NDB No. 43595
Breakfast bar, corn flake crust with fruit

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	14.50		0	MC	9		4.11		
Energy	kcal	377		0	NC	4		107		
Energy	kJ	1576		0	NC	4		447		
Protein	g	4.40		0	MC	9		1.25		
Total lipid (fat)	g	7.50		0	MC	9		2.13		
Ash	g	0.80		0	MC	9		0.23		
Carbohydrate, by difference	g	72.90		0	MC	9		20.67		
Fiber, total dietary	g	2.1		0	MC	9		0.6		
Sugars, total	g	35.10		0	T	4		9.95		
Starch	g									
Minerals:										
Calcium, Ca	mg	41		0	MC	9		12		
Iron, Fe	mg	4.86		0	MC	9		1.38		
Magnesium, Mg	mg	27		0	MC	9		8		
Phosphorus, P	mg	103		0	MC	9		29		
Potassium, K	mg	197		0	MC	9		56		
Sodium, Na	mg	167		0	MC	9		47		
Zinc, Zn	mg	4.10		0	MC	9		1.16		
Copper, Cu	mg	0.100		0	MC	9		0.028		
Manganese, Mn	mg									
Selenium, Se	mcg	15.0		0	FLM	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.000		0	MC	9		0.284		
Riboflavin	mg	1.100		0	MC	9		0.312		
Niacin	mg	13.500		0	MC	9		3.827		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	1.400		0	MC	9		0.397		
Folate, total	mcg	108		0	MC	9		31		
Folic acid	mcg	95		0	O	4		27		
Folate, food	mcg	13		0	FLA	4		4		
Folate, DFE	mcg_DFE	174		0	NC	4		49		
Choline, total	mg	34.3		0	FLA	4		9.7		
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	608		0	NC	4		172		
Retinol	mcg	608		0	O	4		172		
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	2027		0	NC	4		575		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	40		0	FLA	4		11		
Vitamin E (alpha-tocopherol)	mg	0.76		0	FLA	4		0.22		
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	13.8		0	FLA	4		3.9		
Lipids:										
Fatty acids, total saturated	g	1.500		0	MC	9		0.425		
4:0	g	0.000		0		4		0.000		

NDB No. 43595
Breakfast bar, corn flake crust with fruit

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.002		0		4		0.001		
13:0....g									
14:0....g	0.001		0		4		0.000		
15:0....g									
16:0....g	0.860		0		4		0.244		
17:0....g									
18:0....g	0.153		0		4		0.043		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.000		0	MC	9		1.418		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.054		0		4		0.015		
17:1....g									
18:1 undifferentiated....g	4.977		0		4		1.411		
20:1....g	0.023		0		4		0.007		
22:1 undifferentiated....g	0.003		0		4		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.900		0	MC	9		0.255		
18:2 undifferentiated....g	0.850		0		4		0.241		
18:3 undifferentiated....g	0.056		0		4		0.016		
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	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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 43100
Breakfast bars, oats, sugar, raisins, coconut (include granola bar)

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	4.10		1		1				1.76
Energy	kcal	464		0	NC	4				200
Energy	kJ	1943		0	NC	4				836
Protein	g	9.80		1		1				4.21
Total lipid (fat)	g	17.60		1		1				7.57
Ash	g	1.80		0	NR	4				0.77
Carbohydrate, by difference	g	66.70		0	NC	4				28.68
Fiber, total dietary	g	3.1		0		4				1.3
Sugars, total	g	27.52		0	FLA	4				11.84
Starch	g									
Minerals:										
Calcium, Ca	mg	60		1		1				26
Iron, Fe	mg	3.18		1		1				1.37
Magnesium, Mg	mg	101		1		1				43
Phosphorus, P	mg	277		1		1				119
Potassium, K	mg	326		1		1				140
Sodium, Na	mg	278		1		1				120
Zinc, Zn	mg	1.60		1		1				0.69
Copper, Cu	mg	0.360		1		1				0.155
Manganese, Mn	mg									
Selenium, Se	mcg	16.0		0	FLM	4				6.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4				0.4
Thiamin	mg	0.280		1		1				0.120
Riboflavin	mg	0.110		1		1				0.047
Niacin	mg	1.750		0		4				0.753
Pantothenic acid	mg									
Vitamin B-6	mg	0.350		0		4				0.151
Folate, total	mcg	81		0		4				35
Folic acid	mcg	0		0	Z	7				0
Folate, food	mcg	81		0		4				35
Folate, DFE	mcg_DFE	81		0	NC	4				35
Choline, total	mg	27.6		0	FLA	4				11.9
Betaine	mg									
Vitamin B-12	mcg	0.00		0	O	4				0.00
Vitamin B-12, added	mcg	0.00		0	O	4				0.00
Vitamin A, RAE	mcg_RAE	8		0	NC	4				3
Retinol	mcg	0		0	Z	7				0
Carotene, beta	mcg	91		0	FLA	4				39
Carotene, alpha	mcg	0		0	FLA	4				0
Cryptoxanthin, beta	mcg	0		0	FLA	4				0
Vitamin A, IU	IU	152		0	NC	4				65
Lycopene	mcg	0		0	FLA	4				0
Lutein + zeaxanthin	mcg	107		0	FLA	4				46
Vitamin E (alpha-tocopherol)	mg	0.82		0	O	4				0.35
Vitamin E, added	mg	0.00		0	O	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			Z	7				0
Vitamin K (phylloquinone)	mcg	15.9		0	FLA	4				6.8
Lipids:										
Fatty acids, total saturated	g	12.690		0		4				5.457
4:0	g	0.000		0		4				0.000

NDB No. 43100
Breakfast bars, oats, sugar, raisins, coconut (include granola bar)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.081		0		4				0.035
8:0....g	1.005		0		4				0.432
10:0....g	0.802		0		4				0.345
12:0....g	6.135		0		4				2.638
13:0....g									
14:0....g	2.357		0		4				1.014
15:0....g									
16:0....g	1.701		0		4				0.731
17:0....g									
18:0....g	0.562		0		4				0.242
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.933		0		4				0.831
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		4				0.003
17:1....g									
18:1 undifferentiated....g	1.926		0		4				0.828
20:1....g	0.001		0		4				0.000
22:1 undifferentiated....g	0.000		0		4				0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.634		0		4				0.703
18:2 undifferentiated....g	1.574		0		4				0.677
18:3 undifferentiated....g	0.011		0		4				0.005
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	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 3 = 43g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 19434
Cheese puffs and twists, corn based, low fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0		8		0.85		
Energy	kcal	432		0	NC	4		123		
Energy	kJ	1809		0	NC	4		513		
Protein	g	8.50		0		8		2.41		
Total lipid (fat)	g	12.10		0		8		3.43		
Ash	g	4.05		0	FLA	4		1.15		
Carbohydrate, by difference	g	72.35		0	NC	4		20.51		
Fiber, total dietary	g	10.7		0		8		3.0		
Sugars, total	g	7.29		0	FLA	4		2.07		
Starch	g									
Minerals:										
Calcium, Ca	mg	357		0		8		101		
Iron, Fe	mg	1.28		0		8		0.36		
Magnesium, Mg	mg	41		0		4		12		
Phosphorus, P	mg	357		0		4		101		
Potassium, K	mg	286		0		8		81		
Sodium, Na	mg	1285		0		8		364		
Zinc, Zn	mg	2.14		0		8		0.61		
Copper, Cu	mg	0.085		0		4		0.024		
Manganese, Mn	mg									
Selenium, Se	mcg	9.6		0	FLM	4		2.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	21.4		0		8		6.1		
Thiamin	mg	0.540		0		8		0.153		
Riboflavin	mg	0.610		0		8		0.173		
Niacin	mg	7.140		0		8		2.024		
Pantothenic acid	mg									
Vitamin B-6	mg	0.710		0		8		0.201		
Folate, total	mcg	97		0	FLM	4		27		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	97		0	FLM	4		27		
Folate, DFE	mcg_DFE	97		0	NC	4		27		
Choline, total	mg	13.7		0	FLA	4		3.9		
Betaine	mg									
Vitamin B-12	mcg	2.14		0		8		0.61		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	44		0	NC	4		13		
Retinol	mcg	38		0	FLA	4		11		
Carotene, beta	mcg	58		0	FLA	4		16		
Carotene, alpha	mcg	30		0	FLA	4		9		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	250		0	NC	4		71		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	643		0	FLA	4		182		
Vitamin E (alpha-tocopherol)	mg	4.25		0	FLA	4		1.21		
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	1.1		0	FLA	4		0.3		
Lipids:										
Fatty acids, total saturated	g	2.100		0		4		0.595		
4:0	g	0.000		0		4		0.000		

NDB No. 19434
Cheese puffs and twists, corn based, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.001		0		4		0.000		
13:0....g									
14:0....g	0.033		0		4		0.009		
15:0....g									
16:0....g	1.652		0		4		0.468		
17:0....g									
18:0....g	0.414		0		4		0.117		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.500		0		4		0.992		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0		4		0.007		
17:1....g									
18:1 undifferentiated....g	3.475		0		4		0.985		
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	5.740		0		4		1.627		
18:2 undifferentiated....g	5.429		0		4		1.539		
18:3 undifferentiated....g	0.314		0		4		0.089		
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	1		0		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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 25021
Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE
LUNA BAR

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	9.38		1	A	1		4.50		
Energy	kcal	403		0	NC	4		193		
Energy	kJ	1685		0	NC	4		809		
Protein (N x 6.25)	g	20.75		1	A	1		9.96		
Total lipid (fat)	g	12.19		1	A	1		5.85		
Ash	g	5.19		1	A	1		2.49		
Carbohydrate, by difference	g	52.49		0	NC	4		25.20		
Fiber, total dietary	g	4.3		1	A	1		2.1		
Sugars, total	g	16.90		1	A	1		8.11		
Sucrose	g	9.26		1	A	1		4.44		
Glucose (dextrose)	g	1.05		1	A	1		0.50		
Fructose	g	0.37		1	A	1		0.18		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	6.22		1	A	1		2.99		
Galactose	g	0.00		1	A	1		0.00		
Starch	g	10.50		1	A	1		5.04		
Minerals:										
Calcium, Ca	mg	886		1	A	1		425		
Iron, Fe	mg	14.20		1	A	1		6.82		
Magnesium, Mg	mg	329		1	A	1		158		
Phosphorus, P	mg	785		1	A	1		377		
Potassium, K	mg	412		1	A	1		198		
Sodium, Na	mg	386		1	A	1		185		
Zinc, Zn	mg	9.72		1	A	1		4.67		
Copper, Cu	mg	1.410		1	A	1		0.677		
Manganese, Mn	mg	2.590		1	A	1		1.243		
Selenium, Se	mcg	62.5		1	A	1		30.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	68.0		1	A	1		32.6		
Thiamin	mg	0.120		1	A	1		0.058		
Riboflavin	mg	3.000		1	A	1		1.440		
Niacin	mg	37.100		1	A	1		17.808		
Pantothenic acid	mg	15.900		1	A	1		7.632		
Vitamin B-6	mg	2.400		1	A	1		1.152		
Folate, total	mcg	1057		1	A	1		507		
Folic acid	mcg	1023		1	A	1		491		
Folate, food	mcg	34		0	AS	1		16		
Folate, DFE	mcg_DFE	1773		0	NC	4		851		
Choline, total	mg	41.5		0	AS	1		19.9		
Betaine	mg	1.7		1	A	1		0.8		
Vitamin B-12	mcg	6.40		1	A	1		3.07		
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	374		0	NC	4		180		
Retinol	mcg	374		0	O	4		180		
Carotene, beta	mcg	2		0	FLC	4		1		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	1251		0	NC	4		600		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	28		0	FLC	4		14		
Vitamin E (alpha-tocopherol)	mg	64.25		1	A	1		30.84		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg	0.02		1	A	1		0.01		
Tocopherol, gamma	mg	1.20		1	A	1		0.58		
Tocopherol, delta	mg	0.42		1	A	1		0.20		
Vitamin D (D2 + D3)	mcg	3.1		0	LC	8		1.5		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 25021
Formulated bar, LUNA BAR, NUTZ OVER 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	125		0	LC	8		60		
Vitamin K (phylloquinone).....mcg	40.8		1	A	1		19.6		
Lipids:									
Fatty acids, total saturated.....g	5.523		0	NC	4		2.651		
4:0.....g	0.009		1	A	1		0.004		
6:0.....g	0.005		1	A	1		0.002		
8:0.....g	0.084		1	A	1		0.040		
10:0.....g	0.148		1	A	1		0.071		
12:0.....g	2.272		1	A	1		1.091		
13:0.....g									
14:0.....g	0.900		1	A	1		0.432		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	1.267		1	A	1		0.608		
17:0.....g	0.009		1	A	1		0.004		
18:0.....g	0.512		1	A	1		0.246		
20:0.....g	0.081		1	A	1		0.039		
22:0.....g	0.155		1	A	1		0.074		
24:0.....g	0.082		1	A	1		0.039		
Fatty acids, total monounsaturated.....g	2.933		0	NC	4		1.408		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.012		0	AS	1		0.006		
16:1 c.....g	0.012		1	A	1		0.006		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.003		1	A	1		0.001		
18:1 undifferentiated.....g	2.840		0	AS	1		1.363		
18:1 c.....g	2.835		1	A	1		1.361		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.005		1	A	1		0.002		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.071		1	A	1		0.034		
22:1 undifferentiated.....g	0.007		0	AS	1		0.003		
22:1 c.....g	0.007		1	A	1		0.003		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	2.714		0	NC	4		1.303		
18:2 undifferentiated.....g	2.582		0	AS	1		1.239		
18:2 n-6 c,c.....g	2.575		1	A	1		1.236		
18:2 CLAs.....g	0.000		1	A	1		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	0.007		1	A	1		0.003		
18:3 undifferentiated.....g	0.124		0	AS	1		0.059		
18:3 n-3 c,c,c (ALA).....g	0.124		1	A	1		0.059		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.002		1	A	1		0.001		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006		1	A	1		0.003		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.012		0	NC	4		0.006		

NDB No. 25021
Formulated bar, LUNA BAR, NUTZ OVER 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
Fatty acids, total trans-monoenoic.....g	0.005		0	NC	4		0.002		
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4		0.003		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.330		0	A	1		0.158		
Threonine.....g	0.790		0	A	1		0.379		
Isoleucine.....g	0.950		0	A	1		0.456		
Leucine.....g	1.650		0	A	1		0.792		
Lysine.....g	1.020		0	A	1		0.490		
Methionine.....g	0.260		0	A	1		0.125		
Cystine.....g	0.250		0	A	1		0.120		
Phenylalanine.....g	1.110		0	A	1		0.533		
Tyrosine.....g	0.670		0	A	1		0.322		
Valine.....g	0.930		0	A	1		0.446		
Arginine.....g	1.700		0	A	1		0.816		
Histidine.....g	0.500		0	A	1		0.240		
Alanine.....g	0.990		0	A	1		0.475		
Aspartic acid.....g	2.530		0	A	1		1.214		
Glutamic acid.....g	4.180		0	A	1		2.006		
Glycine.....g	0.990		0	A	1		0.475		
Proline.....g	1.630		0	A	1		0.782		
Serine.....g	1.190		0	A	1		0.571		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	7		0	FLC	4		4		
Theobromine.....mg	67		0	FLC	4		32		

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

Common Measures:

Measure 1 = 48g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 25010
Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.90		0	FLM	4		5.04		
Energy....kcal	347		0	T	4		76		
Energy....kJ	1452		0	T	4		319		
Protein....g	7.72		1	MA	12		1.70		
Total lipid (fat)....g	14.19		1	MA	12		3.12		
Ash....g	3.00		0	MA	12		0.66		
Carbohydrate, by difference....g	51.68		1	MA	12		11.37		
Fiber, total dietary....g	5.2		1	MA	12		1.1		
Sugars, total....g	27.03		1	MA	12		5.95		
Starch....g									
Minerals:									
Calcium, Ca....mg	1209		1	MA	12		266		
Iron, Fe....mg	2.21		1	MA	12		0.49		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	260		1	MA	12		57		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	42.5		1	MA	12		9.3		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg	0.909		1	LC	8		0.200		
Folate, total....mcg	182		1	LC	8		40		
Folic acid....mcg	182		0	LC	8		40		
Folate, food....mcg	0		0	LC	8		0		
Folate, DFE....mcg_DFE	309		0	NC	4		68		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.73		1	LC	8		0.60		
Vitamin A, RAE....mcg_RAE	0		0	T	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	32		1	MA	12		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	4.326		1	MA	12		0.952		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.037		1	MA	12		0.008		

NDB No. 25010
Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	2		0	T	4		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 = 22g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 25018

Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	20.10		0	FLM	4		4.42		
Energy	kcal	325		0	MA	12		72		
Energy	kJ	1360		0	MA	12		299		
Protein	g	6.21		1	MA	12		1.37		
Total lipid (fat)	g	9.27		1	MA	12		2.04		
Ash	g	5.00		0	FLM	4		1.10		
Carbohydrate, by difference	g	57.87		0	MA	12		12.73		
Fiber, total dietary	g	4.6		1	MA	12		1.0		
Sugars, total	g	33.40		1	MA	12		7.35		
Starch	g									
Minerals:										
Calcium, Ca	mg	1207		1	MA	12		266		
Iron, Fe	mg	1.88		1	MA	12		0.41		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	260		1	MA	12		57		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	42.4		1	MA	12		9.3		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg	1.364		1	LC	8		0.300		
Folate, total	mcg	273		1	LC	8		60		
Folic acid	mcg	273		0	LC	8		60		
Folate, food	mcg	0		0	LC	8		0		
Folate, DFE	mcg_DFE	464		0	NC	4		102		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	4.09		1	LC	8		0.90		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	32		1	MA	12		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	3.870		1	MA	12		0.851		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g	0.037		1	MA	12		0.008		

NDB No. 25018

Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	2		1	MA	12		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 = 22g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 25005
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.99		0	FLM	4		4.39		
Energy....kcal	422		0	NC	4		232		
Energy....kJ	1764		0	NC	4		970		
Protein....g	18.49		1	MA	12		10.17		
Total lipid (fat)....g	13.18		1	MA	12		7.25		
Ash....g	3.07		0	FLM	4		1.69		
Carbohydrate, by difference....g	57.27		0	NC	4		31.50		
Fiber, total dietary....g	2.8		1	MA	12		1.5		
Sugars, total....g	33.04		1	MA	12		18.17		
Starch....g									
Minerals:									
Calcium, Ca....mg	953		1	MA	12		524		
Iron, Fe....mg	14.67		1	MA	12		8.07		
Magnesium, Mg....mg	255		1	LC	8		140		
Phosphorus, P....mg	455		1	LC	8		250		
Potassium, K....mg									
Sodium, Na....mg	418		1	MA	12		230		
Zinc, Zn....mg	9.55		1	LC	8		5.25		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	144.3		1	MA	12		79.4		
Thiamin....mg	2.727		1	LC	8		1.500		
Riboflavin....mg	3.091		1	LC	8		1.700		
Niacin....mg	36.364		1	LC	8		20.000		
Pantothenic acid....mg	18.182		1	LC	8		10.000		
Vitamin B-6....mg	3.636		1	LC	8		2.000		
Folate, total....mcg	727		1	LC	8		400		
Folic acid....mcg	727		1	LC	8		400		
Folate, food....mcg	0		0	NC	4		0		
Folate, DFE....mcg_DFE	1236		0	NC	4		680		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	10.91		1	LC	8		6.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	3182		0	MA	12		1750		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	24.57		0	NR	4		13.51		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.794		1	MA	12		2.637		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.197		1	MA	12		0.108		

NDB No. 25005
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	3		1	MA	12		2		
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 = 55g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 25015

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush

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	9.00		0	O	4				
Energy	kcal	415		0	NC	4				
Energy	kJ	1734		0	NC	4				
Protein (N x 6.25)	g	25.00		1	LC	8				
Total lipid (fat)	g	12.50		1	LC	8				
Ash	g	3.00		0	O	4				
Carbohydrate, by difference	g	50.50		0	NC	4				
Fiber, total dietary	g	12.5		1	LC	8				
Sugars, total	g	28.75		1	LC	8				
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	625		1	LC	8				
Iron, Fe	mg	10.13		1	LC	8				
Magnesium, Mg	mg	175		1	LC	8				
Phosphorus, P	mg	375		1	LC	8				
Potassium, K	mg	188		1	LC	8				
Sodium, Na	mg	238		1	LC	8				
Zinc, Zn	mg	6.56		1	LC	8				
Copper, Cu	mg	0.977		0	FLC	4				
Manganese, Mn	mg	1.322		0	FLC	4				
Selenium, Se	mcg	3.9		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	75.0		1	LC	8				
Thiamin	mg	1.875		1	LC	8				
Riboflavin	mg	2.125		1	LC	8				
Niacin	mg	25.000		1	LC	8				
Pantothenic acid	mg	12.500		1	LC	8				
Vitamin B-6	mg	2.500		1	LC	8				
Folate, total	mcg	500		1	LC	8				
Folic acid	mcg	500		0	O	4				
Folate, food	mcg	0		0	Z	7				
Folate, DFE	mcg_DFE	850		0	NC	4				
Choline, total	mg	1.7		0	FLC	4				
Betaine	mg	0.0		0	FLC	4				
Vitamin B-12	mcg	7.50		1	LC	8				
Vitamin B-12, added	mcg	7.40		0	O	4				
Vitamin A, RAE	mcg_RAE	652		0	NC	4				
Retinol	mcg	651		0	O	4				
Carotene, beta	mcg	10		0	FLC	4				
Carotene, alpha	mcg	0		0	FLC	4				
Cryptoxanthin, beta	mcg	0		0	FLC	4				
Vitamin A, IU	IU	2188		1	LC	8				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	0		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	16.88		1	LC	8				
Vitamin E, added	mg	16.00		0	O	4				
Tocopherol, beta	mg	0.00		0	FLC	4				
Tocopherol, gamma	mg	0.00		0	FLC	4				
Tocopherol, delta	mg	0.00		0	FLC	4				
Vitamin D (D2 + D3)	mcg	3.8		0	NR	4				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 25015

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	150		1	LC	8				
Vitamin K (phylloquinone).....mcg	10.4		0	FLC	4				
Lipids:									
Fatty acids, total saturated.....g	6.250		1	LC	8				
4:0.....g	0.074		0	FLC	4				
6:0.....g	0.026		0	FLC	4				
8:0.....g	0.016		0	FLC	4				
10:0.....g	0.030		0	FLC	4				
12:0.....g	0.031		0	FLC	4				
13:0.....g	0.000		0	FLC	4				
14:0.....g	0.124		0	FLC	4				
15:0.....g	0.009		0	FLC	4				
16:0.....g	1.564		0	FLC	4				
17:0.....g	0.009		0	FLC	4				
18:0.....g	1.008		0	FLC	4				
20:0.....g	0.023		0	FLC	4				
22:0.....g	0.002		0	FLC	4				
24:0.....g	0.000		0	FLC	4				
Fatty acids, total monounsaturated.....g	2.645		0	FLC	4				
14:1.....g	0.009		0	FLC	4				
15:1.....g	0.000		0	FLC	4				
16:1 undifferentiated.....g	0.038		0	FLC	4				
17:1.....g	0.002		0	FLC	4				
18:1 undifferentiated.....g	2.572		0	FLC	4				
20:1.....g	0.023		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated.....g	2.892		0	FLC	4				
18:2 undifferentiated.....g	2.671		0	FLC	4				
18:3 undifferentiated.....g	0.220		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g	0.000		0	FLC	4				
20:3 undifferentiated.....g	0.000		0	FLC	4				
20:4 undifferentiated.....g	0.001		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	0.000		1	LC	8				
Cholesterol.....mg	6		1	FLC	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.314		0	FLC	4				
Threonine.....g	0.956		0	FLC	4				
Isoleucine.....g	1.156		0	FLC	4				
Leucine.....g	1.937		0	FLC	4				
Lysine.....g	1.414		0	FLC	4				
Methionine.....g	0.345		0	FLC	4				
Cystine.....g	0.332		0	FLC	4				
Phenylalanine.....g	1.337		0	FLC	4				
Tyrosine.....g	0.997		0	FLC	4				
Valine.....g	1.208		0	FLC	4				
Arginine.....g	2.257		0	FLC	4				
Histidine.....g	0.671		0	FLC	4				
Alanine.....g	1.067		0	FLC	4				
Aspartic acid.....g	3.032		0	FLC	4				
Glutamic acid.....g	5.185		0	FLC	4				
Glycine.....g	1.209		0	FLC	4				
Proline.....g	1.424		0	FLC	4				
Serine.....g	1.352		0	FLC	4				
Hydroxyproline.....g	0.000		0	FLC	4				
Others:									

NDB No. 25015

Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4				
Caffeine.....mg	3		0	FLC	4				
Theobromine.....mg	28		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: 25 Snacks

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

NDB No. 25004
Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Chewy Chocolate Peanut Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.90		0	FLM	4		7.10		
Energy....kcal	396		0	MA	12		218		
Energy....kJ	1657		0	NR	4		911		
Protein....g	24.29		1	MA	12		13.36		
Total lipid (fat)....g	13.12		1	MA	12		7.21		
Ash....g	3.00		0	FLM	4		1.65		
Carbohydrate, by difference....g	47.24		1	MA	12		25.98		
Fiber, total dietary....g	2.5		1	MA	12		1.4		
Sugars, total....g	32.86		1	MA	12		18.07		
Starch....g									
Minerals:									
Calcium, Ca....mg	965		1	MA	12		531		
Iron, Fe....mg									
Magnesium, Mg....mg	255		1	LC	8		140		
Phosphorus, P....mg	455		1	LC	8		250		
Potassium, K....mg									
Sodium, Na....mg	462		1	MA	12		254		
Zinc, Zn....mg	9.55		1	LC	8		5.25		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	144.4		1	MA	12		79.4		
Thiamin....mg	2.727		1	LC	8		1.500		
Riboflavin....mg	3.091		1	LC	8		1.700		
Niacin....mg	36.364		1	LC	8		20.000		
Pantothenic acid....mg	18.182		1	LC	8		10.000		
Vitamin B-6....mg	3.636		1	LC	8		2.000		
Folate, total....mcg	727		1	LC	8		400		
Folic acid....mcg	727		0	LC	8		400		
Folate, food....mcg	0		0	LC	8		0		
Folate, DFE....mcg_DFE	1236		0	NC	4		680		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	10.91		1	LC	8		6.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	3637		1	MA	12		2000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	24.55		0	NR	4		13.50		
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	4.728		1	MA	12		2.600		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.204		1	MA	12		0.112		

NDB No. 25004

Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Chewy Chocolate Peanut Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	4		1	MA	12		2		
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 = 55g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 25006
Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Double Chocolate Nut Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.00		1	FLM	4		6.16		
Energy....kcal	343		0	MA	12		151		
Energy....kJ	1435		0	NR	4		631		
Protein....g	22.35		1	MA	12		9.83		
Total lipid (fat)....g	8.99		1	MA	12		3.95		
Ash....g	3.00		1	FLM	4		1.32		
Carbohydrate, by difference....g	52.47		0	MA	12		23.09		
Fiber, total dietary....g	10.5		1	MA	12		4.6		
Sugars, total....g	22.67		1	MA	12		9.97		
Starch....g									
Minerals:									
Calcium, Ca....mg	1495		0	MA	12		658		
Iron, Fe....mg	17.95		1	MA	12		7.90		
Magnesium, Mg....mg	317		1	MA	12		139		
Phosphorus, P....mg	566		1	MA	12		249		
Potassium, K....mg									
Sodium, Na....mg	333		1	MA	12		146		
Zinc, Zn....mg	13.57		1	MA	12		5.97		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	176.2		0	MA	12		77.5		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg	45.249		1	MA	12		19.910		
Pantothenic acid....mg	22.624		1	FLM	4		9.955		
Vitamin B-6....mg	4.525		1	FLM	4		1.991		
Folate, total....mcg	905		1	FLM	4		398		
Folic acid....mcg	905		0	LC	8		398		
Folate, food....mcg	0		0	NR	4		0		
Folate, DFE....mcg_DFE	1538		0	NC	4		677		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	13.57		1	FLM	4		5.97		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	4445		1	FLM	4		1956		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	30.50		0	T	4		13.42		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.847		1	FLM	4		2.133		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.103		1	FLM	4		0.045		

NDB No. 25006

Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Double Chocolate Nut Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	4		1	FLM	4		2		
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 = 44g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 25016
Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Energy Bar, all flavors

