	0.003		0	RPA	1		0.008	0.001	
Selenium, Se	mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1		0	RPI	6		7.7	1.0	
Thiamin	mg	0.004		0	RPI	6		0.009	0.001	
Riboflavin	mg	0.000		0	RPI	6		0.000	0.000	
Niacin	mg	0.027		0	RPI	6		0.066	0.008	
Pantothenic acid	mg	0.023		0	RPI	6		0.057	0.007	
Vitamin B-6	mg	0.003		0	RPI	6		0.008	0.001	
Folate, total	mcg	2		0	RPI	6		6	1	
Folic acid	mcg	0		0	RPI	6		0	0	
Folate, food	mcg	2		0	RPI	6		6	1	
Folate, DFE	mcg_DFE	2		0	NC	4		6	1	
Choline, total	mg	0.4		0	RPI	6		1.1	0.1	
Betaine	mg	0.0		0	RPA	1		0.1	0.0	
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	
Retinol	mcg	0		0	RPI	6		0	0	
Carotene, beta	mcg	0		0	RPI	6		0	0	
Carotene, alpha	mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta	mcg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	0		0	RPI	6		0	0	
Lycopene	mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	RPI	6		0.04	0.00	
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	0.0		0	RPI	6		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 14543

Lemonade, frozen concentrate, pink, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0	0	
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.006		0	RPI	6		0.014	0.002	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.001	0.000	
15:0.....g									
16:0.....g	0.005		0	RPI	6		0.013	0.002	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	RPI	6		0.004	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0	RPI	6		0.004	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.013		0	RPI	6		0.032	0.004	
18:2 undifferentiated.....g	0.009		0	RPI	6		0.023	0.003	
18:3 undifferentiated.....g	0.004		0	RPI	6		0.009	0.001	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
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									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		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 8 fl oz

Measure 2 = 30.9g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14292
Lemonade, frozen concentrate, white

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	49.06		2	A	1		17.91	214.88	107.44
Energy	kcal	196		0	NC	4		72	859	430
Energy	kJ	821		0	NC	4		300	3595	1798
Protein (N x 6.25)	g	0.22		2	A	1		0.08	0.96	0.48
Total lipid (fat)	g	0.70		2	A	1		0.26	3.07	1.53
Ash	g	0.13		2	A	1		0.05	0.57	0.28
Carbohydrate, by difference	g	49.89		0	NC	4		18.21	218.53	109.26
Fiber, total dietary	g	0.3		2	A	1		0.1	1.4	0.7
Sugars, total	g	44.46		0	AS	1		16.23	194.73	97.37
Sucrose	g	9.70		2	A	1		3.54	42.51	21.25
Glucose (dextrose)	g	16.30		2	A	1		5.95	71.42	35.71
Fructose	g	17.99		2	A	1		6.57	78.80	39.40
Lactose	g	0.00		2	A	1		0.00	0.00	0.00
Maltose	g	0.46		2	A	1		0.17	2.01	1.01
Galactose	g	0.00		2	A	1		0.00	0.00	0.00
Starch	g	0.00		2	A	1		0.00	0.00	0.00
Minerals:										
Calcium, Ca	mg	7		2	A	1		3	32	16
Iron, Fe	mg	0.09		2	A	1		0.03	0.37	0.19
Magnesium, Mg	mg	7		2	A	1		3	32	16
Phosphorus, P	mg	7		2	A	1		2	29	14
Potassium, K	mg	72		2	A	1		26	315	157
Sodium, Na	mg	7		2	A	1		2	29	14
Zinc, Zn	mg	0.04		2	A	1		0.01	0.17	0.09
Copper, Cu	mg	0.013		2	A	1		0.005	0.056	0.028
Manganese, Mn	mg	0.013		2	A	1		0.005	0.057	0.028
Selenium, Se	mcg	0.4		0	BFSN	4		0.1	1.8	0.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.1		2	A	1		4.8	57.2	28.6
Thiamin	mg	0.020		2	A	1		0.007	0.087	0.044
Riboflavin	mg	0.000		2	A	1		0.000	0.000	0.000
Niacin	mg	0.110		2	A	1		0.040	0.482	0.241
Pantothenic acid	mg	0.115		2	A	1		0.042	0.503	0.252
Vitamin B-6	mg	0.020		2	A	1		0.007	0.087	0.044
Folate, total	mcg	7		2	A	1		3	31	15
Folic acid	mcg	0		2	Z	7		0	0	0
Folate, food	mcg	7		2	A	1		3	31	15
Folate, DFE	mcg_DFE	7		0	NR	4		3	31	15
Choline, total	mg	2.0		2	A	1		0.7	8.6	4.3
Betaine	mg	0.2		2	A	1		0.1	0.9	0.5
Vitamin B-12	mcg	0.00		0	Z	7		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	0		0	AS	1		0	0	0
Retinol	mcg	0		0	FLA	4		0	0	0
Carotene, beta	mcg	0		2	A	1		0	0	0
Carotene, alpha	mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta	mcg	0		2	A	1		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin	mcg	4		0	FLA	4		1	16	8
Vitamin E (alpha-tocopherol)	mg	0.09		2	A	1		0.03	0.37	0.19
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	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00		2	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									

NDB No. 14292
Lemonade, frozen concentrate, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0
Vitamin K (phylloquinone).....mcg	0.2		2	A	1		0.1	0.7	0.3
Lipids:									
Fatty acids, total saturated.....g	0.025		0	FLA	4		0.009	0.111	0.056
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	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		1		0.000	0.004	0.002
15:0.....g									
16:0.....g	0.024		0		1		0.009	0.105	0.053
17:0.....g									
18:0.....g	0.001		0		1		0.000	0.004	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.003	0.035	0.018
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.004	0.002
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.003	0.031	0.015
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	0.059		0		1		0.022	0.258	0.129
18:2 undifferentiated.....g	0.042		0		1		0.015	0.184	0.092
18:3 undifferentiated.....g	0.017		0		1		0.006	0.074	0.037
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									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	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 = 36.5g: 1 fl oz

Measure 2 = 438g: 1 can (12 fl oz)

Measure 3 = 219g: 1 can (6 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

NDB No. 14293

Lemonade, frozen concentrate, white, prepared with water

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	89.35		0	RPI	6		220.69	27.61	
Energy....kcal	40		0	RPI	6		99	12	
Energy....kJ	168		0	RPI	6		415	52	
Protein (N x 0)....g	0.07		0	RPI	6		0.16	0.02	
Total lipid (fat)....g	0.04		0	RPI	6		0.11	0.01	
Ash....g	0.12		0	RPI	6		0.30	0.04	
Carbohydrate, by difference....g	10.42		0	RPI	6		25.74	3.22	
Fiber, total dietary....g	0.0		0	RPI	6		0.1	0.0	
Sugars, total....g	9.98		0	RPI	6		24.66	3.08	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	RPA	1		10	1	
Iron, Fe....mg	0.16		0	RPA	1		0.40	0.05	
Magnesium, Mg....mg	2		0	RPA	1		5	1	
Phosphorus, P....mg	2		0	RPA	1		5	1	
Potassium, K....mg	15		0	RPA	1		38	5	
Sodium, Na....mg	4		0	RPA	1		9	1	
Zinc, Zn....mg	0.02		0	RPA	1		0.05	0.01	
Copper, Cu....mg	0.021		0	RPA	1		0.052	0.006	
Manganese, Mn....mg	0.005		0	RPA	1		0.011	0.001	
Selenium, Se....mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.9		0	RPI	6		9.7	1.2	
Thiamin....mg	0.006		0	RPI	6		0.014	0.002	
Riboflavin....mg	0.021		0	RPI	6		0.053	0.007	
Niacin....mg	0.016		0	RPI	6		0.041	0.005	
Pantothenic acid....mg	0.013		0	RPI	6		0.031	0.004	
Vitamin B-6....mg	0.006		0	RPI	6		0.014	0.002	
Folate, total....mcg	1		0	RPI	6		3	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	1		0	RPI	6		3	0	
Folate, DFE....mcg_DFE	1		0	NC	4		3	0	
Choline, total....mg	0.4		0	RPI	6		1.1	0.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		1	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	1		0	RPI	6		3	0	
Vitamin A, IU....IU	1		0	RPI	6		4	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	1		0	RPI	6		2	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	RPI	6		0.02	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.006		0	RPI	6		0.014	0.002	
4:0....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14293

Lemonade, frozen concentrate, white, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.000	0.000	
15:0....g									
16:0....g	0.005		0	RPI	6		0.013	0.002	
17:0....g									
18:0....g	0.000		0	RPI	6		0.001	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0	RPI	6		0.004	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.002		0	RPI	6		0.004	0.000	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.013		0	RPI	6		0.032	0.004	
18:2 undifferentiated....g	0.009		0	RPI	6		0.023	0.003	
18:3 undifferentiated....g	0.004		0	RPI	6		0.010	0.001	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
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									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		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 serving 1 cup 8 fl oz

Measure 2 = 30.9g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14289
Lemonade, low calorie, with aspartame, 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	1.80		1		1		0.03		
Energy	kcal	332		0	NC	4		6		
Energy	kJ	1389		0		4		26		
Protein (N x 6.25)	g	3.60		1		1		0.07		
Total lipid (fat)	g	0.30		1		1		0.01		
Ash	g	10.60		1		1		0.20		
Carbohydrate, by difference	g	83.70		0	NC	4		1.59		
Fiber, total dietary	g	0.1		0		4		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	3098		1		1		59		
Iron, Fe	mg	5.70		1		1		0.11		
Magnesium, Mg	mg	14		1		1		0		
Phosphorus, P	mg	1554		1		1		30		
Potassium, K	mg	11		1		1		0		
Sodium, Na	mg	10		1		1		0		
Zinc, Zn	mg	0.16		1		1		0.00		
Copper, Cu	mg	0.110		1		1		0.002		
Manganese, Mn	mg	0.110		1		1		0.002		
Selenium, Se	mcg	0.6		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	394.0		1		1		7.5		
Thiamin	mg	0.007		1		1		0.000		
Riboflavin	mg	0.037		1		1		0.001		
Niacin	mg	0.000		1		1		0.000		
Pantothenic acid	mg	0.000		1		1		0.000		
Vitamin B-6	mg	0.000		0		1		0.000		
Folate, total	mcg	13		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	13		0		4		0		
Folate, DFE	mcg_DFE	13		0	NC	4		0		
Choline, total	mg	0.1		0	O	4		0.0		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		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	Z	7		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		1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00		
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	0.039		0		4		0.001		
4:0	g	0.000		0		4		0.000		

NDB No. 14289
Lemonade, low calorie, with aspartame, 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		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	0.001		0		4		0.000		
15:0 g									
16:0 g	0.035		0		4		0.001		
17:0 g									
18:0 g	0.002		0		4		0.000		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.010		0		4		0.000		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		4		0.000		
17:1 g									
18:1 undifferentiated g	0.010		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	0.090		0		4		0.002		
18:2 undifferentiated g	0.062		0		4		0.001		
18:3 undifferentiated g	0.026		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	0		0		1		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 = 1.9g: 1 serving

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

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

NDB No. 14290

Lemonade, low calorie, with aspartame, powder, prepared with water

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	99.10		0	RPI	6		236.85	29.53	
Energy....kcal	3		0	RPI	6		6	1	
Energy....kJ	11		0	RPI	6		27	3	
Protein (N x 0)....g	0.03		0	RPI	6		0.07	0.01	
Total lipid (fat)....g	0.00		0	RPI	6		0.01	0.00	
Ash....g	0.19		0	RPI	6		0.44	0.06	
Carbohydrate, by difference....g	0.68		0	RPI	6		1.63	0.20	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	0.00		0	RPI	6		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0	RPA	1		68	8	
Iron, Fe....mg	0.05		0	RPA	1		0.12	0.01	
Magnesium, Mg....mg	1		0	RPA	1		3	0	
Phosphorus, P....mg	13		0	RPA	1		30	4	
Potassium, K....mg	1		0	RPA	1		1	0	
Sodium, Na....mg	4		0	RPA	1		9	1	
Zinc, Zn....mg	0.01		0	RPA	1		0.02	0.00	
Copper, Cu....mg	0.011		0	RPA	1		0.025	0.003	
Manganese, Mn....mg	0.001		0	RPA	1		0.003	0.000	
Selenium, Se....mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2		0	RPI	6		7.7	1.0	
Thiamin....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin....mg	0.000		0	RPI	6		0.001	0.000	
Niacin....mg	0.000		0	RPI	6		0.000	0.000	
Pantothenic acid....mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total....mcg	0		0	RPI	6		0	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	0		0	RPI	6		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	RPI	6		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	RPI	6		0.001	0.000	
4:0....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14290

Lemonade, low calorie, with aspartame, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.000	0.000	
15:0....g									
16:0....g	0.000		0	RPI	6		0.001	0.000	
17:0....g									
18:0....g	0.000		0	RPI	6		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	RPI	6		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.001		0	RPI	6		0.002	0.000	
18:2 undifferentiated....g	0.001		0	RPI	6		0.001	0.000	
18:3 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
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									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		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 = 239g: 1 serving 1 cup 8 fl oz

Measure 2 = 29.8g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14287
Lemonade, 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	1.43		1	A	1		0.26	3.12	
Energy	kcal	378		0	NC	4		68	825	
Energy	kJ	1583		0	NC	4		285	3450	
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	
Total lipid (fat)	g	1.05		1	A	1		0.19	2.29	
Ash	g	0.29		1	A	1		0.05	0.63	
Carbohydrate, by difference	g	97.23		0	NC	4		17.50	211.96	
Fiber, total dietary	g	0.4		0	FLC	4		0.1	0.8	
Sugars, total	g	94.70		1	A	1		17.05	206.45	
Sucrose	g	74.45		1	A	1		13.40	162.30	
Glucose (dextrose)	g	2.75		1	A	1		0.50	6.00	
Fructose	g	17.50		1	A	1		3.15	38.15	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose	g	0.00		1	A	1		0.00	0.00	
Starch	g	0.07		1	A	1		0.01	0.16	
Minerals:										
Calcium, Ca	mg	20		1	A	1		4	44	
Iron, Fe	mg	0.19		1	A	1		0.03	0.40	
Magnesium, Mg	mg	247		1	A	1		44	538	
Phosphorus, P	mg	4		1	A	1		1	9	
Potassium, K	mg	147		1	A	1		26	320	
Sodium, Na	mg	51		1	A	1		9	112	
Zinc, Zn	mg	0.10		1	A	1		0.02	0.23	
Copper, Cu	mg	0.045		1	A	1		0.008	0.098	
Manganese, Mn	mg	0.016		1	A	1		0.003	0.035	
Selenium, Se	mcg	0.6		0	FLC	4		0.1	1.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	39.9		1	A	1		7.2	87.0	
Thiamin	mg	0.015		1		1		0.003	0.033	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.130		1		1		0.023	0.283	
Pantothenic acid	mg	0.060		1		1		0.011	0.131	
Vitamin B-6	mg	0.026		1		1		0.005	0.057	
Folate, total	mcg	6		0	FLC	4		1	13	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	6		0	FLC	4		1	13	
Folate, DFE	mcg_DFE	6		0	NC	4		1	13	
Choline, total	mg	0.1		1	A	1		0.0	0.2	
Betaine	mg	0.7		1	A	1		0.1	1.6	
Vitamin B-12	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	1	
Retinol	mcg	0		0	FLC	4		0	0	
Carotene, beta	mcg	1		0	FLC	4		0	3	
Carotene, alpha	mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	mcg	8		0	FLC	4		1	17	
Vitamin A, IU	IU	9		0	NC	4		2	20	
Lycopene	mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	mcg	4		0	FLC	4		1	9	
Vitamin E (alpha-tocopherol)	mg	0.14		0	FLC	4		0.03	0.31	
Vitamin E, added	mg	0.00		0	FLC	4		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. 14287
Lemonade, 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.0		0	FLC	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLC	4		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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 = 18g: 1 serving

Measure 2 = 218g: 1 cup

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

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

NDB No. 14288
Lemonade, powder, prepared with water

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	96.26		0	RPI	6		254.14	31.77	
Energy....kcal	14		0	RPI	6		37	5	
Energy....kJ	58		0	RPI	6		154	19	
Protein (N x 0)....g	0.00		0	RPI	6		0.00	0.00	
Total lipid (fat)....g	0.04		0	RPI	6		0.10	0.01	
Ash....g	0.11		0	RPI	6		0.28	0.04	
Carbohydrate, by difference....g	3.59		0	RPI	6		9.48	1.18	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	3.50		0	RPI	6		9.23	1.15	
Sucrose....g	2.75		0	RPA	1		7.26	0.91	
Glucose (dextrose)....g	0.10		0	RPA	1		0.27	0.03	
Fructose....g	0.65		0	RPA	1		1.71	0.21	
Lactose....g	0.00		0	RPA	1		0.00	0.00	
Maltose....g	0.00		0	RPA	1		0.00	0.00	
Galactose....g	0.00		0	RPA	1		0.00	0.00	
Starch....g	0.00		0	RPA	1		0.01	0.00	
Minerals:									
Calcium, Ca....mg	4		0	RPA	1		10	1	
Iron, Fe....mg	0.01		0	RPA	1		0.02	0.00	
Magnesium, Mg....mg	10		0	RPA	1		26	3	
Phosphorus, P....mg	0		0	RPA	1		0	0	
Potassium, K....mg	6		0	RPA	1		16	2	
Sodium, Na....mg	6		0	RPA	1		15	2	
Zinc, Zn....mg	0.01		0	RPA	1		0.02	0.00	
Copper, Cu....mg	0.011		0	RPA	1		0.029	0.004	
Manganese, Mn....mg	0.001		0	RPA	1		0.002	0.000	
Selenium, Se....mcg	0.0		0	RPI	6		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		0	RPI	6		3.9	0.5	
Thiamin....mg	0.001		0	RPI	6		0.001	0.000	
Riboflavin....mg	0.000		0	RPI	6		0.000	0.000	
Niacin....mg	0.005		0	RPI	6		0.013	0.002	
Pantothenic acid....mg	0.002		0	RPI	6		0.006	0.001	
Vitamin B-6....mg	0.001		0	RPI	6		0.003	0.000	
Folate, total....mcg	0		0	RPI	6		1	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	0		0	RPI	6		1	0	
Folate, DFE....mcg_DFE	0		0	NC	4		1	0	
Choline, total....mg	0.0		0	RPI	6		0.0	0.0	
Betaine....mg	0.0		0	RPA	1		0.1	0.0	
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		1	0	
Vitamin A, IU....IU	0		0	RPI	6		1	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	RPI	6		0.01	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	RPI	6		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 14288
Lemonade, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0	0	
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
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									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		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 = 264g: 1 serving 1 cup 8 fl oz

Measure 2 = 33.0g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14296
Lemonade-flavor drink, 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	0.52		1	A	1		0.09		
Energy	kcal	379		0	NC	4		68		
Energy	kJ	1587		0	NC	4		286		
Protein (N x 6.25)	g	0.00		2	A	1		0.00		
Total lipid (fat)	g	1.01		1	A	1		0.18		
Ash	g	0.57		2	A	1		0.10		
Carbohydrate, by difference	g	97.57		0	NC	4		17.56		
Fiber, total dietary	g	0.0		0	FLA	4		0.0		
Sugars, total	g	97.15		1	A	1		17.49		
Sucrose	g	69.82		1	A	1		12.57		
Glucose (dextrose)	g	2.19		2	A	1		0.39		
Fructose	g	21.99		2	A	1		3.96		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.00		2	A	1		0.00		
Starch	g	0.04		2	A	1		0.01		
Minerals:										
Calcium, Ca	mg	11		2	A	1		2		
Iron, Fe	mg	0.17		2	A	1		0.03		
Magnesium, Mg	mg	165		2	A	1		30		
Phosphorus, P	mg	99		2	A	1		18		
Potassium, K	mg	39		2	A	1		7		
Sodium, Na	mg	130		2	A	1		23		
Zinc, Zn	mg	0.03		2	A	1		0.01		
Copper, Cu	mg	0.025		2	A	1		0.004		
Manganese, Mn	mg	0.011		2	A	1		0.002		
Selenium, Se	mcg	0.4		0	FLA	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	40.6		2	A	1		7.3		
Thiamin	mg	0.002		1		1		0.000		
Riboflavin	mg	0.011		1		1		0.002		
Niacin	mg	0.000		1		1		0.000		
Pantothenic acid	mg	0.000		1		1		0.000		
Vitamin B-6	mg	0.000		1		1		0.000		
Folate, total	mcg	0		0	FLA	4		0		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	0		0	FLA	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	0.1		1	A	1		0.0		
Betaine	mg	0.7		1	A	1		0.1		
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	0		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	0		0		1		0		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Vitamin E, added	mg	0.00		0	FLA	4		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									

NDB No. 14296
Lemonade-flavor drink, 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.003		0	FLA	4		0.001		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000		
15:0.....g									
16:0.....g	0.002		0	FLA	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	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 = 18g: 1 serving

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

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

NDB No. 14297
Lemonade-flavor drink, powder, prepared with water

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	92.87		0	RPI	6		236.83	29.53	
Energy....kcal	27		0	RPI	6		68	9	
Energy....kJ	112		0	RPI	6		286	36	
Protein (N x 0)....g	0.00		0	RPI	6		0.00	0.00	
Total lipid (fat)....g	0.07		0	RPI	6		0.18	0.02	
Ash....g	0.13		0	RPI	6		0.34	0.04	
Carbohydrate, by difference....g	6.90		0	RPI	6		17.59	2.19	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	6.87		0	RPI	6		17.52	2.18	
Sucrose....g	4.94		0	RPA	1		12.59	1.57	
Glucose (dextrose)....g	0.15		0	RPA	1		0.39	0.05	
Fructose....g	1.55		0	RPA	1		3.97	0.49	
Lactose....g	0.00		0	RPA	1		0.00	0.00	
Maltose....g	0.00		0	RPA	1		0.00	0.00	
Galactose....g	0.00		0	RPA	1		0.00	0.00	
Starch....g	0.00		0	RPA	1		0.01	0.00	
Minerals:									
Calcium, Ca....mg	4		0	RPA	1		9	1	
Iron, Fe....mg	0.01		0	RPA	1		0.03	0.00	
Magnesium, Mg....mg	13		0	RPA	1		32	4	
Phosphorus, P....mg	7		0	RPA	1		18	2	
Potassium, K....mg	3		0	RPA	1		8	1	
Sodium, Na....mg	13		0	RPA	1		32	4	
Zinc, Zn....mg	0.01		0	RPA	1		0.02	0.00	
Copper, Cu....mg	0.011		0	RPA	1		0.028	0.003	
Manganese, Mn....mg	0.001		0	RPA	1		0.003	0.000	
Selenium, Se....mcg	0.0		0	RPI	6		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9		0	RPI	6		7.3	0.9	
Thiamin....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin....mg	0.001		0	RPI	6		0.002	0.000	
Niacin....mg	0.000		0	RPI	6		0.000	0.000	
Pantothenic acid....mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total....mcg	0		0	RPI	6		0	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	0		0	RPI	6		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	RPI	6		0.0	0.0	
Betaine....mg	0.1		0	RPA	1		0.1	0.0	
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	RPI	6		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 14297
Lemonade-flavor drink, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0	0	
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.001	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
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									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		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 = 255g: 1 serving 1 cup (8 fl oz)

Measure 2 = 31.8g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14302
Limeade, frozen concentrate

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	37.46		0	O	4		13.64	163.72	81.67
Energy....kcal	247		2	LC	8		90	1079	538
Energy....kJ	1033		0	LC	8		376	4515	2252
Protein (N x 6.25)....g	0.00		2	LC	8		0.00	0.00	0.00
Total lipid (fat)....g	0.00		2	LC	8		0.00	0.00	0.00
Ash....g	0.22		0	FLC	4		0.08	0.96	0.48
Carbohydrate, by difference....g	62.32		2	LC	8		22.68	272.32	135.85
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total....g	59.96		2	LC	8		21.83	262.05	130.72
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	0
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	0.00
Magnesium, Mg....mg	5		0	FLA	4		2	20	10
Phosphorus, P....mg	3		0	FLA	4		1	12	6
Potassium, K....mg	43		0	FLA	4		16	190	95
Sodium, Na....mg	0		2	LC	8		0	0	0
Zinc, Zn....mg	0.04		0	FLA	4		0.02	0.18	0.09
Copper, Cu....mg	0.039		0	FLA	4		0.014	0.169	0.084
Manganese, Mn....mg	0.005		0	FLA	4		0.002	0.020	0.010
Selenium, Se....mcg	0.3		0	FLA	4		0.1	1.4	0.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.1		2	LC	8		5.1	61.7	30.8
Thiamin....mg	0.008		0	FLA	4		0.003	0.034	0.017
Riboflavin....mg	0.013		0	FLA	4		0.005	0.055	0.028
Niacin....mg	0.038		0	FLA	4		0.014	0.168	0.084
Pantothenic acid....mg	0.053		0	FLA	4		0.019	0.232	0.116
Vitamin B-6....mg	0.017		0	FLA	4		0.006	0.074	0.037
Folate, total....mcg	3		0	FLA	4		1	14	7
Folic acid....mcg	0		0	FLA	4		0	0	0
Folate, food....mcg	3		0	FLA	4		1	14	7
Folate, DFE....mcg_DFE	3		0	NC	4		1	14	7
Choline, total....mg	2.1		0	O	4		0.8	9.1	4.5
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	1	0
Retinol....mcg	0		0	FLC	4		0	0	0
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		1	LC	8		0	0	0
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	FLC	4		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	0.0		0	FLA	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	0.000
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 14302
Limeade, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	FLA	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0	FLA	4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4....g	0.000		0	FLA	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	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	FLA	4		0.000	0.000	0.000
Threonine....g	0.000		0	FLA	4		0.000	0.000	0.000
Isoleucine....g	0.000		0	FLA	4		0.000	0.000	0.000
Leucine....g	0.000		0	FLA	4		0.000	0.000	0.000
Lysine....g	0.000		0	FLA	4		0.000	0.000	0.000
Methionine....g	0.000		0	FLA	4		0.000	0.000	0.000
Cystine....g	0.000		0	FLA	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	FLA	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	FLA	4		0.000	0.000	0.000
Valine....g	0.000		0	FLA	4		0.000	0.000	0.000
Arginine....g	0.000		0	FLA	4		0.000	0.000	0.000
Histidine....g	0.000		0	FLA	4		0.000	0.000	0.000
Alanine....g	0.000		0	FLA	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	FLA	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	FLA	4		0.000	0.000	0.000
Glycine....g	0.000		0	FLA	4		0.000	0.000	0.000
Proline....g	0.000		0	FLA	4		0.000	0.000	0.000
Serine....g	0.000		0	FLA	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	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.