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.00		1	FLM	4		6.16	7.70	
Energy....kcal	386		0	NC	4		170	212	
Energy....kJ	1615		0	NC	4		711	888	
Protein....g	21.91	1.220	4	MA	12		9.64	12.05	
Total lipid (fat)....g	10.79	1.382	4	MA	12		4.75	5.93	
Ash....g	3.00		2	FLM	4		1.32	1.65	
Carbohydrate, by difference....g	50.30		0	NC	4		22.13	27.67	
Fiber, total dietary....g	6.7	2.340	4	MA	12		2.9	3.7	
Sugars, total....g	28.71	2.557	4	MA	12		12.63	15.79	
Sucrose....g	14.27		0	FLA	4		6.28	7.85	
Glucose (dextrose)....g	8.61		0	FLA	4		3.79	4.73	
Fructose....g	0.48		0	FLA	4		0.21	0.26	
Lactose....g	0.00		0	FLA	4		0.00	0.00	
Maltose....g	5.35		0	FLA	4		2.35	2.94	
Galactose....g	0.00		0	FLA	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	754	205.232	3	MA	12		332	415	
Iron, Fe....mg	16.31		2	MA	12		7.18	8.97	
Magnesium, Mg....mg	317		1	MA	12		139	174	
Phosphorus, P....mg	455		1	LC	8		200	250	
Potassium, K....mg	351		0	FLA	4		155	193	
Sodium, Na....mg	383	34.415	4	MA	12		168	210	
Zinc, Zn....mg	11.88		1	LC	8		5.23	6.53	
Copper, Cu....mg	0.452		1	LC	8		0.199	0.249	
Manganese, Mn....mg	1.058		0	FLA	4		0.465	0.582	
Selenium, Se....mcg	4.5		0	FLA	4		2.0	2.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	489.9	334.982	4	MA	12		215.6	269.5	
Thiamin....mg	2.949	0.222	3	LC	8		1.298	1.622	
Riboflavin....mg	3.343	0.252	3	LC	8		1.471	1.838	
Niacin....mg	45.249		1	MA	12		19.910	24.887	
Pantothenic acid....mg	22.624		1	LC	8		9.955	12.443	
Vitamin B-6....mg	4.525		1	LC	8		1.991	2.489	
Folate, total....mcg	816		2	LC	8		359	449	
Folic acid....mcg	408		0	NR	4		180	224	
Folate, food....mcg	408		2	LC	8		180	224	
Folate, DFE....mcg_DFE	1102		0	NC	4		485	606	
Choline, total....mg	18.0		0	FLA	4		7.9	9.9	
Betaine....mg									
Vitamin B-12....mcg	12.24		2	LC	8		5.39	6.73	
Vitamin B-12, added....mcg	12.04		0	NR	4		5.30	6.62	
Vitamin A, RAE....mcg_RAE	62		0	NC	4		27	34	
Retinol....mcg	62		0	FLA	4		27	34	
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	209		0	NC	4		92	115	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	27.53		0	O	4		12.11	15.14	
Vitamin E, added....mg	27.53		0	NR	4		12.11	15.14	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	4.5		1	LC	8		2.0	2.5	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 25016
Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Energy Bar, all 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	181		1	LC	8		80	100	
Vitamin K (phylloquinone).....mcg	1.8		0	FLA	4		0.8	1.0	
Lipids:									
Fatty acids, total saturated.....g	4.753		0	NC	4		2.091	2.614	
4:0.....g	0.145		0	FLA	4		0.064	0.080	
6:0.....g	0.052		0	FLA	4		0.023	0.028	
8:0.....g	0.030		0	FLA	4		0.013	0.017	
10:0.....g	0.058		0	FLA	4		0.025	0.032	
12:0.....g	0.062		0	FLA	4		0.027	0.034	
13:0.....g	0.000		0	FLA	4		0.000	0.000	
14:0.....g	0.208		0	FLA	4		0.092	0.115	
15:0.....g	0.019		0	FLA	4		0.008	0.010	
16:0.....g	2.287		0	FLA	4		1.006	1.258	
17:0.....g	0.018		0	FLA	4		0.008	0.010	
18:0.....g	1.822		0	FLA	4		0.802	1.002	
20:0.....g	0.048		0	FLA	4		0.021	0.026	
22:0.....g	0.005		0	FLA	4		0.002	0.003	
24:0.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	3.920		0	NC	4		1.725	2.156	
14:1.....g	0.018		0	FLA	4		0.008	0.010	
15:1.....g	0.000		0	FLA	4		0.000	0.000	
16:1 undifferentiated.....g	0.046		0	FLA	4		0.020	0.025	
17:1.....g	0.005		0	FLA	4		0.002	0.003	
18:1 undifferentiated.....g	3.802		0	FLA	4		1.673	2.091	
20:1.....g	0.049		0	FLA	4		0.022	0.027	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.917		0	NC	4		0.843	1.054	
18:2 undifferentiated.....g	1.882		0	FLA	4		0.828	1.035	
18:3 undifferentiated.....g	0.034		0	FLA	4		0.015	0.019	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:4 undifferentiated.....g	0.001		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	0.151	0.050	3	MA	12		0.066	0.083	
Cholesterol.....mg	4		1	MA	12		2	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.221		0	FLA	4		0.097	0.122	
Threonine.....g	0.682		0	FLA	4		0.300	0.375	
Isoleucine.....g	0.833		0	FLA	4		0.366	0.458	
Leucine.....g	1.405		0	FLA	4		0.618	0.773	
Lysine.....g	0.972		0	FLA	4		0.428	0.535	
Methionine.....g	0.266		0	FLA	4		0.117	0.146	
Cystine.....g	0.236		0	FLA	4		0.104	0.130	
Phenylalanine.....g	0.976		0	FLA	4		0.429	0.537	
Tyrosine.....g	0.736		0	FLA	4		0.324	0.405	
Valine.....g	0.898		0	FLA	4		0.395	0.494	
Arginine.....g	1.669		0	FLA	4		0.735	0.918	
Histidine.....g	0.485		0	FLA	4		0.213	0.267	
Alanine.....g	0.764		0	FLA	4		0.336	0.420	
Aspartic acid.....g	2.175		0	FLA	4		0.957	1.196	
Glutamic acid.....g	3.827		0	FLA	4		1.684	2.105	
Glycine.....g	0.881		0	FLA	4		0.388	0.484	
Proline.....g	1.061		0	FLA	4		0.467	0.584	
Serine.....g	0.967		0	FLA	4		0.426	0.532	
Hydroxyproline.....g	0.000		0	FLA	4		0.000	0.000	
Others:									

NDB No. 25016

Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Energy Bar, all 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
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	6		0	FLA	4		2	3	
Theobromine....mg	57		0	FLA	4		25	31	

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

Common Measures:

Measure 1 = 44g: 1 bar

Measure 2 = 55g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 25008
Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Honey Nut Oat Bar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.50		0	FLM	4		4.18		
Energy....kcal	378		0	NC	4		166		
Energy....kJ	1582		0	NC	4		696		
Protein....g	22.50		1	MA	12		9.90		
Total lipid (fat)....g	7.87		0	MA	12		3.46		
Ash....g	5.00		0	FLM	4		2.20		
Carbohydrate, by difference....g	54.30		0	MA	12		23.89		
Fiber, total dietary....g	11.0		1	MA	12		4.8		
Sugars, total....g	26.26		1	MA	12		11.55		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	18.15		0	MA	12		7.99		
Magnesium, Mg....mg	317		1	LC	8		139		
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	318		1	MA	12		140		
Zinc, Zn....mg	11.88		1	LC	8		5.23		
Copper, Cu....mg	0.452		1	LC	8		0.199		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	176.4		1	MA	12		77.6		
Thiamin....mg	3.394		1	LC	8		1.493		
Riboflavin....mg	3.846		1	LC	8		1.692		
Niacin....mg	45.249		1	LC	8		19.910		
Pantothenic acid....mg	22.624		1	LC	8		9.955		
Vitamin B-6....mg	4.525		1	LC	8		1.991		
Folate, total....mcg	905		1	LC	8		398		
Folic acid....mcg	904		0	NR	4		398		
Folate, food....mcg	0		0	NR	4		0		
Folate, DFE....mcg_DFE	1537		0	NC	4		676		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	13.57		1	LC	8		5.97		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	4451		1	MA	12		1959		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	30.50		0	NR	4		13.42		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	4.5		1	LC	8		2.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	181		1	LC	8		80		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.481		1	MA	12		1.972		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.052		1	MA	12		0.023		

NDB No. 25008

Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Honey Nut Oat Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg									
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 = 44g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 25017
Formulated bar, POWER BAR, chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.83		1	A	1		6.68		
Energy	kcal	363		0	NC	4		247		
Energy	kJ	1519		0	NC	4		1033		
Protein (N x 6.1)	g	14.15		1	A	1		9.62		
Total lipid (fat)	g	3.11		1	A	1		2.11		
Ash	g	3.28		1	A	1		2.23		
Carbohydrate, by difference	g	69.63		0	NC	4		47.35		
Fiber, total dietary	g	5.7		1	A	1		3.9		
Sugars, total	g	30.07		1	A	1		20.45		
Sucrose	g	0.52		1	A	1		0.35		
Glucose (dextrose)	g	11.94		1	A	1		8.12		
Fructose	g	15.96		1	A	1		10.85		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	1.65		1	A	1		1.12		
Galactose	g	0.00		1	A	1		0.00		
Starch	g	18.70		1	A	1		12.72		
Minerals:										
Calcium, Ca	mg	504		1	A	1		343		
Iron, Fe	mg	11.70		1	A	1		7.96		
Magnesium, Mg	mg	248		1	A	1		169		
Phosphorus, P	mg	614		1	A	1		418		
Potassium, K	mg	362		1	A	1		246		
Sodium, Na	mg	146		1	A	1		99		
Zinc, Zn	mg	9.96		1	A	1		6.77		
Copper, Cu	mg	1.430		1	A	1		0.972		
Manganese, Mn	mg	1.610		1	A	1		1.095		
Selenium, Se	mcg	7.8		1	A	1		5.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	92.3		0		8		62.8		
Thiamin	mg	8.060		1	A	1		5.481		
Riboflavin	mg	1.920		1	A	1		1.306		
Niacin	mg	32.600		1	A	1		22.168		
Pantothenic acid	mg	15.900		1	A	1		10.812		
Vitamin B-6	mg	2.200		1	A	1		1.496		
Folate, total	mcg	615		0	NR	4		418		
Folic acid	mcg	615		0	NR	4		418		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	1046		0	NC	4		711		
Choline, total	mg	18.4		0	AS	1		12.5		
Betaine	mg	4.3		1	A	1		2.9		
Vitamin B-12	mcg	5.60		1	A	1		3.81		
Vitamin B-12, added	mcg	5.60		0	O	4		3.81		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	8.28		1	A	1		5.63		
Vitamin E, added	mg	8.28		0	O	4		5.63		
Tocopherol, beta	mg	0.01		1	A	1		0.01		
Tocopherol, gamma	mg	0.33		1	A	1		0.22		
Tocopherol, delta	mg	0.05		1	A	1		0.03		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 25017
Formulated bar, POWER BAR, 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	1.1		1	A	1		0.7		
Lipids:									
Fatty acids, total saturated.....g	1.320		0	NC	4		0.897		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.003		1	A	1		0.002		
13:0.....g									
14:0.....g	0.013		1	A	1		0.009		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.644		1	A	1		0.438		
17:0.....g	0.005		1	A	1		0.003		
18:0.....g	0.632		1	A	1		0.430		
20:0.....g	0.019		1	A	1		0.013		
22:0.....g	0.004		1	A	1		0.003		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	1.050		0	NC	4		0.714		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.010		0	AS	1		0.006		
16:1 c.....g	0.010		1	A	1		0.006		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.030		0	AS	1		0.701		
18:1 c.....g	1.025		1	A	1		0.697		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.006		1	A	1		0.004		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.010		1	A	1		0.007		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		1	A	1		0.000		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.589		0	NC	4		0.401		
18:2 undifferentiated.....g	0.565		0	AS	1		0.384		
18:2 n-6 c,c.....g	0.561		1	A	1		0.381		
18:2 CLAs.....g	0.000		1	A	1		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	0.004		1	A	1		0.003		
18:3 undifferentiated.....g	0.025		0	AS	1		0.017		
18:3 n-3 c,c,c (ALA).....g	0.025		1	A	1		0.017		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		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		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.010		0	NC	4		0.006		

NDB No. 25017
Formulated bar, POWER BAR, 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
Fatty acids, total trans-monoenoic.....g	0.006		0	NC	4		0.004		
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4		0.003		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0	A	1		0.129		
Threonine.....g	0.540		0	A	1		0.367		
Isoleucine.....g	0.660		0	A	1		0.449		
Leucine.....g	1.330		0	A	1		0.904		
Lysine.....g	0.980		0	A	1		0.666		
Methionine.....g	0.290		0	A	1		0.197		
Cystine.....g	0.220		0	A	1		0.150		
Phenylalanine.....g	0.740		0	A	1		0.503		
Tyrosine.....g	0.270		0	A	1		0.184		
Valine.....g	0.830		0	A	1		0.564		
Arginine.....g	0.610		0	A	1		0.415		
Histidine.....g	0.360		0	A	1		0.245		
Alanine.....g	0.510		0	A	1		0.347		
Aspartic acid.....g	1.250		0	A	1		0.850		
Glutamic acid.....g	3.100		0	A	1		2.108		
Glycine.....g	0.420		0	A	1		0.286		
Proline.....g	1.230		0	A	1		0.836		
Serine.....g	0.860		0	A	1		0.585		
Hydroxyproline.....g	0.090		1	A	1		0.061		
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 = 68g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 25020

Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut

Slim-Fast Foods Company

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	10.87		1	A	1		5.98		
Energy	kcal	386		0	NC	4		212		
Energy	kJ	1615		0	NC	4		888		
Protein (N x 6.25)	g	16.19		1	A	1		8.90		
Total lipid (fat)	g	8.92		0	T	4		4.91		
Ash	g	3.81		1	A	1		2.10		
Carbohydrate, by difference	g	60.21		0	NC	4		33.12		
Fiber, total dietary	g	5.1		1	A	1		2.8		
Sugars, total	g	25.00		0	LC	8		13.75		
Sucrose	g	7.58		1	A	1		4.17		
Glucose (dextrose)	g	1.24		1	A	1		0.68		
Fructose	g	0.52		1	A	1		0.29		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	10.04		1	A	1		5.52		
Galactose	g	5.62		1	A	1		3.09		
Starch	g	9.60		1	A	1		5.28		
Minerals:										
Calcium, Ca	mg	668		1	A	1		367		
Iron, Fe	mg	4.98		1	A	1		2.74		
Magnesium, Mg	mg	250		0	LC	8		138		
Phosphorus, P	mg	673		1	A	1		370		
Potassium, K	mg	289		1	A	1		159		
Sodium, Na	mg	253		1	A	1		139		
Zinc, Zn	mg	5.73		1	A	1		3.15		
Copper, Cu	mg	0.284		1	A	1		0.156		
Manganese, Mn	mg	0.743		1	A	1		0.409		
Selenium, Se	mcg	46.7		1	A	1		25.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	96.6		1	A	1		53.1		
Thiamin	mg	1.700		1	A	1		0.935		
Riboflavin	mg	1.900		1	A	1		1.045		
Niacin	mg	21.200		1	A	1		11.660		
Pantothenic acid	mg	10.100		1	A	1		5.555		
Vitamin B-6	mg	2.100		1	A	1		1.155		
Folate, total	mcg	430		1	A	1		237		
Folic acid	mcg	422		1	A	1		232		
Folate, food	mcg	8		0	AS	1		4		
Folate, DFE	mcg_DFE	725		0	NC	4		399		
Choline, total	mg	40.6		0	AS	1		22.3		
Betaine	mg	2.2		1	A	1		1.2		
Vitamin B-12	mcg	7.90		1	A	1		4.35		
Vitamin B-12, added	mcg	7.90		0	NR	4		4.35		
Vitamin A, RAE	mcg_RAE	940		0	NC	4		517		
Retinol	mcg	940		0	NR	4		517		
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	3133		0	NC	4		1723		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	40.25		1	A	1		22.14		
Vitamin E, added	mg	37.70		0	NR	4		20.74		
Tocopherol, beta	mg	0.05		1	A	1		0.03		
Tocopherol, gamma	mg	1.75		1	A	1		0.96		
Tocopherol, delta	mg	0.67		1	A	1		0.37		
Vitamin D (D2 + D3)	mcg	5.4		0	NR	4		2.9		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 25020
Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	214		1	LC	8		118		
Vitamin K (phylloquinone).....mcg	129.3		1	A	1		71.1		
Lipids:									
Fatty acids, total saturated.....g	5.360		0	T	4		2.948		
4:0.....g	0.008		1	A	1		0.005		
6:0.....g	0.013		1	A	1		0.007		
8:0.....g	0.168		1	A	1		0.093		
10:0.....g	0.169		1	A	1		0.093		
12:0.....g	2.074		1	A	1		1.141		
13:0.....g									
14:0.....g	0.713		1	A	1		0.392		
15:0.....g	0.003		1	A	1		0.002		
16:0.....g	0.931		1	A	1		0.512		
17:0.....g	0.008		1	A	1		0.005		
18:0.....g	1.105		1	A	1		0.608		
20:0.....g	0.048		1	A	1		0.026		
22:0.....g	0.075		1	A	1		0.041		
24:0.....g	0.044		1	A	1		0.024		
Fatty acids, total monounsaturated.....g	2.428		0	T	4		1.335		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.006		0	AS	1		0.003		
16:1 c.....g	0.006		1	A	1		0.003		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.003		1	A	1		0.002		
18:1 undifferentiated.....g	2.193		0	AS	1		1.206		
18:1 c.....g	2.017		1	A	1		1.109		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.176		1	A	1		0.097		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.039		1	A	1		0.021		
22:1 undifferentiated.....g	0.002		0	AS	1		0.001		
22:1 c.....g	0.002		1	A	1		0.001		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.132		0	T	4		0.623		
18:2 undifferentiated.....g	0.998		0	AS	1		0.549		
18:2 n-6 c,c.....g	0.966		1	A	1		0.531		
18:2 CLAs.....g	0.000		1	A	1		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	0.032		1	A	1		0.018		
18:3 undifferentiated.....g	0.035		0	AS	1		0.019		
18:3 n-3 c,c,c (ALA).....g	0.035		1	A	1		0.019		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001		1	A	1		0.001		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.208		0	NC	4		0.114		

NDB No. 25020
Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.176		0	NC	4		0.097		
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.018		
Cholesterol.....mg	7		0	O	4		4		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.220		0	A	1		0.121		
Threonine.....g	0.570		0	A	1		0.313		
Isoleucine.....g	0.560		0	A	1		0.308		
Leucine.....g	1.250		0	A	1		0.688		
Lysine.....g	0.580		0	A	1		0.319		
Methionine.....g	0.220		0	A	1		0.121		
Cystine.....g	0.150		0	A	1		0.083		
Phenylalanine.....g	0.870		0	A	1		0.479		
Tyrosine.....g	0.580		0	A	1		0.319		
Valine.....g	0.740		0	A	1		0.407		
Arginine.....g	1.370		0	A	1		0.754		
Histidine.....g	0.400		0	A	1		0.220		
Alanine.....g	0.660		0	A	1		0.363		
Aspartic acid.....g	1.880		0	A	1		1.034		
Glutamic acid.....g	3.370		0	A	1		1.853		
Glycine.....g	0.780		0	A	1		0.429		
Proline.....g	1.150		0	A	1		0.632		
Serine.....g	0.960		0	A	1		0.528		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 55g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 25031
Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.00		1	FLC	4				
Energy....kcal	422		0	NC	4				
Energy....kJ	1766		0	NC	4				
Protein (N x 6.25)....g	30.00		1	FLC	4				
Total lipid (fat)....g	14.00		1	FLC	4				
Ash....g	4.00		1	FLC	4				
Carbohydrate, by difference....g	45.00		0	O	4				
Fiber, total dietary....g	2.0		1	FLC	4				
Sugars, total....g	27.00		1	FLC	4				
Starch....g									
Minerals:									
Calcium, Ca....mg	200		1	FLC	4				
Iron, Fe....mg	3.60		1	FLC	4				
Magnesium, Mg....mg	80		1	FLC	4				
Phosphorus, P....mg	300		1	FLC	4				
Potassium, K....mg	250		1	FLC	4				
Sodium, Na....mg	450		1	FLC	4				
Zinc, Zn....mg	7.50		1	FLC	4				
Copper, Cu....mg	0.774		0	FLC	4				
Manganese, Mn....mg	0.846		0	FLC	4				
Selenium, Se....mcg	3.9		0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	120.0		1	FLC	4				
Thiamin....mg	0.750		1	FLC	4				
Riboflavin....mg	1.700		1	FLC	4				
Niacin....mg	20.000		1	FLC	4				
Pantothenic acid....mg	5.000		1	FLC	4				
Vitamin B-6....mg	2.000		1	FLC	4				
Folate, total....mcg	160		1	FLC	4				
Folic acid....mcg	160		0	NR	4				
Folate, food....mcg	0		0	Z	7				
Folate, DFE....mcg_DFE	272		0	NC	4				
Choline, total....mg	73.0		0	FLC	4				
Betaine....mg									
Vitamin B-12....mcg	4.20		1	FLC	4				
Vitamin B-12, added....mcg	4.20		0	NR	4				
Vitamin A, RAE....mcg_RAE	1050		0	NC	4				
Retinol....mcg	1050		0	O	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	3500		0	NC	4				
Lycopene....mcg	0		0	FLC	4				
Lutein + zeaxanthin....mcg	2		0	FLC	4				
Vitamin E (alpha-tocopherol)....mg	24.00		0	NR	4				
Vitamin E, added....mg	24.00		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	1.6		0	FLC	4				
Lipids:									
Fatty acids, total saturated....g	4.499		0	NC	4				
4:0....g	0.001		0	FLC	4				

NDB No. 25031
Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed 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	0.009		0	FLC	4				
8:0 ... g	0.138		0	FLC	4				
10:0 ... g	0.156		0	FLC	4				
12:0 ... g	1.969		0	FLC	4				
13:0 ... g	0.000		0	FLC	4				
14:0 ... g	0.693		0	FLC	4				
15:0 ... g	0.000		0	FLC	4				
16:0 ... g	0.989		0	FLC	4				
17:0 ... g	0.000		0	FLC	4				
18:0 ... g	0.544		0	FLC	4				
20:0 ... g	0.000		0	FLC	4				
22:0 ... g	0.000		0	FLC	4				
24:0 ... g	0.000		0	FLC	4				
Fatty acids, total monounsaturated ... g	3.828		0	NC	4				
14:1 ... g	0.000		0	FLC	4				
15:1 ... g									
16:1 undifferentiated ... g	0.017		0	FLC	4				
17:1 ... g									
18:1 undifferentiated ... g	3.811		0	FLC	4				
20:1 ... g	0.000		0	FLC	4				
22:1 undifferentiated ... g	0.000		0	FLC	4				
24:1 c ... g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated ... g	4.804		0	NC	4				
18:2 undifferentiated ... g	4.731		0	FLC	4				
18:3 undifferentiated ... g	0.072		0	FLC	4				
18:4 ... g	0.000		0	FLC	4				
20:2 n-6 c,c ... g	0.000		0	FLC	4				
20:3 undifferentiated ... g	0.000		0	FLC	4				
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	0.000		1	FLC	4				
Cholesterol ... mg	8		1	FLC	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4				
Caffeine ... mg	11		0	FLC	4				
Theobromine ... mg	99		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: 25 Snacks

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

NDB No. 25045
Formulated bar, high fiber, chewy, oats and chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.04		0	FLC	4				
Energy	kcal	350		0	LC	8				
Energy	kJ	1464		0	LC	8				
Protein	g	5.00		0	FLC	4				
Total lipid (fat)	g	10.00		0	LC	8				
Ash	g	3.14		0	FLC	4				
Carbohydrate, by difference	g	69.78		0	FLC	4				
Fiber, total dietary	g	22.5		0	LC	8				
Sugars, total	g	25.00		0	LC	8				
Sucrose	g	12.20		0	FLC	4				
Glucose (dextrose)	g	6.86		0	FLC	4				
Fructose	g	1.57		0	FLC	4				
Lactose	g	0.00		0	FLC	4				
Maltose	g	4.31		0	FLC	4				
Galactose	g	0.06		0	FLC	4				
Starch	g	6.08		0	FLC	4				
Minerals:										
Calcium, Ca	mg	250		0	LC	8				
Iron, Fe	mg	0.90		0	LC	8				
Magnesium, Mg	mg	190		0	FLC	4				
Phosphorus, P	mg	419		0	FLC	4				
Potassium, K	mg	447		0	FLC	4				
Sodium, Na	mg	225		0	LC	8				
Zinc, Zn	mg	1.96		0	FLC	4				
Copper, Cu	mg	0.262		0	FLC	4				
Manganese, Mn	mg	3.407		0	FLC	4				
Selenium, Se	mcg	8.9		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0	FLC	4				
Thiamin	mg	0.688		0	FLC	4				
Riboflavin	mg	0.091		0	FLC	4				
Niacin	mg	7.903		0	FLC	4				
Pantothenic acid	mg	1.755		0	FLC	4				
Vitamin B-6	mg	0.963		0	FLC	4				
Folate, total	mcg	35		0	FLC	4				
Folic acid	mcg	12		0	FLC	4				
Folate, food	mcg	22		0	FLC	4				
Folate, DFE	mcg_DFE	43		0	NC	4				
Choline, total	mg	12.4		0	FLC	4				
Betaine	mg	3.3		0	FLC	4				
Vitamin B-12	mcg	0.00		0	FLC	4				
Vitamin B-12, added	mcg	0.00		0	FLC	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	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	NC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	65		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	1.47		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg	0.00		0	FLC	4				
Tocopherol, gamma	mg	0.50		0	FLC	4				
Tocopherol, delta	mg	0.02		0	FLC	4				
Vitamin D (D2 + D3)	mcg	0.0		0	FLC	4				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 25045
Formulated bar, high fiber, chewy, oats and 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	FLC	4				
Vitamin K (phylloquinone).....mcg	2.6		0	FLC	4				
Lipids:									
Fatty acids, total saturated.....g	3.397		0	FLC	4				
4:0.....g	0.000		0	FLC	4				
6:0.....g	0.004		0	FLC	4				
8:0.....g	0.059		0	FLC	4				
10:0.....g	0.066		0	FLC	4				
12:0.....g	0.838		0	FLC	4				
13:0.....g	0.000		0	FLC	4				
14:0.....g	0.310		0	FLC	4				
15:0.....g	0.000		0	FLC	4				
16:0.....g	1.417		0	FLC	4				
17:0.....g	0.002		0	FLC	4				
18:0.....g	0.670		0	FLC	4				
20:0.....g	0.025		0	FLC	4				
22:0.....g	0.007		0	FLC	4				
24:0.....g	0.000		0	FLC	4				
Fatty acids, total monounsaturated.....g	3.522		0	FLC	4				
14:1.....g	0.000		0	FLC	4				
15:1.....g	0.000		0	FLC	4				
16:1 undifferentiated.....g	0.023		0	FLC	4				
17:1.....g	0.000		0	FLC	4				
18:1 undifferentiated.....g	3.476		0	FLC	4				
20:1.....g	0.023		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated.....g	2.334		0	FLC	4				
18:2 undifferentiated.....g	2.089		0	FLC	4				
18:3 undifferentiated.....g	0.245		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g	0.000		0	FLC	4				
20:3 undifferentiated.....g	0.000		0	FLC	4				
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	0.007		0	FLC	4				
Cholesterol.....mg	0		0	LC	8				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0	FLC	4				
Threonine.....g	0.179		0	FLC	4				
Isoleucine.....g	0.192		0	FLC	4				
Leucine.....g	0.352		0	FLC	4				
Lysine.....g	0.212		0	FLC	4				
Methionine.....g	0.098		0	FLC	4				
Cystine.....g	0.113		0	FLC	4				
Phenylalanine.....g	0.230		0	FLC	4				
Tyrosine.....g	0.143		0	FLC	4				
Valine.....g	0.286		0	FLC	4				
Arginine.....g	0.343		0	FLC	4				
Histidine.....g	0.115		0	FLC	4				
Alanine.....g	0.288		0	FLC	4				
Aspartic acid.....g	0.437		0	FLC	4				
Glutamic acid.....g	0.788		0	FLC	4				
Glycine.....g	0.267		0	FLC	4				
Proline.....g	0.264		0	FLC	4				
Serine.....g	0.228		0	FLC	4				
Hydroxyproline.....g									
Others:									

NDB No. 25045
Formulated bar, high fiber, chewy, oats and 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
Alcohol, ethyl....g	0.0		0	FLC	4				
Caffeine....mg	3		0	FLC	4				
Theobromine....mg	24		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: 25 Snacks

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

NDB No. 42139
Granola bar, soft, milk chocolate coated, peanut butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.20		0		4		0.91		
Energy	kcal	536		0	NC	4		152		
Energy	kJ	2241		0	NC	4		635		
Protein	g	9.60		0		4		2.72		
Total lipid (fat)	g	31.20		0		4		8.85		
Ash	g	1.90		0	NR	4		0.54		
Carbohydrate, by difference	g	54.10		0		4		15.34		
Fiber, total dietary	g	3.8		0		4		1.1		
Sugars, total	g	23.63		0	FLA	4		6.70		
Starch	g									
Minerals:										
Calcium, Ca	mg	108		0		4		31		
Iron, Fe	mg	1.45		0		4		0.41		
Magnesium, Mg	mg	67		0		4		19		
Phosphorus, P	mg	227		0		4		64		
Potassium, K	mg	339		0		4		96		
Sodium, Na	mg	193		0		4		55		
Zinc, Zn	mg	1.47		0		4		0.42		
Copper, Cu	mg	0.323		0		4		0.092		
Manganese, Mn	mg									
Selenium, Se	mcg	15.7		0	RA	4		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		4		0.2		
Thiamin	mg	0.100		0		4		0.028		
Riboflavin	mg	0.210		0		4		0.060		
Niacin	mg	3.290		0		4		0.933		
Pantothenic acid	mg									
Vitamin B-6	mg	0.110		0		4		0.031		
Folate, total	mcg	25		0		4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	25		0		4		7		
Folate, DFE	mcg_DFE	25		0	NC	4		7		
Choline, total	mg	24.7		0	FLA	4		7.0		
Betaine	mg									
Vitamin B-12	mcg	0.46		0		4		0.13		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	8		0	NC	4		2		
Retinol	mcg	8		0	FLA	4		2		
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	26		0	NC	4		7		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	32		0	FLA	4		9		
Vitamin E (alpha-tocopherol)	mg	4.59		0	FLA	4		1.30		
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			Z	7		0		
Vitamin K (phylloquinone)	mcg	5.7		0	FLA	4		1.6		
Lipids:										
Fatty acids, total saturated	g	17.065		0		4		4.838		
4:0	g	0.070		0		4		0.020		