NDB No. 14302
Limeade, frozen concentrate

Common Measures:

Measure 1 = 36.4g: 1 fl oz
Measure 2 = 437g: 1 can (12 fl oz)
Measure 3 = 218g: 1 can (6 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

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

NDB No. 14303
Limeade, frozen concentrate, prepared with water

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	86.08		0	RPI	6		212.62	26.60	
Energy....kcal	52		0	RPI	6		129	16	
Energy....kJ	219		0	RPI	6		542	68	
Protein....g	0.00		0	RPI	6		0.00	0.00	
Total lipid (fat)....g	0.00		0	RPI	6		0.00	0.00	
Ash....g	0.13		0	RPI	6		0.31	0.04	
Carbohydrate, by difference....g	13.79		0	RPI	6		34.06	4.26	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	13.27		0	RPI	6		32.78	4.10	
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0	RPI	6		6	1	
Iron, Fe....mg	0.00		0	RPI	6		0.00	0.00	
Magnesium, Mg....mg	2		0	RPI	6		4	1	
Phosphorus, P....mg	1		0	RPI	6		2	0	
Potassium, K....mg	10		0	RPI	6		25	3	
Sodium, Na....mg	3		0	RPI	6		7	1	
Zinc, Zn....mg	0.01		0	RPI	6		0.03	0.00	
Copper, Cu....mg	0.016		0	RPI	6		0.040	0.005	
Manganese, Mn....mg	0.001		0	RPI	6		0.003	0.000	
Selenium, Se....mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.1		0	RPI	6		7.7	1.0	
Thiamin....mg	0.002		0	RPI	6		0.004	0.001	
Riboflavin....mg	0.003		0	RPI	6		0.007	0.001	
Niacin....mg	0.009		0	RPI	6		0.021	0.003	
Pantothenic acid....mg	0.012		0	RPI	6		0.029	0.004	
Vitamin B-6....mg	0.004		0	RPI	6		0.009	0.001	
Folate, total....mcg	1		0	RPI	6		2	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	1		0	RPI	6		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg	0.5		0	RPI	6		1.1	0.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	RPI	6		0.000	0.000	
4:0....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14303
Limeade, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0 ... g	0.000		0	RPI	6		0.000	0.000	
10:0 ... g	0.000		0	RPI	6		0.000	0.000	
12:0 ... g	0.000		0	RPI	6		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	RPI	6		0.000	0.000	
15:0 ... g									
16:0 ... g	0.000		0	RPI	6		0.000	0.000	
17:0 ... g									
18:0 ... g	0.000		0	RPI	6		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	RPI	6		0.000	0.000	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
20:1 ... g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
18:4 ... g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
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									
Cholesterol ... mg	0		0	RPI	6		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0	0.0	
Caffeine ... mg	0		0	RPI	6		0	0	
Theobromine ... mg	0		0	RPI	6		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 serving 1 cup 8 fl oz

Measure 2 = 30.9g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14305
Malt beverage

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	91.15	2.976	4	JO	11		216.03	26.98	
Energy....kcal	37		0	NC	4		89	11	
Energy....kJ	156		0	NC	4		371	46	
Protein (N x 6.25)....g	0.21	0.050	3	JO	11		0.50	0.06	
Total lipid (fat)....g	0.12		2	A	1		0.28	0.04	
Ash....g	0.12	0.017	3	JO	11		0.28	0.03	
Carbohydrate, by difference....g	8.05		0	NC	4		19.08	2.38	
Fiber, total dietary....g	0.0		2	AI	13		0.0	0.0	
Sugars, total....g	8.05		0	NR	4		19.08	2.38	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	1.139	4	JO	11		16	2	
Iron, Fe....mg	0.06	0.025	4	JO	11		0.14	0.02	
Magnesium, Mg....mg	7	0.941	3	JO	11		16	2	
Phosphorus, P....mg	16	7.533	3	JO	11		37	5	
Potassium, K....mg	8		2	A	1		19	2	
Sodium, Na....mg	13		2	A	1		31	4	
Zinc, Zn....mg	0.02		3	A	1		0.05	0.01	
Copper, Cu....mg	0.008		2	JO	11		0.019	0.002	
Manganese, Mn....mg	0.013		1	A	1		0.031	0.004	
Selenium, Se....mcg	1.2		0	BFPN	4		2.8	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		2	A	1		1.2	0.1	
Thiamin....mg	0.016		2	A	1		0.038	0.005	
Riboflavin....mg	0.048		2	A	1		0.114	0.014	
Niacin....mg	1.113		2	A	1		2.638	0.329	
Pantothenic acid....mg	0.037		2	A	1		0.088	0.011	
Vitamin B-6....mg	0.027		2	A	1		0.064	0.008	
Folate, total....mcg	14		2	A	1		33	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	14		2	A	1		33	4	
Folate, DFE....mcg_DFE	14		0	NC	4		33	4	
Choline, total....mg	10.1		0	O	4		24.0	3.0	
Betaine....mg									
Vitamin B-12....mcg	0.02		0	BFZN	4		0.05	0.01	
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		2	Z	7		0	0	
Carotene, alpha....mcg	0		2	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	2		2	A	1		5	1	
Lycopene....mcg	0		2	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	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.024		0	BFFN	4		0.057	0.007	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 14305
Malt beverage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.000		0	BFFN	4		0.000	0.000	
12:0 ... g	0.000		0	BFFN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.001		0	BFFN	4		0.002	0.000	
15:0 ... g									
16:0 ... g	0.021		0	BFFN	4		0.050	0.006	
17:0 ... g									
18:0 ... g	0.001		0	BFFN	4		0.002	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.015		0	BFFN	4		0.036	0.004	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.012		0	BFFN	4		0.028	0.004	
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	0.056		0	BFFN	4		0.133	0.017	
18:2 undifferentiated ... g	0.050		0	BFFN	4		0.119	0.015	
18:3 undifferentiated ... g	0.006		0	BFFN	4		0.014	0.002	
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	BFFN	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	0		0	Z	7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.3	0.048	3	JO	11		0.8	0.1	
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 = 237g: 1 cup

Measure 2 = 29.6g: 1 fl oz

Calories Factors: **Protein** 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 14 Beverages

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

NDB No. 14317
Malted drink mix, chocolate, powder

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	1.30	0.067	6		1		0.27		
Energy....kcal	411		0	NC	4		86		
Energy....kJ	1720		0	NC	4		361		
Protein (N x 6.25)....g	5.10		9		1		1.07		
Total lipid (fat)....g	4.76		1	LC	8		1.00		
Ash....g	1.90	0.020	6		1		0.40		
Carbohydrate, by difference....g	86.94		0	NC	4		18.26		
Fiber, total dietary....g	4.8		1	LC	8		1.0		
Sugars, total....g	66.67		1	LC	8		14.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	60		3		1		13		
Iron, Fe....mg	2.28		8		1		0.48		
Magnesium, Mg....mg	70		1		1		15		
Phosphorus, P....mg	175		1		1		37		
Potassium, K....mg	618		0	FLA	4		130		
Sodium, Na....mg	190		1	LC	8		40		
Zinc, Zn....mg	0.80		1		1		0.17		
Copper, Cu....mg	0.200		1		1		0.042		
Manganese, Mn....mg									
Selenium, Se....mcg	6.9		0	FLA	4		1.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		7		1		0.3		
Thiamin....mg	0.173		7		1		0.036		
Riboflavin....mg	0.200		1		1		0.042		
Niacin....mg	2.003		7		1		0.421		
Pantothenic acid....mg	0.316		0	FLA	4		0.066		
Vitamin B-6....mg	0.156		7		1		0.033		
Folate, total....mcg	37		0	FLA	4		8		
Folic acid....mcg	18		0	FLA	4		4		
Folate, food....mcg	19		0	FLA	4		4		
Folate, DFE....mcg_DFE	50		0	NC	4		10		
Choline, total....mg	27.2		0	O	4		5.7		
Betaine....mg									
Vitamin B-12....mcg	0.42		0	FLA	4		0.09		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	33		0	FLA	4		7		
Retinol....mcg	32		0	FLA	4		7		
Carotene, beta....mcg	5		0	FLA	4		1		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	117		0	FLA	4		25		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	2		0	FLA	4		1		
Vitamin E (alpha-tocopherol)....mg	0.17		0	FLA	4		0.04		
Vitamin E, added....mg	0.00		0	FLA	4		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	2.5		0	FLA	4		0.5		
Lipids:									
Fatty acids, total saturated....g	2.381		1	LC	8		0.500		
4:0....g	0.111		0	FLA	4		0.023		

NDB No. 14317
Malted drink mix, chocolate, 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	0.031		0	FLA	4		0.006		
8:0 g	0.034		0	FLA	4		0.007		
10:0 g	0.076		0	FLA	4		0.016		
12:0 g	0.079		0	FLA	4		0.017		
13:0 g									
14:0 g	0.362		0	FLA	4		0.076		
15:0 g	0.000		0	FLA	4		0.000		
16:0 g	1.152		0	FLA	4		0.242		
17:0 g	0.000		0	FLA	4		0.000		
18:0 g	0.412		0	FLA	4		0.086		
20:0 g	0.000		0	FLA	4		0.000		
22:0 g	0.000		0	FLA	4		0.000		
24:0 g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated g	1.167		0	FLA	4		0.245		
14:1 g	0.000		0	FLA	4		0.000		
15:1 g									
16:1 undifferentiated g	0.158		0	FLA	4		0.033		
17:1 g									
18:1 undifferentiated g	0.941		0	FLA	4		0.198		
20:1 g	0.000		0	FLA	4		0.000		
22:1 undifferentiated g	0.000		0	FLA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.669		0	FLA	4		0.140		
18:2 undifferentiated g	0.583		0	FLA	4		0.122		
18:3 undifferentiated g	0.085		0	FLA	4		0.018		
18:4 g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	1		0	FLA	4		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0		
Caffeine mg	37		2		1		8		
Theobromine mg	345		0	BFZN	4		72		

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 = 21g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14318
Malted drink mix, chocolate, powder, prepared with whole 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	81.34		0	RPA	1		215.56		
Energy....kcal	85		0	RPI	6		226		
Energy....kJ	357		0	RPI	6		947		
Protein....g	3.37		0	RPA	1		8.94		
Total lipid (fat)....g	3.29		0	RPI	6		8.73		
Ash....g	0.79		0	RPA	1		2.08		
Carbohydrate, by difference....g	11.20		0	RPI	6		29.67		
Fiber, total dietary....g	0.5		0	RPI	6		1.4		
Sugars, total....g	6.68		0	RPI	6		17.71		
Starch....g									
Minerals:									
Calcium, Ca....mg	98		0	RPA	1		259		
Iron, Fe....mg	0.21		0	RPA	1		0.57		
Magnesium, Mg....mg	15		0	RPA	1		40		
Phosphorus, P....mg	91		0	RPA	1		242		
Potassium, K....mg	172		0	RPI	6		455		
Sodium, Na....mg	60		0	RPA	1		159		
Zinc, Zn....mg	0.41		0	RPA	1		1.10		
Copper, Cu....mg	0.037		0	RPA	1		0.098		
Manganese, Mn....mg	0.080		0	RPI	6		0.211		
Selenium, Se....mcg	5.4		0	RPI	6		14.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RPA	1		0.3		
Thiamin....mg	0.054		0	RPA	1		0.143		
Riboflavin....mg	0.184		0	RPA	1		0.488		
Niacin....mg	0.259		0	RPA	1		0.687		
Pantothenic acid....mg	0.354		0	RPI	6		0.937		
Vitamin B-6....mg	0.046		0	RPA	1		0.122		
Folate, total....mcg	9		0	RPI	6		23		
Folic acid....mcg	0		0	RPI	6		0		
Folate, food....mcg	9		0	RPI	6		23		
Folate, DFE....mcg_DFE	9		0	NC	4		23		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.42		0	RPA	1		1.11		
Vitamin A, RAE....mcg_RAE	26		0	RPI	6		70		
Retinol....mcg	26		0	RPI	6		69		
Carotene, beta....mcg	5		0	RPI	6		13		
Carotene, alpha....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta....mcg	0		0	RPI	6		0		
Vitamin A, IU....IU	95		0	RPI	6		252		
Lycopene....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin....mcg	1		0	RPI	6		3		
Vitamin E (alpha-tocopherol)....mg	0.06		0	RPI	6		0.16		
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	0.3		0	RPI	6		0.9		
Lipids:									
Fatty acids, total saturated....g	1.883		0	RPI	6		4.989		
4:0....g	0.076		0	RPA	1		0.202		
6:0....g	0.073		0	RPA	1		0.194		
8:0....g	0.071		0	RPA	1		0.189		

NDB No. 14318
Malted drink mix, chocolate, powder, prepared with 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
10:0 g	0.075		0	RPA	1		0.198		
12:0 g	0.077		0	RPA	1		0.205		
13:0 g	0.000		0	RPA	1		0.000		
14:0 g	0.297		0	RPA	1		0.788		
15:0 g	0.000		0	RPA	1		0.000		
16:0 g	0.838		0	RPA	1		2.222		
17:0 g	0.000		0	RPA	1		0.000		
18:0 g	0.375		0	RPA	1		0.993		
20:0 g	0.000		0	RPA	1		0.000		
22:0 g	0.000		0	RPA	1		0.000		
24:0 g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated g	0.827		0	RPI	6		2.192		
14:1 g	0.000		0	RPA	1		0.000		
15:1 g									
16:1 undifferentiated g	0.006		0	RPA	1		0.015		
17:1 g									
18:1 undifferentiated g	0.822		0	RPA	1		2.178		
20:1 g	0.000		0	RPI	6		0.000		
22:1 undifferentiated g	0.000		0	RPI	6		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.208		0	RPI	6		0.550		
18:2 undifferentiated g	0.133		0	RPA	1		0.353		
18:3 undifferentiated g	0.074		0	RPA	1		0.197		
18:4 g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA) g	0.000		0	RPI	6		0.000		
22:5 n-3 (DPA) g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA) g	0.000		0	RPI	6		0.000		
Fatty acids, total trans g									
Cholesterol mg	10		0	RPI	6		26		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.074		0	RPA	1		0.195		
Threonine g	0.143		0	RPA	1		0.379		
Isoleucine g	0.165		0	RPA	1		0.436		
Leucine g	0.268		0	RPA	1		0.709		
Lysine g	0.142		0	RPA	1		0.376		
Methionine g	0.074		0	RPA	1		0.196		
Cystine g	0.023		0	RPA	1		0.061		
Phenylalanine g	0.150		0	RPA	1		0.398		
Tyrosine g	0.152		0	RPA	1		0.402		
Valine g	0.193		0	RPA	1		0.510		
Arginine g	0.085		0	RPA	1		0.226		
Histidine g	0.077		0	RPA	1		0.203		
Alanine g	0.109		0	RPA	1		0.290		
Aspartic acid g	0.252		0	RPA	1		0.666		
Glutamic acid g	0.677		0	RPA	1		1.794		
Glycine g	0.079		0	RPA	1		0.211		
Proline g	0.350		0	RPA	1		0.926		
Serine g	0.119		0	RPA	1		0.316		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RPI	6		0.0		
Caffeine mg	3		0	RPI	6		8		
Theobromine mg	28		0	RPI	6		73		

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. 14318

Malted drink mix, chocolate, powder, prepared with whole milk

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14315
Malted drink mix, chocolate, with added nutrients, powder

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	2.50		3		1		1.95	0.53	
Energy	kcal	389		0	NC	4		303	82	
Energy	kJ	1626		0	NC	4		1268	341	
Protein (N x 6.25)	g	4.90		5		1		3.82	1.03	
Total lipid (fat)	g	3.40		4		1		2.65	0.71	
Ash	g	4.60		3		1		3.59	0.97	
Carbohydrate, by difference	g	84.60		0	NC	4		65.99	17.77	
Fiber, total dietary	g	4.7		1	LC	8		3.7	1.0	
Sugars, total	g	70.56		1	LC	8		55.03	14.82	
Starch	g									
Minerals:										
Calcium, Ca	mg	443		3		1		346	93	
Iron, Fe	mg	17.38		5		1		13.56	3.65	
Magnesium, Mg	mg	96		2		1		75	20	
Phosphorus, P	mg	401		2		1		313	84	
Potassium, K	mg	1193		2		1		931	251	
Sodium, Na	mg	594		5		1		463	125	
Zinc, Zn	mg	1.07		2		1		0.83	0.22	
Copper, Cu	mg	0.634		2		1		0.495	0.133	
Manganese, Mn	mg	0.627		2		1		0.489	0.132	
Selenium, Se	mcg	3.3		0	FLC	4		2.6	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	150.1		4		1		117.1	31.5	
Thiamin	mg	3.052		4		1		2.381	0.641	
Riboflavin	mg	4.110		2		1		3.206	0.863	
Niacin	mg	50.937		4		1		39.731	10.697	
Pantothenic acid	mg	0.683		1		1		0.533	0.143	
Vitamin B-6	mg	4.366		4		1		3.405	0.917	
Folate, total	mcg	7		0	FLC	4		5	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	FLC	4		5	1	
Folate, DFE	mcg_DFE	7		0	NC	4		5	1	
Choline, total	mg	5.9		0	FLC	4		4.6	1.2	
Betaine	mg									
Vitamin B-12	mcg	0.03		0	FLC	4		0.02	0.01	
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3929		0	FLA	4		3065	825	
Retinol	mcg	3929		0	FLA	4		3065	825	
Carotene, beta	mcg	0		0	FLA	4		0	0	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	13098		2		1		10216	2751	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	11		0	FLA	4		9	2	
Vitamin E (alpha-tocopherol)	mg	0.03		0	FLC	4		0.02	0.01	
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	23.8		0	LC	8		18.6	5.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	952		1	LC	8		743	200	
Vitamin K (phylloquinone)	mcg	0.7		0	FLC	4		0.5	0.1	
Lipids:										
Fatty acids, total saturated	g	1.964		0		1		1.532	0.412	
4:0	g	0.088		0		1		0.069	0.018	

NDB No. 14315
Malted drink mix, chocolate, with added nutrients, 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	0.052		0		1		0.041	0.011	
8:0....g	0.030		0		1		0.023	0.006	
10:0....g	0.068		0		1		0.053	0.014	
12:0....g	0.077		0		1		0.060	0.016	
13:0....g									
14:0....g	0.275		0		1		0.215	0.058	
15:0....g									
16:0....g	0.861		0		1		0.672	0.181	
17:0....g									
18:0....g	0.447		0		1		0.349	0.094	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.951		0		1		0.742	0.200	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.063		0		1		0.049	0.013	
17:1....g									
18:1 undifferentiated....g	0.846		0		1		0.660	0.178	
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	0.325		0		1		0.254	0.068	
18:2 undifferentiated....g	0.260		0		1		0.203	0.055	
18:3 undifferentiated....g	0.065		0		1		0.051	0.014	
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	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	28		1		1		22	6	
Theobromine....mg	345		0	FLA	4		269	72	

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 = 78g: 1 cup

Measure 2 = 21g: 1 serving (4 tbsp or 1 envelope)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14316

Malted drink mix, chocolate, with added nutrients, powder, prepared with whole 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	81.26		0	RPA	1		215.34		
Energy....kcal	87		0	RPI	6		231		
Energy....kJ	365		0	RPI	6		968		
Protein....g	3.29		0	RPA	1		8.73		
Total lipid (fat)....g	3.26		0	RPI	6		8.64		
Ash....g	0.99		0	RPA	1		2.62		
Carbohydrate, by difference....g	11.19		0	RPI	6		29.67		
Fiber, total dietary....g	0.4		0	RPI	6		1.0		
Sugars, total....g	10.49		0	RPI	6		27.80		
Starch....g									
Minerals:									
Calcium, Ca....mg	139		0	RPA	1		369		
Iron, Fe....mg	1.42		0	RPA	1		3.77		
Magnesium, Mg....mg	17		0	RPA	1		45		
Phosphorus, P....mg	109		0	RPA	1		290		
Potassium, K....mg	217		0	RPA	1		576		
Sodium, Na....mg	87		0	RPA	1		230		
Zinc, Zn....mg	0.43		0	RPA	1		1.14		
Copper, Cu....mg	0.074		0	RPA	1		0.196		
Manganese, Mn....mg	0.054		0	RPA	1		0.144		
Selenium, Se....mcg	3.6		0	RPI	6		9.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.0		0	RPA	1		31.9		
Thiamin....mg	0.287		0	RPA	1		0.761		
Riboflavin....mg	0.484		0	RPA	1		1.284		
Niacin....mg	4.164		0	RPA	1		11.036		
Pantothenic acid....mg	0.398		0	RPA	1		1.054		
Vitamin B-6....mg	0.383		0	RPA	1		1.015		
Folate, total....mcg	5		0	RPI	6		14		
Folic acid....mcg	0		0	RPI	6		0		
Folate, food....mcg	5		0	RPI	6		14		
Folate, DFE....mcg_DFE	5		0	NC	4		14		
Choline, total....mg	13.6		0	RPI	6		36.1		
Betaine....mg									
Vitamin B-12....mcg	0.42		0	RPI	6		1.10		
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00		
Vitamin A, RAE....mcg_RAE	357		0	RPI	6		947		
Retinol....mcg	357		0	RPI	6		945		
Carotene, beta....mcg	6		0	RPI	6		16		
Carotene, alpha....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta....mcg	0		0	RPI	6		0		
Vitamin A, IU....IU	1199		0	RPA	1		3177		
Lycopene....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin....mcg	1		0	RPI	6		2		
Vitamin E (alpha-tocopherol)....mg	0.07		0	RPI	6		0.18		
Vitamin E, added....mg	0.00		0	RPI	6		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	3.1		0	RPI	6		8.2		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	123		0	RPI	6		327		
Vitamin K (phylloquinone)....mcg	0.3		0	RPI	6		0.8		
Lipids:									
Fatty acids, total saturated....g	1.873		0	RPI	6		4.964		
4:0....g	0.076		0	RPA	1		0.200		

NDB No. 14316

Malted drink mix, chocolate, with added nutrients, powder, prepared with 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	0.073		0	RPA	1		0.193		
8:0 ... g	0.071		0	RPA	1		0.188		
10:0 ... g	0.074		0	RPA	1		0.196		
12:0 ... g	0.077		0	RPA	1		0.203		
13:0 ... g									
14:0 ... g	0.295		0	RPA	1		0.782		
15:0 ... g									
16:0 ... g	0.831		0	RPA	1		2.203		
17:0 ... g									
18:0 ... g	0.371		0	RPA	1		0.984		
20:0 ... g									
22:0 ... g	0.000		0	RPA	1		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.823		0	RPI	6		2.182		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.005		0	RPA	1		0.013		
17:1 ... g									
18:1 undifferentiated ... g	0.815		0	RPA	1		2.160		
20:1 ... g									
22:1 undifferentiated ... g	0.000		0	RPA	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.205		0	RPI	6		0.543		
18:2 undifferentiated ... g	0.131		0	RPA	1		0.348		
18:3 undifferentiated ... g	0.074		0	RPA	1		0.195		
18:4 ... g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RPA	1		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RPA	1		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RPA	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	10		0	RPI	6		25		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0		
Caffeine ... mg	2		0	RPI	6		6		
Theobromine ... mg	28		0	RPI	6		73		

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 = 265g: 1 cup (8 fl oz)

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

Food Group: 14 Beverages

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

NDB No. 14311
Malted drink mix, natural, 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	2.00	0.134	6		1		0.42		
Energy	kcal	428		0	NC	4		90		
Energy	kJ	1789		0	NC	4		376		
Protein (N x 6.25)	g	14.29		1	LC	8		3.00		
Total lipid (fat)	g	9.52		1	LC	8		2.00		
Ash	g	2.98		0	FLC	4		0.63		
Carbohydrate, by difference	g	71.21		0	NC	4		14.95		
Fiber, total dietary	g	0.1		0	FLC	4		0.0		
Sugars, total	g	47.62		1	LC	8		10.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	298		1		1		63		
Iron, Fe	mg	0.70		7		1		0.15		
Magnesium, Mg	mg	93		1		1		20		
Phosphorus, P	mg	358		1		1		75		
Potassium, K	mg	758		0		1		159		
Sodium, Na	mg	405		1	LC	8		85		
Zinc, Zn	mg	0.99		1		1		0.21		
Copper, Cu	mg	0.200		1		1		0.042		
Manganese, Mn	mg	0.237		0	FLC	4		0.050		
Selenium, Se	mcg	16.4		0	FLC	4		3.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		7		1		0.6		
Thiamin	mg	0.505		7		1		0.106		
Riboflavin	mg	0.920		1		1		0.193		
Niacin	mg	5.246		7		1		1.102		
Pantothenic acid	mg	0.624		0	FLC	4		0.131		
Vitamin B-6	mg	0.410		7		1		0.086		
Folate, total	mcg	46		0	FLM	4		10		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	46		0	FLM	4		10		
Folate, DFE	mcg_DFE	46		0	NC	4		10		
Choline, total	mg	58.7		0	O	4		12.3		
Betaine	mg									
Vitamin B-12	mcg	0.80		0	FLC	4		0.17		
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	63		0	FLC	4		13		
Retinol	mcg	62		0	FLC	4		13		
Carotene, beta	mcg	11		0	FLC	4		2		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	224		0	FLC	4		47		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	7		0	FLC	4		1		
Vitamin E (alpha-tocopherol)	mg	0.36		0	FLC	4		0.08		
Vitamin E, added	mg	0.00		0	FLC	4		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	5.4		0	FLC	4		1.1		
Lipids:										
Fatty acids, total saturated	g	4.762		1	LC	8		1.000		
4:0	g	0.220		0	FLC	4		0.046		

NDB No. 14311
Malted drink mix, natural, 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	0.061		0	FLC	4		0.013		
8:0 g	0.068		0	FLC	4		0.014		
10:0 g	0.151		0	FLC	4		0.032		
12:0 g	0.156		0	FLC	4		0.033		
13:0 g									
14:0 g	0.719		0	FLC	4		0.151		
15:0 g	0.000		0	FLC	4		0.000		
16:0 g	2.343		0	FLC	4		0.492		
17:0 g	0.000		0	FLC	4		0.000		
18:0 g	0.799		0	FLC	4		0.168		
20:0 g	0.000		0	FLC	4		0.000		
22:0 g	0.000		0	FLC	4		0.000		
24:0 g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated g	2.157		0	FLC	4		0.453		
14:1 g	0.000		0	FLC	4		0.000		
15:1 g									
16:1 undifferentiated g	0.290		0	FLC	4		0.061		
17:1 g									
18:1 undifferentiated g	1.741		0	FLC	4		0.366		
20:1 g	0.000		0	FLC	4		0.000		
22:1 undifferentiated g	0.000		0	FLC	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.429		0	FLC	4		0.300		
18:2 undifferentiated g	1.254		0	FLC	4		0.263		
18:3 undifferentiated g	0.174		0	FLC	4		0.037		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	24		1	LC	8		5		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	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 = 21g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14312
Malted drink mix, natural, powder, prepared with whole 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	81.40		0	RPA	1		215.70		
Energy	kcal	88		0	RPI	6		234		
Energy	kJ	369		0	RPI	6		977		
Protein	g	3.86		0	RPA	1		10.24		
Total lipid (fat)	g	3.62		0	RPI	6		9.60		
Ash	g	0.89		0	RPA	1		2.36		
Carbohydrate, by difference	g	10.23		0	RPI	6		27.12		
Fiber, total dietary	g	0.1		0	RPI	6		0.2		
Sugars, total	g	9.56		0	RPI	6		25.34		
Starch	g									
Minerals:										
Calcium, Ca	mg	117		0	RPA	1		309		
Iron, Fe	mg	0.09		0	RPA	1		0.23		
Magnesium, Mg	mg	17		0	RPA	1		44		
Phosphorus, P	mg	106		0	RPA	1		280		
Potassium, K	mg	183		0	RPA	1		485		
Sodium, Na	mg	79		0	RPA	1		210		
Zinc, Zn	mg	0.43		0	RPA	1		1.14		
Copper, Cu	mg	0.037		0	RPA	1		0.098		
Manganese, Mn	mg	0.021		0	RPI	6		0.057		
Selenium, Se	mcg	5.2		0	RPI	6		13.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RPA	1		0.6		
Thiamin	mg	0.081		0	RPA	1		0.214		
Riboflavin	mg	0.242		0	RPA	1		0.641		
Niacin	mg	0.519		0	RPA	1		1.376		
Pantothenic acid	mg	0.402		0	RPI	6		1.066		
Vitamin B-6	mg	0.066		0	RPA	1		0.176		
Folate, total	mcg	8		0	RPA	1		22		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	8		0	RPI	6		22		
Folate, DFE	mcg_DFE	8		0	NC	4		22		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.46		0	RPA	1		1.23		
Vitamin A, RAE	mcg_RAE	33		0	RPI	6		87		
Retinol	mcg	32		0	RPI	6		85		
Carotene, beta	mcg	6		0	RPI	6		16		
Carotene, alpha	mcg	0		0	RPI	6		0		
Cryptoxanthin, beta	mcg	0		0	RPI	6		0		
Vitamin A, IU	IU	117		0	RPI	6		310		
Lycopene	mcg	0		0	RPI	6		0		
Lutein + zeaxanthin	mcg	0		0	RPI	6		1		
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	0.5		0	RPI	6		1.3		
Lipids:										
Fatty acids, total saturated	g	2.039		0	RPI	6		5.403		
4:0	g	0.085		0	RPA	1		0.224		
6:0	g	0.078		0	RPA	1		0.207		
8:0	g	0.074		0	RPA	1		0.196		

NDB No. 14312
Malted drink mix, natural, powder, prepared with 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
10:0....g	0.081		0	RPA	1		0.215		
12:0....g	0.085		0	RPA	1		0.224		
13:0....g	0.000		0	RPA	1		0.000		
14:0....g	0.324		0	RPA	1		0.858		
15:0....g	0.000		0	RPA	1		0.000		
16:0....g	0.916		0	RPA	1		2.426		
17:0....g	0.000		0	RPA	1		0.000		
18:0....g	0.397		0	RPA	1		1.053		
20:0....g	0.000		0	RPA	1		0.000		
22:0....g	0.000		0	RPA	1		0.000		
24:0....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated....g	0.903		0	RPI	6		2.394		
14:1....g	0.000		0	RPA	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.012		0	RPA	1		0.031		
17:1....g									
18:1 undifferentiated....g	0.892		0	RPA	1		2.363		
20:1....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated....g	0.000		0	RPI	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.276		0	RPI	6		0.731		
18:2 undifferentiated....g	0.191		0	RPA	1		0.507		
18:3 undifferentiated....g	0.085		0	RPA	1		0.224		
18:4....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000		
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	12		0	RPI	6		32		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.079		0	RPA	1		0.209		
Threonine....g	0.155		0	RPA	1		0.412		
Isoleucine....g	0.180		0	RPA	1		0.476		
Leucine....g	0.298		0	RPA	1		0.789		
Lysine....g	0.154		0	RPA	1		0.409		
Methionine....g	0.082		0	RPA	1		0.216		
Cystine....g	0.034		0	RPA	1		0.090		
Phenylalanine....g	0.167		0	RPA	1		0.441		
Tyrosine....g	0.165		0	RPA	1		0.438		
Valine....g	0.209		0	RPA	1		0.553		
Arginine....g	0.103		0	RPA	1		0.274		
Histidine....g	0.087		0	RPA	1		0.232		
Alanine....g	0.127		0	RPA	1		0.338		
Aspartic acid....g	0.291		0	RPA	1		0.770		
Glutamic acid....g	0.796		0	RPA	1		2.108		
Glycine....g	0.089		0	RPA	1		0.236		
Proline....g	0.407		0	RPA	1		1.078		
Serine....g	0.150		0	RPA	1		0.398		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	0		0	RPI	6		0		
Theobromine....mg	0		0	RPI	6		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. 14312

Malted drink mix, natural, powder, prepared with whole milk

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14309
Malted drink mix, natural, with added nutrients, powder

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	3.10		2		1		0.65		
Energy....kcal	372		0	FLA	4		78		
Energy....kJ	1555		0	FLA	4		326		
Protein (N x 6.25)....g	9.41		1	LC	8		1.98		
Total lipid (fat)....g	1.33		0	FLA	4		0.28		
Ash....g	2.57		0	FLA	4		0.54		
Carbohydrate, by difference....g	83.59		0	NC	4		17.55		
Fiber, total dietary....g	1.9		0	FLA	4		0.4		
Sugars, total....g	63.38		0	FLA	4		13.31		
Starch....g									
Minerals:									
Calcium, Ca....mg	376		1	LC	8		79		
Iron, Fe....mg	12.70		1	LC	8		2.67		
Magnesium, Mg....mg	63		0	FLA	4		13		
Phosphorus, P....mg	376		1	LC	8		79		
Potassium, K....mg	591		0	FLA	4		124		
Sodium, Na....mg	259		1	LC	8		54		
Zinc, Zn....mg	0.73		0	FLA	4		0.15		
Copper, Cu....mg	0.687		0	FLA	4		0.144		
Manganese, Mn....mg	0.324		0	FLA	4		0.068		
Selenium, Se....mcg	7.0		0	FLA	4		1.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	127.0		1	LC	8		26.7		
Thiamin....mg	4.233		1	LC	8		0.889		
Riboflavin....mg	3.598		1	LC	8		0.756		
Niacin....mg	42.327		1	LC	8		8.889		
Pantothenic acid....mg	0.955		0	FLA	4		0.201		
Vitamin B-6....mg	4.233		1	LC	8		0.889		
Folate, total....mcg	43		0	FLA	4		9		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	43		0	FLA	4		9		
Folate, DFE....mcg_DFE	43		0	NC	4		9		
Choline, total....mg	31.5		0	FLA	4		6.6		
Betaine....mg									
Vitamin B-12....mcg	0.48		0	FLA	4		0.10		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	3172		0	NC	4		666		
Retinol....mcg	3172		0	NR	4		666		
Carotene, beta....mcg	4		0	FLA	4		1		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	10582		1	LC	8		2222		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.06		0	FLA	4		0.01		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	23.5		0	LC	8		4.9		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	941		1	LC	8		198		
Vitamin K (phylloquinone)....mcg	0.9		0	FLA	4		0.2		
Lipids:									
Fatty acids, total saturated....g	0.679		0	FLA	4		0.143		
4:0....g	0.035		0	FLA	4		0.007		

NDB No. 14309
Malted drink mix, natural, with added nutrients, 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	0.009		0	FLA	4		0.002		
8:0 g	0.010		0	FLA	4		0.002		
10:0 g	0.022		0	FLA	4		0.005		
12:0 g	0.022		0	FLA	4		0.005		
13:0 g									
14:0 g	0.107		0	FLA	4		0.022		
15:0 g									
16:0 g	0.320		0	FLA	4		0.067		
17:0 g									
18:0 g	0.115		0	FLA	4		0.024		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.343		0	FLA	4		0.072		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.044		0	FLA	4		0.009		
17:1 g									
18:1 undifferentiated g	0.275		0	FLA	4		0.058		
20:1 g	0.000		0	FLA	4		0.000		
22:1 undifferentiated g	0.000		0	FLA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.169		0	FLA	4		0.035		
18:2 undifferentiated g	0.139		0	FLA	4		0.029		
18:3 undifferentiated g	0.024		0	FLA	4		0.005		
18:4 g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		1	LC	8		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	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 = 21g: 1 serving (4 tbsp or 1 envelope)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14310

Malted drink mix, natural, with added nutrients, powder, prepared with whole 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	81.49		0	RPA	1		215.94		
Energy	kcal	86		0	RPI	6		227		
Energy	kJ	359		0	RPI	6		951		
Protein	g	3.67		0	RPA	1		9.73		
Total lipid (fat)	g	3.21		0	RPI	6		8.52		
Ash	g	0.97		0	RPA	1		2.57		
Carbohydrate, by difference	g	10.67		0	RPI	6		28.27		
Fiber, total dietary	g	0.0		0	RPI	6		0.1		
Sugars, total	g	8.37		0	RPI	6		22.19		
Starch	g									
Minerals:										
Calcium, Ca	mg	123		0	RPA	1		326		
Iron, Fe	mg	1.36		0	RPA	1		3.61		
Magnesium, Mg	mg	15		0	RPA	1		39		
Phosphorus, P	mg	107		0	RPA	1		284		
Potassium, K	mg	200		0	RPA	1		529		
Sodium, Na	mg	72		0	RPA	1		191		
Zinc, Zn	mg	0.41		0	RPA	1		1.08		
Copper, Cu	mg	0.044		0	RPA	1		0.116		
Manganese, Mn	mg	0.037		0	RPA	1		0.097		
Selenium, Se	mcg	4.2		0	RPI	6		11.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.4		0	RPA	1		27.5		
Thiamin	mg	0.277		0	RPA	1		0.734		
Riboflavin	mg	0.455		0	RPA	1		1.204		
Niacin	mg	3.993		0	RPA	1		10.583		
Pantothenic acid	mg	0.353		0	RPI	6		0.935		
Vitamin B-6	mg	0.325		0	RPA	1		0.860		
Folate, total	mcg	6		0	RPI	6		15		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	6		0	RPI	6		15		
Folate, DFE	mcg_DFE	6		0	NC	4		15		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.40		0	RPI	6		1.07		
Vitamin A, RAE	mcg_RAE	281		0	RPI	6		744		
Retinol	mcg	280		0	RPI	6		743		
Carotene, beta	mcg	5		0	RPI	6		13		
Carotene, alpha	mcg	0		0	RPI	6		0		
Cryptoxanthin, beta	mcg	0		0	RPI	6		0		
Vitamin A, IU	IU	942		0	RPI	6		2496		
Lycopene	mcg	0		0	RPI	6		0		
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	0.4		0	RPI	6		1.0		
Lipids:										
Fatty acids, total saturated	g	1.830		0	RPI	6		4.849		
4:0	g	0.074		0	RPA	1		0.197		
6:0	g	0.072		0	RPA	1		0.191		

NDB No. 14310

Malted drink mix, natural, with added nutrients, powder, prepared with 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
8:0 ... g	0.070		0	RPA	1		0.187		
10:0 ... g	0.073		0	RPA	1		0.193		
12:0 ... g	0.075		0	RPA	1		0.200		
13:0 ... g	0.000		0	RPA	1		0.000		
14:0 ... g	0.291		0	RPA	1		0.771		
15:0 ... g	0.000		0	RPA	1		0.000		
16:0 ... g	0.817		0	RPA	1		2.164		
17:0 ... g	0.000		0	RPA	1		0.000		
18:0 ... g	0.357		0	RPA	1		0.947		
20:0 ... g	0.000		0	RPA	1		0.000		
22:0 ... g	0.000		0	RPA	1		0.000		
24:0 ... g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated ... g	0.802		0	RPI	6		2.127		
14:1 ... g	0.000		0	RPA	1		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	RPA	1		0.011		
17:1 ... g									
18:1 undifferentiated ... g	0.798		0	RPA	1		2.116		
20:1 ... g	0.000		0	RPA	1		0.000		
22:1 undifferentiated ... g	0.000		0	RPA	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.213		0	RPI	6		0.565		
18:2 undifferentiated ... g	0.139		0	RPA	1		0.368		
18:3 undifferentiated ... g	0.074		0	RPA	1		0.197		
18:4 ... g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RPA	1		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RPA	1		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RPA	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0	RPI	6		30		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0		
Caffeine ... mg	0		0	RPI	6		0		
Theobromine ... mg	0		0	RPI	6		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 = 265g: 1 cup (8 fl oz)

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

Food Group: 14 Beverages

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

NDB No. 14632

Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor

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	77.79		1	A	1		304.16	122.91	
Energy....kcal	101		0	NC	4		393	159	
Energy....kJ	421		0	NC	4		1646	665	
Protein (N x 6.25)....g	3.50		1	A	1		13.69	5.53	
Total lipid (fat)....g	3.07		1	A	1		12.00	4.85	
Ash....g	0.90		1	A	1		3.52	1.42	
Carbohydrate, by difference....g	14.74		0	NC	4		57.63	23.29	
Fiber, total dietary....g									
Sugars, total....g									
Sucrose....g	6.06		1	A	1		23.71	9.58	
Glucose (dextrose)....g	0.37		1	A	1		1.45	0.58	
Fructose....g	0.00		1	A	1		0.00	0.00	
Lactose....g	3.41		1	A	1		13.33	5.39	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g									
Starch....g	1.40		1	A	1		5.47	2.21	
Minerals:									
Calcium, Ca....mg	110		1	A	1		430	174	
Iron, Fe....mg	2.20		1	A	1		8.60	3.48	
Magnesium, Mg....mg	16		1	A	1		63	25	
Phosphorus, P....mg	110		1	A	1		430	174	
Potassium, K....mg	160		1	A	1		626	253	
Sodium, Na....mg	54		1	A	1		211	85	
Zinc, Zn....mg	0.42		1	A	1		1.64	0.66	
Copper, Cu....mg	0.030		1	A	1		0.117	0.047	
Manganese, Mn....mg	0.071		1	A	1		0.278	0.112	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	A	1		2.9	1.2	
Thiamin....mg	0.430		1	A	1		1.681	0.679	
Riboflavin....mg	1.300		1	A	1		5.083	2.054	
Niacin....mg	6.600		1	A	1		25.806	10.428	
Pantothenic acid....mg	1.700		1	A	1		6.647	2.686	
Vitamin B-6....mg	0.540		1	A	1		2.111	0.853	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.53		1	A	1		2.07	0.84	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.09		1	A	1		0.35	0.14	
Tocopherol, beta....mg	0.03		1	A	1		0.12	0.05	
Tocopherol, gamma....mg	0.52		1	A	1		2.03	0.82	
Tocopherol, delta....mg	0.17		1	A	1		0.66	0.27	
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	0.571		0	NC	4		2.231	0.902	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	

NDB No. 14632

Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.011		1	A	1		0.043	0.017	
12:0 g	0.002		1	A	1		0.007	0.003	
13:0 g									
14:0 g	0.006		1	A	1		0.023	0.009	
15:0 g	0.001		1	A	1		0.003	0.001	
16:0 g	0.248		1	A	1		0.969	0.391	
17:0 g	0.003		1	A	1		0.010	0.004	
18:0 g	0.204		1	A	1		0.799	0.323	
20:0 g	0.025		1	A	1		0.098	0.040	
22:0 g	0.050		1	A	1		0.196	0.079	
24:0 g	0.022		1	A	1		0.085	0.034	
Fatty acids, total monounsaturated g	1.922		0	NC	4		7.514	3.036	
14:1 g	0.000		1	A	1		0.000	0.000	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.003		0	AS	1		0.010	0.004	
16:1 c g	0.003		1	A	1		0.010	0.004	
16:1 t g	0.000		1	A	1		0.000	0.000	
17:1 g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated g	1.899		0	AS	1		7.426	3.001	
18:1 c g	1.532		1	A	1		5.989	2.420	
18:1-11c (18:1c n-7) g									
18:1 t g	0.367		1	A	1		1.437	0.581	
18:1-11t (18:1t n-7) g									
20:1 g	0.020		1	A	1		0.079	0.032	
22:1 undifferentiated g	0.000		0	AS	1		0.000	0.000	
22:1 c g	0.000		1	A	1		0.000	0.000	
22:1 t g	0.000		1	A	1		0.000	0.000	
24:1 c g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	0.178		0	NC	4		0.697	0.282	
18:2 undifferentiated g	0.173		0	AS	1		0.677	0.274	
18:2 n-6 c,c g	0.130		1	A	1		0.507	0.205	
18:2 CLAs g	0.000		1	A	1		0.000	0.000	
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	0.044		1	A	1		0.170	0.069	
18:3 undifferentiated g	0.005		0	AS	1		0.020	0.008	
18:3 n-3 c,c,c (ALA) g	0.005		1	A	1		0.020	0.008	
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		0	AS	1		0.000	0.000	
20:3 n-3 g	0.000		1	A	1		0.000	0.000	
20:3 n-6 g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	
21:5 g									
22:4 g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans g	0.411		0	NC	4		1.607	0.649	
Fatty acids, total trans-monoenoic g	0.367		0	NC	4		1.437	0.581	
Fatty acids, total trans-polyenoic g	0.044		0	NC	4		0.170	0.069	
Cholesterol mg									
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.040		0	A	1		0.156	0.063	
Threonine g	0.110		0	A	1		0.430	0.174	
Isoleucine g	0.145		0	A	1		0.567	0.229	

NDB No. 14632

Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.335		0	A	1		1.310	0.529	
Lysine.....g	0.225		0	A	1		0.880	0.355	
Methionine.....g	0.100		0	A	1		0.391	0.158	
Cystine.....g	0.010		0	A	1		0.039	0.016	
Phenylalanine.....g	0.180		0	A	1		0.704	0.284	
Tyrosine.....g	0.150		0	A	1		0.587	0.237	
Valine.....g	0.195		0	A	1		0.762	0.308	
Arginine.....g	0.120		0	A	1		0.469	0.189	
Histidine.....g	0.060		0	A	1		0.234	0.095	
Alanine.....g	0.135		0	A	1		0.528	0.213	
Aspartic acid.....g	0.325		0	A	1		1.271	0.513	
Glutamic acid.....g	0.775		0	A	1		3.030	1.224	
Glycine.....g	0.100		0	A	1		0.391	0.158	
Proline.....g	0.425		0	A	1		1.662	0.671	
Serine.....g	0.205		0	A	1		0.801	0.324	
Hydroxyproline.....g	0.000		1	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 = 391g: 1 can

Measure 2 = 158g: 1 cup

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

Food Group: 14 Beverages

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

NDB No. 14119

Mixed vegetable and fruit juice drink, with added nutrients

includes V-8 Splash drinks

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	92.34		0	FLC	4		228.08		
Energy....kcal	29		1	LC	8		72		
Energy....kJ	122		0	LC	8		301		
Protein....g	0.04		0	FLC	4		0.10		
Total lipid (fat)....g	0.01		0	FLC	4		0.03		
Ash....g	0.13		0	FLC	4		0.33		
Carbohydrate, by difference....g	7.47		0	NC	4		18.46		
Fiber, total dietary....g	0.0		0	FLC	4		0.1		
Sugars, total....g	2.10		0	FLC	4		5.19		
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	FLC	4		8		
Iron, Fe....mg	0.04		0	FLC	4		0.10		
Magnesium, Mg....mg	1		0	FLC	4		3		
Phosphorus, P....mg	2		0	FLC	4		5		
Potassium, K....mg	19		1	LC	8		46		
Sodium, Na....mg	21		1	LC	8		51		
Zinc, Zn....mg	0.01		0	FLC	4		0.03		
Copper, Cu....mg	0.009		0	FLC	4		0.023		
Manganese, Mn....mg	0.012		0	FLC	4		0.030		
Selenium, Se....mcg	0.1		0	FLC	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	32.5		1	LC	8		80.3		
Thiamin....mg	0.003		0	FLC	4		0.008		
Riboflavin....mg	0.004		0	FLC	4		0.010		
Niacin....mg	0.018		0	FLC	4		0.045		
Pantothenic acid....mg	0.013		0	FLC	4		0.031		
Vitamin B-6....mg	0.010		0	FLC	4		0.024		
Folate, total....mcg	0		0	FLC	4		0		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	0		0	FLC	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	5.2		0	O	4		12.9		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	104		0	FLC	4		257		
Retinol....mcg	0		0	FLC	4		0		
Carotene, beta....mcg	1178		0	FLC	4		2910		
Carotene, alpha....mcg	144		0	FLC	4		355		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	2083		1	LC	8		5146		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	12		0	FLC	4		30		
Vitamin E (alpha-tocopherol)....mg	1.63		0	NR	4		4.01		
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	0.5		0	FLC	4		1.3		
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 14119

Mixed vegetable and fruit juice drink, with added nutrients

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated....g	0.000		0	FLC	4		0.000		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	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 = 247g: 8 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14327
Orange and apricot juice drink, canned

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	86.70		0		1		216.75	27.05	
Energy....kcal	51		0	NC	4		128	16	
Energy....kJ	213		0		4		533	67	
Protein (N x 6.25)....g	0.30		0		1		0.75	0.09	
Total lipid (fat)....g	0.10		0		1		0.25	0.03	
Ash....g	0.20		1		1		0.50	0.06	
Carbohydrate, by difference....g	12.70		0	NC	4		31.75	3.96	
Fiber, total dietary....g	0.1		0	FLA	4		0.3	0.0	
Sugars, total....g	12.06		0	FLA	4		30.16	3.76	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		13	2	
Iron, Fe....mg	0.10		0		1		0.25	0.03	
Magnesium, Mg....mg	5		0	FLA	4		13	2	
Phosphorus, P....mg	8		0		1		20	2	
Potassium, K....mg	80		1		1		200	25	
Sodium, Na....mg	2		0	FLA	4		5	1	
Zinc, Zn....mg	0.04		0	FLA	4		0.09	0.01	
Copper, Cu....mg	0.032		0	FLA	4		0.080	0.010	
Manganese, Mn....mg	0.009		0	FLA	4		0.021	0.003	
Selenium, Se....mcg	0.1		0	FLA	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.0		1		1		50.0	6.2	
Thiamin....mg	0.020		0		1		0.050	0.006	
Riboflavin....mg	0.010		0		1		0.025	0.003	
Niacin....mg	0.200		0		1		0.500	0.062	
Pantothenic acid....mg	0.068		0	FLA	4		0.171	0.021	
Vitamin B-6....mg	0.037		0	FLA	4		0.093	0.012	
Folate, total....mcg	7		0	FLA	4		18	2	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	7		0	FLA	4		18	2	
Folate, DFE....mcg_DFE	7		0	NC	4		18	2	
Choline, total....mg	0.5		0	O	4		1.4	0.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	9		0	FLA	4		23	3	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	79		0	FLA	4		197	25	
Carotene, alpha....mcg	2		0	FLA	4		5	1	
Cryptoxanthin, beta....mcg	60		0	FLA	4		150	19	
Vitamin A, IU....IU	183		0	FLA	4		456	57	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	47		0	FLA	4		118	15	
Vitamin E (alpha-tocopherol)....mg	0.11		0	FLA	4		0.27	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	0.1		0	FLA	4		0.3	0.0	
Lipids:									
Fatty acids, total saturated....g	0.010		0		1		0.025	0.003	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 14327
Orange and apricot juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.009		0		1		0.023	0.003	
17:0 g									
18:0 g	0.001		0		1		0.003	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.031		0		1		0.078	0.010	
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	0.029		0		1		0.073	0.009	
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	0.022		0		1		0.055	0.007	
18:2 undifferentiated g	0.019		0		1		0.048	0.006	
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	0		0		1		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	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 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.2g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14435
Orange breakfast drink, ready-to-drink

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	88.90		0		4		222.25	27.83	
Energy	kcal	43		0	NC	4		108	14	
Energy	kJ	181		0	NC	4		452	57	
Protein (N x 6.25)	g	0.00		0		4		0.00	0.00	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash	g	0.30		0		4		0.75	0.09	
Carbohydrate, by difference	g	10.80		0	NC	4		27.00	3.38	
Fiber, total dietary	g	0.2		0	FLA	4		0.6	0.1	
Sugars, total	g	6.56		0	FLA	4		16.40	2.05	
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		4		10	1	
Iron, Fe	mg	0.04		0		4		0.10	0.01	
Magnesium, Mg	mg	3		0	FLA	4		8	1	
Phosphorus, P	mg	3		0	FLA	4		9	1	
Potassium, K	mg	41		0	FLA	4		102	13	
Sodium, Na	mg	2		0	FLA	4		5	1	
Zinc, Zn	mg	0.02		0	FLA	4		0.05	0.01	
Copper, Cu	mg	0.018		0	FLA	4		0.044	0.006	
Manganese, Mn	mg	0.013		0	FLA	4		0.033	0.004	
Selenium, Se	mcg	0.1		0	FLA	4		0.3	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.0		0		4		32.5	4.1	
Thiamin	mg	0.017		0	FLA	4		0.042	0.005	
Riboflavin	mg	0.009		0	FLA	4		0.022	0.003	
Niacin	mg	0.068		0	FLA	4		0.170	0.021	
Pantothenic acid	mg	0.051		0	FLA	4		0.129	0.016	
Vitamin B-6	mg	0.013		0	FLA	4		0.032	0.004	
Folate, total	mcg	5		0	FLA	4		11	1	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	5		0	FLA	4		11	1	
Folate, DFE	mcg_DFE	5		0	NC	4		11	1	
Choline, total	mg	0.5		0	O	4		1.1	0.1	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		3	0	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	5		0	FLA	4		11	1	
Carotene, alpha	mcg	1		0	FLA	4		2	0	
Cryptoxanthin, beta	mcg	12		0	FLA	4		30	4	
Vitamin A, IU	IU	18		0	FLA	4		46	6	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	15		0	FLA	4		37	5	
Vitamin E (alpha-tocopherol)	mg	0.04		0	FLA	4		0.09	0.01	
Vitamin E, added	mg	0.00		0	FLA	4		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	FLA	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLA	4		0.000	0.000	
4:0	g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14435
Orange breakfast drink, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLA	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLA	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	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 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14436

Orange breakfast drink, ready-to-drink, with added nutrients

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	85.40		0		4		26.99	216.06	
Energy....kcal	53		0	NC	4		17	134	
Energy....kJ	221		0	NC	4		70	559	
Protein (N x 6.25)....g	0.00		0		4		0.00	0.00	
Total lipid (fat)....g	0.00		0		4		0.00	0.00	
Ash....g	1.40		0		4		0.44	3.54	
Carbohydrate, by difference....g	13.20		0	NC	4		4.17	33.40	
Fiber, total dietary....g	0.1		0		4		0.0	0.3	
Sugars, total....g	8.02		0	O	4		2.53	20.28	
Starch....g									
Minerals:									
Calcium, Ca....mg	100		0		4		32	253	
Iron, Fe....mg	0.05		0		4		0.02	0.13	
Magnesium, Mg....mg	5		0		4		2	13	
Phosphorus, P....mg	7		0		4		2	18	
Potassium, K....mg	83		0		4		26	210	
Sodium, Na....mg	54		0		4		17	137	
Zinc, Zn....mg	0.05		0		4		0.02	0.13	
Copper, Cu....mg	0.027		0		4		0.009	0.068	
Manganese, Mn....mg	0.013		0	FLA	4		0.004	0.034	
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.0		0		4		7.6	60.7	
Thiamin....mg	0.120		0		4		0.038	0.304	
Riboflavin....mg	0.010		0		4		0.003	0.025	
Niacin....mg	0.090		0		4		0.028	0.228	
Pantothenic acid....mg	0.051		0	FLA	4		0.016	0.130	
Vitamin B-6....mg	0.020		0		4		0.006	0.051	
Folate, total....mcg	5		0	NR	4		1	11	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	5		0	FLA	4		1	11	
Folate, DFE....mcg_DFE	5		0	NC	4		1	11	
Choline, total....mg	0.5		0	O	4		0.1	1.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	21		0	FLC	4		7	53	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	219		0	FLC	4		69	554	
Carotene, alpha....mcg	0		0	FLC	4		0	1	
Cryptoxanthin, beta....mcg	62		0	FLC	4		20	156	
Vitamin A, IU....IU	417		0	FLC	4		132	1054	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	8		0	FLC	4		3	21	
Vitamin E (alpha-tocopherol)....mg	0.04		0	NR	4		0.01	0.09	
Vitamin E, added....mg	0.00		0	FLA	4		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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 14436
Orange breakfast drink, ready-to-drink, with added nutrients

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		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		4		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		4		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		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	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 = 31.6g: 1 fl oz

Measure 2 = 253g: 1 cup (8 fl oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14426

Orange drink, breakfast type, with juice and pulp, frozen concentrate

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	59.20		1		1		21.49	258.11	
Energy....kcal	153		0	NC	4		56	667	
Energy....kJ	640		0		4		232	2791	
Protein (N x 6.25)....g	0.40		1		1		0.15	1.74	
Total lipid (fat)....g	0.00		1		1		0.00	0.00	
Ash....g	1.40		1		1		0.51	6.10	
Carbohydrate, by difference....g	39.00		0	NC	4		14.16	170.04	
Fiber, total dietary....g	0.1		0		4		0.0	0.4	
Sugars, total....g	38.05		0	BFCN	4		13.81	165.88	
Starch....g									
Minerals:									
Calcium, Ca....mg	399		1		1		145	1740	
Iron, Fe....mg	0.26		1		1		0.09	1.13	
Magnesium, Mg....mg	34		1		1		12	148	
Phosphorus, P....mg	115		1		1		42	501	
Potassium, K....mg	465		1		1		169	2027	
Sodium, Na....mg	26		1		1		9	113	
Zinc, Zn....mg	0.12		1		1		0.04	0.52	
Copper, Cu....mg	0.320		1		1		0.116	1.395	
Manganese, Mn....mg	0.048		0		4		0.017	0.209	
Selenium, Se....mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	189.7		1		1		68.9	827.1	
Thiamin....mg	0.363		1		1		0.132	1.583	
Riboflavin....mg	3.590		1		1		1.303	15.652	
Niacin....mg	0.870		1		1		0.316	3.793	
Pantothenic acid....mg	0.650		1		1		0.236	2.834	
Vitamin B-6....mg	0.244		1		1		0.089	1.064	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	1.7		0	O	4		0.6	7.4	
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	1		1		1		0	5	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	11		0	O	4		4	48	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	21		1		1		8	92	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.09		0	BFZN	4		0.03	0.37	
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	BFZN	4		0.0	0.2	
Lipids:									
Fatty acids, total saturated....g	0.002		0		1		0.001	0.009	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 14426

Orange drink, breakfast type, with juice and pulp, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		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	0.003		0		1		0.001	0.013	
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		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	0.004		0		1		0.001	0.017	
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		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	0.001		0		1		0.000	0.004	
Threonine ... g	0.004		0		1		0.001	0.017	
Isoleucine ... g	0.004		0		1		0.001	0.017	
Leucine ... g	0.007		0		1		0.003	0.031	
Lysine ... g	0.005		0		1		0.002	0.022	
Methionine ... g	0.002		0		1		0.001	0.009	
Cystine ... g	0.003		0		1		0.001	0.013	
Phenylalanine ... g	0.005		0		1		0.002	0.022	
Tyrosine ... g	0.002		0		1		0.001	0.009	
Valine ... g	0.006		0		1		0.002	0.026	
Arginine ... g	0.025		0		1		0.009	0.109	
Histidine ... g	0.002		0		1		0.001	0.009	
Alanine ... g	0.008		0		1		0.003	0.035	
Aspartic acid ... g	0.040		0		1		0.015	0.174	
Glutamic acid ... g	0.018		0		1		0.007	0.078	
Glycine ... g	0.005		0		1		0.002	0.022	
Proline ... g	0.023		0		1		0.008	0.100	
Serine ... g	0.007		0		1		0.003	0.031	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	BFZN	4		0	0	
Theobromine ... mg	0		0	BFZN	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. 14426

Orange drink, breakfast type, with juice and pulp, frozen concentrate

Common Measures:

Measure 1 = 36.3g: 1 fl oz

Measure 2 = 436g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14427

Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water

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	88.08		0	RPI	6		220.20	27.57	
Energy....kcal	45		0	RPI	6		111	14	
Energy....kJ	186		0	RPI	6		466	58	
Protein (N x 0)....g	0.12		0	RPI	6		0.29	0.04	
Total lipid (fat)....g	0.00		0	RPI	6		0.00	0.00	
Ash....g	0.48		0	RPI	6		1.19	0.15	
Carbohydrate, by difference....g	11.32		0	RPI	6		28.31	3.54	
Fiber, total dietary....g	0.0		0	RPI	6		0.1	0.0	
Sugars, total....g	11.05		0	RPI	6		27.62	3.46	
Starch....g									
Minerals:									
Calcium, Ca....mg	118		0	RPA	1		295	37	
Iron, Fe....mg	0.08		0	RPA	1		0.19	0.02	
Magnesium, Mg....mg	11		0	RPA	1		26	3	
Phosphorus, P....mg	33		0	RPA	1		84	10	
Potassium, K....mg	167	17.976	3	AI	13		417	52	
Sodium, Na....mg	10	3.005	3	AI	13		26	3	
Zinc, Zn....mg	0.04		0	RPA	1		0.10	0.01	
Copper, Cu....mg	0.100		0	RPA	1		0.250	0.031	
Manganese, Mn....mg	0.014		0	RPI	6		0.035	0.004	
Selenium, Se....mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	55.1		0	RPI	6		137.7	17.2	
Thiamin....mg	0.105		0	RPI	6		0.264	0.033	
Riboflavin....mg	1.042		0	RPI	6		2.606	0.326	
Niacin....mg	0.253		0	RPI	6		0.632	0.079	
Pantothenic acid....mg	0.189		0	RPI	6		0.472	0.059	
Vitamin B-6....mg	0.071		0	RPI	6		0.177	0.022	
Folate, total....mcg	0		0	RPI	6		0	0	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	0		0	RPI	6		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		1	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	3		0	RPI	6		8	1	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	6		0	RPI	6		15	2	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	RPI	6		0.06	0.01	
Vitamin E, added....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.001		0	RPI	6		0.001	0.000	
4:0....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14427

Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.000	0.000	
15:0....g									
16:0....g	0.000		0	RPI	6		0.000	0.000	
17:0....g									
18:0....g	0.000		0	RPI	6		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.001		0	RPI	6		0.002	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.001		0	RPI	6		0.003	0.000	
18:2 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
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									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		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 = 250g: 1 serving 8 fl oz

Measure 2 = 31.3g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14323
Orange drink, canned, with added vitamin C

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	87.47	0.269	6	A	1		216.94	27.12	
Energy	kcal	49		0	NC	4		121	15	
Energy	kJ	204		0	NC	4		505	63	
Protein (N x 6.25)	g	0.00	0.000	6	A	1		0.00	0.00	
Total lipid (fat)	g	0.07	0.023	6	A	1		0.17	0.02	
Ash	g	0.11	0.025	6	A	1		0.28	0.04	
Carbohydrate, by difference	g	12.34		0	NC	4		30.62	3.83	
Fiber, total dietary	g	0.0		0	FLA	4		0.1	0.0	
Sugars, total	g	11.03	0.209	6	A	1		27.35	3.42	
Starch	g									
Minerals:										
Calcium, Ca	mg	5	0.168	5	A	1		13	2	
Iron, Fe	mg	0.04	0.006	6	A	1		0.11	0.01	
Magnesium, Mg	mg	2	0.160	6	A	1		5	1	
Phosphorus, P	mg	1	0.136	6	A	1		3	0	
Potassium, K	mg	18		8		1		45	6	
Sodium, Na	mg	3	0.530	6	A	1		6	1	
Zinc, Zn	mg	0.02	0.004	6	A	1		0.05	0.01	
Copper, Cu	mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn	mg	0.011	0.002	6	A	1		0.028	0.004	
Selenium, Se	mcg	0.0		1	A	1		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	57.3		2	A	1		142.1	17.8	
Thiamin	mg	0.000	0.000	6	A	1		0.000	0.000	
Riboflavin	mg	0.000	0.000	6	A	1		0.000	0.000	
Niacin	mg	0.011	0.007	6	A	1		0.028	0.004	
Pantothenic acid	mg	0.018		0	FLA	4		0.044	0.005	
Vitamin B-6	mg	0.000	0.000	6	A	1		0.000	0.000	
Folate, total	mcg	2		0	FLA	4		6	1	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	2		0	FLA	4		6	1	
Folate, DFE	mcg_DFE	2		0	NC	4		6	1	
Choline, total	mg	0.5		0	O	4		1.3	0.2	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		1	0	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	1		0	FLA	4		3	0	
Carotene, alpha	mcg	0		0	FLA	4		1	0	
Cryptoxanthin, beta	mcg	7		0	FLA	4		17	2	
Vitamin A, IU	IU	8		0	FLA	4		21	3	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	9		0	FLA	4		22	3	
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.05	0.01	
Vitamin E, added	mg	0.00		0	FLA	4		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	FLA	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.002		0	FLA	4		0.005	0.001	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 14323
Orange drink, canned, with added vitamin C

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.002		0		1		0.005	0.001	
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	0.002		0		1		0.005	0.001	
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	0.002		0		1		0.005	0.001	
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	0.003		0		1		0.007	0.001	
18:2 undifferentiated g	0.002		0		1		0.005	0.001	
18:3 undifferentiated g	0.001		0		1		0.002	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	FLA	4		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	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 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 42270
Orange juice drink

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	86.20		0		4		214.64	26.81	226.71
Energy....kcal	54		0	NC	4		136	17	143
Energy....kJ	228		0	NC	4		567	71	599
Protein (N x 6.25)....g	0.20		0		4		0.50	0.06	0.53
Total lipid (fat)....g	0.00		0		4		0.00	0.00	0.00
Ash....g	0.19		0	BFSN	4		0.46	0.06	0.49
Carbohydrate, by difference....g	13.41		0	NC	4		33.40	4.17	35.28
Fiber, total dietary....g	0.2		0	FLA	4		0.5	0.1	0.5
Sugars, total....g	9.36		0	FLA	4		23.32	2.91	24.63
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		4		5	1	5
Iron, Fe....mg	0.11		0		4		0.27	0.03	0.29
Magnesium, Mg....mg	3		0		4		7	1	8
Phosphorus, P....mg	4		0		4		10	1	11
Potassium, K....mg	42		0		4		105	13	110
Sodium, Na....mg	2		0		4		5	1	5
Zinc, Zn....mg	0.02		0		4		0.05	0.01	0.05
Copper, Cu....mg	0.018		0		4		0.045	0.006	0.047
Manganese, Mn....mg	0.007		0	BFSN	4		0.019	0.002	0.020
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	15.0		0		4		37.4	4.7	39.5
Thiamin....mg	0.380		0		4		0.946	0.118	0.999
Riboflavin....mg	0.430		0		4		1.071	0.134	1.131
Niacin....mg	5.000		0		4		12.450	1.555	13.150
Pantothenic acid....mg	0.060		0	BFSN	4		0.150	0.019	0.159
Vitamin B-6....mg	0.500		0		4		1.245	0.156	1.315
Folate, total....mcg	4		0		4		10	1	11
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	4		0		4		10	1	11
Folate, DFE....mcg_DFE	4		0	NC	4		10	1	11
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		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	FLC	4		5	1	6
Retinol....mcg	0		0	FLC	4		0	0	0
Carotene, beta....mcg	7		0	FLC	4		18	2	19
Carotene, alpha....mcg	1		0	FLC	4		3	0	3
Cryptoxanthin, beta....mcg	37		0	FLC	4		93	12	98
Vitamin A, IU....IU	44		0		4		110	14	116
Lycopene....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....mcg	29		0	FLC	4		72	9	76
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFSN	4		0.05	0.01	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									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.1	0.0	0.1
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	0.000
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 42270
Orange juice drink

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		4		0.025	0.003	0.026
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	0.010		0		4		0.025	0.003	0.026
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	0		0		4		0	0	0
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 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Measure 3 = 263g: 1 drink box (8.45 fl oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14409

Orange-flavor drink, breakfast type, low calorie, 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	1.80		0	MC	9		0.05		
Energy	kcal	217		0	MC	9		5		
Energy	kJ	908				9		23		
Protein	g	3.60		0	MC	9		0.09		
Total lipid (fat)	g	0.00		0	MC	9		0.00		
Ash	g	8.70		0	MC	9		0.22		
Carbohydrate, by difference	g	85.90		0	NC	4		2.15		
Fiber, total dietary	g	3.8		0	MC	9		0.1		
Sugars, total	g	2.60		0	MC	9		0.07		
Starch	g									
Minerals:										
Calcium, Ca	mg	1378		0	MC	9		34		
Iron, Fe	mg	0.07		0	MC	9		0.00		
Magnesium, Mg	mg	275		0	MC	9		7		
Phosphorus, P	mg	629		0	MC	9		16		
Potassium, K	mg	3132		0	MC	9		78		
Sodium, Na	mg	81		0	MC	9		2		
Zinc, Zn	mg	0.00		0	MC	9		0.00		
Copper, Cu	mg	0.003		0	MC	9		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	FLM	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2400.0		0	MC	9		60.0		
Thiamin	mg	0.000		0	MC	9		0.000		
Riboflavin	mg	6.800		0	MC	9		0.170		
Niacin	mg	80.000		0	MC	9		2.000		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	8.000		0	MC	9		0.200		
Folate, total	mcg	0		0	MC	9		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	MC	9		0		
Folate, DFE	mcg_DFE	0		0	Z	7		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	6006		0	NC	4		150		
Retinol	mcg	6006		0	O	4		150		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	20000		0	MC	9		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	0.000		0	MC	9		0.000		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		

NDB No. 14409

Orange-flavor drink, breakfast type, low calorie, 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
10:0 ... g	0.000		0	FLM	4		0.000		
12:0 ... g	0.000		0	FLM	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	FLM	4		0.000		
15:0 ... g									
16:0 ... g	0.000		0	FLM	4		0.000		
17:0 ... g									
18:0 ... g	0.000		0	FLM	4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	MC	9		0.000		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	MC	9		0.000		
18:2 undifferentiated ... g	0.000		0	FLM	4		0.000		
18:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		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 = 2.5g: 1 portion, amount of dry mix to make 8 fl oz prepared

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

Food Group: 14 Beverages

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

NDB No. 14407
Orange-flavor drink, breakfast type, 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	0.14		5	MC	9		0.04		
Energy	kcal	386		0	NC	4		100		
Energy	kJ	1615		0	NC	4		420		
Protein (N x 6.25)	g	0.00	0.000	5	MC	9		0.00		
Total lipid (fat)	g	0.00		0	FLA	4		0.00		
Ash	g	0.92		5	MC	9		0.24		
Carbohydrate, by difference	g	98.94		0	NC	4		25.72		
Fiber, total dietary	g	0.4		0	FLA	4		0.1		
Sugars, total	g	92.31		1	LC	8		24.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	385	61.712	3	AI	13		100		
Iron, Fe	mg	0.02		0	FLA	4		0.01		
Magnesium, Mg	mg	0		0	FLA	4		0		
Phosphorus, P	mg	151		5	MC	9		39		
Potassium, K	mg	190		0	MC	9		49		
Sodium, Na	mg	17		5	MC	9		4		
Zinc, Zn	mg	0.01		0	FLA	4		0.00		
Copper, Cu	mg	0.013		0	FLA	4		0.003		
Manganese, Mn	mg	0.050		1		1		0.013		
Selenium, Se	mcg	0.5		0	FLA	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	230.8		1	LC	8		60.0		
Thiamin	mg	0.001		0	FLA	4		0.000		
Riboflavin	mg	0.680		0	MC	9		0.177		
Niacin	mg	8.000		0	MC	9		2.080		
Pantothenic acid	mg	0.007		0	FLA	4		0.002		
Vitamin B-6	mg	0.800		0	MC	9		0.208		
Folate, total	mcg	0		0	FLA	4		0		
Folic acid	mcg	0		0	NR	4		0		
Folate, food	mcg	0		0	FLA	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	0.1		0	O	4		0.0		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	600		0	FLA	4		156		
Retinol	mcg	599		0	FLA	4		156		
Carotene, beta	mcg	0		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	1		0	FLA	4		0		
Vitamin A, IU	IU	2000		0	FLA	4		520		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	1		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
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	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLA	4		0.000		
4:0	g	0.000		0	FLA	4		0.000		

NDB No. 14407
Orange-flavor drink, breakfast type, 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	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.000		0	FLA	4		0.000		
15:0....g									
16:0....g	0.000		0	FLA	4		0.000		
17:0....g									
18:0....g	0.000		0	FLA	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLA	4		0.000		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLA	4		0.000		
18:2 undifferentiated....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated....g	0.000		0	FLA	4		0.000		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	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 = 26g: 1 serving 2 tbsp

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14408

Orange-flavor drink, breakfast type, powder, prepared with water

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	87.15		0	RPI	6		176.91	29.54	
Energy	kcal	49		0	RPI	6		100	17	
Energy	kJ	206		0	RPI	6		419	70	
Protein	g	0.00		0	RPI	6		0.00	0.00	
Total lipid (fat)	g	0.00		0	RPI	6		0.00	0.00	
Ash	g	0.20		0	RPI	6		0.42	0.07	
Carbohydrate, by difference	g	12.65		0	RPI	6		25.67	4.29	
Fiber, total dietary	g	0.1		0	RPI	6		0.1	0.0	
Sugars, total	g	11.80		0	RPI	6		23.95	4.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	52		0	RPI	6		105	18	
Iron, Fe	mg	0.00		0	RPI	6		0.01	0.00	
Magnesium, Mg	mg	1		0	RPI	6		2	0	
Phosphorus, P	mg	19		0	RPI	6		39	7	
Potassium, K	mg	25		0	RPI	6		50	8	
Sodium, Na	mg	5		0	RPI	6		11	2	
Zinc, Zn	mg	0.01		0	RPI	6		0.01	0.00	
Copper, Cu	mg	0.010		0	RPI	6		0.021	0.003	
Manganese, Mn	mg	0.007		0	RPA	1		0.013	0.002	
Selenium, Se	mcg	0.1		0	RPI	6		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	29.5		0	RPI	6		59.9	10.0	
Thiamin	mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin	mg	0.087		0	RPI	6		0.176	0.029	
Niacin	mg	1.023		0	RPI	6		2.076	0.347	
Pantothenic acid	mg	0.001		0	RPI	6		0.002	0.000	
Vitamin B-6	mg	0.102		0	RPI	6		0.208	0.035	
Folate, total	mcg	0		0	RPI	6		0	0	
Folic acid	mcg	0		0	RPI	6		0	0	
Folate, food	mcg	0		0	RPI	6		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	77		0	RPI	6		156	26	
Retinol	mcg	77		0	RPI	6		156	26	
Carotene, beta	mcg	0		0	RPI	6		0	0	
Carotene, alpha	mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta	mcg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	256		0	RPI	6		519	87	
Lycopene	mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added	mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		0	RPI	6		0.000	0.000	
4:0	g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14408

Orange-flavor drink, breakfast type, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.000	0.000	
15:0....g									
16:0....g	0.000		0	RPI	6		0.000	0.000	
17:0....g									
18:0....g	0.000		0	RPI	6		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	RPI	6		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
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									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		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 = 203g: 1 serving 6 fl oz

Measure 2 = 33.9g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14424

Orange-flavor drink, breakfast type, with pulp, frozen concentrate

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	55.20		6		1		19.49	234.05	
Energy	kcal	172		0	NC	4		61	729	
Energy	kJ	720		0		4		254	3051	
Protein (N x 6.25)	g	0.10		6		1		0.04	0.42	
Total lipid (fat)	g	0.50		6		1		0.18	2.12	
Ash	g	1.30		6		1		0.46	5.51	
Carbohydrate, by difference	g	42.90		0	NC	4		15.14	181.90	
Fiber, total dietary	g	0.2		0	FLA	4		0.1	0.7	
Sugars, total	g	41.85		0	FLA	4		14.77	177.45	
Starch	g									
Minerals:										
Calcium, Ca	mg	130		1	AI	13		46	551	
Iron, Fe	mg	0.26		1		1		0.09	1.10	
Magnesium, Mg	mg	2		1		1		1	8	
Phosphorus, P	mg	76		6		1		27	322	
Potassium, K	mg	435		6		1		154	1844	
Sodium, Na	mg	24		6		1		8	102	
Zinc, Zn	mg	0.06		1		1		0.02	0.25	
Copper, Cu	mg	0.039		0	FLA	4		0.014	0.165	
Manganese, Mn	mg	0.028		0	FLA	4		0.010	0.120	
Selenium, Se	mcg	0.3		0	FLA	4		0.1	1.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	243.1		1		1		85.8	1030.7	
Thiamin	mg	0.422		1		1		0.149	1.789	
Riboflavin	mg	0.133		1		1		0.047	0.564	
Niacin	mg	0.000		1		1		0.000	0.000	
Pantothenic acid	mg	0.025		1		1		0.009	0.106	
Vitamin B-6	mg	0.000		1		1		0.000	0.000	
Folate, total	mcg	30		0	FLA	4		11	129	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	30		0	FLA	4		11	129	
Folate, DFE	mcg_DFE	30		0	NC	4		11	129	
Choline, total	mg	0.0		0	O	4		0.0	0.2	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		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	Z	7		0	0	
Retinol	mcg	0		0	FLA	4		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		1		0	0	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.30		0	FLA	4		0.11	1.28	
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	FLA	4		0.1	0.8	
Lipids:										
Fatty acids, total saturated	g	0.078		0		1		0.028	0.331	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 14424

Orange-flavor drink, breakfast type, with pulp, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.001		0		1		0.000	0.004	
15:0....g									
16:0....g	0.051		0		1		0.018	0.216	
17:0....g									
18:0....g	0.026		0		1		0.009	0.110	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.226		0		1		0.080	0.958	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.001	0.008	
17:1....g									
18:1 undifferentiated....g	0.223		0		1		0.079	0.946	
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	0.197		0		1		0.070	0.835	
18:2 undifferentiated....g	0.183		0		1		0.065	0.776	
18:3 undifferentiated....g	0.014		0		1		0.005	0.059	
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	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	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 = 35.3g: 1 fl oz

Measure 2 = 424g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14425

Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water

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	87.18		0	RPI	6		216.20	27.02	
Energy	kcal	49		0	RPI	6		121	15	
Energy	kJ	205		0	RPI	6		508	63	
Protein (N x 0)	g	0.03		0	RPI	6		0.07	0.01	
Total lipid (fat)	g	0.14		0	RPI	6		0.35	0.04	
Ash	g	0.44		0	RPI	6		1.10	0.14	
Carbohydrate, by difference	g	12.21		0	RPI	6		30.28	3.79	
Fiber, total dietary	g	0.0		0	RPI	6		0.1	0.0	
Sugars, total	g	11.91		0	RPI	6		29.54	3.69	
Starch	g									
Minerals:										
Calcium, Ca	mg	39		0	RPI	6		97	12	
Iron, Fe	mg	0.08		0	RPA	1		0.19	0.02	
Magnesium, Mg	mg	1		0	RPA	1		3	0	
Phosphorus, P	mg	22		0	RPA	1		54	7	
Potassium, K	mg	124		0	RPA	1		308	38	
Sodium, Na	mg	10		0	RPA	1		24	3	
Zinc, Zn	mg	0.02		0	RPA	1		0.05	0.01	
Copper, Cu	mg	0.018		0	RPI	6		0.045	0.006	
Manganese, Mn	mg	0.008		0	RPI	6		0.020	0.003	
Selenium, Se	mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	69.2		0	RPI	6		171.6	21.5	
Thiamin	mg	0.120		0	RPI	6		0.298	0.037	
Riboflavin	mg	0.038		0	RPI	6		0.094	0.012	
Niacin	mg	0.000		0	RPI	6		0.000	0.000	
Pantothenic acid	mg	0.007		0	RPI	6		0.018	0.002	
Vitamin B-6	mg	0.000		0	RPI	6		0.000	0.000	
Folate, total	mcg	9		0	RPI	6		22	3	
Folic acid	mcg	0		0	RPI	6		0	0	
Folate, food	mcg	9		0	RPI	6		22	3	
Folate, DFE	mcg_DFE	9		0	NC	4		22	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	
Retinol	mcg	0		0	RPI	6		0	0	
Carotene, beta	mcg	0		0	RPI	6		0	0	
Carotene, alpha	mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta	mcg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	0		0	RPI	6		0	0	
Lycopene	mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin	mcg	0		0	RPI	6		0	0	
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	0.022		0	RPI	6		0.055	0.007	
4:0	g	0.000		0	RPI	6		0.000	0.000	
6:0	g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14425

Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.001	0.000	
15:0....g									
16:0....g	0.015		0	RPI	6		0.036	0.005	
17:0....g									
18:0....g	0.007		0	RPI	6		0.018	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.064		0	RPI	6		0.160	0.020	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	RPI	6		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.063		0	RPI	6		0.157	0.020	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.056		0	RPI	6		0.139	0.017	
18:2 undifferentiated....g	0.052		0	RPI	6		0.129	0.016	
18:3 undifferentiated....g	0.004		0	RPI	6		0.010	0.001	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
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									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		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 = 248g: 1 serving 8 fl oz

Measure 2 = 31.0g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14334
Pineapple and grapefruit juice drink, canned

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		7		1		219.75	27.51	
Energy....kcal	47		0	NC	4		118	15	
Energy....kJ	197		0		4		492	62	
Protein (N x 6.25)....g	0.20		8		1		0.50	0.06	
Total lipid (fat)....g	0.10		7		1		0.25	0.03	
Ash....g	0.20		7		1		0.50	0.06	
Carbohydrate, by difference....g	11.60		0	NC	4		29.00	3.63	
Fiber, total dietary....g	0.1		0	FLA	4		0.2	0.0	
Sugars, total....g	11.52		0	FLA	4		28.79	3.60	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		8		1		18	2	
Iron, Fe....mg	0.31		7		1		0.78	0.10	
Magnesium, Mg....mg	6		8		1		15	2	
Phosphorus, P....mg	6		8		1		15	2	
Potassium, K....mg	61		8		1		153	19	
Sodium, Na....mg	14		5		1		35	4	
Zinc, Zn....mg	0.06		7		1		0.15	0.02	
Copper, Cu....mg	0.045		7		1		0.113	0.014	
Manganese, Mn....mg	0.413		0		1		1.033	0.129	
Selenium, Se....mcg	0.1		0	FLA	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	46.0		17		1		115.0	14.4	
Thiamin....mg	0.030	0.000	6		1		0.075	0.009	
Riboflavin....mg	0.016	0.002	6		1		0.040	0.005	
Niacin....mg	0.267	0.024	6		1		0.668	0.084	
Pantothenic acid....mg	0.053		0		1		0.133	0.017	
Vitamin B-6....mg	0.042		0		1		0.105	0.013	
Folate, total....mcg	9		0	FLA	4		23	3	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	9		0	FLA	4		23	3	
Folate, DFE....mcg_DFE	9		0	NC	4		23	3	
Choline, total....mg	0.5		0	O	4		1.2	0.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		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	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	1		0	FLA	4		3	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	2		0	FLA	4		6	1	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	1		0	FLA	4		2	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLA	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	FLA	4		0.3	0.0	
Lipids:									
Fatty acids, total saturated....g	0.006		0		1		0.015	0.002	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 14334
Pineapple and grapefruit juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.005		0		1		0.013	0.002	
17:0....g									
18:0....g	0.002		0		1		0.005	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.025	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003	0.000	
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.023	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	0.028		0		1		0.070	0.009	
18:2 undifferentiated....g	0.017		0		1		0.043	0.005	
18:3 undifferentiated....g	0.011		0		1		0.028	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	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	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 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14341
Pineapple and orange juice drink, canned

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	86.90	0.026	15		1		217.25	27.20	
Energy....kcal	50		0	NC	4		125	16	
Energy....kJ	209		0		4		523	65	
Protein (N x 6.25)....g	1.30	0.000	15		1		3.25	0.41	
Total lipid (fat)....g	0.00	0.000	15		1		0.00	0.00	
Ash....g	0.10	0.000	22		1		0.25	0.03	
Carbohydrate, by difference....g	11.80		0	NC	4		29.50	3.69	
Fiber, total dietary....g	0.1		0	FLA	4		0.2	0.0	
Sugars, total....g	11.59		0	FLA	4		28.98	3.63	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.248	15		1		13	2	
Iron, Fe....mg	0.27	0.023	15		1		0.68	0.08	
Magnesium, Mg....mg	6	0.153	15		1		15	2	
Phosphorus, P....mg	4	0.091	15		1		10	1	
Potassium, K....mg	46	1.540	22		1		115	14	
Sodium, Na....mg	3	0.163	15		1		8	1	
Zinc, Zn....mg	0.06	0.002	15		1		0.15	0.02	
Copper, Cu....mg	0.041	0.003	15		1		0.103	0.013	
Manganese, Mn....mg	0.361		0		1		0.903	0.113	
Selenium, Se....mcg	0.1		0	FLA	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	22.5	0.423	27		1		56.3	7.0	
Thiamin....mg	0.030	0.000	15		1		0.075	0.009	
Riboflavin....mg	0.019	0.000	15		1		0.048	0.006	
Niacin....mg	0.207	0.007	15		1		0.518	0.065	
Pantothenic acid....mg	0.057		0		1		0.143	0.018	
Vitamin B-6....mg	0.047		0		1		0.118	0.015	
Folate, total....mcg	9		0	FLA	4		23	3	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	9		0	FLA	4		23	3	
Folate, DFE....mcg_DFE	9		0	NC	4		23	3	
Choline, total....mg	0.5		0	O	4		1.3	0.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		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	FLA	4		2	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	4		0	FLA	4		10	1	
Carotene, alpha....mcg	0		0	FLA	4		1	0	
Cryptoxanthin, beta....mcg	15		0	FLA	4		37	5	
Vitamin A, IU....IU	19		0	FLA	4		48	6	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	12		0	FLA	4		29	4	
Vitamin E (alpha-tocopherol)....mg	0.03		0	FLA	4		0.07	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	FLA	4		0.3	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. 14341
Pineapple and orange juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	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 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14462

QUAKER OATS, PROPEL Fitness Water, fruit-flavored, non-carbonated

sport drink, thirst quencher

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	98.78		2	A	1		29.64	494.91	351.67
Energy....kcal	5		0	NC	4		1	24	17
Energy....kJ	20		0	NC	4		6	102	72
Protein....g	0.00		2	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		2	A	1		0.00	0.00	0.00
Ash....g	0.00		2	A	1		0.00	0.00	0.00
Carbohydrate, by difference....g	1.22		0	NC	4		0.36	6.09	4.33
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	1.22		0	NR	4		0.36	6.09	4.33
Starch....g									
Minerals:									
Calcium, Ca....mg	1		2	A	1		0	4	3
Iron, Fe....mg	0.03		2	A	1		0.01	0.15	0.11
Magnesium, Mg....mg	0		2	A	1		0	0	0
Phosphorus, P....mg	25		0	LC	8		8	125	89
Potassium, K....mg	16		2	A	1		5	82	59
Sodium, Na....mg	13		2	A	1		4	63	45
Zinc, Zn....mg	0.00		2	A	1		0.00	0.01	0.01
Copper, Cu....mg	0.000		2	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		2	A	1		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.8		2	A	1		2.6	44.1	31.3
Thiamin....mg	0.000		0	Z	7		0.000	0.000	0.000
Riboflavin....mg	0.000		0	Z	7		0.000	0.000	0.000
Niacin....mg	4.095		2	A	1		1.228	20.516	14.578
Pantothenic acid....mg	1.570		2	A	1		0.471	7.865	5.589
Vitamin B-6....mg	0.556		2	A	1		0.167	2.788	1.981
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	Z	7		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		0	Z	7		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	1.67		2	A	1		0.50	8.34	5.93
Vitamin E, added....mg	1.67		0	NR	4		0.50	8.34	5.93
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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0	Z	7		0.000	0.000	0.000
4:0....g	0.000		0	Z	7		0.000	0.000	0.000

NDB No. 14462

QUAKER OATS, PROPEL Fitness Water, fruit-flavored, non-carbonated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		0.000	0.000	0.000
8:0....g	0.000		0	NR	4		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.000		0	Z	7		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	Z	7		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0	Z	7		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0	Z	7		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	Z	7		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
20:1....g	0.000		0	Z	7		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	Z	7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
18:4....g	0.000		0	Z	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	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
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 = 30g: 1 fluid ounce

Measure 2 = 501g: 1 bottle 16.9 fl oz in packages of 6

Measure 3 = 356g: 1 bottle 12 fl oz in packages of 8

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

Food Group: 14 Beverages

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

NDB No. 14634

Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D

Nesquik ready-to-drink

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	82.32		0	FLC	4		200.86		
Energy	kcal	77		0	FLC	4		188		
Energy	kJ	322		0	FLC	4		785		
Protein (N x 6.25)	g	3.05		0	FLC	4		7.44		
Total lipid (fat)	g	1.83		0	FLC	4		4.45		
Ash	g	0.73		0	FLC	4		1.78		
Carbohydrate, by difference	g	12.08		0	NC	4		29.47		
Fiber, total dietary	g	0.4		1	LC	8		1.0		
Sugars, total	g	11.40		0	O	4		27.82		
Starch	g									
Minerals:										
Calcium, Ca	mg	164		0	FLC	4		400		
Iron, Fe	mg	0.03		0	FLC	4		0.06		
Magnesium, Mg	mg	10		0	FLC	4		25		
Phosphorus, P	mg	85		0	FLC	4		206		
Potassium, K	mg	130		0	FLC	4		318		
Sodium, Na	mg	49		0	FLC	4		120		
Zinc, Zn	mg	0.45		0	FLC	4		1.09		
Copper, Cu	mg	0.006		0	FLC	4		0.015		
Manganese, Mn	mg	0.013		0	FLC	4		0.032		
Selenium, Se	mcg	2.3		0	FLC	4		5.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLC	4		0.4		
Thiamin	mg	0.036		0	FLC	4		0.089		
Riboflavin	mg	0.172		0	FLC	4		0.421		
Niacin	mg	0.085		0	FLC	4		0.207		
Pantothenic acid	mg	0.328		0	FLC	4		0.801		
Vitamin B-6	mg	0.035		0	FLC	4		0.086		
Folate, total	mcg	4		0	FLC	4		10		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	4		0	FLC	4		10		
Folate, DFE	mcg_DFE	4		0	NC	4		10		
Choline, total	mg	15.1		0	FLC	4		36.9		
Betaine	mg									
Vitamin B-12	mcg	0.49		0	FLC	4		1.20		
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	51		0	FLC	4		125		
Retinol	mcg	51		0	FLC	4		124		
Carotene, beta	mcg	4		0	FLC	4		9		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	175		0	FLC	4		428		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.03		0	FLC	4		0.07		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.1		0	FLC	4		2.7		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	45		0	FLC	4		109		
Vitamin K (phylloquinone)	mcg	0.2		0	FLC	4		0.4		
Lipids:										
Fatty acids, total saturated	g	1.124		0	NC	4		2.743		
4:0	g	0.071		0	BFFN	4		0.173		