NDB No. 42139
Granola bar, soft, milk chocolate coated, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.040		0		4		0.011		
8:0....g	0.421		0		4		0.119		
10:0....g	0.492		0		4		0.139		
12:0....g	5.518		0		4		1.564		
13:0....g									
14:0....g	2.157		0		4		0.612		
15:0....g									
16:0....g	4.434		0		4		1.257		
17:0....g									
18:0....g	3.933		0		4		1.115		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.561		0		4		1.860		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		0		4		0.034		
17:1....g									
18:1 undifferentiated....g	6.411		0		4		1.818		
20:1....g	0.030		0		4		0.009		
22:1 undifferentiated....g	0.000		0		7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.906		0		4		0.540		
18:2 undifferentiated....g	1.836		0		4		0.521		
18:3 undifferentiated....g	0.070		0		4		0.020		
18:4....g	0.000		0		7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0		4		0.003		
20:5 n-3 (EPA)....g	0.000		0		7		0.000		
22:5 n-3 (DPA)....g	0.000		0		7		0.000		
22:6 n-3 (DHA)....g	0.000		0		7		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	12		0		4		3		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	3		0	BFZN	4		1		
Theobromine....mg	41		0	BFZN	4		12		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 43572
Popcorn, microwave, low fat and sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80		0		9		0.79		
Energy	kcal	429		0	NC	4		122		
Energy	kJ	1797		0	NC	4		509		
Protein	g	12.60		0		9		3.57		
Total lipid (fat)	g	9.50		0		9		2.69		
Ash	g	1.71		0	FLA	4		0.48		
Carbohydrate, by difference	g	73.39		0	NC	4		20.81		
Fiber, total dietary	g	14.2		0		4		4.0		
Sugars, total	g	0.54		0	FLA	4		0.15		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		4		3		
Iron, Fe	mg	2.28		0		9		0.65		
Magnesium, Mg	mg	151		0		4		43		
Phosphorus, P	mg	264		0		4		75		
Potassium, K	mg	241		0		4		68		
Sodium, Na	mg	490		0		9		139		
Zinc, Zn	mg	3.83		0		4		1.09		
Copper, Cu	mg	0.545		0		4		0.155		
Manganese, Mn	mg									
Selenium, Se	mcg	8.6		0	CAZN	4		2.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0		
Thiamin	mg	0.350		0		4		0.099		
Riboflavin	mg	0.110		0		4		0.031		
Niacin	mg	2.070		0		4		0.587		
Pantothenic acid	mg									
Vitamin B-6	mg	0.170		0		4		0.048		
Folate, total	mcg	17		0		4		5		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	17		0	FLA	4		5		
Folate, DFE	mcg_DFE	17		0	NC	4		5		
Choline, total	mg	20.2		0	FLA	4		5.7		
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	7		0	NC	4		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	66		0	FLA	4		19		
Carotene, alpha	mcg	43		0	FLA	4		12		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	147		0	NC	4		42		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	1087		0	FLA	4		308		
Vitamin E (alpha-tocopherol)	mg	5.01		0	FLA	4		1.42		
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			Z	7		0		
Vitamin K (phylloquinone)	mcg	15.7		0	FLA	4		4.4		
Lipids:										
Fatty acids, total saturated	g	1.415		0		4		0.401		
4:0	g	0.000		0		4		0.000		

NDB No. 43572
Popcorn, microwave, low fat and sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.010		0		4		0.003		
15:0....g									
16:0....g	0.931		0		4		0.264		
17:0....g									
18:0....g	0.475		0		4		0.135		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.085		0		4		1.158		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0		4		0.011		
17:1....g									
18:1 undifferentiated....g	4.037		0		4		1.144		
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	3.572		0		4		1.013		
18:2 undifferentiated....g	3.315		0		4		0.940		
18:3 undifferentiated....g	0.247		0		4		0.070		
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	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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 25026

Popcorn, microwave, regular (butter) flavor, made with palm oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.62	0.135	8	A	1				
Energy	kcal	528		0	NC	4				
Energy	kJ	2207		0	NC	4				
Protein	g	8.69	0.388	8	A	1				
Total lipid (fat)	g	30.00		0	FLC	4				
Ash	g	3.00	0.057	8	A	1				
Carbohydrate, by difference	g	55.69		0	NC	4				
Fiber, total dietary	g	9.9	0.665	4	A	1				
Sugars, total	g	0.54	0.058	7	A	1				
Sucrose	g	0.54	0.051	8	A	1				
Glucose (dextrose)	g	0.00	0.000	8	A	1				
Fructose	g	0.00	0.000	8	A	1				
Lactose	g	0.00	0.000	8	A	1				
Maltose	g	0.00	0.000	8	A	1				
Galactose	g	0.00	0.000	7	A	1				
Starch	g	44.85	1.100	8	A	1				
Minerals:										
Calcium, Ca	mg	20	1.868	8	A	1				
Iron, Fe	mg	2.36	0.200	8	A	1				
Magnesium, Mg	mg	92	5.659	8	A	1				
Phosphorus, P	mg	234	12.788	8	A	1				
Potassium, K	mg	219	11.277	8	A	1				
Sodium, Na	mg	771	23.443	8	A	1				
Zinc, Zn	mg	2.43	0.090	8	A	1				
Copper, Cu	mg	0.190	0.015	8	A	1				
Manganese, Mn	mg	0.782	0.036	8	A	1				
Selenium, Se	mcg	5.4	2.006	8	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1				
Thiamin	mg	0.107	0.015	4	A	1				
Riboflavin	mg	0.104	0.009	8	A	1				
Niacin	mg	1.551	0.075	8	A	1				
Pantothenic acid	mg	0.282	0.016	4	A	1				
Vitamin B-6	mg	0.164	0.007	8	A	1				
Folate, total	mcg	23		0	FLC	4				
Folic acid	mcg	0		0	FLC	4				
Folate, food	mcg	23		0	FLC	4				
Folate, DFE	mcg_DFE	23		0	NC	4				
Choline, total	mg	15.4		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	7		0	NC	4				
Retinol	mcg	0		0	FLC	4				
Carotene, beta	mcg	64		0	FLC	4				
Carotene, alpha	mcg	42		0	FLC	4				
Cryptoxanthin, beta	mcg	0		0	FLC	4				
Vitamin A, IU	IU	142		0	FLC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	1048		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	4.47		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg	0.00		0	FLC	4				
Tocopherol, gamma	mg	0.00		0	FLC	4				
Tocopherol, delta	mg	0.00		0	FLC	4				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 25026

Popcorn, microwave, regular (butter) flavor, made with palm oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.0		0	FLC	4				
Lipids:									
Fatty acids, total saturated.....g	6.305		0	NC	4				
4:0.....g	0.018	0.011	4	A	1				
6:0.....g	0.011	0.008	4	A	1				
8:0.....g	0.034	0.024	4	A	1				
10:0.....g	0.036	0.022	4	A	1				
12:0.....g	0.020	0.011	4	A	1				
13:0.....g									
14:0.....g	0.087	0.037	4	A	1				
15:0.....g	0.000		0	FLC	4				
16:0.....g	4.051	0.279	4	A	1				
17:0.....g	0.000		0	FLC	4				
18:0.....g	1.911		0	FLC	4				
20:0.....g	0.021		0	FLC	4				
22:0.....g	0.117	0.007	4	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	14.210		0	NC	4				
14:1.....g	0.000		0	FLC	4				
15:1.....g	0.000		0	FLC	4				
16:1 undifferentiated.....g	0.030	0.007	4	AS	1				
17:1.....g	0.000		0	FLC	4				
18:1 undifferentiated.....g	14.130		0	FLC	4				
20:1.....g	0.050		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.062		0	NC	4				
18:2 undifferentiated.....g	5.927		0	FLC	4				
18:3 undifferentiated.....g	0.135		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g	0.000		0	FLC	4				
20:3 undifferentiated.....g	0.000		0	FLC	4				
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	0		0	FLC	4				
Stigmasterol.....mg	0		0	FLC	4				
Campesterol.....mg	0		0	FLC	4				
Beta-sitosterol.....mg	0		0	FLC	4				
Amino Acids:									
Tryptophan.....g	0.061		0	FLC	4				
Threonine.....g	0.327		0	FLC	4				
Isoleucine.....g	0.312		0	FLC	4				
Leucine.....g	1.065		0	FLC	4				
Lysine.....g	0.244		0	FLC	4				
Methionine.....g	0.182		0	FLC	4				
Cystine.....g	0.157		0	FLC	4				
Phenylalanine.....g	0.426		0	FLC	4				
Tyrosine.....g	0.353		0	FLC	4				
Valine.....g	0.439		0	FLC	4				
Arginine.....g	0.432		0	FLC	4				
Histidine.....g	0.265		0	FLC	4				
Alanine.....g	0.651		0	FLC	4				
Aspartic acid.....g	0.604		0	FLC	4				
Glutamic acid.....g	1.630		0	FLC	4				
Glycine.....g	0.356		0	FLC	4				
Proline.....g	0.758		0	FLC	4				
Serine.....g	0.413		0	FLC	4				

NDB No. 25026

Popcorn, microwave, regular (butter) flavor, made with palm oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Serine.....g	0.413			FLC	4				
Hydroxyproline.....g	0.000	0.000	4	A	1				
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: 25 Snacks

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

NDB No. 19436
Popcorn, sugar syrup/caramel, fat-free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00		0	FLC	4		1.70		
Energy	kcal	381		0	NC	4		108		
Energy	kJ	1593		0	NC	4		452		
Protein	g	2.00		0	FLC	4		0.57		
Total lipid (fat)	g	1.40		0	FLC	4		0.40		
Ash	g	0.54		0	FLC	4		0.15		
Carbohydrate, by difference	g	90.06		0	NC	4		25.53		
Fiber, total dietary	g	2.5		0	FLC	4		0.7		
Sugars, total	g	64.68		0	O	4		18.34		
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0	FLC	4		5		
Iron, Fe	mg	0.80		0	FLC	4		0.23		
Magnesium, Mg	mg	27		0	FLC	4		8		
Phosphorus, P	mg	55		0	FLC	4		16		
Potassium, K	mg	110		0	FLC	4		31		
Sodium, Na	mg	286		0	LC	8		81		
Zinc, Zn	mg	0.62		0	FLC	4		0.18		
Copper, Cu	mg	0.140		0	FLC	4		0.040		
Manganese, Mn	mg									
Selenium, Se	mcg	3.6		0	BFZN	4		1.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.038		0	FLC	4		0.011		
Riboflavin	mg	0.058		0	FLC	4		0.016		
Niacin	mg	0.342		0	FLC	4		0.097		
Pantothenic acid	mg									
Vitamin B-6	mg	0.047		0	FLC	4		0.013		
Folate, total	mcg	4		0	FLC	4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		0	FLC	4		1		
Folate, DFE	mcg_DFE	4		0	NC	4		1		
Choline, total	mg	12.6		0	FLA	4		3.6		
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	2		0	NC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Carotene, beta	mcg	15		0	FLC	4		4		
Carotene, alpha	mcg	10		0	FLC	4		3		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	33		0	NC	4		9		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	242		0	FLC	4		69		
Vitamin E (alpha-tocopherol)	mg	0.13		0	FLC	4		0.04		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0			Z	7		0		
Vitamin K (phylloquinone)	mcg	0.9		0	FLC	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.200		0	FLC	4		0.057		
4:0	g	0.000		0	FLC	4		0.000		

NDB No. 19436
Popcorn, sugar syrup/caramel, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	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	0.001		0	FLC	4		0.000		
15:0 ... g									
16:0 ... g	0.167		0	FLC	4		0.047		
17:0 ... g									
18:0 ... g	0.032		0	FLC	4		0.009		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.260		0	FLC	4		0.074		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0	FLC	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.257		0	FLC	4		0.073		
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	0.634		0	FLC	4		0.180		
18:2 undifferentiated ... g	0.588		0	FLC	4		0.167		
18:3 undifferentiated ... g	0.046		0	FLC	4		0.013		
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	Z	7		0.000		
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 19823
Potato chips, without salt, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00		0		4		0.28		
Energy	kcal	487		0	NC	4		138		
Energy	kJ	2037		0	NC	4		577		
Protein	g	7.10		0		4		2.01		
Total lipid (fat)	g	20.80		0		4		5.90		
Ash	g	3.30		0	O	4		0.94		
Carbohydrate, by difference	g	67.80		0	NC	4		19.22		
Fiber, total dietary	g	6.1		0		4		1.7		
Sugars, total	g	0.22		0	O	4		0.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		4		6		
Iron, Fe	mg	1.35		0		4		0.38		
Magnesium, Mg	mg	89		0		4		25		
Phosphorus, P	mg	193		0		4		55		
Potassium, K	mg	1744		0		4		494		
Sodium, Na	mg	8		0		4		2		
Zinc, Zn	mg	1.01		0		1		0.29		
Copper, Cu	mg	0.348		0		1		0.099		
Manganese, Mn	mg									
Selenium, Se	mcg	8.1		0	BFZN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	25.7		0		4		7.3		
Thiamin	mg	0.210		0		4		0.060		
Riboflavin	mg	0.270		0		4		0.077		
Niacin	mg	7.000		0		4		1.985		
Pantothenic acid	mg									
Vitamin B-6	mg	0.670		0		4		0.190		
Folate, total	mcg	10		0		1		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	10		0	NR	4		3		
Folate, DFE	mcg_DFE	10		0	NC	4		3		
Choline, total	mg	53.0		0	O	4		15.0		
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	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	5.47		0	O	4		1.55		
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			Z	7		0		
Vitamin K (phylloquinone)	mcg	13.3		0	O	4		3.8		
Lipids:										
Fatty acids, total saturated	g	4.160		0		4		1.179		
4:0	g	0.000		0		4		0.000		

NDB No. 19823
Potato chips, without salt, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		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	0.120		0		4		0.034		
15:0 g									
16:0 g	3.520		0		4		0.998		
17:0 g									
18:0 g	0.510		0		4		0.145		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.800		0		4		1.361		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.500		0		4		0.142		
17:1 g									
18:1 undifferentiated g	4.300		0		4		1.219		
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	10.940		0		4		3.101		
18:2 undifferentiated g	10.750		0		4		3.048		
18:3 undifferentiated g	0.190		0		4		0.054		
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		4		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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 43109
Pretzels, soft

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.00		0		4		21.45	17.25	9.30
Energy	kcal	338		0	NC	4		484	389	210
Energy	kJ	1415		0	NC	4		2024	1628	878
Protein	g	8.20		0		4		11.73	9.43	5.08
Total lipid (fat)	g	3.10		0		4		4.43	3.57	1.92
Ash	g	4.31		0	BFSN	4		6.16	4.95	2.67
Carbohydrate, by difference	g	69.39		0	NC	4		99.23	79.80	43.02
Fiber, total dietary	g	1.7		0		4		2.4	2.0	1.1
Sugars, total	g	0.25		0	FLA	4		0.35	0.28	0.15
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0		4		33	26	14
Iron, Fe	mg	3.92		0		4		5.61	4.51	2.43
Magnesium, Mg	mg	21		0		4		30	24	13
Phosphorus, P	mg	79		0		4		113	91	49
Potassium, K	mg	88		0		4		126	101	55
Sodium, Na	mg	1404		0		4		2008	1615	870
Zinc, Zn	mg	0.94		0		4		1.34	1.08	0.58
Copper, Cu	mg	0.126		0		4		0.180	0.145	0.078
Manganese, Mn	mg									
Selenium, Se	mcg	17.2		0	BFZN	4		24.6	19.8	10.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	0.0
Thiamin	mg	0.410		0		4		0.586	0.472	0.254
Riboflavin	mg	0.290		0		4		0.415	0.334	0.180
Niacin	mg	4.270		0		4		6.106	4.911	2.647
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0		4		0.029	0.023	0.012
Folate, total	mcg	24		0	FLA	4		34	28	15
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food	mcg	24		0	FLA	4		34	28	15
Folate, DFE	mcg_DFE	24		0	NC	4		34	28	15
Choline, total	mg	17.7		0	FLA	4		25.3	20.4	11.0
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	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	NC	4		1	0	0
Lycopene	mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	mcg	17		0	FLA	4		24	19	10
Vitamin E (alpha-tocopherol)	mg	0.54		0	FLA	4		0.77	0.62	0.34
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			Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	2.7		0	FLA	4		3.9	3.1	1.7
Lipids:										
Fatty acids, total saturated	g	0.695		0		4		0.994	0.799	0.431
4:0	g	0.000		0		4		0.000	0.000	0.000

NDB No. 43109
Pretzels, soft

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.009		0		4		0.013	0.010	0.006
15:0....g									
16:0....g	0.446		0		4		0.638	0.513	0.277
17:0....g									
18:0....g	0.243		0		4		0.347	0.279	0.151
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.071		0		4		1.532	1.232	0.664
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	1.070		0		4		1.530	1.231	0.663
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	0.948		0		4		1.356	1.090	0.588
18:2 undifferentiated....g	0.892		0		4		1.276	1.026	0.553
18:3 undifferentiated....g	0.055		0		4		0.079	0.063	0.034
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	3		0		4		4	3	2
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		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 = 143g: 1 large

Measure 2 = 115g: 1 medium

Measure 3 = 62g: 1 small

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

Food Group: 25 Snacks

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

NDB No. 25024
Pretzels, soft, unsalted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.00		0		4		21.45	17.25	9.30
Energy	kcal	338		0	NC	4		484	389	210
Energy	kJ	1415		0	NC	4		2024	1628	878
Protein	g	8.20		0		4		11.73	9.43	5.08
Total lipid (fat)	g	3.10		0		4		4.43	3.57	1.92
Ash	g	2.66		0	O	4		3.80	3.06	1.65
Carbohydrate, by difference	g	71.04		0	NC	4		101.59	81.70	44.04
Fiber, total dietary	g	1.7		0		4		2.4	2.0	1.1
Sugars, total	g	0.25		0	FLA	4		0.35	0.28	0.15
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0		4		33	26	14
Iron, Fe	mg	3.92		0		4		5.61	4.51	2.43
Magnesium, Mg	mg	21		0		4		30	24	13
Phosphorus, P	mg	79		0		4		113	91	49
Potassium, K	mg	88		0		4		126	101	55
Sodium, Na	mg	690		0	O	4		987	794	428
Zinc, Zn	mg	0.94		0		4		1.34	1.08	0.58
Copper, Cu	mg	0.126		0		4		0.180	0.145	0.078
Manganese, Mn	mg									
Selenium, Se	mcg	17.2		0	BFZN	4		24.6	19.8	10.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	0.0
Thiamin	mg	0.410		0		4		0.586	0.472	0.254
Riboflavin	mg	0.290		0		4		0.415	0.334	0.180
Niacin	mg	4.270		0		4		6.106	4.911	2.647
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0		4		0.029	0.023	0.012
Folate, total	mcg	24		0	FLA	4		34	28	15
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food	mcg	24		0	FLA	4		34	28	15
Folate, DFE	mcg_DFE	24		0	NC	4		34	28	15
Choline, total	mg	17.7		0	FLA	4		25.3	20.4	11.0
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	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	NC	4		1	0	0
Lycopene	mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	mcg	17		0	FLA	4		24	19	10
Vitamin E (alpha-tocopherol)	mg	0.54		0	FLA	4		0.77	0.62	0.34
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			Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	2.7		0	FLA	4		3.9	3.1	1.7
Lipids:										
Fatty acids, total saturated	g	0.695		0		4		0.994	0.799	0.431
4:0	g	0.000		0		4		0.000	0.000	0.000

NDB No. 25024
Pretzels, soft, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.009		0		4		0.013	0.010	0.006
15:0 g									
16:0 g	0.446		0		4		0.638	0.513	0.277
17:0 g									
18:0 g	0.243		0		4		0.347	0.279	0.151
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.071		0		4		1.532	1.232	0.664
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	1.070		0		4		1.530	1.231	0.663
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	0.948		0		4		1.356	1.090	0.588
18:2 undifferentiated g	0.892		0		4		1.276	1.026	0.553
18:3 undifferentiated g	0.055		0		4		0.079	0.063	0.034
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	3		0		4		4	3	2
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		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 = 143g: 1 large

Measure 2 = 115g: 1 medium

Measure 3 = 62g: 1 small

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

Food Group: 25 Snacks

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

NDB No. 42204
Rice cake, cracker (include hain mini rice cakes)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.80		0		4		0.24		
Energy	kcal	392		0	NC	4		16		
Energy	kJ	1638		0	NC	4		69		
Protein	g	7.10		0		4		0.30		
Total lipid (fat)	g	4.30		0		4		0.18		
Ash	g	1.70		0	BFSN	4		0.07		
Carbohydrate, by difference	g	81.10		0	NC	4		3.41		
Fiber, total dietary	g	4.2		0		4		0.2		
Sugars, total	g	0.88		0	BFSN	4		0.04		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		4		0		
Iron, Fe	mg	1.49		0		4		0.06		
Magnesium, Mg	mg	131		0		4		6		
Phosphorus, P	mg	360		0		4		15		
Potassium, K	mg	428		0		4		18		
Sodium, Na	mg	71		0		4		3		
Zinc, Zn	mg	3.00		0		4		0.13		
Copper, Cu	mg	0.445		0		4		0.019		
Manganese, Mn	mg									
Selenium, Se	mcg	24.6		0	BFZN	4		1.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.060		0		4		0.003		
Riboflavin	mg	0.160		0		4		0.007		
Niacin	mg	7.810		0		4		0.328		
Pantothenic acid	mg									
Vitamin B-6	mg	0.150		0		4		0.006		
Folate, total	mcg	21		0		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	21		0		4		1		
Folate, DFE	mcg_DFE	21		0	NC	4		1		
Choline, total	mg	18.9		0	FLA	4		0.8		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	1.24		0	BFSN	4		0.05		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0			Z	7		0		
Vitamin K (phylloquinone)	mcg	1.9		0	BFSN	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.875		0		4		0.037		
4:0	g	0.000		0		7		0.000		

NDB No. 42204
Rice cake, cracker (include hain mini rice cakes)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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		7		0.000		
8:0 ... g	0.000		0		7		0.000		
10:0 ... g	0.000		0		7		0.000		
12:0 ... g	0.000		0		4		0.000		
13:0 ... g									
14:0 ... g	0.015		0		4		0.001		
15:0 ... g									
16:0 ... g	0.737		0		4		0.031		
17:0 ... g									
18:0 ... g	0.077		0		4		0.003		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.582		0		4		0.066		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.015		0		4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	1.566		0		4		0.066		
20:1 ... g	0.000		0		7		0.000		
22:1 undifferentiated ... g	0.000		0		7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.520		0		4		0.064		
18:2 undifferentiated ... g	1.490		0		4		0.063		
18:3 undifferentiated ... g	0.015		0		4		0.001		
18:4 ... g	0.000		0		7		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000		
20:5 n-3 (EPA) ... g	0.000		0		7		0.000		
22:5 n-3 (DPA) ... g	0.000		0		7		0.000		
22:6 n-3 (DHA) ... g	0.000		0		7		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	BFSN	4		0		
Theobromine ... mg	0		0	BFSN	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 = 4.2g: 1 cubic inch

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

Food Group: 25 Snacks

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

NDB No. 19410
Snack, potato chips, made from dried potatoes, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.54	0.073	8	A	1		0.72	5.04	
Energy....kcal	559		0	NC	4		158	1106	
Energy....kJ	2337		0	NC	4		663	4627	
Protein (N x 6.25)....g	4.45	0.049	8	A	1		1.26	8.82	
Total lipid (fat)....g	38.41	0.315	8	A	1		10.89	76.06	
Ash....g	2.57	0.068	8	A	1		0.73	5.09	
Carbohydrate, by difference....g	52.02		0	NC	4		14.75	103.00	
Fiber, total dietary....g	3.1	0.241	8	A	1		0.9	6.1	
Sugars, total....g	1.14	0.177	7	A	1		0.32	2.26	
Sucrose....g	0.40	0.064	8	A	1		0.11	0.78	
Glucose (dextrose)....g	0.14	0.037	8	A	1		0.04	0.27	
Fructose....g	0.29	0.046	8	A	1		0.08	0.57	
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	
Maltose....g	0.32	0.124	7	A	1		0.09	0.64	
Galactose....g	0.00	0.000	8	A	1		0.00	0.00	
Starch....g	42.95	0.236	8	A	1		12.18	85.04	
Minerals:									
Calcium, Ca....mg	27	0.674	4	A	1		8	54	
Iron, Fe....mg	0.82	0.028	4	A	1		0.23	1.61	
Magnesium, Mg....mg	43	0.808	4	A	1		12	86	
Phosphorus, P....mg	125	2.213	4	A	1		36	248	
Potassium, K....mg	751	21.899	4	A	1		213	1486	
Sodium, Na....mg	388	15.255	4	A	1		110	768	
Zinc, Zn....mg	0.48	0.024	4	A	1		0.14	0.96	
Copper, Cu....mg	0.123	0.016	4	A	1		0.035	0.244	
Manganese, Mn....mg	0.274	0.006	4	A	1		0.078	0.543	
Selenium, Se....mcg	2.2	0.000	4	A	1		0.6	4.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.2		2		1		2.3	16.2	
Thiamin....mg	0.115	0.003	4	A	1		0.033	0.228	
Riboflavin....mg	0.016	0.001	4	A	1		0.005	0.032	
Niacin....mg	3.240	0.065	4	A	1		0.919	6.415	
Pantothenic acid....mg	0.825		2	A	1		0.234	1.633	
Vitamin B-6....mg	0.407	0.005	4	A	1		0.116	0.807	
Folate, total....mcg	7		1		4		2	14	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	7		1		4		2	14	
Folate, DFE....mcg_DFE	7		0	NC	4		2	14	
Choline, total....mg	32.8		0	NR	4		9.3	64.9	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	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		1		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	11.40	0.133	4	A	1		3.23	22.57	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.05	0.025	4	A	1		0.02	0.11	
Tocopherol, gamma....mg	6.99	0.536	4	A	1		1.98	13.85	
Tocopherol, delta....mg	0.09	0.033	4	A	1		0.03	0.18	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 19410
Snack, potato chips, made from dried potatoes, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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			Z	7		0	0	
Vitamin K (phylloquinone).....mcg	7.2		0	BFSN	4		2.0	14.3	
Lipids:									
Fatty acids, total saturated.....g	9.492		0	NC	4		2.691	18.795	
4:0.....g	0.004	0.000	8	A	1		0.001	0.009	
6:0.....g	0.000	0.000	8	A	1		0.000	0.000	
8:0.....g	0.007	0.000	8	A	1		0.002	0.014	
10:0.....g	0.012	0.003	8	A	1		0.004	0.025	
12:0.....g	0.009	0.000	8	A	1		0.003	0.019	
13:0.....g									
14:0.....g	0.258	0.010	8	A	1		0.073	0.512	
15:0.....g	0.009	0.000	8	A	1		0.003	0.018	
16:0.....g	8.078	0.277	8	A	1		2.290	15.995	
17:0.....g	0.028	0.001	8	A	1		0.008	0.056	
18:0.....g	0.947	0.022	8	A	1		0.268	1.875	
20:0.....g	0.074	0.015	8	A	1		0.021	0.147	
22:0.....g	0.045	0.012	8	A	1		0.013	0.089	
24:0.....g	0.019	0.003	8	A	1		0.005	0.038	
Fatty acids, total monounsaturated.....g	7.048		0	NC	4		1.998	13.955	
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.177	0.007	8	AS	1		0.050	0.350	
16:1 c.....g	0.177	0.007	8	A	1		0.050	0.350	
16:1 t.....g	0.000	0.000	8	A	1		0.000	0.000	
17:1.....g	0.012	0.002	8	A	1		0.003	0.023	
18:1 undifferentiated.....g	6.803	0.618	8	AS	1		1.929	13.469	
18:1 c.....g	6.758	0.620	8	A	1		1.916	13.381	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.044	0.008	8	A	1		0.013	0.088	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.038	0.004	8	A	1		0.011	0.075	
22:1 undifferentiated.....g	0.001	0.000	8	AS	1		0.000	0.001	
22:1 c.....g	0.000	0.000	8	A	1		0.000	0.001	
22:1 t.....g	0.000	0.000	8	A	1		0.000	0.001	
24:1 c.....g	0.018	0.001	8	A	1		0.005	0.035	
Fatty acids, total polyunsaturated.....g	13.594		0	NC	4		3.854	26.917	
18:2 undifferentiated.....g	13.492	2.550	8	AS	1		3.825	26.715	
18:2 n-6 c,c.....g	13.290	2.548	8	A	1		3.768	26.315	
18:2 CLAs.....g	0.047	0.002	8	A	1		0.013	0.094	
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	0.155	0.004	8	A	1		0.044	0.306	
18:3 undifferentiated.....g	0.070	0.007	8	AS	1		0.020	0.140	
18:3 n-3 c,c,c (ALA).....g	0.070	0.007	8	A	1		0.020	0.139	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000	0.000	8	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.004	0.000	8	A	1		0.001	0.007	
20:3 undifferentiated.....g	0.001	0.000	8	AS	1		0.000	0.001	
20:3 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 n-6.....g	0.001	0.000	8	A	1		0.000	0.001	
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.001	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.017	0.005	8	A	1		0.005	0.034	
21:5.....g									
22:4.....g	0.004	0.001	8	A	1		0.001	0.007	
22:5 n-3 (DPA).....g	0.002	0.001	8	A	1		0.000	0.003	
22:6 n-3 (DHA).....g	0.004	0.001	8	A	1		0.001	0.009	
Fatty acids, total trans.....g	0.200		0	NC	4		0.057	0.395	