NDB No. 14634

Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, 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	0.037		0	BFFN	4		0.090		
8:0....g	0.019		0	BFFN	4		0.046		
10:0....g	0.045		0	BFFN	4		0.111		
12:0....g	0.050		0	BFFN	4		0.123		
13:0....g									
14:0....g	0.162		0	BFFN	4		0.395		
15:0....g									
16:0....g	0.516		0	BFFN	4		1.258		
17:0....g									
18:0....g	0.224		0	BFFN	4		0.547		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.470		0	NC	4		1.146		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0	BFFN	4		0.074		
17:1....g									
18:1 undifferentiated....g	0.437		0	BFFN	4		1.066		
20:1....g	0.002		0	BFFN	4		0.005		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.075		0	NC	4		0.183		
18:2 undifferentiated....g	0.063		0	BFFN	4		0.153		
18:3 undifferentiated....g	0.012		0	BFFN	4		0.029		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	8		0	FLC	4		18		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	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 = 244g: 1 cup

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

Food Group: 14 Beverages

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

NDB No. 14639

Rice drink, unsweetened, with added calcium, vitamins A and D

rice milk, ricemilk

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	89.28		0	O	4		214.27		
Energy....kcal	47		0	NC	4		112		
Energy....kJ	195		0	NC	4		467		
Protein....g	0.28	0.139	3	LC	8		0.67		
Total lipid (fat)....g	0.97	0.069	3	LC	8		2.33		
Ash....g	0.30		0	FLC	4		0.73		
Carbohydrate, by difference....g	9.17	0.417	3	LC	8		22.00		
Fiber, total dietary....g	0.3		0	FLC	4		0.7		
Sugars, total....g	5.28	0.605	3	LC	8		12.67		
Starch....g									
Minerals:									
Calcium, Ca....mg	118	6.944	3	LC	8		283		
Iron, Fe....mg	0.20	0.100	3	LC	8		0.48		
Magnesium, Mg....mg	11		0	FLC	4		25		
Phosphorus, P....mg	56	6.944	3	LC	8		133		
Potassium, K....mg	27		1	LC	8		65		
Sodium, Na....mg	39	3.675	3	LC	8		93		
Zinc, Zn....mg	0.13	0.125	3	LC	8		0.30		
Copper, Cu....mg	0.037		0	FLC	4		0.088		
Manganese, Mn....mg	0.282		0	FLC	4		0.677		
Selenium, Se....mcg	2.2		0	FLC	4		5.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	LC	8		0.0		
Thiamin....mg	0.027		0	FLC	4		0.066		
Riboflavin....mg	0.142	0.071	3	LC	8		0.340		
Niacin....mg	0.390		0	FLC	4		0.937		
Pantothenic acid....mg	0.146		0	FLC	4		0.351		
Vitamin B-6....mg	0.039		0	FLC	4		0.094		
Folate, total....mcg	2		0	FLC	4		4		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	2		0	FLC	4		4		
Folate, DFE....mcg_DFE	2		0	NC	4		4		
Choline, total....mg	2.1		0	FLC	4		5.1		
Betaine....mg									
Vitamin B-12....mcg	0.63	0.361	3	LC	8		1.50		
Vitamin B-12, added....mcg	0.63		0	NR	4		1.50		
Vitamin A, RAE....mcg_RAE	63		0	NC	4		150		
Retinol....mcg	63		0	NR	4		150		
Carotene, beta....mcg	0		0	FLC	4		0		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	208	0.000	3	LC	8		500		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.47	0.469	3	LC	8		1.13		
Vitamin E, added....mg	0.13		0	NR	4		0.32		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		3	LC	8		2.5		
Vitamin D2 (ergocalciferol)....mcg	1.0	0.000	3	LC	8		2.5		
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	42	0.000	3	LC	8		100		
Vitamin K (phylloquinone)....mcg	0.2		0	FLC	4		0.4		
Lipids:									
Fatty acids, total saturated....g	0.000		2	LC	8		0.000		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 14639

Rice drink, unsweetened, with added calcium, vitamins A and 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	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.625		2	LC	8		1.500		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLC	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.624		0	FLC	4		1.498		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.313		2	LC	8		0.750		
18:2 undifferentiated....g	0.305		0	FLC	4		0.732		
18:3 undifferentiated....g	0.008		0	FLC	4		0.018		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000	0.000	3	LC	8		0.000		
Cholesterol....mg	0	0.000	3	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	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 = 240g: 8 fl oz (approximate weight, 1 serving)

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

Food Group: 14 Beverages

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

NDB No. 14346
Shake, fast food, chocolate

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	71.50		16		1		16.80	201.63	268.84
Energy....kcal	127		0	NC	4		30	358	478
Energy....kJ	531		0		4		125	1498	1998
Protein (N x 6.38)....g	3.40		11		1		0.80	9.59	12.78
Total lipid (fat)....g	3.70		14		1		0.87	10.43	13.91
Ash....g	0.90		10		1		0.21	2.54	3.38
Carbohydrate, by difference....g	20.50		0	NC	4		4.82	57.81	77.08
Fiber, total dietary....g	1.9		0	FLA	4		0.4	5.3	7.1
Sugars, total....g	18.60		0	NR	4		4.37	52.45	69.94
Starch....g									
Minerals:									
Calcium, Ca....mg	113		19		1		27	319	425
Iron, Fe....mg	0.31		15		1		0.07	0.87	1.17
Magnesium, Mg....mg	17		13		1		4	48	64
Phosphorus, P....mg	102		11		1		24	288	384
Potassium, K....mg	200		15		1		47	564	752
Sodium, Na....mg	97		20		1		23	274	365
Zinc, Zn....mg	0.41		18		1		0.10	1.16	1.54
Copper, Cu....mg	0.065		13		1		0.015	0.183	0.244
Manganese, Mn....mg	0.039		13		1		0.009	0.110	0.147
Selenium, Se....mcg	1.7	0.283	13	A	1		0.4	4.8	6.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		5		1		0.1	1.1	1.5
Thiamin....mg	0.058		5		1		0.014	0.164	0.218
Riboflavin....mg	0.245		5		1		0.058	0.691	0.921
Niacin....mg	0.161		5		1		0.038	0.454	0.605
Pantothenic acid....mg	0.390		3		1		0.092	1.100	1.466
Vitamin B-6....mg	0.050		3		1		0.012	0.141	0.188
Folate, total....mcg	5		0	FLA	4		1	14	18
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	5		0	FLA	4		1	14	18
Folate, DFE....mcg_DFE	5		0	NC	4		1	14	18
Choline, total....mg	25.6		0	O	4		6.0	72.3	96.4
Betaine....mg									
Vitamin B-12....mcg	0.34		3		1		0.08	0.96	1.28
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	26		0	FLA	4		6	72	96
Retinol....mcg	25		0	FLA	4		6	71	95
Carotene, beta....mcg	5		0	FLA	4		1	13	17
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	93		4		1		22	262	350
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	1		0	FLA	4		0	2	2
Vitamin E (alpha-tocopherol)....mg	0.11		0	FLA	4		0.03	0.32	0.42
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	1.5		0	FLA	4		0.3	4.2	5.6
Lipids:									
Fatty acids, total saturated....g	2.313		0		1		0.544	6.523	8.697
4:0....g	0.121		0		1		0.028	0.341	0.455

NDB No. 14346
Shake, fast food, 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	0.073		0		1		0.017	0.206	0.274
8:0....g	0.043		0		1		0.010	0.121	0.162
10:0....g	0.094		0		1		0.022	0.265	0.353
12:0....g	0.103		0		1		0.024	0.290	0.387
13:0....g									
14:0....g	0.373		0		1		0.088	1.052	1.402
15:0....g									
16:0....g	0.978		0		1		0.230	2.758	3.677
17:0....g									
18:0....g	0.449		0		1		0.106	1.266	1.688
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.075		0		1		0.253	3.032	4.042
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0		1		0.005	0.062	0.083
17:1....g									
18:1 undifferentiated....g	0.935		0		1		0.220	2.637	3.516
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	0.140		0		1		0.033	0.395	0.526
18:2 undifferentiated....g	0.085		0		1		0.020	0.240	0.320
18:3 undifferentiated....g	0.055		0		1		0.013	0.155	0.207
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		7		1		3	37	49
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0		1		0.011	0.135	0.180
Threonine....g	0.154		0		1		0.036	0.434	0.579
Isoleucine....g	0.206		0		1		0.048	0.581	0.775
Leucine....g	0.334		0		1		0.078	0.942	1.256
Lysine....g	0.270		0		1		0.063	0.761	1.015
Methionine....g	0.085		0		1		0.020	0.240	0.320
Cystine....g	0.031		0		1		0.007	0.087	0.117
Phenylalanine....g	0.164		0		1		0.039	0.462	0.617
Tyrosine....g	0.164		0		1		0.039	0.462	0.617
Valine....g	0.228		0		1		0.054	0.643	0.857
Arginine....g	0.123		0		1		0.029	0.347	0.462
Histidine....g	0.093		0		1		0.022	0.262	0.350
Alanine....g	0.117		0		1		0.027	0.330	0.440
Aspartic acid....g	0.257		0		1		0.060	0.725	0.966
Glutamic acid....g	0.713		0		1		0.168	2.011	2.681
Glycine....g	0.072		0		1		0.017	0.203	0.271
Proline....g	0.329		0		1		0.077	0.928	1.237
Serine....g	0.185		0		1		0.043	0.522	0.696
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	1		0	FLA	4		0	4	5
Theobromine....mg	45		0	FLA	4		11	128	170

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. 14346
Shake, fast food, chocolate

Common Measures:

Measure 1 = 23.5g: 1 fl oz
Measure 2 = 282g: 1 small 12 fl oz
Measure 3 = 376g: 1 medium 16 fl oz

Calories Factors: **Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14428
Shake, fast food, strawberry

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		6		1		17.41	208.96	278.62
Energy....kcal	113		0	NC	4		27	319	425
Energy....kJ	473		0		4		111	1333	1778
Protein (N x 6.38)....g	3.40		3		1		0.80	9.59	12.78
Total lipid (fat)....g	2.80		6		1		0.66	7.90	10.53
Ash....g	0.90		3		1		0.21	2.54	3.38
Carbohydrate, by difference....g	18.90		0	NC	4		4.44	53.30	71.06
Fiber, total dietary....g	0.4		0	BFZN	4		0.1	1.1	1.5
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	113		3		1		27	319	425
Iron, Fe....mg	0.11		3		1		0.03	0.31	0.41
Magnesium, Mg....mg	13		3		1		3	37	49
Phosphorus, P....mg	100		3		1		24	282	376
Potassium, K....mg	182		3		1		43	513	684
Sodium, Na....mg	83		3		1		20	234	312
Zinc, Zn....mg	0.36		3		1		0.08	1.02	1.35
Copper, Cu....mg	0.022		3		1		0.005	0.062	0.083
Manganese, Mn....mg	0.015		3		1		0.004	0.042	0.056
Selenium, Se....mcg	2.1		0	BFPN	4		0.5	5.9	7.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		3		1		0.2	2.3	3.0
Thiamin....mg	0.045		3		1		0.011	0.127	0.169
Riboflavin....mg	0.195		3		1		0.046	0.550	0.733
Niacin....mg	0.175		3		1		0.041	0.494	0.658
Pantothenic acid....mg	0.492		3		1		0.116	1.387	1.850
Vitamin B-6....mg	0.044		3		1		0.010	0.124	0.165
Folate, total....mcg	3		3		1		1	8	11
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	3		3		1		1	8	11
Folate, DFE....mcg_DFE	3		0	NC	4		1	8	11
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.31		3		1		0.07	0.87	1.17
Vitamin A, RAE....mcg_RAE	26		0	NC	4		6	74	99
Retinol....mcg	26		0	O	4		6	74	99
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	120		2		1		28	338	451
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	1.734		0		4		0.407	4.890	6.520
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									

NDB No. 14428
Shake, fast food, strawberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.701		0		4		0.165	1.977	2.636
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.063		0		4		0.015	0.178	0.237
18:3 undifferentiated....g									
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	11		5		1		3	31	41
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.047		0		1		0.011	0.133	0.177
Threonine....g	0.152		0		1		0.036	0.429	0.572
Isoleucine....g	0.204		0		1		0.048	0.575	0.767
Leucine....g	0.329		0		1		0.077	0.928	1.237
Lysine....g	0.266		0		1		0.063	0.750	1.000
Methionine....g	0.084		0		1		0.020	0.237	0.316
Cystine....g	0.031		0		1		0.007	0.087	0.117
Phenylalanine....g	0.162		0		1		0.038	0.457	0.609
Tyrosine....g	0.162		0		1		0.038	0.457	0.609
Valine....g	0.225		0		1		0.053	0.635	0.846
Arginine....g	0.121		0		1		0.028	0.341	0.455
Histidine....g	0.092		0		1		0.022	0.259	0.346
Alanine....g	0.116		0		1		0.027	0.327	0.436
Aspartic acid....g	0.254		0		1		0.060	0.716	0.955
Glutamic acid....g	0.703		0		1		0.165	1.982	2.643
Glycine....g	0.072		0		1		0.017	0.203	0.271
Proline....g	0.325		0		1		0.076	0.917	1.222
Serine....g	0.183		0		1		0.043	0.516	0.688
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 = 23.5g: 1 fl oz

Measure 2 = 282g: 1 small 12 fl oz

Measure 3 = 376g: 1 medium 16 fl oz

Calories Factors: **Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14347
Shake, fast food, 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	69.65		2	A	1		115.63	14.49	319.02
Energy	kcal	148		0	NC	4		246	31	679
Energy	kJ	620		0	NC	4		1029	129	2839
Protein (N x 6.38)	g	3.37		2	A	1		5.60	0.70	15.45
Total lipid (fat)	g	6.52		2	A	1		10.82	1.36	29.86
Ash	g	0.86		2	A	1		1.44	0.18	3.96
Carbohydrate, by difference	g	19.59		0	NC	4		32.51	4.07	89.71
Fiber, total dietary	g	0.9		2	A	1		1.6	0.2	4.4
Sugars, total	g	13.63		0	FLA	4		22.63	2.84	62.43
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	115		2	A	1		190	24	524
Iron, Fe	mg	0.46		2	A	1		0.76	0.10	2.09
Magnesium, Mg	mg	13		2	A	1		21	3	58
Phosphorus, P	mg	98		2	A	1		162	20	448
Potassium, K	mg	166		2	A	1		275	34	758
Sodium, Na	mg	81		2	A	1		134	17	371
Zinc, Zn	mg	0.57		2	A	1		0.94	0.12	2.60
Copper, Cu	mg	0.103		2	A	1		0.171	0.021	0.473
Manganese, Mn	mg	0.035		2	A	1		0.058	0.007	0.159
Selenium, Se	mcg	3.2		1	A	1		5.3	0.7	14.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.1	0.0	0.2
Thiamin	mg	0.026		2	A	1		0.043	0.005	0.117
Riboflavin	mg	0.660		2	A	1		1.096	0.137	3.023
Niacin	mg	0.213		2	A	1		0.353	0.044	0.973
Pantothenic acid	mg	0.562		2	A	1		0.933	0.117	2.574
Vitamin B-6	mg	0.060		2	A	1		0.099	0.012	0.273
Folate, total	mcg	0		1	A	1		0	0	0
Folic acid	mcg	0		1	A	1		0	0	0
Folate, food	mcg	0		0	AS	1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	27.3		1	A	1		45.3	5.7	125.0
Betaine	mg	3.8		1	A	1		6.3	0.8	17.3
Vitamin B-12	mcg	0.22		2	A	1		0.36	0.05	0.99
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	91		0	O	4		151	19	417
Retinol	mcg	91		0	BFZN	4		151	19	417
Carotene, beta	mcg	0		0	O	4		0	0	0
Carotene, alpha	mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	0
Vitamin A, IU	IU	304		0	BFZN	4		505	63	1392
Lycopene	mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.25		0	FLA	4		0.42	0.05	1.16
Vitamin E, added	mg	0.00		0	FLA	4		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									

NDB No. 14347
Shake, fast food, 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....mcg	0.4		1	A	1		0.7	0.1	1.8
Lipids:									
Fatty acids, total saturated.....g	3.962		0	NC	4		6.577	0.824	18.146
4:0.....g	0.198		1	A	1		0.328	0.041	0.905
6:0.....g	0.152		1	A	1		0.253	0.032	0.697
8:0.....g	0.066		2	A	1		0.110	0.014	0.304
10:0.....g	0.154		2	A	1		0.255	0.032	0.703
12:0.....g	0.174		2	A	1		0.289	0.036	0.798
13:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0.....g	0.593		2	A	1		0.984	0.123	2.714
15:0.....g	0.057		2	A	1		0.095	0.012	0.261
16:0.....g	1.724		2	A	1		2.861	0.359	7.895
17:0.....g	0.036		2	A	1		0.060	0.008	0.166
18:0.....g	0.795		2	A	1		1.319	0.165	3.639
20:0.....g	0.007		2	A	1		0.011	0.001	0.032
22:0.....g	0.002		2	A	1		0.003	0.000	0.008
24:0.....g	0.003		2	A	1		0.005	0.001	0.013
Fatty acids, total monounsaturated.....g	1.785		0	NC	4		2.963	0.371	8.174
14:1.....g	0.049		2	A	1		0.081	0.010	0.223
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.116		2	JA	6		0.193	0.024	0.532
17:1.....g	0.009		2	A	1		0.014	0.002	0.039
18:1 undifferentiated.....g	1.607		2	JA	6		2.667	0.334	7.360
20:1.....g	0.004		2	A	1		0.007	0.001	0.020
22:1 undifferentiated.....g	0.000		2	JA	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.316		0	NC	4		0.525	0.066	1.447
18:2 undifferentiated.....g	0.261		2	JA	6		0.433	0.054	1.194
18:3 undifferentiated.....g	0.029		2	JA	6		0.047	0.006	0.131
18:4.....g	0.012		2	A	1		0.020	0.002	0.055
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.006		2	JA	6		0.009	0.001	0.026
20:4 undifferentiated.....g	0.007		2	A	1		0.011	0.001	0.031
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.003		2	A	1		0.004	0.001	0.012
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	23		2	A	1		39	5	106
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0	A	1		0.096	0.012	0.265
Threonine.....g	0.152		0	A	1		0.253	0.032	0.698
Isoleucine.....g	0.158		0	A	1		0.262	0.033	0.722
Leucine.....g	0.354		0	A	1		0.588	0.074	1.623
Lysine.....g	0.268		0	A	1		0.446	0.056	1.229
Methionine.....g	0.095		0	A	1		0.158	0.020	0.436
Cystine.....g	0.038		0	A	1		0.063	0.008	0.173
Phenylalanine.....g	0.169		0	A	1		0.280	0.035	0.773
Tyrosine.....g	0.123		0	A	1		0.204	0.026	0.564
Valine.....g	0.194		0	A	1		0.322	0.040	0.890
Arginine.....g	0.105		0	A	1		0.175	0.022	0.482
Histidine.....g	0.090		0	A	1		0.149	0.019	0.410
Alanine.....g	0.127		0	A	1		0.211	0.026	0.581
Aspartic acid.....g	0.318		0	A	1		0.528	0.066	1.457
Glutamic acid.....g	0.841		0	A	1		1.395	0.175	3.850
Glycine.....g	0.074		0	A	1		0.123	0.015	0.339
Proline.....g	0.393		0	A	1		0.652	0.082	1.799
Serine.....g	0.228		0	A	1		0.378	0.047	1.043
Hydroxyproline.....g									
Others:									

NDB No. 14347
Shake, fast food, 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
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	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 = 166g: 1 cup (8 fl oz)

Measure 2 = 20.8g: 1 fl oz

Measure 3 = 458g: 1 large McDonald's shake (22 fl oz)

Calories Factors: **Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14461

Sports drink, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink

The Coca-Cola Company

thirst quencher

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	91.91		1	A	1		28.03	224.26	335.47
Energy....kcal	32		0	FLA	4		10	78	117
Energy....kJ	134		0	FLA	4		41	327	489
Protein (N x 6.25)....g	0.00	0.000	3	LC	8		0.00	0.00	0.00
Total lipid (fat)....g	0.05		0	FLA	4		0.02	0.12	0.18
Ash....g	0.20		1	A	1		0.06	0.49	0.73
Carbohydrate, by difference....g	7.84		0	NC	4		2.39	19.13	28.62
Fiber, total dietary....g	0.0	0.000	3	LC	8		0.0	0.0	0.0
Sugars, total....g	6.11	0.046	3	LC	8		1.86	14.91	22.30
Sucrose....g	0.20		1	A	1		0.06	0.49	0.73
Glucose (dextrose)....g	2.20		1	A	1		0.67	5.37	8.03
Fructose....g	3.22		1	A	1		0.98	7.86	11.75
Lactose....g	0.20		1	A	1		0.06	0.49	0.73
Maltose....g	0.20		1	A	1		0.06	0.49	0.73
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	1		2	A	1		0	2	4
Iron, Fe....mg	0.09		2	A	1		0.03	0.21	0.32
Magnesium, Mg....mg	0		2	A	1		0	1	1
Phosphorus, P....mg	1		2	A	1		0	2	3
Potassium, K....mg	18		2	A	1		6	44	66
Sodium, Na....mg	22		0	LC	8		7	54	80
Zinc, Zn....mg	0.01		2	A	1		0.00	0.01	0.02
Copper, Cu....mg	0.000		2	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		2	A	1		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.011		1	A	1		0.003	0.027	0.040
Riboflavin....mg	0.000		1	A	1		0.000	0.000	0.000
Niacin....mg	1.565		2	A	1		0.477	3.818	5.712
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	0.000
Vitamin B-6....mg	0.153		1	A	1		0.047	0.373	0.558
Folate, total....mcg	0		0	FLA	4		0	0	0
Folic acid....mcg	0		0	FLA	4		0	0	0
Folate, food....mcg	0		0	FLA	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	FLA	4		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	1.37		2	A	1		0.42	3.35	5.02
Vitamin B-12, added....mcg	1.38		0	NR	4		0.42	3.36	5.02
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	0
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	FLA	4		0	0	0
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	FLA	4		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									

NDB No. 14461

Sports drink, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0	0	0
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.008		0	FLA	4		0.002	0.019	0.028
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.001		0	FLA	4		0.000	0.002	0.002
10:0.....g	0.001		0	FLA	4		0.000	0.001	0.002
12:0.....g	0.004		0	FLA	4		0.001	0.010	0.014
13:0.....g									
14:0.....g	0.001		0	FLA	4		0.000	0.004	0.005
15:0.....g									
16:0.....g	0.001		0	FLA	4		0.000	0.002	0.003
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.001	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0	FLA	4		0.003	0.028	0.041
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.009		0	FLA	4		0.003	0.021	0.032
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0	FLA	4		0.009	0.069	0.104
18:2 undifferentiated.....g	0.011		0	FLA	4		0.003	0.027	0.041
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	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	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	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 = 30.5g: 1 fl oz

Measure 2 = 244g: 8 fl oz

Measure 3 = 365g: 12 fl oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

NDB No. 14460

Sports drink, PEPSICO QUAKER GATORADE, GATORADE, fruit-flavored, ready-to-drink

Quaker Oats Company - The Gatorade Company, a unit of Pepsi Co.

thirst quencher

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	93.38		1	A	1		28.48	227.85	568.68
Energy....kcal	26		0	NC	4		8	64	159
Energy....kJ	110		0	NC	4		33	267	667
Protein (N x 6.25)....g	0.00		1	LC	8		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0	Z	7		0.00	0.00	0.00
Ash....g	0.14		2	A	1		0.04	0.33	0.83
Carbohydrate, by difference....g	6.43		0	NC	4		1.96	15.70	39.18
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total....g	5.24		0	NC	4		1.60	12.79	31.91
Sucrose....g	0.92		1	A	1		0.28	2.24	5.60
Glucose (dextrose)....g	2.19		1	A	1		0.67	5.34	13.34
Fructose....g	1.82		1	A	1		0.56	4.44	11.08
Lactose....g	0.20		1	A	1		0.06	0.49	1.22
Maltose....g	0.20		1	A	1		0.06	0.49	1.22
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	1		2	A	1		0	2	4
Iron, Fe....mg	0.05		2	A	1		0.01	0.11	0.29
Magnesium, Mg....mg	0		2	A	1		0	0	1
Phosphorus, P....mg	10		2	A	1		3	24	60
Potassium, K....mg	15		2	A	1		5	37	91
Sodium, Na....mg	39		2	A	1		12	94	236
Zinc, Zn....mg	0.01		2	A	1		0.00	0.02	0.04
Copper, Cu....mg	0.006		2	A	1		0.002	0.015	0.038
Manganese, Mn....mg	0.013		2	A	1		0.004	0.031	0.076
Selenium, Se....mcg	0.0		1	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	A	1		0.1	1.1	2.7
Thiamin....mg	0.011		1	A	1		0.003	0.027	0.066
Riboflavin....mg	0.000		1	A	1		0.000	0.000	0.000
Niacin....mg	0.220		1	A	1		0.067	0.537	1.339
Pantothenic acid....mg	0.055		1	A	1		0.017	0.134	0.336
Vitamin B-6....mg	0.022		1	A	1		0.007	0.053	0.133
Folate, total....mcg	0		0	FLA	4		0	0	0
Folic acid....mcg	0		0	FLA	4		0	0	0
Folate, food....mcg	0		0	FLA	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	FLA	4		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	0
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	FLA	4		0	0	0
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		1	LC	8		0.00	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	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 14460

Sports drink, PEPSICO QUAKER GATORADE, GATORADE, fruit-flavored, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0
Vitamin K (phylloquinone).....mcg	0.2		0	FLA	4		0.1	0.4	1.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	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 = 30.5g: 1 fl oz

Measure 2 = 244g: 8 fl oz

Measure 3 = 609g: 1 bottle

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14383
Sports drink, fruit-flavored, low calorie, ready-to-drink

thirst quencher
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	96.80		0		4		232.32	29.04	
Energy	kcal	11		0		4		26	3	
Energy	kJ	46		0		4		110	14	
Protein	g	0.00		0		4		0.00	0.00	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash	g	0.20		0		4		0.48	0.06	
Carbohydrate, by difference	g	3.00		0		4		7.20	0.90	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	BFSN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.05		0		4		0.12	0.02	
Magnesium, Mg	mg	1		0		4		2	0	
Phosphorus, P	mg	9		0		4		22	3	
Potassium, K	mg	10		0		4		24	3	
Sodium, Na	mg	35		0		4		84	11	
Zinc, Zn	mg	0.02		0		4		0.05	0.01	
Copper, Cu	mg	0.020		0		4		0.048	0.006	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	0.1		0	BFSN	4		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.3		0		4		15.1	1.9	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
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	O	4		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	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	BFSN	4		0	0	
Carotene, alpha	mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	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	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 14383
Sports drink, fruit-flavored, low calorie, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		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		4		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		4		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		7		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 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14350
Strawberry-flavor beverage mix, 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	0.40		8		1		0.09		
Energy	kcal	389		0	NC	4		85		
Energy	kJ	1626		0	NC	4		358		
Protein (N x 6.25)	g	0.10		8		1		0.02		
Total lipid (fat)	g	0.20		8		1		0.04		
Ash	g	0.20		8		1		0.04		
Carbohydrate, by difference	g	99.10		0	NC	4		21.80		
Fiber, total dietary	g	0.0		1	LC	8		0.0		
Sugars, total	g	95.45		1	LC	8		21.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	FLA	4		1		
Iron, Fe	mg	0.44		7		1		0.10		
Magnesium, Mg	mg	1		0	FLA	4		0		
Phosphorus, P	mg	5		0	FLA	4		1		
Potassium, K	mg	6		0	FLA	4		1		
Sodium, Na	mg	38		7		1		8		
Zinc, Zn	mg	0.00		0	FLA	4		0.00		
Copper, Cu	mg	0.000		0	FLA	4		0.000		
Manganese, Mn	mg	0.000		0	FLA	4		0.000		
Selenium, Se	mcg	0.5		0	FLA	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		7		1		0.1		
Thiamin	mg	0.003		7		1		0.001		
Riboflavin	mg	0.110		2		1		0.024		
Niacin	mg	0.073		7		1		0.016		
Pantothenic acid	mg	0.001		0	FLA	4		0.000		
Vitamin B-6	mg	0.002	0.000	6		1		0.000		
Folate, total	mcg	0		0	FLA	4		0		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	0		0	FLA	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	0.1		0	O	4		0.0		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	0		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	0		0	FLA	4		0		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Vitamin E, added	mg	0.00		0	FLA	4		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	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8		0.000		
4:0	g	0.000		0	FLA	4		0.000		

NDB No. 14350
Strawberry-flavor beverage mix, 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	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.000		0	FLA	4		0.000		
15:0....g									
16:0....g	0.000		0	FLA	4		0.000		
17:0....g									
18:0....g	0.000		0	FLA	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLA	4		0.000		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLA	4		0.000		
18:2 undifferentiated....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated....g	0.000		0	FLA	4		0.000		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	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 = 22g: 1 serving (2-3 heaping tsp)

Calories Factors: **Protein** 3.9 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14351

Strawberry-flavor beverage mix, powder, prepared with 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	80.90		0		1		215.19		
Energy	kcal	88		0	NC	4		234		
Energy	kJ	368				4		979		
Protein	g	3.00		0		1		7.98		
Total lipid (fat)	g	3.10		0		1		8.25		
Ash	g	0.70		0		1		1.86		
Carbohydrate, by difference	g	12.30		0	NC	4		32.72		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	110		0		1		293		
Iron, Fe	mg	0.08		0		1		0.21		
Magnesium, Mg	mg	12		0		1		32		
Phosphorus, P	mg	86		0		1		229		
Potassium, K	mg	139		0		1		370		
Sodium, Na	mg	48		0		1		128		
Zinc, Zn	mg	0.35		0		1		0.93		
Copper, Cu	mg	0.009		0		1		0.024		
Manganese, Mn	mg	0.002		0		1		0.005		
Selenium, Se	mcg	1.8		0	RP	4		4.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		2.4		
Thiamin	mg	0.035		0		1		0.093		
Riboflavin	mg	0.158		0		1		0.420		
Niacin	mg	0.083		0		1		0.221		
Pantothenic acid	mg	0.288		0		1		0.766		
Vitamin B-6	mg	0.039		0		1		0.104		
Folate, total	mcg	5		0		1		12		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0		1		12		
Folate, DFE	mcg_DFE	5		0	NC	4		12		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.33		0		1		0.88		
Vitamin A, RAE	mcg_RAE	26		0	NC	4		69		
Retinol	mcg	26		0	O	4		69		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	116		0		1		309		
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	1.910		0		1		5.081		
4:0	g	0.099		0		1		0.263		
6:0	g	0.059		0		1		0.157		
8:0	g	0.034		0		1		0.090		

NDB No. 14351
Strawberry-flavor beverage mix, powder, prepared with 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
10:0 g	0.077		0		1		0.205		
12:0 g	0.086		0		1		0.229		
13:0 g									
14:0 g	0.309		0		1		0.822		
15:0 g									
16:0 g	0.808		0		1		2.149		
17:0 g									
18:0 g	0.372		0		1		0.990		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.886		0		1		2.357		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.069		0		1		0.184		
17:1 g									
18:1 undifferentiated g	0.772		0		1		2.054		
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	0.114		0		1		0.303		
18:2 undifferentiated g	0.069		0		1		0.184		
18:3 undifferentiated g	0.045		0		1		0.120		
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	12		0		1		32		
Phytosterols mg	0		0		1		0		
Amino Acids:									
Tryptophan g	0.042		0		1		0.112		
Threonine g	0.137		0		1		0.364		
Isoleucine g	0.183		0		1		0.487		
Leucine g	0.296		0		1		0.787		
Lysine g	0.240		0		1		0.638		
Methionine g	0.076		0		1		0.202		
Cystine g	0.028		0		1		0.074		
Phenylalanine g	0.146		0		1		0.388		
Tyrosine g	0.146		0		1		0.388		
Valine g	0.202		0		1		0.537		
Arginine g	0.109		0		1		0.290		
Histidine g	0.082		0		1		0.218		
Alanine g	0.104		0		1		0.277		
Aspartic acid g	0.230		0		1		0.612		
Glutamic acid g	0.633		0		1		1.684		
Glycine g	0.064		0		1		0.170		
Proline g	0.293		0		1		0.779		
Serine g	0.164		0		1		0.436		
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 = 266g: 1 cup (8 fl oz)

NDB No. 14351

Strawberry-flavor beverage mix, powder, prepared with whole milk

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

Food Group: 14 Beverages

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

NDB No. 14544
Tea, brewed, prepared with distilled water

black tea
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	99.70		4		1		29.51	177.47	
Energy....kcal	1		0	NC	4		0	2	
Energy....kJ	4				4		1	7	
Protein (N x 6.25)....g	0.00		14		1		0.00	0.00	
Total lipid (fat)....g	0.00		10		1		0.00	0.00	
Ash....g	0.00		6		1		0.00	0.00	
Carbohydrate, by difference....g	0.30		0	NC	4		0.09	0.53	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		1		0	0	
Iron, Fe....mg	0.01		0		1		0.00	0.02	
Magnesium, Mg....mg	1		0		1		0	2	
Phosphorus, P....mg	1		0		1		0	2	
Potassium, K....mg	21		0		1		6	37	
Sodium, Na....mg	0		0		1		0	0	
Zinc, Zn....mg	0.01		0		1		0.00	0.02	
Copper, Cu....mg	0.008		0		1		0.002	0.014	
Manganese, Mn....mg	0.219		0		4		0.065	0.390	
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		1		1		0.000	0.000	
Riboflavin....mg	0.014		8		1		0.004	0.025	
Niacin....mg	0.000		1		1		0.000	0.000	
Pantothenic acid....mg	0.011		0		4		0.003	0.020	
Vitamin B-6....mg	0.000		1		1		0.000	0.000	
Folate, total....mcg	5	0.610	7		1		2	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5	0.610	7		1		2	9	
Folate, DFE....mcg_DFE	5		0	NC	4		2	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		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		4		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	0.002		0		1		0.001	0.004	
4:0....g									
6:0....g									
8:0....g									

NDB No. 14544
Tea, brewed, prepared with distilled water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.001		0		1		0.000	0.002	
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	0.001		0		1		0.000	0.002	
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									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.004		0		1		0.001	0.007	
18:2 undifferentiated....g	0.001		0		1		0.000	0.002	
18:3 undifferentiated....g	0.003		0		1		0.001	0.005	
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	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.000		0		1		0.000	0.000	
Isoleucine....g	0.000		0		1		0.000	0.000	
Leucine....g	0.000		0		1		0.000	0.000	
Lysine....g	0.000		0		1		0.000	0.000	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.000		0		1		0.000	0.000	
Tyrosine....g	0.000		0		1		0.000	0.000	
Valine....g	0.000		0		1		0.000	0.000	
Arginine....g	0.000		0		1		0.000	0.000	
Histidine....g	0.000		0		1		0.000	0.000	
Alanine....g	0.000		0		1		0.000	0.000	
Aspartic acid....g	0.000		0		1		0.000	0.000	
Glutamic acid....g	0.000		0		1		0.000	0.000	
Glycine....g	0.000		0		1		0.000	0.000	
Proline....g	0.000		0		1		0.000	0.000	
Serine....g	0.000		0		1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	20		41		1		6	36	
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. 14544

Tea, brewed, prepared with distilled water

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

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

NDB No. 14355
Tea, brewed, prepared with tap water

black tea
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	99.70		4		1		236.29	29.51	177.47
Energy....kcal	1		0	NC	4		2	0	2
Energy....kJ	4		0		4		10	1	7
Protein (N x 6.25)....g	0.00		14		1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		10		1		0.00	0.00	0.00
Ash....g	0.00		6		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.30		0	NC	4		0.71	0.09	0.53
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		2		1		0	0	0
Iron, Fe....mg	0.02		1		1		0.05	0.01	0.04
Magnesium, Mg....mg	3		2		1		7	1	5
Phosphorus, P....mg	1		2		1		2	0	2
Potassium, K....mg	37		2		1		88	11	66
Sodium, Na....mg	3		2		1		7	1	5
Zinc, Zn....mg	0.02		2		1		0.05	0.01	0.04
Copper, Cu....mg	0.010		2		1		0.024	0.003	0.018
Manganese, Mn....mg	0.219		0		4		0.519	0.065	0.390
Selenium, Se....mcg	0.0		2	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin....mg	0.014		8		1		0.033	0.004	0.025
Niacin....mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid....mg	0.011		0		4		0.026	0.003	0.020
Vitamin B-6....mg	0.000		1		1		0.000	0.000	0.000
Folate, total....mcg	5	0.610	7		1		12	2	9
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	5	0.610	7		1		12	2	9
Folate, DFE....mcg_DFE	5		0	NC	4		12	2	9
Choline, total....mg	0.4		0	AS	1		0.9	0.1	0.7
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		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	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		0		4		0	0	0
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		2	A	1		0.00	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	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		2	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	0.0		1	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.002		0		1		0.005	0.001	0.004
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 14355
Tea, brewed, prepared with tap water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	0.001		0		1		0.002	0.000	0.002
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.001		0		1		0.002	0.000	0.002
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	0.000		0		1		0.000	0.000	0.000
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	0.004		0		1		0.009	0.001	0.007
18:2 undifferentiated....g	0.001		0		1		0.002	0.000	0.002
18:3 undifferentiated....g	0.003		0		1		0.007	0.001	0.005
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	0		0		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	0.000		0		1		0.000	0.000	0.000
Isoleucine....g	0.000		0		1		0.000	0.000	0.000
Leucine....g	0.000		0		1		0.000	0.000	0.000
Lysine....g	0.000		0		1		0.000	0.000	0.000
Methionine....g	0.000		0		1		0.000	0.000	0.000
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	0.000		0		1		0.000	0.000	0.000
Tyrosine....g	0.000		0		1		0.000	0.000	0.000
Valine....g	0.000		0		1		0.000	0.000	0.000
Arginine....g	0.000		0		1		0.000	0.000	0.000
Histidine....g	0.000		0		1		0.000	0.000	0.000
Alanine....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid....g	0.000		0		1		0.000	0.000	0.000
Glycine....g	0.000		0		1		0.000	0.000	0.000
Proline....g	0.000		0		1		0.000	0.000	0.000
Serine....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	20		41		1		47	6	36
Theobromine....mg	2		0		1		5	1	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. 14355

Tea, brewed, prepared with tap water

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

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

NDB No. 14352
Tea, brewed, prepared with tap water, decaffeinated

black tea
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	99.70		0	BFZN	4		29.51	177.47	236.29
Energy....kcal	1		0	BFZN	4		0	2	2
Energy....kJ	4		0		4		1	7	10
Protein....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.30		0	BFZN	4		0.09	0.53	0.71
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	0
Iron, Fe....mg	0.02		0	BFZN	4		0.01	0.04	0.05
Magnesium, Mg....mg	3		0	BFZN	4		1	5	7
Phosphorus, P....mg	1		0	BFZN	4		0	2	2
Potassium, K....mg	37		0	BFZN	4		11	66	88
Sodium, Na....mg	3		0	BFZN	4		1	5	7
Zinc, Zn....mg	0.02		0	BFZN	4		0.01	0.04	0.05
Copper, Cu....mg	0.010		0	BFZN	4		0.003	0.018	0.024
Manganese, Mn....mg	0.219		0	BFZN	4		0.065	0.390	0.519
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.014		0	BFZN	4		0.004	0.025	0.033
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.011		0	BFZN	4		0.003	0.020	0.026
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	5		0	BFZN	4		1	9	12
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	5		0	BFZN	4		1	9	12
Folate, DFE....mcg_DFE	5		0	NC	4		1	9	12
Choline, total....mg	0.4		0	BFZN	4		0.1	0.7	0.9
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		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	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		0	BFZN	4		0	0	0
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	BFZN	4		0.00	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	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	0.0		0	T	4		0.0	0.1	0.1
Lipids:									
Fatty acids, total saturated....g	0.002		0	BFZN	4		0.001	0.004	0.005
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 14352
Tea, brewed, prepared with tap water, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.001		0	BFZN	4		0.000	0.002	0.002
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.004		0	BFZN	4		0.001	0.007	0.009
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4....g	0.000		0	BFZN	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	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	1		0	BFZN	4		0	2	2
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. 14352

Tea, brewed, prepared with tap water, decaffeinated

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Measure 3 = 237g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

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

NDB No. 14545
Tea, herb, chamomile, brewed

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	99.70		21		1		29.51	177.47	236.29
Energy....kcal	1		0	NC	4		0	2	2
Energy....kJ	4		0		4		1	7	10
Protein (N x 6.25)....g	0.00		28		1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		28		1		0.00	0.00	0.00
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.20		0	NC	4		0.06	0.36	0.47
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	2		10		1		1	4	5
Iron, Fe....mg	0.08		3		1		0.02	0.14	0.19
Magnesium, Mg....mg	1		3		1		0	2	2
Phosphorus, P....mg	0		0		1		0	0	0
Potassium, K....mg	9		33		1		3	16	21
Sodium, Na....mg	1		32		1		0	2	2
Zinc, Zn....mg	0.04		32		1		0.01	0.07	0.09
Copper, Cu....mg	0.015		28		1		0.004	0.027	0.036
Manganese, Mn....mg	0.044		3		1		0.013	0.078	0.104
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.010		3		1		0.003	0.018	0.024
Riboflavin....mg	0.004		3		1		0.001	0.007	0.009
Niacin....mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid....mg	0.011		3		1		0.003	0.020	0.026
Vitamin B-6....mg	0.000		0		1		0.000	0.000	0.000
Folate, total....mcg	1		5		1		0	1	1
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	1		5		1		0	1	1
Folate, DFE....mcg_DFE	1		0	NC	4		0	1	1
Choline, total....mg	0.4		0	BFZN	4		0.1	0.7	0.9
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		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		0	2	2
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	12		0	NR	4		4	21	28
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	20		0		1		6	36	47
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	Z	7		0.00	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	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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.002		0		1		0.001	0.004	0.005
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 14545
Tea, herb, chamomile, brewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	0.000
15:0 g									
16:0 g	0.000		0		1		0.000	0.000	0.000
17:0 g									
18:0 g	0.000		0		1		0.000	0.000	0.000
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.001		0		1		0.000	0.002	0.002
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	0.000		0		1		0.000	0.000	0.000
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	0.005		0		1		0.001	0.009	0.012
18:2 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
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	0		0		1		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		1		1		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 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Measure 3 = 237g: 1 cup (8 fl oz)

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

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

NDB No. 14381
Tea, herb, other than chamomile, brewed

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	99.70		21		1		29.51	177.47	236.29
Energy....kcal	1		0	NC	4		0	2	2
Energy....kJ	4		0		4		1	7	10
Protein (N x 6.25)....g	0.00		28		1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		28		1		0.00	0.00	0.00
Ash....g	0.00		21		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.20		0	NC	4		0.06	0.36	0.47
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	2		10		1		1	4	5
Iron, Fe....mg	0.08		3		1		0.02	0.14	0.19
Magnesium, Mg....mg	1		3		1		0	2	2
Phosphorus, P....mg	0		0		1		0	0	0
Potassium, K....mg	9		33		1		3	16	21
Sodium, Na....mg	1		32		1		0	2	2
Zinc, Zn....mg	0.04		32		1		0.01	0.07	0.09
Copper, Cu....mg	0.015		28		1		0.004	0.027	0.036
Manganese, Mn....mg	0.044		3		1		0.013	0.078	0.104
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.010		3		1		0.003	0.018	0.024
Riboflavin....mg	0.004		3		1		0.001	0.007	0.009
Niacin....mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid....mg	0.011		3		1		0.003	0.020	0.026
Vitamin B-6....mg	0.000		0		1		0.000	0.000	0.000
Folate, total....mcg	1		5		1		0	1	1
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	1		5		1		0	1	1
Folate, DFE....mcg_DFE	1		0	NC	4		0	1	1
Choline, total....mg	0.4		0	BFZN	4		0.1	0.7	0.9
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		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	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		0		1		0	0	0
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	Z	7		0.00	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	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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.002		0		1		0.001	0.004	0.005
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 14381
Tea, herb, other than chamomile, brewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		1		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.001		0		1		0.000	0.002	0.002
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	0.000		0		1		0.000	0.000	0.000
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	0.005		0		1		0.001	0.009	0.012
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
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	0		0		1		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		1		1		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 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Measure 3 = 237g: 1 cup (8 fl oz)

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

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

NDB No. 14375

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder

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	3.50		1	MC	9		0.06	0.50	
Energy....kcal	338		0	NC	4		5	49	
Energy....kJ	1412		0	NC	4		23	203	
Protein (N x 6.25)....g	3.30		3		1		0.05	0.48	
Total lipid (fat)....g	0.60		1	MC	9		0.01	0.09	
Ash....g	7.20		1	MC	9		0.12	1.04	
Carbohydrate, by difference....g	85.40		0	NC	4		1.37	12.30	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	1.88		0	FLA	4		0.03	0.27	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		1	MC	9		0	3	
Iron, Fe....mg	8.87		1	MC	9		0.14	1.28	
Magnesium, Mg....mg	125		1	MC	9		2	18	
Phosphorus, P....mg	140		1	MC	9		2	20	
Potassium, K....mg	2568		1	MC	9		41	370	
Sodium, Na....mg	412		0	LC	8		7	59	
Zinc, Zn....mg	0.89		1	MC	9		0.01	0.13	
Copper, Cu....mg	0.120		1	MC	9		0.002	0.017	
Manganese, Mn....mg	30.370		1	MC	9		0.486	4.373	
Selenium, Se....mcg	1.8		0	FLA	4		0.0	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin....mg	0.335		0	FLA	4		0.005	0.048	
Niacin....mg	3.880		1	MC	9		0.062	0.559	
Pantothenic acid....mg	1.540		0	FLA	4		0.025	0.222	
Vitamin B-6....mg	0.121		0	FLA	4		0.002	0.017	
Folate, total....mcg	35		0	FLA	4		1	5	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	35		0	FLA	4		1	5	
Folate, DFE....mcg_DFE	35		0	NC	4		1	5	
Choline, total....mg	40.2		0	FLA	4		0.6	5.8	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	FLA	4		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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000	0.000	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14375

Tea, instant, sweetened with sodium saccharin, lemon-flavored, 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	FLA	4		0.000	0.000	
8:0 ... g	0.000		0	FLA	4		0.000	0.000	
10:0 ... g	0.000		0	FLA	4		0.000	0.000	
12:0 ... g	0.000		0	FLA	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	FLA	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.000		0	FLA	4		0.000	0.000	
17:0 ... g									
18:0 ... g	0.000		0	FLA	4		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	FLA	4		0.000	0.000	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:1 ... g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLA	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	
Caffeine ... mg	2240		1	MC	9		36	323	
Theobromine ... mg	24		0	FLA	4		0	3	

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 = 1.6g: 2 tsp

Measure 2 = 14.4g: 4 tbsp (1/4 cup)

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

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

NDB No. 14356

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated

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	3.50		0	BFZN	4		0.06		
Energy	kcal	338		0	BFZN	4		5		
Energy	kJ	1412		0	BFZN	4		23		
Protein (N x 6.25)	g	3.30		0	BFZN	4		0.05		
Total lipid (fat)	g	0.60		0	BFZN	4		0.01		
Ash	g	7.20		0	BFZN	4		0.12		
Carbohydrate, by difference	g	85.40		0	BFZN	4		1.37		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	1.88		0	BFZN	4		0.03		
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0	BFZN	4		0		
Iron, Fe	mg	8.87		0	BFZN	4		0.14		
Magnesium, Mg	mg	125		0	BFZN	4		2		
Phosphorus, P	mg	140		0	BFZN	4		2		
Potassium, K	mg	2568		0	BFZN	4		41		
Sodium, Na	mg	412		0	BFZN	4		7		
Zinc, Zn	mg	0.89		0	BFZN	4		0.01		
Copper, Cu	mg	0.120		0	BFZN	4		0.002		
Manganese, Mn	mg	30.370		0	BFZN	4		0.486		
Selenium, Se	mcg	1.8		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0		
Thiamin	mg	0.000		0	BFZN	4		0.000		
Riboflavin	mg	0.335		0	BFZN	4		0.005		
Niacin	mg	3.880		0	BFZN	4		0.062		
Pantothenic acid	mg	1.540		0	BFZN	4		0.025		
Vitamin B-6	mg	0.121		0	BFZN	4		0.002		
Folate, total	mcg	35		0	BFZN	4		1		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	35		0	BFZN	4		1		
Folate, DFE	mcg_DFE	35		0	NC	4		1		
Choline, total	mg	40.2		0	BFZN	4		0.6		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	NR	4		0		
Cryptoxanthin, beta	mcg	0		0	NR	4		0		
Vitamin A, IU	IU	0		0	BFZN	4		0		
Lycopene	mcg	0		0	NR	4		0		
Lutein + zeaxanthin	mcg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	NR	4		0.00		
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	0.000		0	BFZN	4		0.000		
4:0	g	0.000		0	BFZN	4		0.000		

NDB No. 14356

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000		
8:0 ... g	0.000		0	BFZN	4		0.000		
10:0 ... g	0.000		0	BFZN	4		0.000		
12:0 ... g	0.000		0	BFZN	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	BFZN	4		0.000		
15:0 ... g									
16:0 ... g	0.000		0	BFZN	4		0.000		
17:0 ... g									
18:0 ... g	0.000		0	BFZN	4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	BFZN	4		0.000		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:1 ... g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated ... g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000		
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	BFZN	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	NR	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0		
Caffeine ... mg	57		0	O	4		1		
Theobromine ... mg	4		0	O	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 = 1.6g: 2 tsp

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

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

NDB No. 14376

Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared

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	99.41		0	RPI	6		236.59	29.62	177.94
Energy....kcal	2		0	RPI	6		4	1	3
Energy....kJ	7		0	RPI	6		17	2	13
Protein (N x 0)....g	0.02		0	RPI	6		0.04	0.01	0.03
Total lipid (fat)....g	0.00		0	RPI	6		0.01	0.00	0.01
Ash....g	0.14		0	RPI	6		0.32	0.04	0.24
Carbohydrate, by difference....g	0.44		0	RPI	6		1.04	0.13	0.78
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	0.0
Sugars, total....g	0.01		0	RPI	6		0.02	0.00	0.02
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	RPI	6		7	1	6
Iron, Fe....mg	0.05		0	RPI	6		0.11	0.01	0.08
Magnesium, Mg....mg	2		0	RPI	6		4	0	3
Phosphorus, P....mg	1		0	RPI	6		2	0	1
Potassium, K....mg	14		0	RPI	6		32	4	24
Sodium, Na....mg	6		0	RPI	6		14	2	11
Zinc, Zn....mg	0.01		0	RPI	6		0.02	0.00	0.02
Copper, Cu....mg	0.010		0	RPI	6		0.025	0.003	0.019
Manganese, Mn....mg	0.155		0	RPI	6		0.369	0.046	0.278
Selenium, Se....mcg	0.0		0	RPI	6		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	0.0
Thiamin....mg	0.000		0	RPI	6		0.000	0.000	0.000
Riboflavin....mg	0.002		0	RPI	6		0.004	0.001	0.003
Niacin....mg	0.020		0	RPI	6		0.047	0.006	0.035
Pantothenic acid....mg	0.008		0	RPI	6		0.019	0.002	0.014
Vitamin B-6....mg	0.001		0	RPI	6		0.001	0.000	0.001
Folate, total....mcg	0		0	RPI	6		0	0	0
Folic acid....mcg	0		0	RPI	6		0	0	0
Folate, food....mcg	0		0	RPI	6		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	RPI	6		0.5	0.1	0.4
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	0
Retinol....mcg	0		0	RPI	6		0	0	0
Carotene, beta....mcg	0		0	RPI	6		0	0	0
Carotene, alpha....mcg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	0
Vitamin A, IU....IU	0		0	RPI	6		0	0	0
Lycopene....mcg	0		0	RPI	6		0	0	0
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	RPI	6		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	0.0		0	RPI	6		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0	RPI	6		0.000	0.000	0.000
4:0....g	0.000		0	RPI	6		0.000	0.000	0.000

NDB No. 14376

Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	0.000
8:0 ... g	0.000		0	RPI	6		0.000	0.000	0.000
10:0 ... g	0.000		0	RPI	6		0.000	0.000	0.000
12:0 ... g	0.000		0	RPI	6		0.000	0.000	0.000
13:0 ... g									
14:0 ... g	0.000		0	RPI	6		0.000	0.000	0.000
15:0 ... g									
16:0 ... g	0.000		0	RPI	6		0.000	0.000	0.000
17:0 ... g									
18:0 ... g	0.000		0	RPI	6		0.000	0.000	0.000
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	RPI	6		0.000	0.000	0.000
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	0.000
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	0.000
20:1 ... g	0.000		0	RPI	6		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	RPI	6		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	0.000
18:4 ... g	0.000		0	RPI	6		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0	RPI	6		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0	RPI	6		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0	RPI	6		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RPI	6		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine ... mg	11		0	RPI	6		27	3	20
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 = 238g: 1 serving 8 fl oz cup

Measure 2 = 29.8g: 1 fl oz

Measure 3 = 179g: 6 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14548

Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder

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	0.30	0.048	4		1		0.55	0.07	
Energy....kcal	385		0	NC	4		701	89	
Energy....kJ	1611				4		2932	370	
Protein (N x 6.25)....g	0.60		4		1		1.09	0.14	
Total lipid (fat)....g	0.30	0.070	4		1		0.55	0.07	
Ash....g	1.10	0.388	4		1		2.00	0.25	
Carbohydrate, by difference....g	97.60		0	NC	4		177.63	22.45	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.601	4		1		5	1	
Iron, Fe....mg	0.16	0.008	4		1		0.29	0.04	
Magnesium, Mg....mg	11	0.459	4		1		20	3	
Phosphorus, P....mg	14	0.396	4		1		25	3	
Potassium, K....mg	217	9.635	4		1		395	50	
Sodium, Na....mg	5		0		4		9	1	
Zinc, Zn....mg	0.10	0.004	4		1		0.18	0.02	
Copper, Cu....mg	0.025	0.003	4		1		0.046	0.006	
Manganese, Mn....mg	2.965	0.076	4		1		5.396	0.682	
Selenium, Se....mcg	0.7		0	BFZN	4		1.3	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	100.0		1		1		182.0	23.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.200	0.058	3		1		0.364	0.046	
Niacin....mg	0.407	0.009	3		1		0.741	0.094	
Pantothenic acid....mg	0.110		0		4		0.200	0.025	
Vitamin B-6....mg	0.022		0		4		0.040	0.005	
Folate, total....mcg	43		2		1		77	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	43		2		1		77	10	
Folate, DFE....mcg_DFE	43		0	NC	4		77	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		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	0.037		0		1		0.067	0.009	
4:0....g									
6:0....g									
8:0....g									

NDB No. 14548

Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, 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
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.032		0		1		0.058	0.007	
17:0....g									
18:0....g	0.005		0		1		0.009	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.020	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.010		0		1		0.018	0.002	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.091		0		1		0.166	0.021	
18:2 undifferentiated....g	0.030		0		1		0.055	0.007	
18:3 undifferentiated....g	0.061		0		1		0.111	0.014	
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	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0		1		0.009	0.001	
Threonine....g	0.003		0		1		0.005	0.001	
Isoleucine....g	0.003		0		1		0.005	0.001	
Leucine....g	0.003		0		1		0.005	0.001	
Lysine....g	0.003		0		1		0.005	0.001	
Methionine....g	0.000		0		1		0.000	0.000	
Cystine....g	0.003		0		1		0.005	0.001	
Phenylalanine....g	0.001		0		1		0.002	0.000	
Tyrosine....g	0.003		0		1		0.005	0.001	
Valine....g	0.003		0		1		0.005	0.001	
Arginine....g	0.003		0		1		0.005	0.001	
Histidine....g	0.001		0		1		0.002	0.000	
Alanine....g	0.004		0		1		0.007	0.001	
Aspartic acid....g	0.017		0		1		0.031	0.004	
Glutamic acid....g	0.031		0		1		0.056	0.007	
Glycine....g	0.005		0		1		0.009	0.001	
Proline....g	0.003		0		1		0.005	0.001	
Serine....g	0.004		0		1		0.007	0.001	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	124	19.934	6		1		226	29	
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. 14548

Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder

Measure 1 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14370

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder

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	0.13		1	A	1		0.24	0.03	
Energy....kcal	401		0	NC	4		730	92	
Energy....kJ	1679		0	NC	4		3056	386	
Protein (N x 6.25)....g	0.12		1	A	1		0.23	0.03	
Total lipid (fat)....g	0.73		1	A	1		1.33	0.17	
Ash....g	0.47		1	A	1		0.85	0.11	
Carbohydrate, by difference....g	98.55		0	NC	4		179.36	22.67	
Fiber, total dietary....g	0.7		1	A	1		1.4	0.2	
Sugars, total....g	95.29		1	A	1		173.43	21.92	
Starch....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	2		1	A	1		3	0	
Iron, Fe....mg	0.21		1	A	1		0.39	0.05	
Magnesium, Mg....mg	3		1	A	1		5	1	
Phosphorus, P....mg	2		1	A	1		4	0	
Potassium, K....mg	169		1	A	1		308	39	
Sodium, Na....mg	5		1	A	1		10	1	
Zinc, Zn....mg	0.03		1	A	1		0.06	0.01	
Copper, Cu....mg	0.010		1	A	1		0.017	0.002	
Manganese, Mn....mg	1.410		1	A	1		2.566	0.324	
Selenium, Se....mcg	0.6		0	FLA	4		1.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.011		1	A	1		0.021	0.003	
Riboflavin....mg	0.000		1	A	1		0.000	0.000	
Niacin....mg	0.125		1	A	1		0.228	0.029	
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6....mg	0.015		1	A	1		0.027	0.003	
Folate, total....mcg	1		0	FLA	4		2	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	1		0	FLA	4		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg	1.1		0	FLA	4		2.1	0.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	FLA	4		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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.097		0	FLA	4		0.176	0.022	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14370

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, 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	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.002		0	FLA	4		0.004	0.001	
15:0....g									
16:0....g	0.084		0	FLA	4		0.152	0.019	
17:0....g									
18:0....g	0.005		0	FLA	4		0.009	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.033		0	FLA	4		0.060	0.008	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLA	4		0.004	0.001	
17:1....g									
18:1 undifferentiated....g	0.025		0	FLA	4		0.045	0.006	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.218		0	FLA	4		0.397	0.050	
18:2 undifferentiated....g	0.148		0	FLA	4		0.269	0.034	
18:3 undifferentiated....g	0.061		0	FLA	4		0.112	0.014	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	35		1	A	1		64	8	
Theobromine....mg	1		1	A	1		2	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 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14357