NDB No. 19410
Snack, potato chips, made from dried potatoes, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.045		0	NC	4		0.013	0.089	
Fatty acids, total trans-polyenoic.....g	0.155		0	NC	4		0.044	0.306	
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg	34		0	FLA	4		10	66	
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.091	
Threonine.....g	0.258		0		1		0.073	0.511	
Isoleucine.....g	0.261		0		1		0.074	0.517	
Leucine.....g	0.389		0		1		0.110	0.770	
Lysine.....g	0.372		0		1		0.105	0.737	
Methionine.....g	0.069		0		1		0.020	0.137	
Cystine.....g	0.076		0		1		0.022	0.150	
Phenylalanine.....g	0.272		0		1		0.077	0.539	
Tyrosine.....g	0.233		0		1		0.066	0.461	
Valine.....g	0.346		0		1		0.098	0.685	
Arginine.....g	0.287		0		1		0.081	0.568	
Histidine.....g	0.132		0		1		0.037	0.261	
Alanine.....g	0.213		0		1		0.060	0.422	
Aspartic acid.....g	1.195		0		1		0.339	2.366	
Glutamic acid.....g	0.989		0		1		0.280	1.958	
Glycine.....g	0.204		0		1		0.058	0.404	
Proline.....g	0.215		0		1		0.061	0.426	
Serine.....g	0.243		0		1		0.069	0.481	
Hydroxyproline.....g									
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 = 28.35g: 1 oz

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

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19032
Snacks, DOO DADS snack mix, original flavor

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00	0.323	3		1		1.71	0.84	
Energy....kcal	456		0	NC	4		260	128	
Energy....kJ	1908				4		1088	534	
Protein (N x 5.8)....g	10.30	0.912	3		1		5.87	2.88	
Total lipid (fat)....g	18.50	0.512	3		1		10.55	5.18	
Ash....g	3.80	0.122	3		1		2.17	1.06	
Carbohydrate, by difference....g	64.30		0	NC	4		36.65	18.00	
Fiber, total dietary....g	6.8		0		1		3.9	1.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	74	2.719	3		1		42	21	
Iron, Fe....mg	2.50	1.050	3		1		1.43	0.70	
Magnesium, Mg....mg	60		1		4		34	17	
Phosphorus, P....mg	296		1		4		169	83	
Potassium, K....mg	277	12.429	3		1		158	78	
Sodium, Na....mg	1271	95.048	3		1		724	356	
Zinc, Zn....mg	2.25		1		4		1.28	0.63	
Copper, Cu....mg	0.321		1		4		0.183	0.090	
Manganese, Mn....mg	1.765		1		4		1.006	0.494	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		1		4		0.1	0.0	
Thiamin....mg	0.360	0.074	3		1		0.205	0.101	
Riboflavin....mg	0.260	0.020	3		1		0.148	0.073	
Niacin....mg	5.370	0.667	3		1		3.061	1.504	
Pantothenic acid....mg	0.578		1		4		0.329	0.162	
Vitamin B-6....mg	0.204		1		4		0.116	0.057	
Folate, total....mcg	93			O	4		53	26	
Folic acid....mcg	73			O	4		42	20	
Folate, food....mcg	20			O	4		11	6	
Folate, DFE....mcg_DFE	144		0	NC	4		82	40	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.01		1		4		0.01	0.00	
Vitamin A, RAE....mcg_RAE	43		0	NC	4		24	12	
Retinol....mcg	42		0	NC	4		24	12	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	151		1		4		86	42	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.530		0		4		2.012	0.988	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 19032
Snacks, DOO DADS snack mix, original 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
Cholesterol.....mg	1		1		4		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 = 57g: 1 cup

Measure 2 = 28g: .5 cup

Calories Factors: Protein 3.8 **Fat** 8.6 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19272

Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.70		1	A	1		3.82		
Energy....kcal	341		0	NC	4		89		
Energy....kJ	1428				4		371		
Protein....g	4.40		1	A	1		1.14		
Total lipid (fat)....g	0.00		1	A	1		0.00		
Ash....g	0.00		1	A	1		0.00		
Carbohydrate, by difference....g	80.90		0	NC	4		21.03		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	36		1	A	1		9		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	90.3		1	A	1		23.5		
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	5436		1	MA	12		1413		
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 pouch

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

NDB No. 19272

Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E

Food Group: 25 Snacks

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

NDB No. 25023
Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar 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	2.50		0	O	4		0.71		
Energy....kcal	491		0	NC	4		139		
Energy....kJ	2055		0	NC	4		583		
Protein....g	8.08		0	O	4		2.29		
Total lipid (fat)....g	22.22		0	O	4		6.30		
Ash....g	2.50		0	O	4		0.71		
Carbohydrate, by difference....g	64.70		0	NC	4		18.34		
Fiber, total dietary....g	8.1		0	O	4		2.3		
Sugars, total....g	7.05		0	O	4		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	41		0	NR	4		11		
Iron, Fe....mg	1.41		0	O	4		0.40		
Magnesium, Mg....mg	61		0	O	4		17		
Phosphorus, P....mg	245		0	O	4		69		
Potassium, K....mg	238		0	O	4		67		
Sodium, Na....mg	539		0	O	4		153		
Zinc, Zn....mg	1.34		0	O	4		0.38		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	NR	4		0.2		
Thiamin....mg	0.169		0	O	4		0.048		
Riboflavin....mg	0.120		0	O	4		0.034		
Niacin....mg	1.975		0	O	4		0.560		
Pantothenic acid....mg									
Vitamin B-6....mg	0.269		0	NR	4		0.076		
Folate, total....mcg	0		0	NR	4		0		
Folic acid....mcg									
Folate, food....mcg	0		0	NR	4		0		
Folate, DFE....mcg_DFE									
Choline, total....mg									
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	22		0	NC	4		6		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	222		0	O	4		63		
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	2.892		0	O	4		0.820		
Fatty acids, total monounsaturated....g	12.557		0	O	4		3.560		
Fatty acids, total polyunsaturated....g	6.631		0	O	4		1.880		

NDB No. 25023

Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar 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
Fatty acids, total trans.....g	0.176		0	O	4		0.050		
Cholesterol.....mg	4		0	O	4		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		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:

Measure 1 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 25013
Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor

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	2.04	0.046	4	A	1		0.58		
Energy	kcal	491		0	NC	4		139		
Energy	kJ	2054		0	NC	4		582		
Protein	g	7.95	0.064	4	A	1		2.25		
Total lipid (fat)	g	21.11	0.191	4	A	1		5.98		
Ash	g	1.63	0.101	4	A	1		0.46		
Carbohydrate, by difference	g	67.26		0	NC	4		19.07		
Fiber, total dietary	g	6.8	0.126	4	A	1		1.9		
Sugars, total	g	7.20	0.118	4	A	1		2.04		
Sucrose	g	6.90	0.074	4	A	1		1.96		
Glucose (dextrose)	g	0.16	0.031	4	A	1		0.05		
Fructose	g	0.13	0.038	4	A	1		0.04		
Lactose	g	0.00	0.000	4	A	1		0.00		
Maltose	g	0.00	0.000	4	A	1		0.00		
Galactose	g	0.00	0.000	4	A	1		0.00		
Starch	g	53.25	0.194	4	A	1		15.10		
Minerals:										
Calcium, Ca	mg	20	1.059	4	A	1		6		
Iron, Fe	mg	1.74	0.005	4	A	1		0.49		
Magnesium, Mg	mg	76	0.482	4	A	1		22		
Phosphorus, P	mg	222	0.250	4	A	1		63		
Potassium, K	mg	232	2.496	4	A	1		66		
Sodium, Na	mg	327	44.182	4	A	1		93		
Zinc, Zn	mg	1.65	0.012	4	A	1		0.47		
Copper, Cu	mg	0.227	0.004	4	A	1		0.064		
Manganese, Mn	mg	1.310	0.018	4	A	1		0.371		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.140		1	A	1		0.040		
Riboflavin	mg	0.020		1	A	1		0.006		
Niacin	mg	2.100		1	A	1		0.595		
Pantothenic acid	mg	0.900		1	A	1		0.255		
Vitamin B-6	mg	0.200		1	A	1		0.057		
Folate, total	mcg	25		1	A	1		7		
Folic acid	mcg	8		1	A	1		2		
Folate, food	mcg	17		0	AS	1		5		
Folate, DFE	mcg_DFE	31		0	NC	4		9		
Choline, total	mg	14.8		0	AS	1		4.2		
Betaine	mg	39.1		1	A	1		11.1		
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	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	AS	1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	7.04	0.086	4	A	1		2.00		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.24	0.003	4	A	1		0.07		
Tocopherol, gamma	mg	1.43	0.040	4	A	1		0.41		
Tocopherol, delta	mg	0.11	0.006	4	A	1		0.03		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									

NDB No. 25013
Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original 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
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.4	0.150	4	A	1		0.7		
Lipids:									
Fatty acids, total saturated....g	2.166		0	NC	4		0.614		
4:0....g									
6:0....g									
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.000	0.000	4	A	1		0.000		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	1.265	0.017	4	A	1		0.359		
17:0....g	0.000	0.000	4	A	1		0.000		
18:0....g	0.687	0.010	4	A	1		0.195		
20:0....g	0.062	0.001	4	A	1		0.017		
22:0....g	0.152	0.002	4	A	1		0.043		
24:0....g									
Fatty acids, total monounsaturated....g	11.501		0	NC	4		3.261		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.000	0.000	4	A	1		0.000		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	11.447		0	AS	1		3.245		
18:1 c....g	11.423	0.178	4	A	1		3.238		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.025	0.001	4	A	1		0.007		
18:1-11t (18:1t n-7)....g									
20:1....g	0.054	0.001	4	A	1		0.015		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.513		0	NC	4		1.846		
18:2 undifferentiated....g	6.420		0	AS	1		1.820		
18:2 n-6 c,c....g	6.357	0.052	4	A	1		1.802		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.063	0.004	4	A	1		0.018		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.093		0	AS	1		0.026		
18:3 n-3 c,c,c (ALA)....g	0.093	0.001	4	A	1		0.026		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.088		0	NC	4		0.025		
Fatty acids, total trans-monoenoic....g	0.025		0	NC	4		0.007		
Fatty acids, total trans-polyenoic....g	0.063		0	NC	4		0.018		
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									

NDB No. 25013
Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original 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
Tryptophan....g	0.070		0	A	1		0.020		
Threonine....g	0.230		0	A	1		0.065		
Isoleucine....g	0.180		0	A	1		0.051		
Leucine....g	0.880		0	A	1		0.249		
Lysine....g	0.200		0	A	1		0.057		
Methionine....g	0.150		0	A	1		0.043		
Cystine....g	0.120		0	A	1		0.034		
Phenylalanine....g	0.340		0	A	1		0.096		
Tyrosine....g	0.170		0	A	1		0.048		
Valine....g	0.280		0	A	1		0.079		
Arginine....g	0.340		0	A	1		0.096		
Histidine....g	0.160		0	A	1		0.045		
Alanine....g	0.430		0	A	1		0.122		
Aspartic acid....g	0.610		0	A	1		0.173		
Glutamic acid....g	1.970		0	A	1		0.559		
Glycine....g	0.350		0	A	1		0.099		
Proline....g	0.700		0	A	1		0.198		
Serine....g	0.500		0	A	1		0.142		
Hydroxyproline....g	0.000		1	A	1		0.000		
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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 25022
Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor

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	2.04		1	NR	4		0.58		
Energy	kcal	496		0	NC	4		141		
Energy	kJ	2075		0	NC	4		588		
Protein	g	8.68		1	NR	4		2.46		
Total lipid (fat)	g	22.15		1	NR	4		6.28		
Ash	g	1.63		1	NC	4		0.46		
Carbohydrate, by difference	g	65.49		0	NC	4		18.57		
Fiber, total dietary	g	7.8		1	NR	4		2.2		
Sugars, total	g	8.82		1	NR	4		2.50		
Starch	g									
Minerals:										
Calcium, Ca	mg	42		1	NR	4		12		
Iron, Fe	mg	1.55		1	NR	4		0.44		
Magnesium, Mg	mg	67		1	NR	4		19		
Phosphorus, P	mg	215		1	NR	4		61		
Potassium, K	mg	257		1	NR	4		73		
Sodium, Na	mg	467		1	NR	4		132		
Zinc, Zn	mg	1.38		1	NR	4		0.39		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1	NR	4		0.2		
Thiamin	mg	0.187		1	NR	4		0.053		
Riboflavin	mg	0.018		1	NR	4		0.005		
Niacin	mg	2.399		1	NR	4		0.680		
Pantothenic acid	mg									
Vitamin B-6	mg	0.289		1	NR	4		0.082		
Folate, total	mcg	18		0	NR	4		5		
Folic acid	mcg									
Folate, food	mcg	18		0	NR	4		5		
Folate, DFE	mcg_DFE									
Choline, total	mg									
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	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	NR	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	2.469		0	O	4		0.700		
Fatty acids, total monounsaturated	g	12.698		0	O	4		3.600		
Fatty acids, total polyunsaturated	g	6.513		0	NC	4		1.846		

NDB No. 25022
Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion 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
Fatty acids, total trans....g	0.095		0	T	4		0.027		
Cholesterol....mg	5		0	NR	4		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		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:

Measure 1 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 19269

Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with 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	10.20		1	A	1		2.86		
Energy....kcal	373		0	NC	4		104		
Energy....kJ	1559				4		437		
Protein....g	0.10		1	A	1		0.03		
Total lipid (fat)....g	3.50		1	A	1		0.98		
Ash....g	1.00		1	A	1		0.28		
Carbohydrate, by difference....g	85.20		0	NC	4		23.86		
Fiber, total dietary....g									
Sugars, total....g	38.70		1	A	1		10.84		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	317		1	A	1		89		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	3.2	0.387	12	A	1		0.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	120.0		1	A	1		33.6		
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									
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	0.990		1	A	1		0.277		
4:0....g									
6:0....g									
8:0....g	0.002		1	A	1		0.001		
10:0....g	0.002		1	A	1		0.001		
12:0....g	0.008		1	A	1		0.002		
13:0....g									
14:0....g	0.023		1	A	1		0.006		
15:0....g	0.002		1	A	1		0.001		
16:0....g	0.614		1	A	1		0.172		
17:0....g	0.004		1	A	1		0.001		
18:0....g	0.330		1	A	1		0.092		

NDB No. 19269

Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with 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
20:0 ... g	0.010		1	A	1		0.003		
22:0 ... g	0.006		1	A	1		0.002		
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.724		0		4		0.483		
14:1 ... g	0.002		1	A	1		0.001		
15:1 ... g									
16:1 undifferentiated ... g	0.014		1	A	1		0.004		
17:1 ... g	0.004		1	A	1		0.001		
18:1 undifferentiated ... g	1.703		1	A	1		0.477		
20:1 ... g	0.006		1	A	1		0.002		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.093		0		4		0.026		
18:2 undifferentiated ... g	0.080		1	A	1		0.022		
18:3 undifferentiated ... g	0.011		1	A	1		0.003		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g	0.002		1	A	1		0.001		
20:4 undifferentiated ... g	0.002		1	A	1		0.001		
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									
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 = 28g: 2 rolls

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

Food Group: 25 Snacks

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

NDB No. 19441
Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.43		0	FLC	4				
Energy....kcal	376		0	NC	4				
Energy....kJ	1573		0	NC	4				
Protein....g	5.41		1	LC	8				
Total lipid (fat)....g	8.11		1	LC	8				
Ash....g	1.73		0	FLC	4				
Carbohydrate, by difference....g	70.33		0	NC	4				
Fiber, total dietary....g	3.6		0	FLC	4				
Sugars, total....g	32.43		1	LC	8				
Starch....g									
Minerals:									
Calcium, Ca....mg	541		1	LC	8				
Iron, Fe....mg	4.86		1	LC	8				
Magnesium, Mg....mg	46		0	FLC	4				
Phosphorus, P....mg	148		0	FLC	4				
Potassium, K....mg	250		0	FLC	4				
Sodium, Na....mg	283		0	FLC	4				
Zinc, Zn....mg	0.90		0	FLC	4				
Copper, Cu....mg	0.126		0	FLC	4				
Manganese, Mn....mg	0.795		0	FLC	4				
Selenium, Se....mcg	7.7		0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.8		0	FLC	4				
Thiamin....mg	0.608		1	LC	8				
Riboflavin....mg	1.149		1	LC	8				
Niacin....mg	13.514		1	LC	8				
Pantothenic acid....mg	0.530		0	FLC	4				
Vitamin B-6....mg	1.400		0	LC	8				
Folate, total....mcg	108		1	LC	8				
Folic acid....mcg	0		0	NR	4				
Folate, food....mcg	108		1	LC	8				
Folate, DFE....mcg_DFE	108		0	NC	4				
Choline, total....mg	44.6		0	FLC	4				
Betaine....mg									
Vitamin B-12....mcg	0.30		0	FLC	4				
Vitamin B-12, added....mcg	0.00		0	FLC	4				
Vitamin A, RAE....mcg_RAE	604		0	NC	4				
Retinol....mcg	603		0	FLC	4				
Carotene, beta....mcg	8		0	FLC	4				
Carotene, alpha....mcg	4		0	FLC	4				
Cryptoxanthin, beta....mcg	2		0	FLC	4				
Vitamin A, IU....IU	2027		1	LC	8				
Lycopene....mcg	0		0	FLC	4				
Lutein + zeaxanthin....mcg	37		0	FLC	4				
Vitamin E (alpha-tocopherol)....mg	0.88		0	FLC	4				
Vitamin E, added....mg	0.00		0	FLC	4				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		0	FLC	4				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	33		0	FLC	4				
Vitamin K (phylloquinone)....mcg	15.3		0	FLC	4				
Lipids:									
Fatty acids, total saturated....g	1.215		0	FLC	4				
4:0....g	0.002		0	FLC	4				

NDB No. 19441
Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4				
8:0 ... g	0.001		0	FLC	4				
10:0 ... g	0.001		0	FLC	4				
12:0 ... g	0.002		0	FLC	4				
13:0 ... g									
14:0 ... g	0.014		0	FLC	4				
15:0 ... g	0.000		0	FLC	4				
16:0 ... g	0.971		0	FLC	4				
17:0 ... g	0.000		0	FLC	4				
18:0 ... g	0.223		0	FLC	4				
20:0 ... g	0.000		0	FLC	4				
22:0 ... g	0.000		0	FLC	4				
24:0 ... g	0.000		0	FLC	4				
Fatty acids, total monounsaturated ... g	1.000		0	FLC	4				
14:1 ... g	0.000		0	FLC	4				
15:1 ... g									
16:1 undifferentiated ... g	0.034		0	FLC	4				
17:1 ... g									
18:1 undifferentiated ... g	0.966		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	3.620		0	FLC	4				
18:2 undifferentiated ... g	3.215		0	FLC	4				
18:3 undifferentiated ... g	0.405		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	1		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: 25 Snacks

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

NDB No. 19439

Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown 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	5.00		0	MC	9		1.85		
Energy	kcal	390		0	MC	9		144		
Energy	kJ	1632		0	MC	9		604		
Protein	g	8.00		0	MC	9		2.96		
Total lipid (fat)	g	7.40		0	MC	9		2.74		
Ash	g	1.60		0	MC	9		0.59		
Carbohydrate, by difference	g	78.00		0	MC	9		28.86		
Fiber, total dietary	g	6.2		0	MC	9		2.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0	MC	9		13		
Iron, Fe	mg	8.60		0	MC	9		3.18		
Magnesium, Mg	mg	87		0	MC	9		32		
Phosphorus, P	mg	248		0	MC	9		92		
Potassium, K	mg	249		0	MC	9		92		
Sodium, Na	mg	291		0	MC	9		108		
Zinc, Zn	mg	2.20		0	MC	9		0.81		
Copper, Cu	mg	0.700		0	MC	9		0.259		
Manganese, Mn	mg	1.797		0	FLC	4		0.665		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.700		0	MC	9		0.259		
Riboflavin	mg	0.800		0	MC	9		0.296		
Niacin	mg	9.500		0	MC	9		3.515		
Pantothenic acid	mg	0.671		0	FLC	4		0.248		
Vitamin B-6	mg	1.000		0	MC	9		0.370		
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	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	713		0	NC	4		264		
Retinol	mcg	713		0	NC	4		264		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	2381		0	MC	9		881		
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	1.100		0	MC	9		0.407		
4:0	g	0.000		0	FLC	4		0.000		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.000		0	FLC	4		0.000		

NDB No. 19439

Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown 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
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.009		0	FLC	4		0.003		
13:0 ... g									
14:0 ... g	0.004		0	FLC	4		0.001		
15:0 ... g									
16:0 ... g	0.684		0	FLC	4		0.253		
17:0 ... g									
18:0 ... g	0.237		0	FLC	4		0.088		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.800		0	MC	9		0.666		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	FLC	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	1.769		0	FLC	4		0.655		
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	4.500		0	MC	9		1.665		
18:2 undifferentiated ... g	4.038		0	FLC	4		1.494		
18:3 undifferentiated ... g	0.043		0	FLC	4		0.016		
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	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:

Measure 1 = 37g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 19438
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares

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	5.90		0	MC	9		2.18		
Energy	kcal	414		0	MC	9		153		
Energy	kJ	1732		0	MC	9		641		
Protein	g	3.40		0	MC	9		1.26		
Total lipid (fat)	g	9.00		0	MC	9		3.33		
Ash	g	1.20		0	MC	9		0.44		
Carbohydrate, by difference	g	80.50		0	MC	9		29.79		
Fiber, total dietary	g	0.6		0	MC	9		0.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	MC	9		1		
Iron, Fe	mg	1.27		0	O	4		0.47		
Magnesium, Mg	mg	13		0	MC	9		5		
Phosphorus, P	mg	42		0	MC	9		16		
Potassium, K	mg	39		0	MC	9		14		
Sodium, Na	mg	351		0	MC	9		130		
Zinc, Zn	mg	0.50		0	MC	9		0.19		
Copper, Cu	mg	0.100		0	MC	9		0.037		
Manganese, Mn	mg	1.601		0	BFZY	4		0.592		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.268		0	O	4		0.469		
Riboflavin	mg	1.365		0	O	4		0.505		
Niacin	mg	16.285		0	O	4		6.025		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	0.900		0	MC	9		0.333		
Folate, total	mcg	109		0	O	4		40		
Folic acid	mcg	90		0	O	4		33		
Folate, food	mcg	19		0	O	4		7		
Folate, DFE	mcg_DFE	172		0	NC	4		64		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	324		0	NC	4		120		
Retinol	mcg	324		0	NR	4		120		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1080		0	NR	4		400		
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	1.400		0	MC	9		0.518		
4:0	g	0.000		0	FLC	4		0.000		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.000		0	FLC	4		0.000		

NDB No. 19438
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.009		0	FLC	4		0.003		
15:0 ... g									
16:0 ... g	0.878		0	FLC	4		0.325		
17:0 ... g									
18:0 ... g	0.324		0	FLC	4		0.120		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.500		0	FLC	4		0.925		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.018		0	FLC	4		0.007		
17:1 ... g									
18:1 undifferentiated ... g	1.943		0	FLC	4		0.719		
20:1 ... g	0.018		0	FLC	4		0.007		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.100		0	FLC	4		1.887		
18:2 undifferentiated ... g	4.346		0	FLC	4		1.608		
18:3 undifferentiated ... g	0.579		0	FLC	4		0.214		
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	MC	9		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 = 37g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 19009
Snacks, KRAFT, CORNNUTS, plain

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	1.30	0.296	8		1		0.37	0.74	
Energy	kcal	446		0	NC	4		127	254	
Energy	kJ	1868		0	NC	4		530	1065	
Protein (N x 6.25)	g	8.50	0.120	8		1		2.41	4.85	
Total lipid (fat)	g	15.64		0	MA	12		4.43	8.91	
Ash	g	2.70	0.249	8		1		0.77	1.54	
Carbohydrate, by difference	g	71.86		0	NC	4		20.37	40.96	
Fiber, total dietary	g	6.9		0		1		2.0	3.9	
Sugars, total	g	0.61		0	FLA	4		0.17	0.35	
Starch	g									
Minerals:										
Calcium, Ca	mg	9	1.166	8		1		3	5	
Iron, Fe	mg	1.67	0.039	8		1		0.47	0.95	
Magnesium, Mg	mg	113	3.299	8		1		32	64	
Phosphorus, P	mg	275	5.169	8		1		78	157	
Potassium, K	mg	278	11.492	8		1		79	158	
Sodium, Na	mg	549	45.568	8		1		156	313	
Zinc, Zn	mg	1.78	0.068	8		1		0.50	1.01	
Copper, Cu	mg	0.115	0.013	8		1		0.033	0.066	
Manganese, Mn	mg	0.455	0.032	8		1		0.129	0.259	
Selenium, Se	mcg	14.8		0	FLM	4		4.2	8.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.041	0.014	6		1		0.012	0.023	
Riboflavin	mg	0.130		1		1		0.037	0.074	
Niacin	mg	1.694	0.135	8		1		0.480	0.966	
Pantothenic acid	mg	0.366		1		4		0.104	0.209	
Vitamin B-6	mg	0.229	0.013	8		1		0.065	0.131	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	20.6		0	NR	4		5.8	11.7	
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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	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		1	MC	9		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.98		0	FLA	4		0.56	1.13	
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			Z	7		0	0	
Vitamin K (phylloquinone)	mcg	9.3		0	FLA	4		2.6	5.3	
Lipids:										
Fatty acids, total saturated	g	2.430		0	MC	9		0.689	1.385	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 19009
Snacks, KRAFT, CORNNUTS, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.030		0	FLM	4		0.009	0.017	
15:0 g									
16:0 g	1.025		0	FLM	4		0.291	0.584	
17:0 g									
18:0 g	1.064		0	FLM	4		0.302	0.606	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.460		0	MC	9		2.682	5.392	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	7.490		0	FLM	4		2.123	4.269	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.050		0	MC	9		0.865	1.739	
18:2 undifferentiated g	3.009		0	FLM	4		0.853	1.715	
18:3 undifferentiated g	0.058		0	FLM	4		0.016	0.033	
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		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 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 2.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19049
Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel

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	1.67		0	MC	9		0.47	0.50	
Energy....kcal	462		0	T	4		131	139	
Energy....kJ	1932		0	T	4		548	580	
Protein....g	9.34		0	T	4		2.65	2.80	
Total lipid (fat)....g	16.62		0	T	4		4.71	4.99	
Ash....g	5.01		0	MC	9		1.42	1.50	
Carbohydrate, by difference....g	67.37		0	NC	4		19.10	20.21	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	180		0	T	4		51	54	
Iron, Fe....mg	0.92		0	T	4		0.26	0.28	
Magnesium, Mg....mg	22		1		4		6	7	
Phosphorus, P....mg	143		1		4		41	43	
Potassium, K....mg	130		1		1		37	39	
Sodium, Na....mg	1553		0	T	4		440	466	
Zinc, Zn....mg	0.73		1		4		0.21	0.22	
Copper, Cu....mg	0.119		1		4		0.034	0.036	
Manganese, Mn....mg	0.448		1		4		0.127	0.134	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	NR	4		0.1	0.1	
Thiamin....mg	0.300		0	MC	9		0.085	0.090	
Riboflavin....mg	0.557	0.019	3		1		0.158	0.167	
Niacin....mg	3.183	0.436	3		1		0.902	0.955	
Pantothenic acid....mg	0.481		1		4		0.136	0.144	
Vitamin B-6....mg	0.046		1		4		0.013	0.014	
Folate, total....mcg	8		1		4		2	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		1		4		2	2	
Folate, DFE....mcg_DFE	8		0	NC	4		2	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.12		1		4		0.03	0.04	
Vitamin A, RAE....mcg_RAE	4		0	NC	4		1	1	
Retinol....mcg	1		0	NC	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	67	30.200	3		1		19	20	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.975		0	T	4		2.828	2.993	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.043		0	T	4		0.012	0.013	

NDB No. 19049
Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	1		0	T	4		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 = 28.35g: 1 oz

Measure 2 = 30g: 10 pieces

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

Food Group: 25 Snacks

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

NDB No. 25009
Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.00		0	O	4		1.92		
Energy....kcal	415		0	T	4		100		
Energy....kJ	1735		0	NC	4		416		
Protein....g	3.78		1	MA	12		0.91		
Total lipid (fat)....g	11.95		1	MA	12		2.87		
Ash....g	3.00		0	FLM	4		0.72		
Carbohydrate, by difference....g	73.01		1	MA	12		17.52		
Fiber, total dietary....g	2.4		1	MA	12		0.6		
Sugars, total....g	37.81		1	MA	12		9.08		
Starch....g									
Minerals:									
Calcium, Ca....mg	943		1	MA	12		226		
Iron, Fe....mg	0.85		1	MA	12		0.20		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	341		1	MA	12		82		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	MA	12		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	51		1	MA	12		12		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.802		1	MA	12		1.632		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.062		1	MA	12		0.015		
Cholesterol....mg	4		1	MA	12		1		
Phytosterols....mg									

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

Common Measures:

NDB No. 25009

Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate

Measure 1 = 24g: 1 bar

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 25 Snacks

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

NDB No. 19440
Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.90		0	MC	9		1.37		
Energy....kcal	420		0	T	4		118		
Energy....kJ	1757		0	T	4		492		
Protein....g	4.47		0	T	4		1.25		
Total lipid (fat)....g	13.02		0	T	4		3.65		
Ash....g	5.30		0	MC	9		1.48		
Carbohydrate, by difference....g	72.31		0	NC	4		20.25		
Fiber, total dietary....g	2.6		0	T	4		0.7		
Sugars, total....g	38.78		0	T	4		10.86		
Starch....g									
Minerals:									
Calcium, Ca....mg	1084		0	T	4		304		
Iron, Fe....mg	1.40		0	T	4		0.39		
Magnesium, Mg....mg	70		0	FLC	4		20		
Phosphorus, P....mg	207		0	FLC	4		58		
Potassium, K....mg	279		0	FLC	4		78		
Sodium, Na....mg	246		0	T	4		69		
Zinc, Zn....mg	1.41		0	FLC	4		0.39		
Copper, Cu....mg	0.312		0	FLC	4		0.087		
Manganese, Mn....mg	1.067		0	FLC	4		0.299		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	T	4		0.0		
Thiamin....mg	0.169		0	FLC	4		0.047		
Riboflavin....mg	0.201		0	FLC	4		0.056		
Niacin....mg	1.539		0	FLC	4		0.431		
Pantothenic acid....mg	0.468		0	FLC	4		0.131		
Vitamin B-6....mg	0.117		0	FLC	4		0.033		
Folate, total....mcg	13		0	FLC	4		4		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	13		0	FLC	4		4		
Folate, DFE....mcg_DFE	13		0	NC	4		4		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.14		0	FLC	4		0.04		
Vitamin B-12, added....mcg	0.00		0	NR	4		0.00		
Vitamin A, RAE....mcg_RAE	15		0	NC	4		4		
Retinol....mcg	14		0	NR	4		4		
Carotene, beta....mcg	6		0	NR	4		2		
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	57		0	NC	4		16		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	10.79		0	NR	4		3.02		
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									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.701		0	FLM	4		1.316		
4:0....g	0.027		0	FLM	4		0.007		

NDB No. 19440

Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.010		0	FLM	4		0.003		
8:0....g	0.010		0	FLM	4		0.003		
10:0....g	0.055		0	FLM	4		0.015		
12:0....g	0.165		0	FLM	4		0.046		
13:0....g									
14:0....g	0.155		0	FLM	4		0.043		
15:0....g									
16:0....g	2.335		0	FLM	4		0.654		
17:0....g									
18:0....g	1.945		0	FLM	4		0.545		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.710		0	FLM	4		1.319		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.056		0	FLM	4		0.016		
17:1....g									
18:1 undifferentiated....g	4.654		0	FLM	4		1.303		
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	2.749		0	FLM	4		0.770		
18:2 undifferentiated....g	2.566		0	FLM	4		0.718		
18:3 undifferentiated....g	0.183		0	FLM	4		0.051		
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	FLC	4		0.000		
Fatty acids, total trans....g	0.051		0	T	4		0.014		
Cholesterol....mg	136		0	MC	9		38		
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 = 28g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 25007
Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter

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	7.00		0	T	4		1.96		
Energy....kcal	463		0	T	4		130		
Energy....kJ	1937		0	NR	4		542		
Protein....g	5.88		1	MA	12		1.65		
Total lipid (fat)....g	20.78		1	MA	12		5.82		
Ash....g	1.43		1	FLM	4		0.40		
Carbohydrate, by difference....g	64.69		0	T	4		18.11		
Fiber, total dietary....g	2.6		1	MA	12		0.7		
Sugars, total....g	44.29		0	MA	12		12.40		
Starch....g									
Minerals:									
Calcium, Ca....mg	871		1	MA	12		244		
Iron, Fe....mg	0.89		1	MA	12		0.25		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	268		1	MA	12		75		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	MA	12		0.1		
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	71		0	NR	4		20		
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	10.411		1	MA	12		2.915		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.319		1	MA	12		0.089		
Cholesterol....mg	5		1	MA	12		1		
Phytosterols....mg									

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

Common Measures:

NDB No. 25007

Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter

Measure 1 = 28g: 1 bar

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 25 Snacks

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

NDB No. 25048
Snacks, NUTRI-GRAIN FRUIT AND NUT BAR

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.26		0	FLC	4				
Energy	kcal	403		0	NC	4				
Energy	kJ	1685		0	NC	4				
Protein	g	9.38		0	FLC	4				
Total lipid (fat)	g	10.93		0	FLC	4				
Ash	g	1.72		0	FLC	4				
Carbohydrate, by difference	g	66.72		0	NC	4				
Fiber, total dietary	g	7.5		0	FLC	4				
Sugars, total	g	32.45		0	FLC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	65		0	FLC	4				
Iron, Fe	mg	5.65		0	FLC	4				
Magnesium, Mg	mg	105		0	FLC	4				
Phosphorus, P	mg	290		0	FLC	4				
Potassium, K	mg	328		0	FLC	4				
Sodium, Na	mg	195		0	FLC	4				
Zinc, Zn	mg	3.28		0	FLC	4				
Copper, Cu	mg	0.436		0	FLC	4				
Manganese, Mn	mg	1.441		0	FLC	4				
Selenium, Se	mcg	11.3		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLC	4				
Thiamin	mg	0.465		0	FLC	4				
Riboflavin	mg	0.616		0	FLC	4				
Niacin	mg	6.442		0	FLC	4				
Pantothenic acid	mg	0.261		0	FLC	4				
Vitamin B-6	mg	0.612		0	FLC	4				
Folate, total	mcg	127		0	FLC	4				
Folic acid	mcg	109		0	FLC	4				
Folate, food	mcg	18		0	FLC	4				
Folate, DFE	mcg_DFE	203		0	NC	4				
Choline, total	mg	24.0		0	FLC	4				
Betaine	mg									
Vitamin B-12	mcg	1.16		0	FLC	4				
Vitamin B-12, added	mcg	1.14		0	FLC	4				
Vitamin A, RAE	mcg_RAE	267		0	NC	4				
Retinol	mcg	266		0	FLC	4				
Carotene, beta	mcg	5		0	FLC	4				
Carotene, alpha	mcg	0		0	FLC	4				
Cryptoxanthin, beta	mcg	0		0	FLC	4				
Vitamin A, IU	IU	896		0	NC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	40		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	3.72		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg	0.05		0	FLC	4				
Tocopherol, gamma	mg	0.10		0	FLC	4				
Tocopherol, delta	mg	0.02		0	FLC	4				
Vitamin D (D2 + D3)	mcg	0.8		0	NR	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	31		0	FLC	4				
Vitamin K (phylloquinone)	mcg	1.2		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	1.930		0	FLC	4				
4:0	g	0.001		0	FLC	4				

NDB No. 25048
Snacks, NUTRI-GRAIN FRUIT AND NUT BAR

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.004		0	FLC	4				
8:0 g	0.050		0	FLC	4				
10:0 g	0.041		0	FLC	4				
12:0 g	0.561		0	FLC	4				
13:0 g	0.000		0	FLC	4				
14:0 g	0.175		0	FLC	4				
15:0 g	0.000		0	FLC	4				
16:0 g	0.766		0	FLC	4				
17:0 g	0.000		0	FLC	4				
18:0 g	0.328		0	FLC	4				
20:0 g	0.005		0	FLC	4				
22:0 g	0.000		0	FLC	4				
24:0 g	0.000		0	FLC	4				
Fatty acids, total monounsaturated g	5.705		0	FLC	4				
14:1 g	0.000		0	FLC	4				
15:1 g									
16:1 undifferentiated g	0.034		0	FLC	4				
17:1 g									
18:1 undifferentiated g	5.664		0	FLC	4				
20:1 g	0.007		0	FLC	4				
22:1 undifferentiated g	0.000		0	FLC	4				
24:1 c g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated g	2.581		0	FLC	4				
18:2 undifferentiated g	2.520		0	FLC	4				
18:3 undifferentiated g	0.061		0	FLC	4				
18:4 g	0.000		0	FLC	4				
20:2 n-6 c,c g	0.000		0	FLC	4				
20:3 undifferentiated g	0.000		0	FLC	4				
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: 25 Snacks

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

NDB No. 19033
Snacks, RALSTON PURINA, CHEX MIX

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.64	0.222	4	A	1				
Energy	kcal	424		0	NC	4				
Energy	kJ	1776		0	NC	4				
Protein (N x 5.9)	g	8.83	0.103	4	A	1				
Total lipid (fat)	g	10.00	0.504	4	A	1				
Ash	g	3.75	0.116	4	A	1				
Carbohydrate, by difference	g	74.77		0	NC	4				
Fiber, total dietary	g	3.9	0.144	4	A	1				
Sugars, total	g	4.85	0.316	4	A	1				
Sucrose	g	3.77	0.242	4	A	1				
Glucose (dextrose)	g	0.00	0.000	4	A	1				
Fructose	g	0.27	0.061	4	A	1				
Lactose	g	0.00	0.000	4	A	1				
Maltose	g	0.81	0.029	4	A	1				
Galactose	g	0.00	0.000	4	A	1				
Starch	g	59.90	0.294	4	A	1				
Minerals:										
Calcium, Ca	mg	34	0.913	4	A	1				
Iron, Fe	mg	2.99	0.074	4	A	1				
Magnesium, Mg	mg	41	0.974	4	A	1				
Phosphorus, P	mg	154	3.028	4	A	1				
Potassium, K	mg	196	2.723	4	A	1				
Sodium, Na	mg	1203	18.875	4	A	1				
Zinc, Zn	mg	1.08	0.046	4	A	1				
Copper, Cu	mg	0.146	0.006	4	A	1				
Manganese, Mn	mg	0.824	0.032	4	A	1				
Selenium, Se	mcg	9.9	0.476	4	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.342	0.005	4	A	1				
Riboflavin	mg	0.210	0.017	4	A	1				
Niacin	mg	4.352	0.112	4	A	1				
Pantothenic acid	mg	0.465	0.010	4	A	1				
Vitamin B-6	mg	0.092	0.006	4	A	1				
Folate, total	mcg	50		0	O	4				
Folic acid	mcg	50		0	O	4				
Folate, food	mcg	0		0	O	4				
Folate, DFE	mcg_DFE	85		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 19033
Snacks, RALSTON PURINA, CHEX 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
Lipids:									
Fatty acids, total saturated....g	1.499		0	NC	4				
4:0....g	0.010	0.000	4	A	1				
6:0....g	0.000	0.000	4	A	1				
8:0....g	0.008	0.000	4	A	1				
10:0....g	0.003	0.000	4	A	1				
12:0....g	0.001	0.000	4	A	1				
13:0....g									
14:0....g	0.008	0.000	4	A	1				
15:0....g	0.003	0.000	4	A	1				
16:0....g	1.020	0.025	4	A	1				
17:0....g	0.010	0.000	4	A	1				
18:0....g	0.435	0.017	4	A	1				
20:0....g	0.000	0.000	4	A	1				
22:0....g	0.000	0.000	4	A	1				
24:0....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated....g	2.921		0	NC	4				
14:1....g	0.000	0.000	4	A	1				
15:1....g	0.000	0.000	4	A	1				
16:1 undifferentiated....g	0.011	0.000	4	AS	1				
16:1 c....g	0.011	0.000	4	A	1				
16:1 t....g	0.000	0.000	4	A	1				
17:1....g	0.000	0.000	4	A	1				
18:1 undifferentiated....g	2.859	0.094	4	AS	1				
18:1 c....g	2.500	0.069	4	A	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.360	0.026	4	A	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.044	0.001	4	A	1				
22:1 undifferentiated....g	0.004	0.003	4	AS	1				
22:1 c....g	0.004	0.002	4	A	1				
22:1 t....g	0.001	0.000	4	A	1				
24:1 c....g	0.002	0.000	4	A	1				
Fatty acids, total polyunsaturated....g	4.473		0	NC	4				
18:2 undifferentiated....g	3.938	0.065	4	AS	1				
18:2 n-6 c,c....g	3.845	0.062	4	A	1				
18:2 CLAs....g	0.010	0.001	4	A	1				
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.083	0.004	4	A	1				
18:3 undifferentiated....g	0.526	0.009	4	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.526	0.009	4	A	1				
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1				
18:3i....g									
18:4....g	0.000	0.000	4	A	1				
20:2 n-6 c,c....g	0.002	0.000	4	A	1				
20:3 undifferentiated....g	0.002	0.000	4	AS	1				
20:3 n-3....g	0.000	0.000	4	A	1				
20:3 n-6....g	0.001	0.000	4	A	1				
20:4 undifferentiated....g	0.001	0.000	4	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	A	1				
21:5....g									
22:4....g	0.001	0.000	4	A	1				
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA)....g	0.001	0.001	4	A	1				
Fatty acids, total trans....g	0.443		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.360		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.083		0	NC	4				
Cholesterol....mg									
Phytosterols....mg									

NDB No. 19033
Snacks, RALSTON PURINA, CHEX 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 25 Snacks

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

NDB No. 19273

Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.60		1	A	1		3.07		
Energy....kcal	342		0	NC	4		72		
Energy....kJ	1432		0		4		301		
Protein....g	0.60		1	A	1		0.13		
Total lipid (fat)....g	1.00		1	A	1		0.21		
Ash....g	1.10		1	A	1		0.23		
Carbohydrate, by difference....g	82.70		0	NC	4		17.37		
Fiber, total dietary....g	7.7		1	A	1		1.6		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	111		1	A	1		23		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	81.6		1	A	1		17.1		
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	835		1	A	1		175		
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 roll

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

NDB No. 19273

Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E

Food Group: 25 Snacks

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

NDB No. 25046
Snacks, bagel chips

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	5.05	0.188	6	A	1				
Energy	kcal	451		0	NC	4				
Energy	kJ	1887		0	NC	4				
Protein	g	12.34	0.126	6	A	1				
Total lipid (fat)	g	15.14	0.489	6	A	1				
Ash	g	1.10	0.011	6	A	1				
Carbohydrate, by difference	g	66.36		0	NC	4				
Fiber, total dietary	g	4.1	0.138	6	A	1				
Sugars, total	g	6.02	0.150	3	A	1				
Sucrose	g	0.00	0.000	3	A	1				
Glucose (dextrose)	g	0.47	0.003	3	A	1				
Fructose	g	0.73	0.017	3	A	1				
Lactose	g	0.00	0.000	3	A	1				
Maltose	g	4.81	0.154	3	A	1				
Galactose	g	0.00	0.000	3	A	1				
Starch	g	49.03	0.779	6	A	1				
Minerals:										
Calcium, Ca	mg	24	0.774	6	A	1				
Iron, Fe	mg	5.05	0.110	6	A	1				
Magnesium, Mg	mg	39	0.778	6	A	1				
Phosphorus, P	mg	131	1.218	6	A	1				
Potassium, K	mg	140	2.154	6	A	1				
Sodium, Na	mg	233	3.269	6	A	1				
Zinc, Zn	mg	1.00	0.013	6	A	1				
Copper, Cu	mg	0.167	0.008	6	A	1				
Manganese, Mn	mg	0.672	0.017	6	A	1				
Selenium, Se	mcg	36.2	2.219	3	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4				
Thiamin	mg	0.523	0.013	3	A	1				
Riboflavin	mg	0.337	0.023	3	A	1				
Niacin	mg	7.660	0.310	3	A	1				
Pantothenic acid	mg	0.467	0.022	3	A	1				
Vitamin B-6	mg	0.117	0.002	3	A	1				
Folate, total	mcg	142		0	FLC	4				
Folic acid	mcg	112		0	FLC	4				
Folate, food	mcg	30		0	FLC	4				
Folate, DFE	mcg_DFE	220		0	NC	4				
Choline, total	mg	17.8		0	FLC	4				
Betaine	mg	53.0		0	FLC	4				
Vitamin B-12	mcg	0.00		0	FLC	4				
Vitamin B-12, added	mcg	0.00		0	FLC	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	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	NC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	14		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.81		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg	0.05		0	FLC	4				
Tocopherol, gamma	mg	0.29		0	FLC	4				
Tocopherol, delta	mg	0.01		0	FLC	4				
Vitamin D (D2 + D3)	mcg	0.0		0	FLC	4				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 25046
Snacks, bagel chips

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4				
Vitamin K (phylloquinone).....mcg	5.2		0	FLC	4				
Lipids:									
Fatty acids, total saturated.....g	6.835		0	NC	4				
4:0.....g	0.003	0.002	3	A	1				
6:0.....g	0.000		2	A	1				
8:0.....g	0.006	0.001	3	A	1				
10:0.....g	0.007	0.000	3	A	1				
12:0.....g	0.062	0.006	3	A	1				
13:0.....g									
14:0.....g	0.161	0.004	3	A	1				
15:0.....g	0.009	0.001	3	A	1				
16:0.....g	5.883	0.088	3	A	1				
17:0.....g	0.014	0.000	3	A	1				
18:0.....g	0.613	0.011	3	A	1				
20:0.....g	0.052	0.001	3	A	1				
22:0.....g	0.011	0.000	3	A	1				
24:0.....g	0.014	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	6.050		0	NC	4				
14:1.....g	0.001	0.001	3	A	1				
15:1.....g	0.000	0.000	3	A	1				
16:1 undifferentiated.....g	0.031	0.000	3	AS	1				
16:1 c.....g	0.031	0.000	3	A	1				
16:1 t.....g	0.000	0.000	3	A	1				
17:1.....g	0.000	0.000	3	A	1				
18:1 undifferentiated.....g	5.975	0.061	3	AS	1				
18:1 c.....g	5.958	0.061	3	A	1				
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.017	0.001	3	A	1				
18:1-11t (18:1t n-7).....g									
20:1.....g	0.034	0.000	3	A	1				
22:1 undifferentiated.....g	0.002	0.000	3	AS	1				
22:1 c.....g	0.002	0.000	3	A	1				
22:1 t.....g	0.000	0.000	3	A	1				
24:1 c.....g	0.008	0.000	3	A	1				
Fatty acids, total polyunsaturated.....g	2.085		0	NC	4				
18:2 undifferentiated.....g	2.015	0.032	3	AS	1				
18:2 n-6 c,c.....g	1.971	0.033	3	A	1				
18:2 CLAs.....g	0.004	0.001	3	A	1				
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.040	0.001	3	A	1				
18:3 undifferentiated.....g	0.059	0.001	3	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.059	0.001	3	A	1				
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1				
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1				
20:2 n-6 c,c.....g	0.002	0.000	3	A	1				
20:3 undifferentiated.....g	0.000	0.000	3	AS	1				
20:3 n-3.....g	0.000	0.000	3	A	1				
20:3 n-6.....g	0.000	0.000	3	A	1				
20:4 undifferentiated.....g	0.004	0.000	3	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1				
21:5.....g									
22:4.....g	0.002	0.000	3	A	1				
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1				
Fatty acids, total trans.....g	0.057		0	NC	4				

NDB No. 25046
Snacks, bagel chips

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.017		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.040		0	NC	4				
Cholesterol.....mg	0		0	FLC	4				
Phytosterols.....mg	18		0	FLC	4				
Amino Acids:									
Tryptophan.....g	0.143		0	A	1				
Threonine.....g	0.357		0	A	1				
Isoleucine.....g	0.511		0	A	1				
Leucine.....g	0.919		0	A	1				
Lysine.....g	0.194		0	A	1				
Methionine.....g	0.184		0	A	1				
Cystine.....g	0.286		0	A	1				
Phenylalanine.....g	0.684		0	A	1				
Tyrosine.....g	0.306		0	A	1				
Valine.....g	0.572		0	A	1				
Arginine.....g	0.449		0	A	1				
Histidine.....g	0.265		0	A	1				
Alanine.....g	0.409		0	A	1				
Aspartic acid.....g	0.531		0	A	1				
Glutamic acid.....g	4.820		0	A	1				
Glycine.....g	0.490		0	A	1				
Proline.....g	1.624		0	A	1				
Serine.....g	0.613		0	A	1				
Hydroxyproline.....g									
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: 25 Snacks

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

NDB No. 19400
Snacks, banana chips

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures 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		2		1		1.22	3.66	1.81
Energy....kcal	519		0	NC	4		147	441	218
Energy....kJ	2170		0	NC	4		615	1845	912
Protein (N x 6.25)....g	2.30		2		1		0.65	1.96	0.97
Total lipid (fat)....g	33.60		2		1		9.53	28.56	14.11
Ash....g	1.40		2		1		0.40	1.19	0.59
Carbohydrate, by difference....g	58.40		0	NC	4		16.56	49.64	24.53
Fiber, total dietary....g	7.7		0		1		2.2	6.5	3.2
Sugars, total....g	35.34		0	O	4		10.02	30.04	14.84
Starch....g									
Minerals:									
Calcium, Ca....mg	18		2		1		5	15	8
Iron, Fe....mg	1.25		2		1		0.35	1.06	0.53
Magnesium, Mg....mg	76		2		1		22	65	32
Phosphorus, P....mg	56		2		1		16	48	24
Potassium, K....mg	536		2		1		152	456	225
Sodium, Na....mg	6		2		1		2	5	3
Zinc, Zn....mg	0.75		2		1		0.21	0.64	0.32
Copper, Cu....mg	0.205		2		1		0.058	0.174	0.086
Manganese, Mn....mg	1.560		2		1		0.442	1.326	0.655
Selenium, Se....mcg	1.5		0	FLM	4		0.4	1.3	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.3		2		1		1.8	5.4	2.6
Thiamin....mg	0.085		2		1		0.024	0.072	0.036
Riboflavin....mg	0.017		2		1		0.005	0.014	0.007
Niacin....mg	0.710		2		1		0.201	0.604	0.298
Pantothenic acid....mg	0.620		2		1		0.176	0.527	0.260
Vitamin B-6....mg	0.260		2		1		0.074	0.221	0.109
Folate, total....mcg	14		2		1		4	12	6
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	14		2		1		4	12	6
Folate, DFE....mcg_DFE	14		0	NC	4		4	12	6
Choline, total....mg	21.3		0	FLA	4		6.0	18.1	8.9
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	4		0	NC	4		1	4	2
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	34		0	BNA	4		10	29	14
Carotene, alpha....mcg	32		0	BNA	4		9	27	14
Cryptoxanthin, beta....mcg	0		0	BNA	4		0	0	0
Vitamin A, IU....IU	83		1		4		24	71	35
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	46		0	FLA	4		13	39	19
Vitamin E (alpha-tocopherol)....mg	0.24		0	FLA	4		0.07	0.21	0.10
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0			Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	1.3		0	FLA	4		0.4	1.1	0.5
Lipids:									
Fatty acids, total saturated....g	28.970		0		1		8.213	24.625	12.167
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 19400
Snacks, banana chips

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.200		1		1		0.057	0.170	0.084
8:0 g	2.510		1		1		0.712	2.134	1.054
10:0 g	2.010		1		1		0.570	1.709	0.844
12:0 g	14.910		1		1		4.227	12.674	6.262
13:0 g									
14:0 g	5.620		1		1		1.593	4.777	2.360
15:0 g									
16:0 g	2.790		1		1		0.791	2.372	1.172
17:0 g									
18:0 g	0.940		1		1		0.266	0.799	0.395
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.950		0		1		0.553	1.658	0.819
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		1		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	1.950		1		1		0.553	1.658	0.819
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	0.630		0		1		0.179	0.536	0.265
18:2 undifferentiated g	0.620		1		1		0.176	0.527	0.260
18:3 undifferentiated g	0.010		1		1		0.003	0.009	0.004
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		1		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.027		0		1		0.008	0.023	0.011
Threonine g	0.076		0		1		0.022	0.065	0.032
Isoleucine g	0.074		0		1		0.021	0.063	0.031
Leucine g	0.158		0		1		0.045	0.134	0.066
Lysine g	0.107		0		1		0.030	0.091	0.045
Methionine g	0.024		0		1		0.007	0.020	0.010
Cystine g	0.039		0		1		0.011	0.033	0.016
Phenylalanine g	0.086		0		1		0.024	0.073	0.036
Tyrosine g	0.053		0		1		0.015	0.045	0.022
Valine g	0.104		0		1		0.029	0.088	0.044
Arginine g	0.104		0		1		0.029	0.088	0.044
Histidine g	0.180		0		1		0.051	0.153	0.076
Alanine g	0.087		0		1		0.025	0.074	0.037
Aspartic acid g	0.253		0		1		0.072	0.215	0.106
Glutamic acid g	0.248		0		1		0.070	0.211	0.104
Glycine g	0.082		0		1		0.023	0.070	0.034
Proline g	0.089		0		1		0.025	0.076	0.037
Serine g	0.104		0		1		0.029	0.088	0.044
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		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. 19400
Snacks, banana chips

Common Measures:

Measure 1 = 28.35g: 1 oz
Measure 2 = 85g: 3 oz
Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.4 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 25 Snacks

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

NDB No. 19002
Snacks, beef jerky, chopped and formed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	23.36		1	MA	12		6.62	4.67	
Energy....kcal	407		0	NC	4		115	81	
Energy....kJ	1704		0	NC	4		483	341	
Protein....g	33.20		1	MA	12		9.41	6.64	
Total lipid (fat)....g	25.60		1	MA	12		7.26	5.12	
Ash....g	6.80		1	MA	12		1.93	1.36	
Carbohydrate, by difference....g	11.04		0	NC	4		3.13	2.21	
Fiber, total dietary....g	1.8		1	MA	12		0.5	0.4	
Sugars, total....g	9.00		0	O	4		2.55	1.80	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1	MA	12		6	4	
Iron, Fe....mg	5.42		1	MA	12		1.54	1.08	
Magnesium, Mg....mg	51		0	FLC	4		14	10	
Phosphorus, P....mg	407		0	FLC	4		115	81	
Potassium, K....mg	597		0	FLC	4		169	119	
Sodium, Na....mg	2213		1	MA	12		627	443	
Zinc, Zn....mg	8.11		2	MA	12		2.30	1.62	
Copper, Cu....mg	0.227		2	MA	12		0.064	0.045	
Manganese, Mn....mg	0.111		2	MA	12		0.031	0.022	
Selenium, Se....mcg	10.7		0	FLM	4		3.0	2.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.154		0	FLC	4		0.044	0.031	
Riboflavin....mg	0.142		0	FLC	4		0.040	0.028	
Niacin....mg	1.732		0	FLC	4		0.491	0.346	
Pantothenic acid....mg	0.163		0	FLC	4		0.046	0.033	
Vitamin B-6....mg	0.179		0	FLC	4		0.051	0.036	
Folate, total....mcg	134		0	FLC	4		38	27	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	134		0	FLC	4		38	27	
Folate, DFE....mcg_DFE	134		0	NC	4		38	27	
Choline, total....mg	109.1		0	FLA	4		30.9	21.8	
Betaine....mg									
Vitamin B-12....mcg	0.99		0	FLC	4		0.28	0.20	
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	FLC	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	0.49		0	NR	4		0.14	0.10	
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	0.3		0	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	O	4		0.1	0.1	
Vitamin D....IU	11		0	O	4		3	2	
Vitamin K (phylloquinone)....mcg	2.3		0	BFFN	4		0.6	0.5	
Lipids:									
Fatty acids, total saturated....g	10.850		1	MA	12		3.076	2.170	
4:0....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 19002
Snacks, beef jerky, chopped and formed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.015		0	FLC	4		0.004	0.003	
12:0 g	0.162		0	FLC	4		0.046	0.032	
13:0 g									
14:0 g	0.819		0	FLC	4		0.232	0.164	
15:0 g									
16:0 g	5.720		0	FLC	4		1.622	1.144	
17:0 g									
18:0 g	3.897		0	FLC	4		1.105	0.779	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.305		1	MA	12		3.205	2.261	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.135		0	FLC	4		0.322	0.227	
17:1 g									
18:1 undifferentiated g	10.099		0	FLC	4		2.863	2.020	
20:1 g	0.071		0	FLC	4		0.020	0.014	
22:1 undifferentiated g	0.000		0	FLC	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.011		1	MA	12		0.287	0.202	
18:2 undifferentiated g	0.810		0	FLC	4		0.230	0.162	
18:3 undifferentiated g	0.185		0	FLC	4		0.052	0.037	
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	0.016		0	FLC	4		0.005	0.003	
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	48		1	MA	12		14	10	
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 = 28.35g: 1 oz