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated

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	0.13		0	BFZN	4		0.24	0.03	
Energy....kcal	385		0	BFZN	4		701	89	
Energy....kJ	1611		0		4		2932	370	
Protein (N x 6.25)....g	0.12		0	BFZN	4		0.23	0.03	
Total lipid (fat)....g	0.73		0	BFZN	4		1.33	0.17	
Ash....g	0.47		0	BFZN	4		0.85	0.11	
Carbohydrate, by difference....g	98.55		0	BFZN	4		179.36	22.67	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	95.29		0	BFZN	4		173.43	21.92	
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0	BFZN	4		3	0	
Iron, Fe....mg	0.21		0	BFZN	4		0.39	0.05	
Magnesium, Mg....mg	3		0	BFZN	4		5	1	
Phosphorus, P....mg	2		0	BFZN	4		4	0	
Potassium, K....mg	169		0	BFZN	4		308	39	
Sodium, Na....mg	5		0	BFZN	4		10	1	
Zinc, Zn....mg	0.03		0	BFZN	4		0.06	0.01	
Copper, Cu....mg	0.010		0	BFZN	4		0.017	0.002	
Manganese, Mn....mg	2.965		0	BFZN	4		5.396	0.682	
Selenium, Se....mcg	0.6		0	BFZN	4		1.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.011		0	BFZN	4		0.021	0.003	
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin....mg	0.125		0	BFZN	4		0.228	0.029	
Pantothenic acid....mg	0.110		0	BFZN	4		0.200	0.025	
Vitamin B-6....mg	0.015		0	BFZN	4		0.027	0.003	
Folate, total....mcg	1		0	BFZN	4		2	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	1		0	BFZN	4		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		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	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.091		0	BFZN	4		0.166	0.021	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 14357

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000	0.000	
12:0 ... g	0.000		0	BFZN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.002		0	BFZN	4		0.004	0.001	
15:0 ... g									
16:0 ... g	0.084		0	BFZN	4		0.152	0.019	
17:0 ... g									
18:0 ... g	0.005		0	BFZN	4		0.009	0.001	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.027		0	BFZN	4		0.049	0.006	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	BFZN	4		0.004	0.001	
17:1 ... g									
18:1 undifferentiated ... g	0.025		0	BFZN	4		0.045	0.006	
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	0.209		0	BFZN	4		0.380	0.048	
18:2 undifferentiated ... g	0.148		0	BFZN	4		0.269	0.034	
18:3 undifferentiated ... g	0.061		0	BFZN	4		0.112	0.014	
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	BFZN	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	0		0	BFZN	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	
Caffeine ... mg	5		0	BFZN	4		9	1	
Theobromine ... mg	0		0	BFZN	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 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14371

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared

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	91.18		0	RPI	6		236.15		
Energy	kcal	35		0	RPI	6		91		
Energy	kJ	147		0	RPI	6		380		
Protein (N x 0)	g	0.01		0	RPI	6		0.03		
Total lipid (fat)	g	0.06		0	RPI	6		0.17		
Ash	g	0.13		0	RPI	6		0.34		
Carbohydrate, by difference	g	8.61		0	RPI	6		22.31		
Fiber, total dietary	g	0.1		0	RPI	6		0.2		
Sugars, total	g	8.33		0	RPI	6		21.57		
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	RPA	1		6		
Iron, Fe	mg	0.02		0	RPA	1		0.06		
Magnesium, Mg	mg	1		0	RPA	1		2		
Phosphorus, P	mg	0		0	RPA	1		0		
Potassium, K	mg	15		0	RPA	1		39		
Sodium, Na	mg	2		0	RPA	1		6		
Zinc, Zn	mg	0.01		0	RPA	1		0.02		
Copper, Cu	mg	0.007		0	RPA	1		0.018		
Manganese, Mn	mg	0.124		0	RPA	1		0.320		
Selenium, Se	mcg	0.1		0	RPI	6		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0		
Thiamin	mg	0.001		0	RPI	6		0.003		
Riboflavin	mg	0.000		0	RPI	6		0.000		
Niacin	mg	0.011		0	RPI	6		0.028		
Pantothenic acid	mg	0.000		0	RPI	6		0.000		
Vitamin B-6	mg	0.001		0	RPI	6		0.003		
Folate, total	mcg	0		0	RPI	6		0		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	0		0	RPI	6		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RPI	6		0.00		
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00		
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0		
Retinol	mcg	0		0	RPI	6		0		
Carotene, beta	mcg	0		0	RPI	6		0		
Carotene, alpha	mcg	0		0	RPI	6		0		
Cryptoxanthin, beta	mcg	0		0	RPI	6		0		
Vitamin A, IU	IU	0		0	RPI	6		0		
Lycopene	mcg	0		0	RPI	6		0		
Lutein + zeaxanthin	mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00		
Vitamin E, added	mg	0.00		0	RPI	6		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	RPI	6		0.0		
Lipids:										
Fatty acids, total saturated	g	0.008		0	RPI	6		0.021		
4:0	g	0.000		0	RPI	6		0.000		

NDB No. 14371

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000		
8:0....g	0.000		0	RPI	6		0.000		
10:0....g	0.000		0	RPI	6		0.000		
12:0....g	0.000		0	RPI	6		0.000		
13:0....g									
14:0....g	0.000		0	RPI	6		0.001		
15:0....g									
16:0....g	0.007		0	RPI	6		0.019		
17:0....g									
18:0....g	0.000		0	RPI	6		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0	RPI	6		0.006		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.001		
17:1....g									
18:1 undifferentiated....g	0.002		0	RPI	6		0.006		
20:1....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated....g	0.000		0	RPI	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.018		0	RPI	6		0.047		
18:2 undifferentiated....g	0.013		0	RPI	6		0.033		
18:3 undifferentiated....g	0.005		0	RPI	6		0.014		
18:4....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000		
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RPI	6		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	3		0	RPI	6		8		
Theobromine....mg	0		0	RPI	6		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 = 259g: 1 cup (8 fl oz)

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

Food Group: 14 Beverages

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

NDB No. 14368
Tea, instant, unsweetened, lemon-flavored, powder

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	4.30		1		1		0.06	0.49	
Energy....kcal	345		0	NC	4		5	39	
Energy....kJ	1445		0	NC	4		20	163	
Protein (N x 6.25)....g	7.40		1		1		0.10	0.84	
Total lipid (fat)....g	0.18		0	FLA	4		0.00	0.02	
Ash....g	9.60		1		1		0.13	1.08	
Carbohydrate, by difference....g	78.52		0	NC	4		1.10	8.87	
Fiber, total dietary....g	5.0		0	FLA	4		0.1	0.6	
Sugars, total....g	4.52		0	FLA	4		0.06	0.51	
Starch....g									
Minerals:									
Calcium, Ca....mg	28		1		1		0	3	
Iron, Fe....mg	0.75		1		1		0.01	0.08	
Magnesium, Mg....mg	139		1		1		2	16	
Phosphorus, P....mg	107		1		1		1	12	
Potassium, K....mg	3453		1		1		48	390	
Sodium, Na....mg	55		0	FLA	4		1	6	
Zinc, Zn....mg	0.98		0	FLA	4		0.01	0.11	
Copper, Cu....mg	0.331		0	FLA	4		0.005	0.037	
Manganese, Mn....mg	30.670		1		1		0.429	3.466	
Selenium, Se....mcg	3.0		0	FLA	4		0.0	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.017		0	FLA	4		0.000	0.002	
Riboflavin....mg	0.558		0	FLA	4		0.008	0.063	
Niacin....mg	6.168		0	FLA	4		0.086	0.697	
Pantothenic acid....mg	2.597		0	FLA	4		0.036	0.293	
Vitamin B-6....mg	0.223		0	FLA	4		0.003	0.025	
Folate, total....mcg	61		0	FLA	4		1	7	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	61		0	FLA	4		1	7	
Folate, DFE....mcg_DFE	61		0	NC	4		1	7	
Choline, total....mg	66.4		0	FLA	4		0.9	7.5	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	NR	4		0	0	
Carotene, alpha....mcg	0		0	NR	4		0	0	
Cryptoxanthin, beta....mcg	0		0	NR	4		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.09		0	FLA	4		0.00	0.01	
Vitamin E, added....mg	0.00		0	FLA	4		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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.047		0	FLA	4		0.001	0.005	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14368

Tea, instant, unsweetened, lemon-flavored, 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	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.001		0	FLA	4		0.000	0.000	
15:0....g									
16:0....g	0.041		0	FLA	4		0.001	0.005	
17:0....g									
18:0....g	0.002		0	FLA	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0	FLA	4		0.000	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.009		0	FLA	4		0.000	0.001	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.117		0	FLA	4		0.002	0.013	
18:2 undifferentiated....g	0.079		0	FLA	4		0.001	0.009	
18:3 undifferentiated....g	0.033		0	FLA	4		0.000	0.004	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	2066		0	FLA	4		29	233	
Theobromine....mg	40		0	FLA	4		1	5	

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 = 1.4g: 1 tsp, rounded

Measure 2 = 11.3g: 2 tbsp, rounded

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14366
Tea, instant, unsweetened, powder

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	5.09		1	A	1		0.04		
Energy	kcal	315		0	NC	4		2		
Energy	kJ	1320		0	NC	4		9		
Protein (N x 6.25)	g	20.21		1	A	1		0.14		
Total lipid (fat)	g	0.00		1	A	1		0.00		
Ash	g	16.04		1	A	1		0.11		
Carbohydrate, by difference	g	58.66		0	NC	4		0.41		
Fiber, total dietary	g	8.5		1	A	1		0.1		
Sugars, total	g	5.53		1	A	1		0.04		
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g	0.00		1	A	1		0.00		
Minerals:										
Calcium, Ca	mg	118		1	A	1		1		
Iron, Fe	mg	2.26		1	A	1		0.02		
Magnesium, Mg	mg	272		1	A	1		2		
Phosphorus, P	mg	239		1	A	1		2		
Potassium, K	mg	6040		1	A	1		42		
Sodium, Na	mg	72		1	A	1		1		
Zinc, Zn	mg	1.69		1	A	1		0.01		
Copper, Cu	mg	0.550		1	A	1		0.004		
Manganese, Mn	mg	133.000		1	A	1		0.931		
Selenium, Se	mcg	5.3	0.318	3	A	1		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.000		1	A	1		0.000		
Riboflavin	mg	0.985		1	A	1		0.007		
Niacin	mg	10.800		1	A	1		0.076		
Pantothenic acid	mg	4.530		1	A	1		0.032		
Vitamin B-6	mg	0.356		1	A	1		0.002		
Folate, total	mcg	103		5		1		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	103		0	NR	4		1		
Folate, DFE	mcg_DFE	103		0	NC	4		1		
Choline, total	mg	118.3		0	BFSN	4		0.8		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		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		1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00		
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									

NDB No. 14366
Tea, instant, unsweetened, 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
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	0.000		1	LC	8		0.000		
4:0.....g	0.000		0		1		0.000		
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	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
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	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		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	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	3680		1	A	1		26		
Theobromine.....mg	71		1	A	1		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 = 0.7g: 1 serving 1 tsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14353
Tea, instant, unsweetened, powder, decaffeinated

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	5.09		0	BFZN	4		0.04		
Energy	kcal	315		0	NC	4		2		
Energy	kJ	1320		0	NC	4		9		
Protein (N x 6.25)	g	20.21		0	BFZN	4		0.14		
Total lipid (fat)	g	0.00		0	BFZN	4		0.00		
Ash	g	16.04		0	BFZN	4		0.11		
Carbohydrate, by difference	g	58.66		0	NC	4		0.41		
Fiber, total dietary	g	8.5		0	BFZN	4		0.1		
Sugars, total	g	5.53		0	BFZN	4		0.04		
Starch	g	0.00		0	BFZN	4		0.00		
Minerals:										
Calcium, Ca	mg	118		0	BFZN	4		1		
Iron, Fe	mg	2.26		0	BFZN	4		0.02		
Magnesium, Mg	mg	272		0	BFZN	4		2		
Phosphorus, P	mg	239		0	BFZN	4		2		
Potassium, K	mg	6040		0	BFZN	4		42		
Sodium, Na	mg	72		0	BFZN	4		1		
Zinc, Zn	mg	1.69		0	BFZN	4		0.01		
Copper, Cu	mg	0.550		0	BFZN	4		0.004		
Manganese, Mn	mg	133.000		0	BFZN	4		0.931		
Selenium, Se	mcg	5.3		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0		
Thiamin	mg	0.000		0	BFZN	4		0.000		
Riboflavin	mg	0.985		0	BFZN	4		0.007		
Niacin	mg	10.800		0	BFZN	4		0.076		
Pantothenic acid	mg	4.530		0	BFZN	4		0.032		
Vitamin B-6	mg	0.356		0	BFZN	4		0.002		
Folate, total	mcg	103		0	BFZN	4		1		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	103		0	BFZN	4		1		
Folate, DFE	mcg_DFE	103		0	NC	4		1		
Choline, total	mg	118.3		0	BFZN	4		0.8		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added	mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	BFZN	4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFZN	4		0.00		
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	0.0		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	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0	BFZN	4		0.000		
4:0	g	0.000		0	BFZN	4		0.000		

NDB No. 14353
Tea, instant, unsweetened, powder, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000		
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000		
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000		
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	BFZN	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	0		0	BFZN	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	169		0	BFZN	4		1		
Theobromine....mg	11		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.

Common Measures:

Measure 1 = 0.7g: 1 serving 2 tsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14367
Tea, instant, unsweetened, powder, prepared

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	99.62		0	RPI	6		237.10	29.59	177.33
Energy	kcal	1		0	RPI	6		2	0	2
Energy	kJ	4		0	RPI	6		9	1	7
Protein (N x 0)	g	0.06		0	RPI	6		0.14	0.02	0.11
Total lipid (fat)	g	0.00		0	RPI	6		0.00	0.00	0.00
Ash	g	0.15		0	RPI	6		0.35	0.04	0.26
Carbohydrate, by difference	g	0.17		0	RPI	6		0.41	0.05	0.31
Fiber, total dietary	g	0.0		0	RPI	6		0.1	0.0	0.0
Sugars, total	g	0.02		0	RPI	6		0.04	0.00	0.03
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RPA	1		8	1	6
Iron, Fe	mg	0.01		0	RPA	1		0.02	0.00	0.01
Magnesium, Mg	mg	2		0	RPA	1		4	1	3
Phosphorus, P	mg	1		0	RPA	1		2	0	1
Potassium, K	mg	18		0	RPA	1		43	5	33
Sodium, Na	mg	4		0	RPA	1		9	1	7
Zinc, Zn	mg	0.01		0	RPA	1		0.02	0.00	0.02
Copper, Cu	mg	0.011		0	RPA	1		0.027	0.003	0.020
Manganese, Mn	mg	0.392		0	RPA	1		0.933	0.116	0.698
Selenium, Se	mcg	0.0		0	RPI	6		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0	0.0	0.0
Thiamin	mg	0.000		0	RPI	6		0.000	0.000	0.000
Riboflavin	mg	0.003		0	RPI	6		0.007	0.001	0.005
Niacin	mg	0.032		0	RPI	6		0.076	0.009	0.057
Pantothenic acid	mg	0.013		0	RPI	6		0.032	0.004	0.024
Vitamin B-6	mg	0.001		0	RPI	6		0.002	0.000	0.002
Folate, total	mcg	0		0	RPI	6		1	0	1
Folic acid	mcg	0		0	RPI	6		0	0	0
Folate, food	mcg	0		0	RPI	6		1	0	1
Folate, DFE	mcg_DFE	0		0	NC	4		1	0	1
Choline, total	mg	0.3		0	RPI	6		0.8	0.1	0.6
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	0
Retinol	mcg	0		0	RPI	6		0	0	0
Carotene, beta	mcg	0		0	RPI	6		0	0	0
Carotene, alpha	mcg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta	mcg	0		0	RPI	6		0	0	0
Vitamin A, IU	IU	0		0	RPI	6		0	0	0
Lycopene	mcg	0		0	RPI	6		0	0	0
Lutein + zeaxanthin	mcg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin E, added	mg	0.00		0	RPI	6		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	0.0		0	RPI	6		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.000		0	RPI	6		0.000	0.000	0.000
4:0	g	0.000		0	RPI	6		0.000	0.000	0.000

NDB No. 14367
Tea, instant, unsweetened, powder, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RPI	6		0.000	0.000	0.000
8:0 ... g	0.000		0	RPI	6		0.000	0.000	0.000
10:0 ... g	0.000		0	RPI	6		0.000	0.000	0.000
12:0 ... g	0.000		0	RPI	6		0.000	0.000	0.000
13:0 ... g									
14:0 ... g	0.000		0	RPI	6		0.000	0.000	0.000
15:0 ... g									
16:0 ... g	0.000		0	RPI	6		0.000	0.000	0.000
17:0 ... g									
18:0 ... g	0.000		0	RPI	6		0.000	0.000	0.000
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	RPI	6		0.000	0.000	0.000
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	0.000
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	0.000
20:1 ... g	0.000		0	RPI	6		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	RPI	6		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	0.000
18:4 ... g	0.000		0	RPI	6		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0	RPI	6		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0	RPI	6		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0	RPI	6		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RPI	6		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine ... mg	11		0	RPI	6		26	3	19
Theobromine ... mg	0		0	RPI	6		1	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 = 238g: 1 serving 8 fl oz cup

Measure 2 = 29.7g: 1 fl oz

Measure 3 = 178g: 6 fl oz

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

Food Group: 14 Beverages

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

NDB No. 14475

Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor

Arizona Beverage Co.

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	90.15		1	A	1		27.59	204.65	331.76
Energy....kcal	39		0	NC	4		12	89	144
Energy....kJ	164		0	NC	4		50	371	602
Protein (N x 6.25)....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	A	1		0.00	0.00	0.00
Ash....g	0.07		1	A	1		0.02	0.17	0.27
Carbohydrate, by difference....g	9.77		0	NC	4		2.99	22.18	35.96
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total....g	9.63		1	A	1		2.95	21.86	35.44
Starch....g									
Minerals:									
Calcium, Ca....mg	3		1	A	1		1	7	11
Iron, Fe....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg....mg	1		1	A	1		0	3	5
Phosphorus, P....mg	1		1	A	1		0	1	2
Potassium, K....mg	10		1	A	1		3	23	38
Sodium, Na....mg	4		1	A	1		1	9	15
Zinc, Zn....mg	0.01		1	A	1		0.00	0.02	0.03
Copper, Cu....mg	0.005		1	A	1		0.002	0.012	0.019
Manganese, Mn....mg	0.160		1	A	1		0.049	0.363	0.588
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	0.0
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	0		1	LC	8		0	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 D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	0.000
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	0.000
Cholesterol....mg	0		1	LC	8		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	5		1	A	1		1	11	18
Theobromine....mg	0		1	A	1		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.

NDB No. 14475
Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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 = 30.6g: 1 fl oz

Measure 2 = 227g: 1 serving 8 fl oz

Measure 3 = 368g: 1 box 12 fl oz

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14476

Tea, ready-to-drink, LIPTON BRISK iced tea, with lemon flavor

Lipton

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	91.06		2	A	1		27.87	223.11	334.20
Energy	kcal	35		0	NC	4		11	86	129
Energy	kJ	147		0	NC	4		45	361	541
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		1	A	1		0.00	0.00	0.00
Ash	g	0.12		2	A	1		0.04	0.30	0.45
Carbohydrate, by difference	g	8.81		0	NC	4		2.70	21.59	32.34
Fiber, total dietary	g	0.0		2	LC	8		0.0	0.0	0.0
Sugars, total	g	8.69		2	A	1		2.66	21.29	31.88
Sucrose	g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		2	A	1		0	2	3
Iron, Fe	mg	0.00		2	A	1		0.00	0.00	0.00
Magnesium, Mg	mg	0		2	A	1		0	1	1
Phosphorus, P	mg	26		2	A	1		8	64	95
Potassium, K	mg	19		2	A	1		6	46	69
Sodium, Na	mg	21		2	A	1		6	50	75
Zinc, Zn	mg	0.01		2	A	1		0.00	0.03	0.05
Copper, Cu	mg	0.005		2	A	1		0.002	0.013	0.019
Manganese, Mn	mg	0.146		2	A	1		0.045	0.359	0.537
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.000		2	LC	8		0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000		2	LC	8		0.000	0.000	0.000
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		2	LC	8		0	0	0
Phytosterols	mg									
Others:										
Alcohol, ethyl	g									
Caffeine	mg	2		2	A	1		1	5	7
Theobromine	mg	0		2	A	1		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 = 30.6g: 1 fl oz

Measure 2 = 245g: 1 serving 8 fl oz

Measure 3 = 367g: 1 can 12 fl oz

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14137

Tea, ready-to-drink, NESTLE, COOL NESTEA ice tea lemon flavor

Nestle USA, Inc.

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	91.18		1	A	1		27.90	223.39	335.54
Energy....kcal	36		0	NC	4		11	89	134
Energy....kJ	152		0	NC	4		47	373	560
Protein (N x 6.25)....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	A	1		0.00	0.00	0.00
Ash....g	0.12		1	A	1		0.04	0.30	0.45
Carbohydrate, by difference....g	9.09		0	NR	4		2.78	22.27	33.45
Fiber, total dietary....g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total....g	9.09		1	A	1		2.78	22.28	33.46
Starch....g									
Minerals:									
Calcium, Ca....mg	3		1	A	1		1	6	10
Iron, Fe....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg....mg	1		1	A	1		0	2	3
Phosphorus, P....mg	36		1	A	1		11	88	133
Potassium, K....mg	19		1	A	1		6	46	68
Sodium, Na....mg	21		1	A	1		6	51	76
Zinc, Zn....mg	0.06		1	A	1		0.02	0.15	0.23
Copper, Cu....mg	0.008		1	A	1		0.002	0.020	0.029
Manganese, Mn....mg	0.131		1	A	1		0.040	0.321	0.482
Selenium, Se....mcg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	3		1	A	1		1	8	13
Theobromine....mg	0		1	A	1		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 = 30.6g: 1 fl oz

Measure 2 = 245g: 1 serving 8 fl oz

Measure 3 = 368g: 1 can 12 fl oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14601

Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice

Wendy's International, Inc.

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	99.79		1	A	1				
Energy....kcal	1		0	NC	4				
Energy....kJ	4		0	NC	4				
Protein (N x 6.25)....g	0.22		1	A	1				
Total lipid (fat)....g	0.00		1	A	1				
Ash....g	0.04		1	A	1				
Carbohydrate, by difference....g	0.00		0	NC	4				
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		1	A	1				
Iron, Fe....mg	0.00		1	A	1				
Magnesium, Mg....mg	1		1	A	1				
Phosphorus, P....mg	1		1	A	1				
Potassium, K....mg	14		1	A	1				
Sodium, Na....mg	3		1	A	1				
Zinc, Zn....mg	0.01		1	A	1				
Copper, Cu....mg	0.008		1	A	1				
Manganese, Mn....mg	0.136		1	A	1				
Selenium, Se....mcg	0.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.018		1	A	1				
Riboflavin....mg	0.024		1	A	1				
Niacin....mg	0.000		1	A	1				
Pantothenic acid....mg	0.009		1	A	1				
Vitamin B-6....mg	0.000		1	A	1				
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									
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	0.000		0	NC	4				
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1				
10:0....g	0.000		1	A	1				
12:0....g	0.000		1	A	1				
13:0....g									
14:0....g	0.000		1	A	1				
15:0....g	0.000		1	A	1				
16:0....g	0.000		1	A	1				
17:0....g	0.000		1	A	1				
18:0....g	0.000		1	A	1				

NDB No. 14601

Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.000		1	A	1				
22:0 g	0.000		1	A	1				
24:0 g	0.000		1	A	1				
Fatty acids, total monounsaturated g	0.000		0	NC	4				
14:1 g	0.000		1	A	1				
15:1 g	0.000		1	A	1				
16:1 undifferentiated g	0.000		1	A	1				
17:1 g	0.000		1	A	1				
18:1 undifferentiated g	0.000		1	A	1				
20:1 g	0.000		1	A	1				
22:1 undifferentiated g	0.000		1	A	1				
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0	NC	4				
18:2 undifferentiated g	0.000		1	A	1				
18:3 undifferentiated g	0.000		1	A	1				
18:4 g	0.000		1	A	1				
20:2 n-6 c,c g	0.000		1	A	1				
20:3 undifferentiated g	0.000		1	A	1				
20:4 undifferentiated g	0.000		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									
Phytosterols mg									
Others:									
Alcohol, ethyl g									
Caffeine mg	8		1	A	1				
Theobromine mg	1		1	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 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14633

Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C

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	98.78	0.025	4	MC	9				
Energy....kcal	4	0.022	4	LC	8				
Energy....kJ	17		4	LC	8				
Protein....g	0.00	0.000	4	LC	8				
Total lipid (fat)....g	0.00	0.000	4	LC	8				
Ash....g	0.13		0	FLC	4				
Carbohydrate, by difference....g	1.10		0	NC	4				
Fiber, total dietary....g	0.0		0	FLC	4				
Sugars, total....g	0.63	0.123	4	LC	8				
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8				
Iron, Fe....mg	0.30		1	LC	8				
Magnesium, Mg....mg	1		0	FLC	4				
Phosphorus, P....mg	1		0	FLC	4				
Potassium, K....mg	24	5.360	4	LC	8				
Sodium, Na....mg	14	0.566	4	LC	8				
Zinc, Zn....mg	0.01		0	FLC	4				
Copper, Cu....mg	0.012		0	FLC	4				
Manganese, Mn....mg	0.005		0	FLC	4				
Selenium, Se....mcg	0.0		0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	25.1	0.130	4	LC	8				
Thiamin....mg	0.001		0	FLC	4				
Riboflavin....mg	0.001		0	FLC	4				
Niacin....mg	0.013		0	FLC	4				
Pantothenic acid....mg	0.007		0	FLC	4				
Vitamin B-6....mg	0.004		0	FLC	4				
Folate, total....mcg	0		0	FLC	4				
Folic acid....mcg	0		0	FLC	4				
Folate, food....mcg	0		0	FLC	4				
Folate, DFE....mcg_DFE	0		0	NC	4				
Choline, total....mg	0.2		0	FLC	4				
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4				
Vitamin B-12, added....mcg	0.00		0	FLC	4				
Vitamin A, RAE....mcg_RAE	105		0	NC	4				
Retinol....mcg	0		0	FLC	4				
Carotene, beta....mcg	1253		0	FLC	4				
Carotene, alpha....mcg	3		0	FLC	4				
Cryptoxanthin, beta....mcg	0		0	FLC	4				
Vitamin A, IU....IU	2090	10.807	4	LC	8				
Lycopene....mcg	144		0	FLC	4				
Lutein + zeaxanthin....mcg	2		0	FLC	4				
Vitamin E (alpha-tocopherol)....mg	1.13	0.006	4	LC	8				
Vitamin E, added....mg	1.12		0	NR	4				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	FLC	4				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	FLC	4				
Vitamin K (phylloquinone)....mcg	0.1		0	FLC	4				
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLC	4				
4:0....g	0.000		0	FLC	4				

NDB No. 14633

Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4				
8:0....g	0.000		0	FLC	4				
10:0....g	0.000		0	FLC	4				
12:0....g	0.000		0	FLC	4				
13:0....g									
14:0....g	0.000		0	FLC	4				
15:0....g									
16:0....g	0.000		0	FLC	4				
17:0....g									
18:0....g	0.000		0	FLC	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4				
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4				
20:1....g	0.000		0	FLC	4				
22:1 undifferentiated....g	0.000		0	FLC	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4				
18:2 undifferentiated....g	0.000		0	FLC	4				
18:3 undifferentiated....g	0.000		0	FLC	4				
18:4....g	0.000		0	FLC	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4				
20:5 n-3 (EPA)....g	0.000		0	FLC	4				
22:5 n-3 (DPA)....g	0.000		0	FLC	4				
22:6 n-3 (DHA)....g	0.000		0	FLC	4				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4				
Caffeine....mg	0		0	FLC	4				
Theobromine....mg	0		0	FLC	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: 14 Beverages

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

NDB No. 14605

Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors

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	94.44		0	O	4		223.82	223.82	
Energy	kcal	22		2	NC	4		52	52	
Energy	kJ	92		0	NC	4		218	218	
Protein	g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)	g	0.00		2	LC	8		0.00	0.00	
Ash	g	0.07		0	BFZN	4		0.17	0.17	
Carbohydrate, by difference	g	5.49		2	LC	8		13.00	13.00	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g	5.49		2	LC	8		13.00	13.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	17		2	LC	8		40	40	
Iron, Fe	mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg	mg	3		2	LC	8		8	8	
Phosphorus, P	mg	0		0	BFZN	4		0	0	
Potassium, K	mg	0		0	BFZN	4		1	1	
Sodium, Na	mg	0		1	LC	8		0	0	
Zinc, Zn	mg	0.32		2	LC	8		0.75	0.75	
Copper, Cu	mg	0.007		0	BFZN	4		0.016	0.016	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.7		2	LC	8		30.0	30.0	
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	
Niacin	mg	0.844		2	JO	11		2.000	2.000	
Pantothenic acid	mg	0.422		2	LC	8		1.000	1.000	
Vitamin B-6	mg	0.084		2	LC	8		0.200	0.200	
Folate, total	mcg	8		2	LC	8		20	20	
Folic acid	mcg	8		0	NR	4		20	20	
Folate, food	mcg	0		0	BFZN	4		0	0	
Folate, DFE	mcg_DFE	14		0	NC	4		34	34	
Choline, total	mg	0.0		0	Z	7		0.0	0.0	
Betaine	mg									
Vitamin B-12	mcg	0.25		2	LC	8		0.60	0.60	
Vitamin B-12, added	mcg	0.25		0	NR	4		0.60	0.60	
Vitamin A, RAE	mcg_RAE	32		0	NC	4		75	75	
Retinol	mcg	32		0	NR	4		75	75	
Carotene, beta	mcg	0		0	BFZN	4		0	0	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	105		2	LC	8		250	250	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	1.90		0	LC	8		4.50	4.50	
Vitamin E, added	mg	1.90		0	NR	4		4.50	4.50	
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	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		0	BFZN	4		0.000	0.000	
4:0	g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 14605

Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000	0.000	
8:0 ... g	0.000		0	BFZN	4		0.000	0.000	
10:0 ... g	0.000		0	BFZN	4		0.000	0.000	
12:0 ... g	0.000		0	BFZN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	BFZN	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.000		0	BFZN	4		0.000	0.000	
17:0 ... g									
18:0 ... g	0.000		0	BFZN	4		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	BFZN	4		0.000	0.000	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
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	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
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	BFZN	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	0		0	BFZN	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	
Caffeine ... mg	0		0	BFZN	4		0	0	
Theobromine ... mg	0		0	BFZN	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 = 237g: 8 fl oz (1 NLEA serving)

Measure 2 = 237g: 1 serving

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

Food Group: 14 Beverages

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

NDB No. 14384

Water, bottled, PERRIER

Nestle Waters North America Inc.