Measure 2 = 20g: 1 piece, large

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

Food Group: 25 Snacks

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

NDB No. 19407
Snacks, beef sticks, smoked

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	19.10	0.190	5		1		5.41	3.82	
Energy	kcal	550		0	NC	4		156	110	
Energy	kJ	2301				4		652	460	
Protein (N x 6.2)	g	21.50	0.512	5		1		6.10	4.30	
Total lipid (fat)	g	49.60	0.695	5		1		14.06	9.92	
Ash	g	4.40	0.151	5		1		1.25	0.88	
Carbohydrate, by difference	g	5.40		0	NC	4		1.53	1.08	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	68		1		1		19	14	
Iron, Fe	mg	3.40		1		1		0.96	0.68	
Magnesium, Mg	mg	21		1		4		6	4	
Phosphorus, P	mg	180		1		1		51	36	
Potassium, K	mg	257		1		4		73	51	
Sodium, Na	mg	1480	37.417	5		1		420	296	
Zinc, Zn	mg	2.42		1		4		0.69	0.48	
Copper, Cu	mg	0.130		1		4		0.037	0.026	
Manganese, Mn	mg	0.086		1		4		0.024	0.017	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.8		1		4		1.9	1.4	
Thiamin	mg	0.141		1		1		0.040	0.028	
Riboflavin	mg	0.436		1		1		0.124	0.087	
Niacin	mg	4.540		1		1		1.287	0.908	
Pantothenic acid	mg	0.328		1		4		0.093	0.066	
Vitamin B-6	mg	0.205		1		4		0.058	0.041	
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	1.00		1		4		0.28	0.20	
Vitamin A, RAE	mcg_RAE	13		0	NC	4		4	3	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	150		0	NR	4		43	30	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	250		0	NC	4		71	50	
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	20.800		0		1		5.897	4.160	
4:0	g									
6:0	g									
8:0	g									

NDB No. 19407
Snacks, beef sticks, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.010		1		1		0.003	0.002	
12:0 g	0.330		1		1		0.094	0.066	
13:0 g									
14:0 g	1.430		1		1		0.405	0.286	
15:0 g									
16:0 g	11.770		1		1		3.337	2.354	
17:0 g									
18:0 g	7.260		1		1		2.058	1.452	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	20.470		0		1		5.803	4.094	
14:1 g									
15:1 g									
16:1 undifferentiated g	2.300		1		1		0.652	0.460	
17:1 g									
18:1 undifferentiated g	17.910		1		1		5.077	3.582	
20:1 g	0.250		1		1		0.071	0.050	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	4.420		0		1		1.253	0.884	
18:2 undifferentiated g	4.030		1		1		1.143	0.806	
18:3 undifferentiated g	0.380		1		1		0.108	0.076	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.010		1		1		0.003	0.002	
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	133	0.926	4		1		38	27	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.184		0		1		0.052	0.037	
Threonine g	0.832		0		1		0.236	0.166	
Isoleucine g	0.818		0		1		0.232	0.164	
Leucine g	1.473		0		1		0.418	0.295	
Lysine g	1.518		0		1		0.430	0.304	
Methionine g	0.454		0		1		0.129	0.091	
Cystine g	0.291		0		1		0.082	0.058	
Phenylalanine g	0.801		0		1		0.227	0.160	
Tyrosine g	0.596		0		1		0.169	0.119	
Valine g	0.950		0		1		0.269	0.190	
Arginine g	1.522		0		1		0.431	0.304	
Histidine g	0.530		0		1		0.150	0.106	
Alanine g	1.470		0		1		0.417	0.294	
Aspartic acid g	1.979		0		1		0.561	0.396	
Glutamic acid g	3.037		0		1		0.861	0.607	
Glycine g	2.160		0		1		0.612	0.432	
Proline g	1.463		0		1		0.415	0.293	
Serine g	0.894		0		1		0.253	0.179	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 20g: 1 stick

NDB No. 19407
Snacks, beef sticks, smoked

Calories Factors: Protein 4.1 **Fat** 9 **Carbohydrate** 2.9

Food Group: 25 Snacks

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

NDB No. 25043
Snacks, candy bits, yogurt covered with 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	3.73		0	FLC	4				
Energy	kcal	415		0	NC	4				
Energy	kJ	1737		0	NC	4				
Protein	g	0.00		0	LC	8				
Total lipid (fat)	g	7.50		0	LC	8				
Ash	g	1.87		0	FLC	4				
Carbohydrate, by difference	g	86.90		0	NC	4				
Fiber, total dietary	g	0.2		0	FLC	4				
Sugars, total	g	65.00		0	LC	8				
Starch	g									
Minerals:										
Calcium, Ca	mg	500		0	FLC	4				
Iron, Fe	mg	0.19		0	FLC	4				
Magnesium, Mg	mg	23		0	FLC	4				
Phosphorus, P	mg	190		0	FLC	4				
Potassium, K	mg	338		0	FLC	4				
Sodium, Na	mg	75		0	LC	8				
Zinc, Zn	mg	0.86		0	FLC	4				
Copper, Cu	mg	0.021		0	FLC	4				
Manganese, Mn	mg	0.021		0	FLC	4				
Selenium, Se	mcg	6.0		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	180.0		0	LC	8				
Thiamin	mg	0.079		0	FLC	4				
Riboflavin	mg	0.343		0	FLC	4				
Niacin	mg	0.173		0	FLC	4				
Pantothenic acid	mg	0.620		0	FLC	4				
Vitamin B-6	mg	0.069		0	FLC	4				
Folate, total	mcg	10		0	FLC	4				
Folic acid	mcg	0		0	FLC	4				
Folate, food	mcg	10		0	FLC	4				
Folate, DFE	mcg_DFE	10		0	NC	4				
Choline, total	mg	57.8		0	FLC	4				
Betaine	mg									
Vitamin B-12	mcg	0.76		0	FLC	4				
Vitamin B-12, added	mcg	0.00		0	FLC	4				
Vitamin A, RAE	mcg_RAE	1		0	FLC	4				
Retinol	mcg	1		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	3		0	FLC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	2		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.60		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg	0.00		0	FLC	4				
Tocopherol, gamma	mg	0.00		0	FLC	4				
Tocopherol, delta	mg	0.00		0	FLC	4				
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	FLC	4				
Vitamin D	IU	0		0	FLC	4				
Vitamin K (phylloquinone)	mcg	13.5		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	1.194		0	FLC	4				
4:0	g	0.005		0	FLC	4				

NDB No. 25043
Snacks, candy bits, yogurt covered with vitamin C

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.001		0	FLC	4				
8:0....g	0.001		0	FLC	4				
10:0....g	0.003		0	FLC	4				
12:0....g	0.002		0	FLC	4				
13:0....g									
14:0....g	0.022		0	FLC	4				
15:0....g									
16:0....g	0.925		0	FLC	4				
17:0....g									
18:0....g	0.230		0	FLC	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.845		0	FLC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.034		0	FLC	4				
17:1....g									
18:1 undifferentiated....g	0.809		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	3.341		0	FLC	4				
18:2 undifferentiated....g	2.961		0	FLC	4				
18:3 undifferentiated....g	0.380		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	3		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: 25 Snacks

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

NDB No. 25003

Snacks, candy rolls, yogurt-covered, fruit flavored with high 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	17.59		0	FLC	4				
Energy	kcal	359		0	NC	4				
Energy	kJ	1503		0	NC	4				
Protein	g	0.46		0	FLC	4				
Total lipid (fat)	g	6.53		0	FLC	4				
Ash	g	0.77		0	FLC	4				
Carbohydrate, by difference	g	74.64		0	NC	4				
Fiber, total dietary	g	3.3		0	FLC	4				
Sugars, total	g	39.15		0	FLC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	430		0	FLC	4				
Iron, Fe	mg	0.56		0	FLC	4				
Magnesium, Mg	mg	9		0	FLC	4				
Phosphorus, P	mg	18		0	FLC	4				
Potassium, K	mg	100		0	FLC	4				
Sodium, Na	mg	8		0	FLC	4				
Zinc, Zn	mg	0.19		0	FLC	4				
Copper, Cu	mg	0.114		0	FLC	4				
Manganese, Mn	mg	0.082		0	FLC	4				
Selenium, Se	mcg	1.2		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	260.8		0	FLC	4				
Thiamin	mg	0.015		0	FLC	4				
Riboflavin	mg	0.025		0	FLC	4				
Niacin	mg	0.100		0	FLC	4				
Pantothenic acid	mg	0.043		0	FLC	4				
Vitamin B-6	mg	0.026		0	FLC	4				
Folate, total	mcg	2		0	FLC	4				
Folic acid	mcg	0		0	FLC	4				
Folate, food	mcg	2		0	FLC	4				
Folate, DFE	mcg_DFE	2		0	NC	4				
Choline, total	mg	7.5		0	FLC	4				
Betaine	mg	0.0		0	FLC	4				
Vitamin B-12	mcg	0.00		0	FLC	4				
Vitamin B-12, added	mcg	0.00		0	FLC	4				
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	62		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.41		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg	0.00		0	FLC	4				
Tocopherol, gamma	mg	0.00		0	FLC	4				
Tocopherol, delta	mg	0.00		0	FLC	4				
Vitamin D (D2 + D3)	mcg	0.0		0	FLC	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	FLC	4				
Vitamin D	IU	0		0	FLC	4				
Vitamin K (phylloquinone)	mcg	2.6		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	5.096		0	FLC	4				
4:0	g	0.000		0	FLC	4				

NDB No. 25003

Snacks, candy rolls, yogurt-covered, fruit flavored with high 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	0.013		0	FLC	4				
8:0....g	0.204		0	FLC	4				
10:0....g	0.229		0	FLC	4				
12:0....g	2.910		0	FLC	4				
13:0....g									
14:0....g	1.016		0	FLC	4				
15:0....g									
16:0....g	0.539		0	FLC	4				
17:0....g									
18:0....g	0.182		0	FLC	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.753		0	FLC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLC	4				
17:1....g									
18:1 undifferentiated....g	0.751		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	0.238		0	FLC	4				
18:2 undifferentiated....g	0.225		0	FLC	4				
18:3 undifferentiated....g	0.013		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	6		0	FLC	4				
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: 25 Snacks

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

NDB No. 19419
Snacks, corn cakes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.60		1		1		0.41	0.83	
Energy....kcal	387		0	NC	4		35	70	
Energy....kJ	1619		0		4		146	291	
Protein (N x 6.1)....g	8.10		1		1		0.73	1.46	
Total lipid (fat)....g	2.40		1		1		0.22	0.43	
Ash....g	1.50		1		1		0.14	0.27	
Carbohydrate, by difference....g	83.40		0	NC	4		7.51	15.01	
Fiber, total dietary....g	1.9		0		4		0.2	0.3	
Sugars, total....g	23.47		0	FLA	4		2.11	4.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		1		1		2	3	
Iron, Fe....mg	1.40		1		1		0.13	0.25	
Magnesium, Mg....mg	114		1		1		10	21	
Phosphorus, P....mg	157		1		1		14	28	
Potassium, K....mg	157		1		1		14	28	
Sodium, Na....mg	488		1		1		44	88	
Zinc, Zn....mg	2.00		1		1		0.18	0.36	
Copper, Cu....mg	0.420		1		1		0.038	0.076	
Manganese, Mn....mg	1.815		1		4		0.163	0.327	
Selenium, Se....mcg	9.9		0	BFZN	4		0.9	1.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.250		1		1		0.023	0.045	
Riboflavin....mg	0.050		1		1		0.005	0.009	
Niacin....mg	5.150		1		1		0.464	0.927	
Pantothenic acid....mg	0.830		1		4		0.075	0.149	
Vitamin B-6....mg	0.140		1		1		0.013	0.025	
Folate, total....mcg	19		1		1		2	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19		1		1		2	3	
Folate, DFE....mcg_DFE	19		0	NC	4		2	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	70		0	NC	4		6	13	
Retinol....mcg	69		0	BNA	4		6	12	
Carotene, beta....mcg	5		0	BNA	4		0	1	
Carotene, alpha....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....mcg	4		0	BNA	4		0	1	
Vitamin A, IU....IU	242		0	NC	4		22	44	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		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	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.420		0		1		0.038	0.076	
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. 19419
Snacks, corn cakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		1		0.000	0.000	
13:0 g									
14:0 g	0.010		1		1		0.001	0.002	
15:0 g									
16:0 g	0.360		1		1		0.032	0.065	
17:0 g									
18:0 g	0.040		1		1		0.004	0.007	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.760		0		1		0.068	0.137	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		1		1		0.001	0.002	
17:1 g									
18:1 undifferentiated g	0.760		1		1		0.068	0.137	
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	0.930		0		1		0.084	0.167	
18:2 undifferentiated g	0.890		1		1		0.080	0.160	
18:3 undifferentiated g	0.030		1		1		0.003	0.005	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.081		0		1		0.007	0.015	
Threonine g	0.301		0		1		0.027	0.054	
Isoleucine g	0.316		0		1		0.028	0.057	
Leucine g	0.837		0		1		0.075	0.151	
Lysine g	0.267		0		1		0.024	0.048	
Methionine g	0.177		0		1		0.016	0.032	
Cystine g	0.124		0		1		0.011	0.022	
Phenylalanine g	0.408		0		1		0.037	0.073	
Tyrosine g	0.317		0		1		0.029	0.057	
Valine g	0.442		0		1		0.040	0.080	
Arginine g	0.506		0		1		0.046	0.091	
Histidine g	0.227		0		1		0.020	0.041	
Alanine g	0.540		0		1		0.049	0.097	
Aspartic acid g	0.659		0		1		0.059	0.119	
Glutamic acid g	1.584		0		1		0.143	0.285	
Glycine g	0.365		0		1		0.033	0.066	
Proline g	0.548		0		1		0.049	0.099	
Serine g	0.402		0		1		0.036	0.072	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		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. 19419
Snacks, corn cakes

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.1 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19800
Snacks, corn cakes, very low sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.60		1		1		0.41	0.83	
Energy	kcal	387		0	NC	4		35	70	
Energy	kJ	1619				4		146	291	
Protein (N x 6.1)	g	8.10		1		1		0.73	1.46	
Total lipid (fat)	g	2.40		1		1		0.22	0.43	
Ash	g	1.50		1		1		0.14	0.27	
Carbohydrate, by difference	g	83.40		0	NC	4		7.51	15.01	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		1		1		2	3	
Iron, Fe	mg	1.40		1		1		0.13	0.25	
Magnesium, Mg	mg	114		1		1		10	21	
Phosphorus, P	mg	157		1		1		14	28	
Potassium, K	mg	157		1		1		14	28	
Sodium, Na	mg	28		1		1		3	5	
Zinc, Zn	mg	2.00		1		1		0.18	0.36	
Copper, Cu	mg	0.420		1		1		0.038	0.076	
Manganese, Mn	mg	1.815		1		4		0.163	0.327	
Selenium, Se	mcg	9.9		0	BFZN	4		0.9	1.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.250		1		1		0.023	0.045	
Riboflavin	mg	0.050		1		1		0.005	0.009	
Niacin	mg	5.150		1		1		0.464	0.927	
Pantothenic acid	mg	0.830		1		4		0.075	0.149	
Vitamin B-6	mg	0.140		1		1		0.013	0.025	
Folate, total	mcg	19		1		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	19		1		1		2	3	
Folate, DFE	mcg_DFE	19		0	NC	4		2	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	12		0	NC	4		1	2	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	242		1		1		22	44	
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	0.420		0		1		0.038	0.076	
4:0	g									
6:0	g									
8:0	g									

NDB No. 19800
Snacks, corn cakes, very low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.000		1		1		0.000	0.000	
13:0 g									
14:0 g	0.010		1		1		0.001	0.002	
15:0 g									
16:0 g	0.360		1		1		0.032	0.065	
17:0 g									
18:0 g	0.040		1		1		0.004	0.007	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.760		0		1		0.068	0.137	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		1		1		0.001	0.002	
17:1 g									
18:1 undifferentiated g	0.760		1		1		0.068	0.137	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.930		0		1		0.084	0.167	
18:2 undifferentiated g	0.890		1		1		0.080	0.160	
18:3 undifferentiated g	0.030		1		1		0.003	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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.081		0		1		0.007	0.015	
Threonine g	0.301		0		1		0.027	0.054	
Isoleucine g	0.316		0		1		0.028	0.057	
Leucine g	0.837		0		1		0.075	0.151	
Lysine g	0.267		0		1		0.024	0.048	
Methionine g	0.177		0		1		0.016	0.032	
Cystine g	0.124		0		1		0.011	0.022	
Phenylalanine g	0.408		0		1		0.037	0.073	
Tyrosine g	0.317		0		1		0.029	0.057	
Valine g	0.442		0		1		0.040	0.080	
Arginine g	0.506		0		1		0.046	0.091	
Histidine g	0.227		0		1		0.020	0.041	
Alanine g	0.540		0		1		0.049	0.097	
Aspartic acid g	0.659		0		1		0.059	0.119	
Glutamic acid g	1.584		0		1		0.143	0.285	
Glycine g	0.365		0		1		0.033	0.066	
Proline g	0.548		0		1		0.049	0.099	
Serine g	0.402		0		1		0.036	0.072	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19800
Snacks, corn cakes, very low sodium

Calories Factors: Protein 3.1 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19004
Snacks, corn-based, extruded, chips, barbecue-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	1.20	0.095	21		1		0.34	2.38	
Energy....kcal	523		0		4		148	1036	
Energy....kJ	2188				4		620	4333	
Protein (N x 6.1)....g	7.00	0.177	21		1		1.98	13.86	
Total lipid (fat)....g	32.70	0.435	22		1		9.27	64.75	
Ash....g	2.80	0.162	20		1		0.79	5.54	
Carbohydrate, by difference....g	56.20		0	NC	4		15.93	111.28	
Fiber, total dietary....g	5.2		0		4		1.5	10.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	131	5.863	21		1		37	259	
Iron, Fe....mg	1.54	0.087	21		1		0.44	3.05	
Magnesium, Mg....mg	77	1.784	19		1		22	152	
Phosphorus, P....mg	207	6.006	19		1		59	410	
Potassium, K....mg	236	31.024	22		1		67	467	
Sodium, Na....mg	763	35.568	7		1		216	1511	
Zinc, Zn....mg	1.06	0.109	19		1		0.30	2.10	
Copper, Cu....mg	0.166	0.039	18		1		0.047	0.329	
Manganese, Mn....mg	0.774	0.222	14		1		0.219	1.533	
Selenium, Se....mcg	4.1		0	FLM	4		1.2	8.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7	0.853	6		1		0.5	3.4	
Thiamin....mg	0.075	0.016	20		1		0.021	0.149	
Riboflavin....mg	0.210	0.020	17		1		0.060	0.416	
Niacin....mg	1.645	0.059	20		1		0.466	3.257	
Pantothenic acid....mg	0.143	0.043	3		1		0.041	0.283	
Vitamin B-6....mg	0.230	0.023	6		1		0.065	0.455	
Folate, total....mcg	39		1		4		11	77	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	39		1		4		11	77	
Folate, DFE....mcg_DFE	39		0	NC	4		11	77	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	31		0	NC	4		9	60	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	611	58.327	15		1		173	1210	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.460		0		1		1.264	8.831	
4:0....g									
6:0....g									
8:0....g									

NDB No. 19004
Snacks, corn-based, extruded, chips, barbecue-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									
12:0 g									
13:0 g									
14:0 g									
15:0 g									
16:0 g	3.510		2		1		0.995	6.950	
17:0 g									
18:0 g	0.960		2		1		0.272	1.901	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.480		0		1		2.688	18.770	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.090		2		1		0.026	0.178	
17:1 g									
18:1 undifferentiated g	9.390		2		1		2.662	18.592	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	16.170		0		1		4.584	32.017	
18:2 undifferentiated g	14.940		2		1		4.235	29.581	
18:3 undifferentiated g	1.230		2		1		0.349	2.435	
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	0.111	4		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.063		0		1		0.018	0.125	
Threonine g	0.279		0		1		0.079	0.552	
Isoleucine g	0.277		0		1		0.079	0.548	
Leucine g	0.747		0		1		0.212	1.479	
Lysine g	0.284		0		1		0.081	0.562	
Methionine g	0.134		0		1		0.038	0.265	
Cystine g	0.119		0		1		0.034	0.236	
Phenylalanine g	0.333		0		1		0.094	0.659	
Tyrosine g	0.273		0		1		0.077	0.541	
Valine g	0.357		0		1		0.101	0.707	
Arginine g	0.373		0		1		0.106	0.739	
Histidine g	0.200		0		1		0.057	0.396	
Alanine g	0.475		0		1		0.135	0.941	
Aspartic acid g	0.586		0		1		0.166	1.160	
Glutamic acid g	1.243		0		1		0.352	2.461	
Glycine g	0.293		0		1		0.083	0.580	
Proline g	0.521		0		1		0.148	1.032	
Serine g	0.337		0		1		0.096	0.667	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 19004
Snacks, corn-based, extruded, chips, barbecue-flavor

Calories Factors: Protein 2.7 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 25 Snacks

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

NDB No. 19804

Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.20		0	BFZN	4		0.34		
Energy....kcal	523		0	BFZN	4		148		
Energy....kJ	2188				4		620		
Protein....g	7.00		0	BFZN	4		1.98		
Total lipid (fat)....g	32.70		0	BFZN	4		9.27		
Ash....g	2.80		0	BFZN	4		0.79		
Carbohydrate, by difference....g	56.20		0	BFZN	4		15.93		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	131		0	BFZN	4		37		
Iron, Fe....mg	4.90		0	BFZN	4		1.39		
Magnesium, Mg....mg	77		0	BFZN	4		22		
Phosphorus, P....mg	207		0	BFZN	4		59		
Potassium, K....mg	236		0	BFZN	4		67		
Sodium, Na....mg	763		0	BFZN	4		216		
Zinc, Zn....mg	1.06		0	BFZN	4		0.30		
Copper, Cu....mg	0.166		0	BFZN	4		0.047		
Manganese, Mn....mg	0.774		0	BFZN	4		0.219		
Selenium, Se....mcg	6.7		0	BFZN	4		1.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		0	BFZN	4		0.5		
Thiamin....mg	0.420		1	MA	12		0.119		
Riboflavin....mg	0.480		1	MA	12		0.136		
Niacin....mg	6.300		1	MA	12		1.786		
Pantothenic acid....mg	0.143		0	BFZN	4		0.041		
Vitamin B-6....mg	0.230		0	BFZN	4		0.065		
Folate, total....mcg	200		1	MA	12		57		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	200		1	MA	12		57		
Folate, DFE....mcg_DFE	200		0	NC	4		57		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	31		0	NC	4		9		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	611		0	BFZN	4		173		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.460		0	BFZN	4		1.264		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		

NDB No. 19804

Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
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	3.510		0	BFZN	4		0.995		
17:0 g									
18:0 g	0.960		0	BFZN	4		0.272		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.480		0	BFZN	4		2.688		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.090		0	BFZN	4		0.026		
17:1 g									
18:1 undifferentiated g	9.390		0	BFZN	4		2.662		
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	16.170		0	BFZN	4		4.584		
18:2 undifferentiated g	14.940		0	BFZN	4		4.235		
18:3 undifferentiated g	1.230		0	BFZN	4		0.349		
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									
Amino Acids:									
Tryptophan g	0.063		0	BFZN	4		0.018		
Threonine g	0.279		0	BFZN	4		0.079		
Isoleucine g	0.277		0	BFZN	4		0.079		
Leucine g	0.747		0	BFZN	4		0.212		
Lysine g	0.284		0	BFZN	4		0.081		
Methionine g	0.134		0	BFZN	4		0.038		
Cystine g	0.119		0	BFZN	4		0.034		
Phenylalanine g	0.333		0	BFZN	4		0.094		
Tyrosine g	0.273		0	BFZN	4		0.077		
Valine g	0.357		0	BFZN	4		0.101		
Arginine g	0.373		0	BFZN	4		0.106		
Histidine g	0.200		0	BFZN	4		0.057		
Alanine g	0.475		0	BFZN	4		0.135		
Aspartic acid g	0.586		0	BFZN	4		0.166		
Glutamic acid g	1.243		0	BFZN	4		0.352		
Glycine g	0.293		0	BFZN	4		0.083		
Proline g	0.521		0	BFZN	4		0.148		
Serine g	0.337		0	BFZN	4		0.096		
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 19804

Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour

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

Food Group: 25 Snacks

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

NDB No. 19003
Snacks, corn-based, extruded, chips, plain

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	0.33	0.065	6	A	1		0.09	0.66	
Energy	kcal	518		0	NC	4		147	1026	
Energy	kJ	2169		0	NC	4		615	4294	
Protein (N x 6.25)	g	6.03	0.064	6	A	1		1.71	11.94	
Total lipid (fat)	g	28.41	0.581	6	A	1		8.05	56.24	
Ash	g	2.22	0.106	6	A	1		0.63	4.40	
Carbohydrate, by difference	g	63.01		0	NC	4		17.86	124.76	
Fiber, total dietary	g	5.3	0.342	4	A	1		1.5	10.4	
Sugars, total	g	1.16	0.280	4	A	1		0.33	2.30	
Sucrose	g	0.54	0.060	4	A	1		0.15	1.07	
Glucose (dextrose)	g	0.22	0.101	4	A	1		0.06	0.44	
Fructose	g	0.32	0.190	4	A	1		0.09	0.64	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.07	0.000	4	A	1		0.02	0.15	
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	
Starch	g	5.17	0.216	4	A	1		1.47	10.24	
Minerals:										
Calcium, Ca	mg	164	9.351	6	A	1		46	324	
Iron, Fe	mg	1.32	0.065	6	A	1		0.37	2.62	
Magnesium, Mg	mg	84	2.309	6	A	1		24	166	
Phosphorus, P	mg	157	5.046	6	A	1		45	311	
Potassium, K	mg	135	1.432	6	A	1		38	266	
Sodium, Na	mg	616	60.462	6	A	1		175	1220	
Zinc, Zn	mg	1.58	0.081	6	A	1		0.45	3.12	
Copper, Cu	mg	0.217	0.004	6	A	1		0.062	0.430	
Manganese, Mn	mg	0.434	0.022	6	A	1		0.123	0.859	
Selenium, Se	mcg	6.7	0.845	39	A	1		1.9	13.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0	0.0	
Thiamin	mg	0.016	0.009	4	A	1		0.005	0.032	
Riboflavin	mg	0.640	0.039	4	A	1		0.181	1.266	
Niacin	mg	0.362	0.118	4	A	1		0.103	0.717	
Pantothenic acid	mg	0.564	0.034	4	A	1		0.160	1.116	
Vitamin B-6	mg	0.117	0.008	4	A	1		0.033	0.231	
Folate, total	mcg	13	0.730	4	A	1		4	26	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		0	NR	4		4	26	
Folate, DFE	mcg_DFE	13		0	NC	4		4	26	
Choline, total	mg	12.1		0	AS	1		3.4	23.9	
Betaine	mg	0.1		1	A	1		0.0	0.2	
Vitamin B-12	mcg	0.00		1		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	BNA	4		0	0	
Carotene, beta	mcg	0	0.000	4	A	1		0	0	
Carotene, alpha	mcg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta	mcg	0	0.000	4	A	1		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	212		0	NR	4		60	419	
Vitamin E (alpha-tocopherol)	mg	1.36		0	NR	4		0.39	2.69	
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. 19003
Snacks, corn-based, extruded, chips, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	6.3		2	A	1		1.8	12.4	
Lipids:									
Fatty acids, total saturated.....g	3.612		0	NC	4		1.024	7.151	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	
15:0.....g									
16:0.....g	2.891	0.147	4	A	1		0.820	5.724	
17:0.....g									
18:0.....g	0.570	0.074	4	A	1		0.162	1.129	
20:0.....g									
22:0.....g	0.009	0.009	4	A	1		0.002	0.017	
24:0.....g	0.016	0.016	4	A	1		0.004	0.031	
Fatty acids, total monounsaturated.....g	7.913		0	NC	4		2.243	15.668	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.027		0	AS	1		0.008	0.054	
16:1 c.....g	0.027	0.002	4	A	1		0.008	0.054	
16:1 t.....g									
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	7.824		0	AS	1		2.218	15.491	
18:1 c.....g	7.382	0.386	4	A	1		2.093	14.616	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.442	0.442	4	A	1		0.125	0.875	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.062	0.004	4	A	1		0.018	0.123	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 t.....g									
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	14.010		0	NC	4		3.972	27.740	
18:2 undifferentiated.....g	13.789		0	AS	1		3.909	27.303	
18:2 n-6 c,c.....g	13.598	1.209	4	A	1		3.855	26.924	
18:2 CLAs.....g	0.000	0.000	4	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	0.192	0.040	4	A	1		0.054	0.379	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.221		0	AS	1		0.063	0.437	
18:3 n-3 c,c,c (ALA).....g	0.221	0.018	4	A	1		0.063	0.437	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.634		0	NC	4		0.180	1.254	
Fatty acids, total trans-monoenoic.....g	0.442		0	NC	4		0.125	0.875	

NDB No. 19003
Snacks, corn-based, extruded, chips, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.192		0	NC	4		0.054	0.379	
Cholesterol.....mg	0	0.000	4	A	1		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	21	0.485	4	A	1		6	41	
Campesterol.....mg	51	2.682	4	A	1		14	100	
Beta-sitosterol.....mg	148	8.351	4	A	1		42	292	
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.091	
Threonine.....g	0.246		0		1		0.070	0.487	
Isoleucine.....g	0.235		0		1		0.067	0.465	
Leucine.....g	0.803		0		1		0.228	1.590	
Lysine.....g	0.185		0		1		0.052	0.366	
Methionine.....g	0.137		0		1		0.039	0.271	
Cystine.....g	0.119		0		1		0.034	0.236	
Phenylalanine.....g	0.322		0		1		0.091	0.638	
Tyrosine.....g	0.266		0		1		0.075	0.527	
Valine.....g	0.331		0		1		0.094	0.655	
Arginine.....g	0.326		0		1		0.092	0.645	
Histidine.....g	0.200		0		1		0.057	0.396	
Alanine.....g	0.491		0		1		0.139	0.972	
Aspartic acid.....g	0.456		0		1		0.129	0.903	
Glutamic acid.....g	1.230		0		1		0.349	2.435	
Glycine.....g	0.269		0		1		0.076	0.533	
Proline.....g	0.572		0		1		0.162	1.133	
Serine.....g	0.312		0		1		0.088	0.618	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 43447
Snacks, corn-based, extruded, chips, unsalted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00		0		4		0.88	0.28	0.18
Energy....kcal	557		0	NC	4		490	156	100
Energy....kJ	2329		0	NC	4		2049	652	419
Protein....g	6.60		0	O	4		5.81	1.85	1.19
Total lipid (fat)....g	33.40		0	O	4		29.39	9.35	6.01
Ash....g	1.60		0	O	4		1.41	0.45	0.29
Carbohydrate, by difference....g	57.40		0	NC	4		50.51	16.07	10.33
Fiber, total dietary....g	4.4		0		1		3.9	1.2	0.8
Sugars, total....g	1.41		0	O	4		1.24	0.39	0.25
Starch....g									
Minerals:									
Calcium, Ca....mg	124		0		4		109	35	22
Iron, Fe....mg	1.70		0		4		1.50	0.48	0.31
Magnesium, Mg....mg	70		0		4		62	20	13
Phosphorus, P....mg	184		0		4		162	52	33
Potassium, K....mg	185		0		4		163	52	33
Sodium, Na....mg	15		0		1		13	4	3
Zinc, Zn....mg	0.85		0		4		0.75	0.24	0.15
Copper, Cu....mg	0.249		0		4		0.219	0.070	0.045
Manganese, Mn....mg									
Selenium, Se....mcg	6.7		0	BFZN	4		5.9	1.9	1.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		0		4		1.8	0.6	0.4
Thiamin....mg	0.140		0		4		0.123	0.039	0.025
Riboflavin....mg	0.160		0		4		0.141	0.045	0.029
Niacin....mg	1.480		0		4		1.302	0.414	0.266
Pantothenic acid....mg									
Vitamin B-6....mg	0.210		0		4		0.185	0.059	0.038
Folate, total....mcg	7		0		4		6	2	1
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	7		0		4		6	2	1
Folate, DFE....mcg_DFE	7		0	NC	4		6	2	1
Choline, total....mg	18.1		0	FLA	4		15.9	5.1	3.3
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	4		0	NC	4		3	1	1
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	42		0	O	4		37	12	8
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	70		0	NC	4		62	20	13
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	212		0	O	4		187	59	38
Vitamin E (alpha-tocopherol)....mg	1.36		0	O	4		1.20	0.38	0.24
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			Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	33.6		0	O	4		29.6	9.4	6.0
Lipids:									
Fatty acids, total saturated....g	4.344		0		4		3.823	1.216	0.782
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 43447
Snacks, corn-based, extruded, chips, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.016		0		4		0.014	0.004	0.003
15:0 g									
16:0 g	2.938		0		4		2.585	0.823	0.529
17:0 g									
18:0 g	0.977		0		4		0.860	0.274	0.176
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.040		0		4		7.955	2.531	1.627
14:1 g									
15:1 g									
16:1 undifferentiated g	0.025		0		4		0.022	0.007	0.005
17:1 g									
18:1 undifferentiated g	8.889		0		4		7.822	2.489	1.600
20:1 g	0.118		0		4		0.104	0.033	0.021
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	17.093		0		4		15.042	4.786	3.077
18:2 undifferentiated g	16.488		0		4		14.509	4.617	2.968
18:3 undifferentiated g	0.597		0		4		0.525	0.167	0.107
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	0		0	NR	4		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 = 88g: 1 cup, crushed

Measure 2 = 28g: 1 bag, single serving

Measure 3 = 18g: 10 chips

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

Food Group: 25 Snacks

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

NDB No. 19006
Snacks, corn-based, extruded, cones, nacho-flavor

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	1.90		1		1		0.54		
Energy	kcal	536		0	NC	4		152		
Energy	kJ	2243				4		636		
Protein (N x 6.2)	g	6.50		1		1		1.84		
Total lipid (fat)	g	31.70		1		1		8.99		
Ash	g	2.60		1		1		0.74		
Carbohydrate, by difference	g	57.30		0	NC	4		16.24		
Fiber, total dietary	g	1.0		0		4		0.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	36		1		1		10		
Iron, Fe	mg	1.27		1		1		0.36		
Magnesium, Mg	mg	25		1		4		7		
Phosphorus, P	mg	76		1		1		22		
Potassium, K	mg	123		1		1		35		
Sodium, Na	mg	952		1		1		270		
Zinc, Zn	mg	0.48		1		4		0.14		
Copper, Cu	mg	0.059		1		4		0.017		
Manganese, Mn	mg	0.078		1		4		0.022		
Selenium, Se	mcg	3.8		0	BFZN	4		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1		4		0.0		
Thiamin	mg	0.210		1		1		0.060		
Riboflavin	mg	0.120		1		1		0.034		
Niacin	mg	1.410		1		1		0.400		
Pantothenic acid	mg	0.401		1		4		0.114		
Vitamin B-6	mg	0.116		1		4		0.033		
Folate, total	mcg	5		1		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		1		4		1		
Folate, DFE	mcg_DFE	5		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00		
Vitamin A, RAE	mcg_RAE	24		0	NC	4		7		
Retinol	mcg	10		0	NC	4		3		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	315		1		4		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	26.790		0		1		7.595		
4:0	g	0.030		1		1		0.009		
6:0	g	0.200		1		1		0.057		
8:0	g	2.280		1		1		0.646		

NDB No. 19006
Snacks, corn-based, extruded, cones, nacho-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	1.830		1		1		0.519		
12:0 g	13.520		1		1		3.833		
13:0 g									
14:0 g	5.170		1		1		1.466		
15:0 g									
16:0 g	2.810		1		1		0.797		
17:0 g									
18:0 g	0.960		1		1		0.272		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.140		0		1		0.607		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.030		1		1		0.009		
17:1 g									
18:1 undifferentiated g	2.120		1		1		0.601		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.840		0		1		0.238		
18:2 undifferentiated g	0.830		1		1		0.235		
18:3 undifferentiated g	0.020		1		1		0.006		
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	5		1		4		1		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.056		0		1		0.016		
Threonine g	0.252		0		1		0.071		
Isoleucine g	0.265		0		1		0.075		
Leucine g	0.758		0		1		0.215		
Lysine g	0.262		0		1		0.074		
Methionine g	0.141		0		1		0.040		
Cystine g	0.105		0		1		0.030		
Phenylalanine g	0.319		0		1		0.090		
Tyrosine g	0.274		0		1		0.078		
Valine g	0.350		0		1		0.099		
Arginine g	0.305		0		1		0.086		
Histidine g	0.199		0		1		0.056		
Alanine g	0.427		0		1		0.121		
Aspartic acid g	0.455		0		1		0.129		
Glutamic acid g	1.260		0		1		0.357		
Glycine g	0.235		0		1		0.067		
Proline g	0.587		0		1		0.166		
Serine g	0.320		0		1		0.091		
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 19006
Snacks, corn-based, extruded, cones, nacho-flavor

Calories Factors: Protein 3.6 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19005
Snacks, corn-based, extruded, cones, plain

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		1		1		0.57		
Energy	kcal	510		0	NC	4		145		
Energy	kJ	2134				4		605		
Protein (N x 6.2)	g	5.80		1		1		1.64		
Total lipid (fat)	g	26.90		1		1		7.63		
Ash	g	2.30		1		1		0.65		
Carbohydrate, by difference	g	62.90		0	NC	4		17.83		
Fiber, total dietary	g	1.1		0		4		0.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1		4		1		
Iron, Fe	mg	2.54		1		1		0.72		
Magnesium, Mg	mg	11		1		1		3		
Phosphorus, P	mg	44		1		1		12		
Potassium, K	mg	81		1		1		23		
Sodium, Na	mg	1022		1		1		290		
Zinc, Zn	mg	0.21		1		1		0.06		
Copper, Cu	mg	0.040		1		1		0.011		
Manganese, Mn	mg	0.087		1		4		0.025		
Selenium, Se	mcg	3.8		0	FLM	4		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	mg	0.320		1		1		0.091		
Riboflavin	mg	0.240		1		1		0.068		
Niacin	mg	1.410		1		1		0.400		
Pantothenic acid	mg	0.225		1		4		0.064		
Vitamin B-6	mg	0.040		1		1		0.011		
Folate, total	mcg	3		1		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	3		1		4		1		
Folate, DFE	mcg_DFE	3		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00		
Vitamin A, RAE	mcg_RAE	16		0	NC	4		5		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	318		1		4		90		
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	22.750		0		1		6.450		
4:0	g									
6:0	g	0.160		1		1		0.045		
8:0	g	1.960		1		1		0.556		

NDB No. 19005
Snacks, corn-based, extruded, cones, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.570		1		1		0.445		
12:0....g	11.680		1		1		3.311		
13:0....g									
14:0....g	4.400		1		1		1.247		
15:0....g									
16:0....g	2.230		1		1		0.632		
17:0....g									
18:0....g	0.740		1		1		0.210		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.700		0		1		0.482		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000		
17:1....g									
18:1 undifferentiated....g	1.700		1		1		0.482		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.780		0		1		0.221		
18:2 undifferentiated....g	0.780		1		1		0.221		
18:3 undifferentiated....g	0.010		1		1		0.003		
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		1		4		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0		1		0.012		
Threonine....g	0.219		0		1		0.062		
Isoleucine....g	0.209		0		1		0.059		
Leucine....g	0.715		0		1		0.203		
Lysine....g	0.164		0		1		0.046		
Methionine....g	0.122		0		1		0.035		
Cystine....g	0.105		0		1		0.030		
Phenylalanine....g	0.286		0		1		0.081		
Tyrosine....g	0.237		0		1		0.067		
Valine....g	0.295		0		1		0.084		
Arginine....g	0.290		0		1		0.082		
Histidine....g	0.178		0		1		0.050		
Alanine....g	0.437		0		1		0.124		
Aspartic acid....g	0.406		0		1		0.115		
Glutamic acid....g	1.094		0		1		0.310		
Glycine....g	0.239		0		1		0.068		
Proline....g	0.508		0		1		0.144		
Serine....g	0.277		0		1		0.079		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 19005
Snacks, corn-based, extruded, cones, plain

Calories Factors: Protein 3.5 **Fat** 8.6 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19007
Snacks, corn-based, extruded, onion-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	2.00	0.078	15		1		0.57	1.14	
Energy....kcal	499		0	NC	4		142	285	
Energy....kJ	2089		0	NC	4		592	1191	
Protein (N x 6.2)....g	7.70	0.166	15		1		2.18	4.39	
Total lipid (fat)....g	22.60	0.219	15		1		6.41	12.88	
Ash....g	2.60	0.076	15		1		0.74	1.48	
Carbohydrate, by difference....g	65.10		0	NC	4		18.46	37.11	
Fiber, total dietary....g	3.9		0		4		1.1	2.2	
Sugars, total....g	4.83		0	O	4		1.37	2.75	
Starch....g									
Minerals:									
Calcium, Ca....mg	29	1.162	15		1		8	17	
Iron, Fe....mg	3.72	0.490	13		1		1.05	2.12	
Magnesium, Mg....mg	28	2.116	15		1		8	16	
Phosphorus, P....mg	72	7.292	15		1		20	41	
Potassium, K....mg	143	4.997	14		1		41	82	
Sodium, Na....mg	981	43.143	14		1		278	559	
Zinc, Zn....mg	0.33	0.024	14		1		0.09	0.19	
Copper, Cu....mg	0.118	0.023	15		1		0.033	0.067	
Manganese, Mn....mg	0.202		12		1		0.057	0.115	
Selenium, Se....mcg	10.6		0	FLM	4		3.0	6.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8	1.790	4		1		0.5	1.0	
Thiamin....mg	0.220	0.011	13		1		0.062	0.125	
Riboflavin....mg	0.310	0.023	13		1		0.088	0.177	
Niacin....mg	3.180	0.251	13		1		0.902	1.813	
Pantothenic acid....mg	0.262		1		4		0.074	0.149	
Vitamin B-6....mg	0.148	0.007	4		1		0.042	0.084	
Folate, total....mcg	110		1	MA	12		31	63	
Folic acid....mcg	94		0	NC	4		27	54	
Folate, food....mcg	16		0		4		5	9	
Folate, DFE....mcg_DFE	176		0	NC	4		50	100	
Choline, total....mg	21.3		0	NR	4		6.0	12.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	8		0	NC	4		2	4	
Retinol....mcg	2		0	BNA	4		1	1	
Carotene, beta....mcg	51		0	BNA	4		15	29	
Carotene, alpha....mcg	33		0	BNA	4		9	19	
Cryptoxanthin, beta....mcg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	120		0	NC	4		34	68	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	879		0	FLA	4		249	501	
Vitamin E (alpha-tocopherol)....mg	2.69		0	FLA	4		0.76	1.54	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	5.1		0	FLA	4		1.5	2.9	
Lipids:									
Fatty acids, total saturated....g	4.340		0		1		1.230	2.474	
4:0....g	0.020		3		1		0.006	0.011	

NDB No. 19007
Snacks, corn-based, extruded, onion-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		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	0.040		3		1		0.011	0.023	
13:0....g									
14:0....g	0.160		3		1		0.045	0.091	
15:0....g									
16:0....g	2.800		3		1		0.794	1.596	
17:0....g									
18:0....g	1.310		3		1		0.371	0.747	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.360		0		1		3.788	7.615	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.080		3		1		0.023	0.046	
17:1....g									
18:1 undifferentiated....g	13.270		3		1		3.762	7.564	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.140		0		1		0.890	1.790	
18:2 undifferentiated....g	3.010		3		1		0.853	1.716	
18:3 undifferentiated....g	0.130		3		1		0.037	0.074	
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		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.059		0		1		0.017	0.034	
Threonine....g	0.288		0		1		0.082	0.164	
Isoleucine....g	0.284		0		1		0.081	0.162	
Leucine....g	0.906		0		1		0.257	0.516	
Lysine....g	0.241		0		1		0.068	0.137	
Methionine....g	0.154		0		1		0.044	0.088	
Cystine....g	0.134		0		1		0.038	0.076	
Phenylalanine....g	0.378		0		1		0.107	0.215	
Tyrosine....g	0.310		0		1		0.088	0.177	
Valine....g	0.386		0		1		0.109	0.220	
Arginine....g	0.402		0		1		0.114	0.229	
Histidine....g	0.232		0		1		0.066	0.132	
Alanine....g	0.548		0		1		0.155	0.312	
Aspartic acid....g	0.570		0		1		0.162	0.325	
Glutamic acid....g	1.445		0		1		0.410	0.824	
Glycine....g	0.314		0		1		0.089	0.179	
Proline....g	0.646		0		1		0.183	0.368	
Serine....g	0.369		0		1		0.105	0.210	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 19007

Snacks, corn-based, extruded, onion-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.5 **Fat** 8.8 **Carbohydrate** 4.2

Food Group: 25 Snacks

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

NDB No. 19008

Snacks, corn-based, extruded, puffs or twists, cheese-flavor (1)

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	1.78	0.099	8	A	1		0.51	0.50	
Energy	kcal	565		0	NC	4		160	158	
Energy	kJ	2363		0	NC	4		670	662	
Protein (N x 6.3)	g	5.83	0.333	8	A	1		1.65	1.63	
Total lipid (fat)	g	37.11	1.120	18	A	1		10.52	10.39	
Ash	g	2.89	0.076	8	A	1		0.82	0.81	
Carbohydrate, by difference	g	52.38		0	NC	4		14.85	14.67	
Fiber, total dietary	g	1.9	0.273	8	A	1		0.5	0.5	
Sugars, total	g	2.87	0.325	8	A	1		0.81	0.80	
Sucrose	g	0.19	0.074	8	A	1		0.05	0.05	
Glucose (dextrose)	g	0.15	0.059	8	A	1		0.04	0.04	
Fructose	g	0.17	0.071	8	A	1		0.05	0.05	
Lactose	g	2.23	0.143	8	A	1		0.63	0.63	
Maltose	g	0.06	0.000	8	A	1		0.02	0.02	
Galactose	g	0.07	0.000	8	A	1		0.02	0.02	
Starch	g	46.80		2	A	1		13.27	13.10	
Minerals:										
Calcium, Ca	mg	58	1.814	8	A	1		16	16	
Iron, Fe	mg	1.75	0.117	8	A	1		0.50	0.49	
Magnesium, Mg	mg	19	0.351	8	A	1		5	5	
Phosphorus, P	mg	128	3.190	8	A	1		36	36	
Potassium, K	mg	189	7.372	8	A	1		54	53	
Sodium, Na	mg	910	33.750	8	A	1		258	255	
Zinc, Zn	mg	0.55	0.016	8	A	1		0.16	0.16	
Copper, Cu	mg	0.046		2	A	1		0.013	0.013	
Manganese, Mn	mg	0.089	0.002	8	A	1		0.025	0.025	
Selenium, Se	mcg	8.1		2	A	1		2.3	2.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0	0.0	
Thiamin	mg	0.160	0.012	5	A	1		0.045	0.045	
Riboflavin	mg	0.159	0.012	5	A	1		0.045	0.044	
Niacin	mg	4.706	1.509	5	A	1		1.334	1.318	
Pantothenic acid	mg	0.980	0.045	5	A	1		0.278	0.274	
Vitamin B-6	mg	0.079	0.006	5	A	1		0.022	0.022	
Folate, total	mcg	55	7.016	5	A	1		16	15	
Folic acid	mcg	47		0	FLA	4		13	13	
Folate, food	mcg	8		0	FLA	4		2	2	
Folate, DFE	mcg_DFE	88		0	NC	4		25	25	
Choline, total	mg	11.6		0	AS	1		3.3	3.3	
Betaine	mg	0.5		2	A	1		0.2	0.2	
Vitamin B-12	mcg	0.48	0.015	4	A	1		0.14	0.14	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	38		0	AS	1		11	11	
Retinol	mcg	38		0	A	1		11	11	
Carotene, beta	mcg	0		1	A	1		0	0	
Carotene, alpha	mcg	0		1	A	1		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	127		0	AS	1		36	35	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	643		0	T	4		182	180	
Vitamin E (alpha-tocopherol)	mg	4.70		0	FLA	4		1.33	1.32	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, delta	mg	0.00		0	FLA	4		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.0		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19008

Snacks, corn-based, extruded, puffs or twists, cheese-flavor (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	1		0	FLA	4		0	0	
Vitamin K (phylloquinone).....mcg	1.3		1	A	1		0.4	0.4	
Lipids:									
Fatty acids, total saturated.....g	5.658		0	NC	4		1.604	1.584	
4:0.....g	0.071		0	FLA	4		0.020	0.020	
6:0.....g	0.035		0	FLA	4		0.010	0.010	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.038		2	A	1		0.011	0.011	
12:0.....g	0.045		2	A	1		0.013	0.013	
13:0.....g									
14:0.....g	0.159		2	A	1		0.045	0.044	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	4.164		2	A	1		1.181	1.166	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.954		2	A	1		0.270	0.267	
20:0.....g	0.142		2	A	1		0.040	0.040	
22:0.....g	0.049		2	A	1		0.014	0.014	
24:0.....g									
Fatty acids, total monounsaturated.....g	10.513		0	NC	4		2.981	2.944	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.056		2	A	1		0.016	0.016	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	9.764		2	A	1		2.768	2.734	
18:1 c.....g									
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.612		2	A	1		0.174	0.171	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.081		2	A	1		0.023	0.023	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.089		0	NC	4		5.412	5.345	
18:2 undifferentiated.....g	18.283		2	A	1		5.183	5.119	
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.200		2	A	1		0.057	0.056	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.303		0	AS	1		0.086	0.085	
18:3 n-3 c,c,c (ALA).....g	0.303		2	A	1		0.086	0.085	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
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	0.812		0	NC	4		0.230	0.227	
Fatty acids, total trans-monoenoic.....g	0.612		0	NC	4		0.174	0.171	
Fatty acids, total trans-polyenoic.....g	0.200		0	NC	4		0.057	0.056	
Cholesterol.....mg	7		0	FLA	4		2	2	
Phytosterols.....mg	313		0	FLA	4		89	88	

NDB No. 19008

Snacks, corn-based, extruded, puffs or twists, cheese-flavor (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
Amino Acids:									
Tryptophan....g	0.063		0	FLA	4		0.018	0.018	
Threonine....g	0.229		0	FLA	4		0.065	0.064	
Isoleucine....g	0.266		0	FLA	4		0.075	0.074	
Leucine....g	0.651		0	FLA	4		0.185	0.182	
Lysine....g	0.309		0	FLA	4		0.087	0.086	
Methionine....g	0.130		0	FLA	4		0.037	0.036	
Cystine....g	0.085		0	FLA	4		0.024	0.024	
Phenylalanine....g	0.279		0	FLA	4		0.079	0.078	
Tyrosine....g	0.237		0	FLA	4		0.067	0.066	
Valine....g	0.322		0	FLA	4		0.091	0.090	
Arginine....g	0.252		0	FLA	4		0.071	0.071	
Histidine....g	0.176		0	FLA	4		0.050	0.049	
Alanine....g	0.333		0	FLA	4		0.095	0.093	
Aspartic acid....g	0.427		0	FLA	4		0.121	0.119	
Glutamic acid....g	1.187		0	FLA	4		0.336	0.332	
Glycine....g	0.180		0	FLA	4		0.051	0.050	
Proline....g	0.528		0	FLA	4		0.150	0.148	
Serine....g	0.295		0	FLA	4		0.084	0.083	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
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 = 28.35g: 1 oz

Measure 2 = 28g: 32 pieces

Footnotes:

1 product made with oil that is not partially hydrogenated.

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19802

Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched

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	1.50	0.120	6	A	1		0.43	3.40	
Energy	kcal	558		0	NC	4		158	1267	
Energy	kJ	2336		0	NC	4		662	5302	
Protein (N x 6.3)	g	5.76	0.443	6	A	1		1.63	13.08	
Total lipid (fat)	g	35.76	2.893	3	A	1		10.14	81.16	
Ash	g	2.89	0.086	6	A	1		0.82	6.56	
Carbohydrate, by difference	g	54.10		0	NC	4		15.34	122.80	
Fiber, total dietary	g	2.2	0.357	6	A	1		0.6	4.9	
Sugars, total	g	2.76	0.433	6	A	1		0.78	6.26	
Sucrose	g									
Glucose (dextrose)	g	0.15	0.075	6	A	1		0.04	0.34	
Fructose	g									
Lactose	g	2.12	0.185	6	A	1		0.60	4.81	
Maltose	g									
Galactose	g	0.07	0.000	6	A	1		0.02	0.17	
Starch	g									
Minerals:										
Calcium, Ca	mg	58	2.007	6	A	1		16	132	
Iron, Fe	mg	1.10		1		1		0.31	2.50	
Magnesium, Mg	mg	20	0.449	6	A	1		6	46	
Phosphorus, P	mg	108	2.660	151		1		31	245	
Potassium, K	mg	197	9.361	6	A	1		56	447	
Sodium, Na	mg	896		0	O	4		254	2034	
Zinc, Zn	mg	0.60	0.021	6	A	1		0.17	1.36	
Copper, Cu	mg	0.063	0.006	79		1		0.018	0.143	
Manganese, Mn	mg	0.095	0.002	6	A	1		0.027	0.215	
Selenium, Se	mcg	3.0		0	BFZN	4		0.9	6.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.155	0.010	3	A	1		0.044	0.352	
Riboflavin	mg	0.200		0		1		0.057	0.454	
Niacin	mg	5.743	2.515	3	A	1		1.628	13.037	
Pantothenic acid	mg	0.374	0.041	7		1		0.106	0.849	
Vitamin B-6	mg	0.064	0.010	3	A	1		0.018	0.146	
Folate, total	mcg	120		1		1		34	272	
Folic acid	mcg	86		0	O	4		24	195	
Folate, food	mcg	34		0	O	4		10	77	
Folate, DFE	mcg_DFE	180		0	NC	4		51	409	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.48		1	A	1		0.14	1.09	
Vitamin A, RAE	mcg_RAE	0		1	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		1	A	1		0	0	
Carotene, alpha	mcg	0		1	A	1		0	0	
Cryptoxanthin, beta	mcg	0		1	A	1		0	0	
Vitamin A, IU	IU	0		1	AS	1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	5.12		0	O	4		1.45	11.62	
Vitamin E, added	mg	0.00		0	O	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	

NDB No. 19802

Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 K (phylloquinone)....mcg	36.1		2	A	1		10.2	81.8	
Lipids:									
Fatty acids, total saturated....g	5.512		0	NC	4		1.563	12.511	
4:0....g	0.030		3		1		0.009	0.068	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.038		2	A	1		0.011	0.086	
12:0....g	0.045		2	A	1		0.013	0.102	
13:0....g									
14:0....g	0.158		2	A	1		0.045	0.358	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	4.134		2	A	1		1.172	9.384	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.947		2	A	1		0.268	2.150	
20:0....g	0.141		2	A	1		0.040	0.321	
22:0....g	0.049		2	A	1		0.014	0.111	
24:0....g									
Fatty acids, total monounsaturated....g	10.437		0	NC	4		2.959	23.692	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.056		2	A	1		0.016	0.126	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	9.693		2	A	1		2.748	22.004	
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.608		2	A	1		0.172	1.380	
18:1-11t (18:1t n-7)....g									
20:1....g	0.080		2	A	1		0.023	0.182	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	18.649		0	NC	4		5.287	42.334	
18:2 undifferentiated....g	18.151		2	A	1		5.146	41.202	
18:2 n-6 c,c....g									
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.198		2	A	1		0.056	0.450	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.300		0	AS	1		0.085	0.682	
18:3 n-3 c,c,c (ALA)....g	0.300		2	A	1		0.085	0.682	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.806		0	NC	4		0.229	1.831	
Fatty acids, total trans-monoenoic....g	0.608		0	NC	4		0.172	1.380	
Fatty acids, total trans-polyenoic....g	0.198		0	NC	4		0.056	0.450	
Cholesterol....mg	4	0.172	63		1		1	9	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0		1		0.027	0.213	

NDB No. 19802

Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Threonine....g	0.391		0		1		0.111	0.888	
Isoleucine....g	0.366		0		1		0.104	0.831	
Leucine....g	0.783		0		1		0.222	1.777	
Lysine....g	0.456		0		1		0.129	1.035	
Methionine....g	0.151		0		1		0.043	0.343	
Cystine....g	0.138		0		1		0.039	0.313	
Phenylalanine....g	0.299		0		1		0.085	0.679	
Tyrosine....g	0.258		0		1		0.073	0.586	
Valine....g	0.404		0		1		0.115	0.917	
Arginine....g	0.283		0		1		0.080	0.642	
Histidine....g	0.181		0		1		0.051	0.411	
Alanine....g	0.424		0		1		0.120	0.962	
Aspartic acid....g	0.645		0		1		0.183	1.464	
Glutamic acid....g	1.387		0		1		0.393	3.148	
Glycine....g	0.217		0		1		0.062	0.493	
Proline....g	0.558		0		1		0.158	1.267	
Serine....g	0.367		0		1		0.104	0.833	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19401
Snacks, cornnuts, barbecue-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	1.60	0.138	4		1		0.45	0.91	
Energy....kcal	436		0	NC	4		124	249	
Energy....kJ	1824				4		517	1040	
Protein (N x 6.2)....g	9.00	0.199	4		1		2.55	5.13	
Total lipid (fat)....g	14.30	1.038	4		1		4.05	8.15	
Ash....g	3.40	0.204	4		1		0.96	1.94	
Carbohydrate, by difference....g	71.70		0	NC	4		20.33	40.87	
Fiber, total dietary....g	8.4		0		1		2.4	4.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17	1.796	4		1		5	10	
Iron, Fe....mg	1.70	0.019	4		1		0.48	0.97	
Magnesium, Mg....mg	109	4.796	4		1		31	62	
Phosphorus, P....mg	283	10.570	4		1		80	161	
Potassium, K....mg	286	14.320	4		1		81	163	
Sodium, Na....mg	976	45.193	6		1		277	556	
Zinc, Zn....mg	1.88	0.211	4		1		0.53	1.07	
Copper, Cu....mg	0.136	0.005	4		1		0.039	0.078	
Manganese, Mn....mg	0.487	0.029	4		1		0.138	0.278	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1		4		0.1	0.2	
Thiamin....mg	0.350		1		4		0.099	0.200	
Riboflavin....mg	0.142		1		4		0.040	0.081	
Niacin....mg	1.507	0.042	4		1		0.427	0.859	
Pantothenic acid....mg	0.374		1		4		0.106	0.213	
Vitamin B-6....mg	0.187	0.011	4		1		0.053	0.107	
Folate, total....mcg	0	0.001	3		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0	0.001	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 A, RAE....mcg_RAE	17		0	NC	4		5	10	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	338		1		4		96	193	
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	2.580		0		1		0.731	1.471	
4:0....g									
6:0....g									
8:0....g									