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	99.90		1		1		29.57	191.81	324.68
Energy....kcal	0		0	NC	4		0	0	0
Energy....kJ	0		0		4		0	0	0
Protein (N x 6.25)....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0		4		0.00	0.00	0.00
Ash....g	0.10		1		1		0.03	0.19	0.33
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		41		1		4	27	46
Iron, Fe....mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg....mg	0	0.024	40		1		0	0	0
Phosphorus, P....mg	0		1		1		0	0	0
Potassium, K....mg	0		42		1		0	0	0
Sodium, Na....mg	1		44		1		0	2	3
Zinc, Zn....mg	0.00		1		1		0.00	0.00	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	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000

NDB No. 14384
Water, bottled, PERRIER

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		1		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		1		0.000	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	0.000
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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
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									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	0.000		0		1		0.000	0.000	0.000
Isoleucine....g	0.000		0		1		0.000	0.000	0.000
Leucine....g	0.000		0		1		0.000	0.000	0.000
Lysine....g	0.000		0		1		0.000	0.000	0.000
Methionine....g	0.000		0		1		0.000	0.000	0.000
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	0.000		0		1		0.000	0.000	0.000
Tyrosine....g	0.000		0		1		0.000	0.000	0.000
Valine....g	0.000		0		1		0.000	0.000	0.000
Arginine....g	0.000		0		1		0.000	0.000	0.000
Histidine....g	0.000		0		1		0.000	0.000	0.000
Alanine....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid....g	0.000		0		1		0.000	0.000	0.000
Glycine....g	0.000		0		1		0.000	0.000	0.000
Proline....g	0.000		0		1		0.000	0.000	0.000
Serine....g	0.000		0		1		0.000	0.000	0.000
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 = 29.6g: 1 fl oz

Measure 2 = 192g: 1 bottle 6.5 fl oz

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Water, bottled, PERRIER

Measure 3 = 325g: 1 bottle 11 fl oz

Footnotes:
1 One fl oz = 29.57 g.

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

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NDB No. 14385

Water, bottled, POLAND SPRING

Nestle Waters North America Inc.

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	100.00	0.002	3		1		29.60	500.00	710.00
Energy....kcal	0		0	NC	4		0	0	0
Energy....kJ	0		0		4		0	0	0
Protein (N x 6.25)....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0		4		0.00	0.00	0.00
Ash....g	0.00		2		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	1		1		1		0	5	7
Iron, Fe....mg	0.01		2		1		0.00	0.05	0.07
Magnesium, Mg....mg	1		1		1		0	5	7
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		1		1		0	0	0
Sodium, Na....mg	1		3		1		0	5	7
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000

NDB No. 14385
Water, bottled, POLAND SPRING

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	0.000
15:0 g									
16:0 g	0.000		0		1		0.000	0.000	0.000
17:0 g									
18:0 g	0.000		0		1		0.000	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	0.000
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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		1		0.000	0.000	0.000
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									
Amino Acids:									
Tryptophan g	0.000		0		1		0.000	0.000	0.000
Threonine g	0.000		0		1		0.000	0.000	0.000
Isoleucine g	0.000		0		1		0.000	0.000	0.000
Leucine g	0.000		0		1		0.000	0.000	0.000
Lysine g	0.000		0		1		0.000	0.000	0.000
Methionine g	0.000		0		1		0.000	0.000	0.000
Cystine g	0.000		0		1		0.000	0.000	0.000
Phenylalanine g	0.000		0		1		0.000	0.000	0.000
Tyrosine g	0.000		0		1		0.000	0.000	0.000
Valine g	0.000		0		1		0.000	0.000	0.000
Arginine g	0.000		0		1		0.000	0.000	0.000
Histidine g	0.000		0		1		0.000	0.000	0.000
Alanine g	0.000		0		1		0.000	0.000	0.000
Aspartic acid g	0.000		0		1		0.000	0.000	0.000
Glutamic acid g	0.000		0		1		0.000	0.000	0.000
Glycine g	0.000		0		1		0.000	0.000	0.000
Proline g	0.000		0		1		0.000	0.000	0.000
Serine g	0.000		0		1		0.000	0.000	0.000
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 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz in packages of 6 and 24

NDB No. 14385
Water, bottled, POLAND SPRING

Measure 3 = 710g: 1 bottle 24 fl oz in packages of 6

Footnotes:
1 One fl oz = 29.57 g.

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

Food Group: 14 Beverages

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

NDB No. 14555
Water, bottled, generic

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	99.98	0.008	8	JO	11		29.60	236.96	1.00
Energy	kcal	0		0	NC	4		0	0	0
Energy	kJ	0		0	NC	4		0	0	0
Protein	g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		4		0.00	0.00	0.00
Ash	g	0.07	0.013	8	JO	11		0.02	0.17	0.00
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	10		1	JA	6		3	23	0
Iron, Fe	mg	0.00	0.002	6	JA	6		0.00	0.00	0.00
Magnesium, Mg	mg	2		1	JA	6		1	5	0
Phosphorus, P	mg	0		0	BFZN	4		0	0	0
Potassium, K	mg	0		1	JA	6		0	1	0
Sodium, Na	mg	2		1	JA	6		1	6	0
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.01	0.00
Copper, Cu	mg	0.007		0	BFZN	4		0.002	0.016	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		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	0		0	Z	7		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
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	0		0		4		0	0	0
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	Z	7		0.00	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	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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14555
Water, bottled, generic

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		1		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		1		0.000	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	0.000
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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
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									
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 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup

Measure 3 = 1.0g: 1 ml

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

Food Group: 14 Beverages

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NDB No. 14437

Water, bottled, non-carbonated, CALISTOGA

Nestle Waters North America Inc.

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	100.00		2	AI	13	D	29.60	500.00	710.00
Energy....kcal	0		0	NC	4		0	0	0
Energy....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25)....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0	Z	7		0.00	0.00	0.00
Ash....g	0.10		2	AI	13	D	0.03	0.50	0.71
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		2	A	1	D	0	0	0
Iron, Fe....mg									
Magnesium, Mg....mg	0		2	A	1	D	0	0	0
Phosphorus, P....mg									
Potassium, K....mg	0		2	A	1	D	0	0	0
Sodium, Na....mg	0		2	A	1	D	0	0	0
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									

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 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz

Measure 3 = 710g: 1 bottle 24 fl oz

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14438

Water, bottled, non-carbonated, CRYSTAL GEYSER

Crystal Geyser Alpine Spring Water

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	100.00		4	AI	13	D	29.60	237.00	500.00
Energy....kcal	0		0	NC	4		0	0	0
Energy....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25)....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0	Z	7		0.00	0.00	0.00
Ash....g	0.10		4	AI	13	D	0.03	0.24	0.50
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.010	4	A	1	D	1	8	16
Iron, Fe....mg									
Magnesium, Mg....mg	0	0.003	4	A	1	D	0	1	2
Phosphorus, P....mg									
Potassium, K....mg	0	0.007	4	A	1	D	0	0	1
Sodium, Na....mg	1	0.002	4	A	1	D	0	1	3
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									

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 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 bottle 8 fl oz in packages of 8

Measure 3 = 500g: 1 bottle 500 ml in packages of 6, 12 or 28

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14432

Water, bottled, non-carbonated, DANNON

The Dannon Company, Inc.

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	99.98		1	A	1		29.59	330.93	499.89
Energy....kcal	0		0	NC	4		0	0	0
Energy....kJ	0		0	NC	4		0	1	2
Protein (N x 6.25)....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0	Z	7		0.00	0.00	0.00
Ash....g	0.00		1	A	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3		1	A	1		1	10	16
Iron, Fe....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg....mg	1		1	A	1		0	3	5
Phosphorus, P....mg	0		1	A	1		0	0	0
Potassium, K....mg	0		1	A	1		0	0	0
Sodium, Na....mg	0		1	A	1		0	0	0
Zinc, Zn....mg	0.00		1	A	1		0.00	0.00	0.00
Copper, Cu....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se....mcg									

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 = 29.6g: 1 fl oz

Measure 2 = 331g: 1 bottle 11.2 fl oz in package of 12

Measure 3 = 500g: 1 bottle 500 ml in package of 24

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14440
Water, bottled, non-carbonated, DANNON Fluoride To Go

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	99.97		1	A	1		29.59	250.92	
Energy....kcal	0		0	NC	4		0	0	
Energy....kJ	1		0	NC	4		0	1	
Protein (N x 6.25)....g	0.00		1	A	1		0.00	0.00	
Total lipid (fat)....g	0.00		1	A	1		0.00	0.00	
Ash....g	0.00		1	A	1		0.00	0.00	
Carbohydrate, by difference....g	0.03		0	NC	4		0.01	0.08	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3		1	A	1		1	7	
Iron, Fe....mg	0.01		1	A	1		0.00	0.04	
Magnesium, Mg....mg	1		1	A	1		0	3	
Phosphorus, P....mg	0		1	A	1		0	0	
Potassium, K....mg	0		1	A	1		0	0	
Sodium, Na....mg	1		1	A	1		0	2	
Zinc, Zn....mg	0.00		1	A	1		0.00	0.01	
Copper, Cu....mg	0.000		1	A	1		0.000	0.000	
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	
Selenium, Se....mcg									

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 = 29.6g: 1 fl oz

Measure 2 = 251g: 1 bottle 8.5 fl oz in packages of 8

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14434

Water, bottled, non-carbonated, DASANI

The Coca-Cola Company

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	99.96		1	A	1		29.59	499.79	354.85
Energy....kcal	0		0	NC	4		0	0	0
Energy....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25)....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	A	1		0.00	0.00	0.00
Ash....g	0.00		1	A	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	A	1		0	2	1
Iron, Fe....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg....mg	0		1	A	1		0	2	1
Phosphorus, P....mg	0		1	A	1		0	0	0
Potassium, K....mg	0		1	A	1		0	0	0
Sodium, Na....mg	0		1	A	1		0	0	0
Zinc, Zn....mg	0.00		1	A	1		0.00	0.00	0.00
Copper, Cu....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se....mcg									

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 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz in packages of 6 and 24

Measure 3 = 355g: 1 bottle 12 fl oz in packages of 12

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14559

Water, bottled, non-carbonated, EVIAN

S.A. Evian Co.

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	99.97	0.035	11	A	1		29.59	330.88	499.83
Energy....kcal	0		0	NC	4		0	0	0
Energy....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25)....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0	Z	7		0.00	0.00	0.00
Ash....g	0.05	0.050	11	A	1		0.01	0.17	0.25
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.490	11	A	1		2	26	39
Iron, Fe....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg....mg	2	0.050	11	A	1		1	8	12
Phosphorus, P....mg	0		1	A	1		0	0	0
Potassium, K....mg	0	0.075	11	A	1		0	0	0
Sodium, Na....mg	0	0.296	11	A	1		0	1	1
Zinc, Zn....mg	0.00		1	A	1		0.00	0.00	0.00
Copper, Cu....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se....mcg									

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 = 29.6g: 1 fl oz

Measure 2 = 331g: 1 bottle 11.2 fl oz in package of 6

Measure 3 = 500g: 1 bottle 16.9 fl oz in package of 6

Calories Factors: **Protein** 0 **Fat** 0 **Carbohydrate** 0

Food Group: 14 Beverages

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

NDB No. 14439

Water, bottled, non-carbonated, NAYA

NAYA Inc.

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	100.00		4	A	1		29.60		
Energy....kcal	0		0	NC	4		0		
Energy....kJ	0		0	NC	4		0		
Protein (N x 6.25)....g	0.00		0	Z	7		0.00		
Total lipid (fat)....g	0.00		0	Z	7		0.00		
Ash....g	0.10		4	A	1		0.03		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.005	4	A	1	D	1		
Iron, Fe....mg									
Magnesium, Mg....mg	2	0.005	4	A	1	D	1		
Phosphorus, P....mg									
Potassium, K....mg	0	0.007	4	A	1	D	0		
Sodium, Na....mg	1	0.005	4	A	1	D	0		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									

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 = 29.6g: 1 fl oz

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14433

Water, bottled, non-carbonated, PEPSI, AQUAFINA

Pepsi-Cola North America

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	99.97		1	A	1		29.59	499.86	709.79
Energy....kcal	0		0	NC	4		0	0	0
Energy....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25)....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0	Z	7		0.00	0.00	0.00
Ash....g	0.00		1	A	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	A	1		0	2	3
Iron, Fe....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg....mg	0		1	A	1		0	2	3
Phosphorus, P....mg	0		1	A	1		0	0	0
Potassium, K....mg	0		1	A	1		0	0	0
Sodium, Na....mg	0		1	A	1		0	0	0
Zinc, Zn....mg	0.00		1	A	1		0.00	0.00	0.00
Copper, Cu....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se....mcg									

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 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz in packages of 6, 12 or 24

Measure 3 = 710g: 1 bottle 24 fl oz in packages of 6

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14604

Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener

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	99.85		2	A	1		236.64	29.55	1.10
Energy....kcal	1		0	NC	4		1	0	0
Energy....kJ	3		0	NC	4		6	1	0
Protein....g	0.00		2	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		2	A	1		0.00	0.00	0.00
Ash....g	0.00		2	A	1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.15		0	NC	4		0.36	0.05	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	1		2	A	1		3	0	0
Iron, Fe....mg	0.00		2	A	1		0.00	0.00	0.00
Magnesium, Mg....mg	0		2	A	1		1	0	0
Phosphorus, P....mg	0		2	A	1		0	0	0
Potassium, K....mg	4		2	A	1		9	1	0
Sodium, Na....mg	3		2	A	1		7	1	0
Zinc, Zn....mg	0.00		2	A	1		0.01	0.00	0.00
Copper, Cu....mg	0.000		2	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.003		2	A	1		0.006	0.001	0.000
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	NC	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		0.00	0.00	0.00
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	0.0		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	0.0		0	BFZN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 14604

Water, non-carbonated, bottles, natural fruit flavors, 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	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4....g	0.000		0	BFZN	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	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	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 = 237g: 1 serving (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 1.1g: 1 ml

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

Food Group: 14 Beverages

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

NDB No. 14411
Water, tap, drinking (1)

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	99.90		0	BFZN	4		29.57	236.76	999.00
Energy....kcal	0		0	NC	4		0	0	0
Energy....kJ	0		0	NC	4		0	0	0
Protein....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash....g	0.10		0	BFZN	4		0.03	0.24	1.00
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.138	287	A	1		1	7	30
Iron, Fe....mg	0.00	0.000	287	A	1		0.00	0.00	0.02
Magnesium, Mg....mg	1	0.049	287	A	1		0	2	9
Phosphorus, P....mg	0	0.001	287	A	1		0	0	0
Potassium, K....mg	0	0.110	287	A	1		0	1	5
Sodium, Na....mg	4	0.322	287	A	1		1	9	38
Zinc, Zn....mg	0.01	0.001	287	A	1		0.00	0.01	0.05
Copper, Cu....mg	0.010	0.002	287	A	1		0.003	0.023	0.098
Manganese, Mn....mg	0.000	0.000	287	A	1		0.000	0.001	0.002
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFZN	4		0.00	0.00	0.00
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	0.0		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	0.0		0	BFZN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 14411
Water, tap, drinking (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0 g									
16:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0 g									
18:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1 g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4 g	0.000		0	BFZN	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	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine mg	0		0	BFZN	4		0	0	0
Theobromine mg	0		0	BFZN	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 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup 8 fl oz

Measure 3 = 1000g: 1 liter

Footnotes:

1 Includes municipal water and well water.

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

Food Group: 14 Beverages

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

NDB No. 14429
Water, tap, municipal

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	99.90		0		4		29.57	236.76	999.00
Energy....kcal	0		0		4		0	0	0
Energy....kJ	0		0		4		0	0	0
Protein (N x 6.25)....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0		4		0.00	0.00	0.00
Ash....g	0.10		0		4		0.03	0.24	1.00
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.138	236	A	1		1	7	31
Iron, Fe....mg	0.00	0.000	236	A	1		0.00	0.00	0.02
Magnesium, Mg....mg	1	0.048	236	A	1		0	2	9
Phosphorus, P....mg	0	0.002	236	A	1		0	0	0
Potassium, K....mg	1	0.133	236	A	1		0	1	5
Sodium, Na....mg	3	0.318	236	A	1		1	8	34
Zinc, Zn....mg	0.00	0.001	236	A	1		0.00	0.01	0.05
Copper, Cu....mg	0.009	0.002	236	A	1		0.003	0.020	0.086
Manganese, Mn....mg	0.000	0.000	236	A	1		0.000	0.000	0.002
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		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	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
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	0		0		4		0	0	0
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	Z	7		0.00	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	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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	0.000
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 14429
Water, tap, municipal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	0.000
15:0 g									
16:0 g	0.000		0		1		0.000	0.000	0.000
17:0 g									
18:0 g	0.000		0		1		0.000	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	0.000
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	0.000		0		1		0.000	0.000	0.000
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	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		1		0.000	0.000	0.000
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									
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 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup 8 fl oz

Measure 3 = 1000g: 1 liter

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

Food Group: 14 Beverages

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

NDB No. 14412
Water, tap, well

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	99.90		0	BFZN	4		29.57	236.76	999.00
Energy....kcal	0		0	NC	4		0	0	0
Energy....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25)....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash....g	0.10		0	BFZN	4		0.03	0.24	1.00
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3		50	A	1	C	1	7	29
Iron, Fe....mg	0.00		50	A	1	C	0.00	0.00	0.01
Magnesium, Mg....mg	1		50	A	1	C	0	3	11
Phosphorus, P....mg	0		50	A	1	C	0	0	0
Potassium, K....mg	0		50	A	1	C	0	1	3
Sodium, Na....mg	5		50	A	1	C	2	13	55
Zinc, Zn....mg	0.01		50	A	1	C	0.00	0.02	0.07
Copper, Cu....mg	0.016		50	A	1	C	0.005	0.037	0.156
Manganese, Mn....mg	0.000		50	A	1	C	0.000	0.001	0.004
Selenium, Se....mcg									

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 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup 8 fl oz

Measure 3 = 1000g: 1 liter

Calories Factors: **Protein** 0 **Fat** 0 **Carbohydrate** 0

Food Group: 14 Beverages

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

NDB No. 14637

Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored

includes Caprisun Roarin' Waters

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	94.44		0	BFZN	4		188.88		
Energy	kcal	18		0	NC	4		36		
Energy	kJ	75		0	NC	4		151		
Protein (N x 6.25)	g	0.00		1	LC	8		0.00		
Total lipid (fat)	g	0.00		1	LC	8		0.00		
Ash	g	1.00		0	NR	4		2.00		
Carbohydrate, by difference	g	4.50		1	LC	8		9.00		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	4.50		1	LC	8		9.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	BFZN	4		34		
Iron, Fe	mg	0.00		0	BFZN	4		0.00		
Magnesium, Mg	mg	3		0	BFZN	4		7		
Phosphorus, P	mg	0		0	BFZN	4		0		
Potassium, K	mg	0		0	BFZN	4		1		
Sodium, Na	mg	8		1	LC	8		15		
Zinc, Zn	mg	0.32		0	BFZN	4		0.63		
Copper, Cu	mg	0.007		0	BFZN	4		0.013		
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.7		0	BFZN	4		25.3		
Thiamin	mg	0.000		0	BFZN	4		0.000		
Riboflavin	mg	0.000		0	BFZN	4		0.000		
Niacin	mg	0.844		0	BFZN	4		1.688		
Pantothenic acid	mg									
Vitamin B-6	mg	0.084		0	BFZN	4		0.169		
Folate, total	mcg	8		0	BFZN	4		17		
Folic acid	mcg	8		0	BFZN	4		17		
Folate, food	mcg	0		0	BFZN	4		0		
Folate, DFE	mcg_DFE	14		0	NC	4		29		
Choline, total	mg	0.0		0	BFZN	4		0.0		
Betaine	mg									
Vitamin B-12	mcg	0.25		0	BFZN	4		0.51		
Vitamin B-12, added	mcg	0.25		0	BFZN	4		0.51		
Vitamin A, RAE	mcg_RAE	32		0	BFZN	4		63		
Retinol	mcg	32		0	BFZN	4		63		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	106		0	NC	4		211		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	1.90		0	BFZN	4		3.80		
Vitamin E, added	mg	1.90		0	BFZN	4		3.80		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	BFZN	4		0		
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0	BFZN	4		0.000		
4:0	g	0.000		0	BFZN	4		0.000		

NDB No. 14637

Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000		
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000		
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000		
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	BFZN	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	0		0	BFZN	4		0		
Phytosterols....mg									
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.

Common Measures:

Measure 1 = 200g: 1 pouch

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

Food Group: 14 Beverages

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

NDB No. 14028
Whiskey sour mix, bottled

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	78.20		2		1		25.26	50.83	
Energy....kcal	87		0	NC	4		28	56	
Energy....kJ	364		0	NC	4		117	236	
Protein (N x 6.25)....g	0.10		2		1		0.03	0.07	
Total lipid (fat)....g	0.10		2		1		0.03	0.07	
Ash....g	0.20		2		1		0.06	0.13	
Carbohydrate, by difference....g	21.40		0	NC	4		6.91	13.91	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	21.40		0	NR	4		6.91	13.91	
Starch....g									
Minerals:									
Calcium, Ca....mg	2		2		1		1	1	
Iron, Fe....mg	0.11		2		1		0.04	0.07	
Magnesium, Mg....mg	1		2		1		0	1	
Phosphorus, P....mg	6		2		1		2	4	
Potassium, K....mg	28		1		1		9	18	
Sodium, Na....mg	102		1		1		33	66	
Zinc, Zn....mg	0.07		2		1		0.02	0.05	
Copper, Cu....mg	0.000		0		1		0.000	0.000	
Manganese, Mn....mg	0.000		0		1		0.000	0.000	
Selenium, Se....mcg	0.4		0	FLA	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7		2		1		0.9	1.8	
Thiamin....mg	0.013		2		1		0.004	0.008	
Riboflavin....mg	0.010		2		1		0.003	0.007	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.013		2		1		0.004	0.008	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.9		0	O	4		0.3	0.6	
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	0		0	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.008		0		1		0.003	0.005	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 14028
Whiskey sour mix, bottled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.008		0		1		0.003	0.005	
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	0.002		0		1		0.001	0.001	
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	0.002		0		1		0.001	0.001	
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	0.020		0		1		0.006	0.013	
18:2 undifferentiated g	0.013		0		1		0.004	0.008	
18:3 undifferentiated g	0.005		0		1		0.002	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	0		0	FLA	4		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	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 = 32.3g: 1 fl oz

Measure 2 = 65g: 2 fl oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

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

NDB No. 14530
Whiskey sour mix, bottled, with added potassium and 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	78.20		2		1		25.26		
Energy....kcal	84		0	NC	4		27		
Energy....kJ	351		0		4		114		
Protein (N x 6.25)....g	0.10		2		1		0.03		
Total lipid (fat)....g	0.10		2		1		0.03		
Ash....g	0.20		2		1		0.06		
Carbohydrate, by difference....g	21.40		0	NC	4		6.91		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		2		1		1		
Iron, Fe....mg	0.11		2		1		0.04		
Magnesium, Mg....mg	1		2		1		0		
Phosphorus, P....mg	6		2		1		2		
Potassium, K....mg	7		1		1		2		
Sodium, Na....mg	33		1		1		11		
Zinc, Zn....mg	0.07		2		1		0.02		
Copper, Cu....mg	0.000		0		1		0.000		
Manganese, Mn....mg	0.000		0		1		0.000		
Selenium, Se....mcg	0.1		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7		2		1		0.9		
Thiamin....mg	0.013		2		1		0.004		
Riboflavin....mg	0.010		2		1		0.003		
Niacin....mg	0.000		0		1		0.000		
Pantothenic acid....mg	0.013		2		1		0.004		
Vitamin B-6....mg	0.000		0		1		0.000		
Folate, total....mcg	0		0		1		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		0		1		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	21		2		1		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	0.008		0		1		0.003		
4:0....g									
6:0....g									

NDB No. 14530
Whiskey sour mix, bottled, with added potassium and 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
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.008		0		1		0.003		
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	0.002		0		1		0.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.002		0		1		0.001		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.020		0		1		0.006		
18:2 undifferentiated....g	0.013		0		1		0.004		
18:3 undifferentiated....g	0.005		0		1		0.002		
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	0		0		1		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		4		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:

Measure 1 = 32.3g: 1 fl oz

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14024
Whiskey sour mix, powder

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	0.60		1		1		0.10		
Energy	kcal	383		0	NC	4		65		
Energy	kJ	1602		0		4		272		
Protein (N x 6.25)	g	0.60		1		1		0.10		
Total lipid (fat)	g	0.10		1		1		0.02		
Ash	g	1.40		1		1		0.24		
Carbohydrate, by difference	g	97.30		0	NC	4		16.54		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	97.30		0	NR	4		16.54		
Starch	g									
Minerals:										
Calcium, Ca	mg	272		1		1		46		
Iron, Fe	mg	0.39		1		1		0.07		
Magnesium, Mg	mg	19		1		1		3		
Phosphorus, P	mg	13		1		1		2		
Potassium, K	mg	19		1		1		3		
Sodium, Na	mg	274		1		1		47		
Zinc, Zn	mg	0.14		1		1		0.02		
Copper, Cu	mg	0.130		1		1		0.022		
Manganese, Mn	mg	0.000		0		1		0.000		
Selenium, Se	mcg	0.6		0	FLA	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		1		1		0.5		
Thiamin	mg	0.005		1		1		0.001		
Riboflavin	mg	0.000		0		1		0.000		
Niacin	mg	0.000		0		1		0.000		
Pantothenic acid	mg	0.060		1		1		0.010		
Vitamin B-6	mg	0.000		0		1		0.000		
Folate, total	mcg	0		0		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		1		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.01		0		4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	30		1		1		5		
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	0.019		0		1		0.003		
4:0	g									
6:0	g									

NDB No. 14024
Whiskey sour mix, 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
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.012		0		1		0.002		
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	0.006		0		1		0.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.001		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.037		0		1		0.006		
18:2 undifferentiated....g	0.025		0		1		0.004		
18:3 undifferentiated....g	0.012		0		1		0.002		
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	0		0		1		0		
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 = 17g: 1 packet

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 14 Beverages

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

NDB No. 14553
Wine, non-alcoholic

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	98.20		0		4		28.48		
Energy	kcal	6		0		4		2		
Energy	kJ	25		0		4		7		
Protein	g	0.50		0		4		0.15		
Total lipid (fat)	g	0.00		0		4		0.00		
Ash	g	0.20		0	BFZN	4		0.06		
Carbohydrate, by difference	g	1.10		0		4		0.32		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	1.10		0	NR	4		0.32		
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		4		3		
Iron, Fe	mg	0.40		0		4		0.12		
Magnesium, Mg	mg	10		0		4		3		
Phosphorus, P	mg	15		0		4		4		
Potassium, K	mg	88		0		4		26		
Sodium, Na	mg	7		0		4		2		
Zinc, Zn	mg	0.08		0		4		0.02		
Copper, Cu	mg	0.011		0		4		0.003		
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.000		0		4		0.000		
Riboflavin	mg	0.010		0		4		0.003		
Niacin	mg	0.100		0		4		0.029		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0		4		0.006		
Folate, total	mcg	1		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		0		4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Choline, total	mg	5.0		0	BFZN	4		1.4		
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	AS	1		0		
Retinol	mcg	0		0	Z	7		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		4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00		
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	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000		
4:0	g	0.000		0		4		0.000		

NDB No. 14553
Wine, non-alcoholic

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		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		4		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		4		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	0		0		7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		4		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 = 29.0g: 1 fl oz

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

Food Group: 14 Beverages

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