NDB No. 19401
Snacks, cornnuts, barbecue-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									
12:0....g									
13:0....g									
14:0....g	0.030		1		1		0.009	0.017	
15:0....g									
16:0....g	1.600		1		1		0.454	0.912	
17:0....g									
18:0....g	0.950		1		1		0.269	0.542	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.360		0		1		2.087	4.195	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.003	0.006	
17:1....g									
18:1 undifferentiated....g	7.340		1		1		2.081	4.184	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.220		0		1		0.913	1.835	
18:2 undifferentiated....g	3.170		1		1		0.899	1.807	
18:3 undifferentiated....g	0.050		1		1		0.014	0.029	
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		1		4		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 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 2.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19402
Snacks, cornnuts, nacho-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	2.10	0.210	4		1		0.60	1.20	
Energy....kcal	438		0	NC	4		124	250	
Energy....kJ	1833				4		520	1045	
Protein (N x 6.3)....g	9.40	0.145	4		1		2.66	5.36	
Total lipid (fat)....g	14.20	0.385	4		1		4.03	8.09	
Ash....g	2.70	0.132	4		1		0.77	1.54	
Carbohydrate, by difference....g	71.60		0	NC	4		20.30	40.81	
Fiber, total dietary....g	8.0		0		1		2.3	4.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	35	1.083	4		1		10	20	
Iron, Fe....mg	1.68	0.043	4		1		0.48	0.96	
Magnesium, Mg....mg	109	4.080	4		1		31	62	
Phosphorus, P....mg	309	4.966	4		1		88	176	
Potassium, K....mg	311	13.134	4		1		88	177	
Sodium, Na....mg	634	38.053	4		1		180	361	
Zinc, Zn....mg	1.80	0.138	4		1		0.51	1.03	
Copper, Cu....mg	0.152	0.017	4		1		0.043	0.087	
Manganese, Mn....mg	0.410	0.024	4		1		0.116	0.234	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	15.5		1		4		4.4	8.8	
Thiamin....mg	0.366		1		4		0.104	0.209	
Riboflavin....mg	0.079	0.001	3		1		0.022	0.045	
Niacin....mg	1.212	0.113	4		1		0.344	0.691	
Pantothenic acid....mg	0.539		1		4		0.153	0.307	
Vitamin B-6....mg	0.205	0.005	4		1		0.058	0.117	
Folate, total....mcg	15		1		4		4	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		1		4		4	9	
Folate, DFE....mcg_DFE	15		0	NC	4		4	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		1	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	39		1		4		11	22	
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	2.560		0		1		0.726	1.459	
4:0....g									
6:0....g									
8:0....g									

NDB No. 19402
Snacks, cornnuts, nacho-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									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.030		1		1		0.009	0.017	
15:0 ... g									
16:0 ... g	1.590		1		1		0.451	0.906	
17:0 ... g									
18:0 ... g	0.940		1		1		0.266	0.536	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.310		0		1		2.072	4.167	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.010		1		1		0.003	0.006	
17:1 ... g									
18:1 undifferentiated ... g	7.290		1		1		2.067	4.155	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.200		0		1		0.907	1.824	
18:2 undifferentiated ... g	3.150		1		1		0.893	1.796	
18:3 undifferentiated ... g	0.050		1		1		0.014	0.029	
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	2	0.088	3		1		1	1	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3 **Fat** 8.7 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19010
Snacks, crisped rice bar, chocolate chip

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	7.00		1		1		1.96		
Energy	kcal	404		0		4		113		
Energy	kJ	1690				4		473		
Protein (N x 5.8)	g	5.10		2		1		1.43		
Total lipid (fat)	g	13.50		2		1		3.78		
Ash	g	1.30		1		1		0.36		
Carbohydrate, by difference	g	73.00		0	NC	4		20.44		
Fiber, total dietary	g	2.2		0		1		0.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		2		1		6		
Iron, Fe	mg	6.30		2		1		1.76		
Magnesium, Mg	mg	48		2		1		13		
Phosphorus, P	mg	134		2		1		38		
Potassium, K	mg	168		2		1		47		
Sodium, Na	mg	278		1		1		78		
Zinc, Zn	mg	0.86		1		1		0.24		
Copper, Cu	mg	0.310		2		1		0.087		
Manganese, Mn	mg	0.999		1		4		0.280		
Selenium, Se	mcg	9.7		0	FLM	4		2.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	mg	0.530		2		1		0.148		
Riboflavin	mg	0.600		2		1		0.168		
Niacin	mg	7.050		2		1		1.974		
Pantothenic acid	mg	0.000		1		4		0.000		
Vitamin B-6	mg	0.705		2		1		0.197		
Folate, total	mcg	140		1		1		39		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	140		1		1		39		
Folate, DFE	mcg_DFE	140		0	NC	4		39		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1764		2		1		494		
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	5.240		0		1		1.467		
4:0	g									
6:0	g	0.010		2		1		0.003		
8:0	g	0.080		2		1		0.022		

NDB No. 19010
Snacks, crisped rice bar, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 g	0.060		2		1		0.017		
12:0 g	0.460		2		1		0.129		
13:0 g									
14:0 g	0.200		2		1		0.056		
15:0 g									
16:0 g	2.460		2		1		0.689		
17:0 g									
18:0 g	1.980		2		1		0.554		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.990		0		1		1.117		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.030		2		1		0.008		
17:1 g									
18:1 undifferentiated g	3.970		2		1		1.112		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	3.650		0		1		1.022		
18:2 undifferentiated g	3.450		2		1		0.966		
18:3 undifferentiated g	0.200		2		1		0.056		
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		1		4		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.075		0		1		0.021		
Threonine g	0.164		0		1		0.046		
Isoleucine g	0.200		0		1		0.056		
Leucine g	0.390		0		1		0.109		
Lysine g	0.201		0		1		0.056		
Methionine g	0.102		0		1		0.029		
Cystine g	0.121		0		1		0.034		
Phenylalanine g	0.260		0		1		0.073		
Tyrosine g	0.198		0		1		0.055		
Valine g	0.287		0		1		0.080		
Arginine g	0.389		0		1		0.109		
Histidine g	0.116		0		1		0.032		
Alanine g	0.263		0		1		0.074		
Aspartic acid g	0.459		0		1		0.129		
Glutamic acid g	0.979		0		1		0.274		
Glycine g	0.244		0		1		0.068		
Proline g	0.253		0		1		0.071		
Serine g	0.253		0		1		0.071		
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 = 28g: 1 bar (1 oz)

NDB No. 19010
Snacks, crisped rice bar, chocolate chip

Calories Factors: Protein 3.4 **Fat** 8.6 **Carbohydrate** 3.7

Food Group: 25 Snacks

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

NDB No. 25032
Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.23		0	FLC	4				
Energy	kcal	390		0	NC	4				
Energy	kJ	1630		0	NC	4				
Protein	g	16.67		1	LC	8				
Total lipid (fat)	g	7.69		1	LC	8				
Ash	g	2.99		0	FLC	4				
Carbohydrate, by difference	g	63.42		0	NC	4				
Fiber, total dietary	g	7.7		1	LC	8				
Sugars, total	g	42.31		1	LC	8				
Starch	g	0.01		0	FLC	4				
Minerals:										
Calcium, Ca	mg	103		1	LC	8				
Iron, Fe	mg	1.62		1	LC	8				
Magnesium, Mg	mg	321		1	LC	8				
Phosphorus, P	mg	255		0	FLC	4				
Potassium, K	mg	429		0	FLC	4				
Sodium, Na	mg	321		1	LC	8				
Zinc, Zn	mg	1.40		0	FLC	4				
Copper, Cu	mg	0.382		0	FLC	4				
Manganese, Mn	mg	0.562		0	FLC	4				
Selenium, Se	mcg	11.3		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		1	LC	8				
Thiamin	mg	0.135		0	FLC	4				
Riboflavin	mg	0.151		0	FLC	4				
Niacin	mg	0.680		0	FLC	4				
Pantothenic acid	mg	0.503		0	FLC	4				
Vitamin B-6	mg	0.095		0	FLC	4				
Folate, total	mcg	39		0	FLC	4				
Folic acid	mcg	1		0	FLC	4				
Folate, food	mcg	38		0	FLC	4				
Folate, DFE	mcg_DFE	39		0	NC	4				
Choline, total	mg	48.4		0	FLC	4				
Betaine	mg									
Vitamin B-12	mcg	0.16		0	FLC	4				
Vitamin B-12, added	mcg	0.00		0	FLC	4				
Vitamin A, RAE	mcg_RAE	17		0	NC	4				
Retinol	mcg	16		0	FLC	4				
Carotene, beta	mcg	5		0	FLC	4				
Carotene, alpha	mcg	0		0	FLC	4				
Cryptoxanthin, beta	mcg	1		0	FLC	4				
Vitamin A, IU	IU	63		0	NC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	43		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.81		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	FLC	4				
Vitamin D	IU	7		0	O	4				
Vitamin K (phylloquinone)	mcg	3.6		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	3.227		0	NC	4				
4:0	g	0.072		0	FLC	4				

NDB No. 25032
Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.044		0	FLC	4				
8:0 ... g	0.094		0	FLC	4				
10:0 ... g	0.133		0	FLC	4				
12:0 ... g	1.005		0	FLC	4				
13:0 ... g	0.000		0	FLC	4				
14:0 ... g	0.512		0	FLC	4				
15:0 ... g	0.000		0	FLC	4				
16:0 ... g	0.960		0	FLC	4				
17:0 ... g	0.010		0	FLC	4				
18:0 ... g	0.395		0	FLC	4				
20:0 ... g	0.002		0	FLC	4				
22:0 ... g	0.000		0	FLC	4				
24:0 ... g	0.000		0	FLC	4				
Fatty acids, total monounsaturated ... g	2.558		0	NC	4				
14:1 ... g	0.000		0	FLC	4				
15:1 ... g									
16:1 undifferentiated ... g	0.047		0	FLC	4				
17:1 ... g									
18:1 undifferentiated ... g	2.471		0	FLC	4				
20:1 ... g	0.030		0	FLC	4				
22:1 undifferentiated ... g	0.010		0	FLC	4				
24:1 c ... g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated ... g	1.228		0	NC	4				
18:2 undifferentiated ... g	1.033		0	FLC	4				
18:3 undifferentiated ... g	0.195		0	FLC	4				
18:4 ... g	0.000		0	FLC	4				
20:2 n-6 c,c ... g	0.000		0	FLC	4				
20:3 undifferentiated ... g	0.000		0	FLC	4				
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	0.000		1	LC	8				
Cholesterol ... mg	6		0	FLC	4				
Phytosterols ... mg	5		0	FLC	4				
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4				
Caffeine ... mg	3		0	FLC	4				
Theobromine ... mg	31		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: 25 Snacks

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

NDB No. 25034
Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.43		0	FLC	4				
Energy....kcal	393		0	NC	4				
Energy....kJ	1644		0	NC	4				
Protein....g	17.88		1	LC	8				
Total lipid (fat)....g	9.23		1	LC	8				
Ash....g	3.89		0	FLC	4				
Carbohydrate, by difference....g	59.58		0	NC	4				
Fiber, total dietary....g	5.9		1	LC	8				
Sugars, total....g	27.30		0	FLC	4				
Starch....g	6.64		0	FLC	4				
Minerals:									
Calcium, Ca....mg	434		0	FLC	4				
Iron, Fe....mg	5.20		0	FLC	4				
Magnesium, Mg....mg	86		1	LC	8				
Phosphorus, P....mg	263		0	FLC	4				
Potassium, K....mg	300		0	FLC	4				
Sodium, Na....mg	486		1	LC	8				
Zinc, Zn....mg	4.83		1	LC	8				
Copper, Cu....mg	0.790		0	FLC	4				
Manganese, Mn....mg	1.108		0	FLC	4				
Selenium, Se....mcg	6.1		0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	19.3		1	LC	8				
Thiamin....mg	0.259		0	FLC	4				
Riboflavin....mg	0.179		0	FLC	4				
Niacin....mg	1.888		0	FLC	4				
Pantothenic acid....mg	0.316		0	FLC	4				
Vitamin B-6....mg	1.073		1	LC	8				
Folate, total....mcg	215		1	LC	8				
Folic acid....mcg	70		0	FLC	4				
Folate, food....mcg	144		0	FLC	4				
Folate, DFE....mcg_DFE	264		0	NC	4				
Choline, total....mg	43.8		0	FLC	4				
Betaine....mg									
Vitamin B-12....mcg	3.22		1	LC	8				
Vitamin B-12, added....mcg	0.00		0	FLC	4				
Vitamin A, RAE....mcg_RAE	50		0	NC	4				
Retinol....mcg	50		0	FLC	4				
Carotene, beta....mcg	7		0	FLC	4				
Carotene, alpha....mcg	3		0	FLC	4				
Cryptoxanthin, beta....mcg	0		0	FLC	4				
Vitamin A, IU....IU	179		0	FLC	4				
Lycopene....mcg	0		0	FLC	4				
Lutein + zeaxanthin....mcg	64		0	FLC	4				
Vitamin E (alpha-tocopherol)....mg	10.27		1	LC	8				
Vitamin E, added....mg	0.00		0	FLC	4				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	FLC	4				
Vitamin D....IU	0		0	FLC	4				
Vitamin K (phylloquinone)....mcg	1.7		0	FLC	4				
Lipids:									
Fatty acids, total saturated....g	4.687		0	FLC	4				
4:0....g	0.000		0	FLC	4				

NDB No. 25034
Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.010		0	FLC	4				
8:0 ... g	0.164		0	FLC	4				
10:0 ... g	0.180		0	FLC	4				
12:0 ... g	2.242		0	FLC	4				
13:0 ... g	0.000		0	FLC	4				
14:0 ... g	0.788		0	FLC	4				
15:0 ... g	0.000		0	FLC	4				
16:0 ... g	0.895		0	FLC	4				
17:0 ... g	0.001		0	FLC	4				
18:0 ... g	0.406		0	FLC	4				
20:0 ... g	0.001		0	FLC	4				
22:0 ... g	0.000		0	FLC	4				
24:0 ... g	0.000		0	FLC	4				
Fatty acids, total monounsaturated ... g	2.498		0	FLC	4				
14:1 ... g	0.000		0	FLC	4				
15:1 ... g	0.000		0	FLC	4				
16:1 undifferentiated ... g	0.014		0	FLC	4				
17:1 ... g	0.001		0	FLC	4				
18:1 undifferentiated ... g	2.480		0	FLC	4				
20:1 ... g	0.003		0	FLC	4				
22:1 undifferentiated ... g	0.000		0	FLC	4				
24:1 c ... g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated ... g	1.268		0	FLC	4				
18:2 undifferentiated ... g	1.222		0	FLC	4				
18:3 undifferentiated ... g	0.045		0	FLC	4				
18:4 ... g	0.000		0	FLC	4				
20:2 n-6 c,c ... g	0.000		0	FLC	4				
20:3 undifferentiated ... g	0.000		0	FLC	4				
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	0.001		0	FLC	4				
Cholesterol ... mg	0		0	FLC	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4				
Caffeine ... mg	11		0	FLC	4				
Theobromine ... mg	106		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: 25 Snacks

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

NDB No. 25033
Snacks, granola bar, KASHI TLC Bar, chewy, mixed 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	9.34		0	FLC	4				
Energy	kcal	429		0	NC	4				
Energy	kJ	1794		0	NC	4				
Protein	g	18.57		1	LC	8				
Total lipid (fat)	g	15.71		1	LC	8				
Ash	g	3.11		0	FLC	4				
Carbohydrate, by difference	g	53.26		0	NC	4				
Fiber, total dietary	g	11.4		1	LC	8				
Sugars, total	g	17.14		1	LC	8				
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g	0.27		0	FLC	4				
Minerals:										
Calcium, Ca	mg	0		1	LC	8				
Iron, Fe	mg	3.39		1	LC	8				
Magnesium, Mg	mg	107		0	FLC	4				
Phosphorus, P	mg	271		0	FLC	4				
Potassium, K	mg	415		0	FLC	4				
Sodium, Na	mg	293		1	LC	8				
Zinc, Zn	mg	1.60		0	FLC	4				
Copper, Cu	mg	0.506		0	FLC	4				
Manganese, Mn	mg	0.779		0	FLC	4				
Selenium, Se	mcg	9.1		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8				
Thiamin	mg	0.115		0	FLC	4				
Riboflavin	mg	0.289		0	FLC	4				
Niacin	mg	1.158		0	FLC	4				
Pantothenic acid	mg	0.389		0	FLC	4				
Vitamin B-6	mg	0.063		0	FLC	4				
Folate, total	mcg	45		0	FLC	4				
Folic acid	mcg	1		0	FLC	4				
Folate, food	mcg	44		0	FLC	4				
Folate, DFE	mcg_DFE	46		0	NC	4				
Choline, total	mg	46.7		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	2		0	NC	4				
Retinol	mcg	1		0	FLC	4				
Carotene, beta	mcg	1		0	FLC	4				
Carotene, alpha	mcg	0		0	FLC	4				
Cryptoxanthin, beta	mcg	1		0	FLC	4				
Vitamin A, IU	IU	8		0	NC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	38		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	7.14		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg	0.08		0	FLC	4				
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	FLC	4				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 25033
Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	FLC	4				
Vitamin K (phylloquinone).....mcg	2.7		0	FLC	4				
Lipids:									
Fatty acids, total saturated.....g	1.213		0	FLC	4				
4:0.....g	0.000		0	FLC	4				
6:0.....g	0.000		0	FLC	4				
8:0.....g	0.001		0	FLC	4				
10:0.....g	0.000		0	FLC	4				
12:0.....g	0.001		0	FLC	4				
13:0.....g	0.000		0	FLC	4				
14:0.....g	0.003		0	FLC	4				
15:0.....g	0.000		0	FLC	4				
16:0.....g	0.934		0	FLC	4				
17:0.....g	0.002		0	FLC	4				
18:0.....g	0.210		0	FLC	4				
20:0.....g	0.004		0	FLC	4				
22:0.....g	0.001		0	FLC	4				
24:0.....g	0.000		0	FLC	4				
Fatty acids, total monounsaturated.....g	9.486		0	FLC	4				
14:1.....g	0.000		0	FLC	4				
15:1.....g	0.000		0	FLC	4				
16:1 undifferentiated.....g	0.071		0	FLC	4				
17:1.....g	0.007		0	FLC	4				
18:1 undifferentiated.....g	9.291		0	FLC	4				
20:1.....g	0.034		0	FLC	4				
22:1 undifferentiated.....g	0.010		0	FLC	4				
24:1 c.....g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated.....g	4.181		0	FLC	4				
18:2 undifferentiated.....g	3.876		0	FLC	4				
18:3 undifferentiated.....g	0.193		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g	0.001		0	FLC	4				
20:3 undifferentiated.....g	0.000		0	FLC	4				
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	0.005		0	FLC	4				
Cholesterol.....mg	0		0	FLC	4				
Phytosterols.....mg									
Stigmasterol.....mg									
Campesterol.....mg									
Beta-sitosterol.....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									

NDB No. 25033
Snacks, granola bar, KASHI TLC Bar, chewy, mixed 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
Hydroxyproline.....g									
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: 25 Snacks

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

NDB No. 25041
Snacks, granola bar, KASHI TLC Bar, crunchy, mixed 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	2.74		0	FLC	4				
Energy....kcal	446		0	NC	4				
Energy....kJ	1867		0	NC	4				
Protein (N x 6.25)....g	15.00		0	LC	8				
Total lipid (fat)....g	15.00		0	LC	8				
Ash....g	4.48		0	FLC	4				
Carbohydrate, by difference....g	62.78		0	NC	4				
Fiber, total dietary....g	10.0		0	LC	8				
Sugars, total....g	20.00		0	LC	8				
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	LC	8				
Iron, Fe....mg	2.70		0	LC	8				
Magnesium, Mg....mg	97		0	FLC	4				
Phosphorus, P....mg	333		0	FLC	4				
Potassium, K....mg	545		0	FLC	4				
Sodium, Na....mg	400		0	LC	8				
Zinc, Zn....mg	2.86		0	FLC	4				
Copper, Cu....mg	0.678		0	FLC	4				
Manganese, Mn....mg	3.137		0	FLC	4				
Selenium, Se....mcg	18.9		0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8				
Thiamin....mg	0.486		0	FLC	4				
Riboflavin....mg	0.163		0	FLC	4				
Niacin....mg	2.403		0	FLC	4				
Pantothenic acid....mg	0.979		0	FLC	4				
Vitamin B-6....mg	0.536		0	FLC	4				
Folate, total....mcg	81		0	FLC	4				
Folic acid....mcg	0		0	FLC	4				
Folate, food....mcg	81		0	FLC	4				
Folate, DFE....mcg_DFE	81		0	NC	4				
Choline, total....mg	25.5		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	1		0	NC	4				
Retinol....mcg	0		0	FLC	4				
Carotene, beta....mcg	8		0	FLC	4				
Carotene, alpha....mcg	4		0	FLC	4				
Cryptoxanthin, beta....mcg	0		0	FLC	4				
Vitamin A, IU....IU	17		0	NC	4				
Lycopene....mcg	0		0	FLC	4				
Lutein + zeaxanthin....mcg	73		0	FLC	4				
Vitamin E (alpha-tocopherol)....mg	2.30		0	FLC	4				
Vitamin E, added....mg	0.00		0	FLC	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	Z	7				
Vitamin K (phylloquinone)....mcg	9.8		0	FLC	4				
Lipids:									
Fatty acids, total saturated....g	1.436		0	NC	4				
4:0....g	0.000		0	FLC	4				

NDB No. 25041

Snacks, granola bar, KASHI TLC Bar, crunchy, mixed 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	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	0.010		0	FLC	4				
15:0 ... g	0.000		0	FLC	4				
16:0 ... g	1.021		0	FLC	4				
17:0 ... g	0.000		0	FLC	4				
18:0 ... g	0.294		0	FLC	4				
20:0 ... g	0.074		0	FLC	4				
22:0 ... g	0.037		0	FLC	4				
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.932		0	NC	4				
14:1 ... g	0.000		0	FLC	4				
15:1 ... g	0.000		0	FLC	4				
16:1 undifferentiated ... g	0.037		0	FLC	4				
17:1 ... g	0.000		0	FLC	4				
18:1 undifferentiated ... g	7.745		0	FLC	4				
20:1 ... g	0.150		0	FLC	4				
22:1 undifferentiated ... g	0.000		0	FLC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.006		0	NC	4				
18:2 undifferentiated ... g	3.764		0	FLC	4				
18:3 undifferentiated ... g	1.241		0	FLC	4				
18:4 ... g	0.000		0	FLC	4				
20:2 n-6 c,c ... g	0.000		0	FLC	4				
20:3 undifferentiated ... g	0.000		0	FLC	4				
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	0.000		0	LC	8				
Cholesterol ... mg	0		0	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: 25 Snacks

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

NDB No. 25035
Snacks, granola bar, chewy, reduced sugar, all 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	11.65		0	FLC	4				
Energy	kcal	412		0	NC	4				
Energy	kJ	1725		0	NC	4				
Protein	g	5.55		0	FLC	4				
Total lipid (fat)	g	12.50		0	FLC	4				
Ash	g	0.90		0	FLC	4				
Carbohydrate, by difference	g	69.40		0	FLC	4				
Fiber, total dietary	g	3.1		0	FLC	4				
Sugars, total	g	20.80		0	FLC	4				
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	417		1	LC	8				
Iron, Fe	mg	2.03		1	LC	8				
Magnesium, Mg	mg	48		0	FLC	4				
Phosphorus, P	mg	159		0	FLC	4				
Potassium, K	mg	199		0	FLC	4				
Sodium, Na	mg	45		0	FLC	4				
Zinc, Zn	mg	1.34		0	FLC	4				
Copper, Cu	mg	0.163		0	FLC	4				
Manganese, Mn	mg	1.133		0	FLC	4				
Selenium, Se	mcg	5.7		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	FLC	4				
Thiamin	mg	0.190		0	FLC	4				
Riboflavin	mg	0.116		0	FLC	4				
Niacin	mg	1.049		0	FLC	4				
Pantothenic acid	mg	0.418		0	FLC	4				
Vitamin B-6	mg	0.089		0	FLC	4				
Folate, total	mcg	17		0	FLC	4				
Folic acid	mcg	0		0	FLC	4				
Folate, food	mcg	17		0	FLC	4				
Folate, DFE	mcg_DFE	17		0	NC	4				
Choline, total	mg	15.5		0	FLC	4				
Betaine	mg									
Vitamin B-12	mcg	0.09		0	FLC	4				
Vitamin B-12, added	mcg	0.00		0	FLC	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	FLC	4				
Carotene, beta	mcg	1		0	FLC	4				
Carotene, alpha	mcg	0		0	FLC	4				
Cryptoxanthin, beta	mcg	0		0	FLC	4				
Vitamin A, IU	IU	1		0	NC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	47		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	1.52		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	FLC	4				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 25035
Snacks, granola bar, chewy, reduced sugar, all 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	FLC	4				
Vitamin K (phylloquinone).....mcg	2.3		0	FLC	4				
Lipids:									
Fatty acids, total saturated.....g	5.008		0	FLC	4				
4:0.....g	0.001		0	FLC	4				
6:0.....g	0.019		0	FLC	4				
8:0.....g	0.240		0	FLC	4				
10:0.....g	0.190		0	FLC	4				
12:0.....g	1.413		0	FLC	4				
13:0.....g	0.000		0	FLC	4				
14:0.....g	0.547		0	FLC	4				
15:0.....g	0.003		0	FLC	4				
16:0.....g	1.521		0	FLC	4				
17:0.....g	0.010		0	FLC	4				
18:0.....g	1.014		0	FLC	4				
20:0.....g	0.026		0	FLC	4				
22:0.....g	0.026		0	FLC	4				
24:0.....g	0.000		0	FLC	4				
Fatty acids, total monounsaturated.....g	5.303		0	FLC	4				
14:1.....g	0.000		0	FLC	4				
15:1.....g	0.000		0	FLC	4				
16:1 undifferentiated.....g	0.012		0	FLC	4				
17:1.....g	0.000		0	FLC	4				
18:1 undifferentiated.....g	5.287		0	FLC	4				
20:1.....g	0.004		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated.....g	1.440		0	FLC	4				
18:2 undifferentiated.....g	1.415		0	FLC	4				
18:3 undifferentiated.....g	0.025		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g	0.000		0	FLC	4				
20:3 undifferentiated.....g	0.000		0	FLC	4				
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	2.187		0	FLC	4				
Cholesterol.....mg	0		0	FLC	4				
Phytosterols.....mg	11		0	FLC	4				
Amino Acids:									
Tryptophan.....g	0.018		0	FLC	4				
Threonine.....g	0.039		0	FLC	4				
Isoleucine.....g	0.050		0	FLC	4				
Leucine.....g	0.098		0	FLC	4				
Lysine.....g	0.032		0	FLC	4				
Methionine.....g	0.025		0	FLC	4				
Cystine.....g	0.030		0	FLC	4				
Phenylalanine.....g	0.072		0	FLC	4				
Tyrosine.....g	0.043		0	FLC	4				
Valine.....g	0.058		0	FLC	4				
Arginine.....g	0.058		0	FLC	4				
Histidine.....g	0.032		0	FLC	4				
Alanine.....g	0.046		0	FLC	4				
Aspartic acid.....g	0.061		0	FLC	4				
Glutamic acid.....g	0.481		0	FLC	4				
Glycine.....g	0.052		0	FLC	4				
Proline.....g	0.166		0	FLC	4				
Serine.....g	0.072		0	FLC	4				
Hydroxyproline.....g									
Others:									

NDB No. 25035
Snacks, granola bar, chewy, reduced sugar, all 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
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	0		0	FLC	4				
Theobromine.....mg	1		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: 25 Snacks

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

NDB No. 19435
Snacks, granola bar, fruit-filled, nonfat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.70		0	FLC	4		3.88		
Energy	kcal	342		0	NC	4		97		
Energy	kJ	1431		0	NC	4		406		
Protein	g	5.90		0	LC	8		1.67		
Total lipid (fat)	g	0.90		0	LC	8		0.26		
Ash	g	1.90		0	NC	4		0.54		
Carbohydrate, by difference	g	77.60		0	FLC	4		22.00		
Fiber, total dietary	g	7.4		0	LC	8		2.1		
Sugars, total	g	55.34		0	FLM	4		15.69		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	LC	8		1		
Iron, Fe	mg	4.00		0	LC	8		1.13		
Magnesium, Mg	mg	50		0	FLC	4		14		
Phosphorus, P	mg	122		0	FLC	4		35		
Potassium, K	mg	220		0	FLC	4		62		
Sodium, Na	mg	16		0	LC	8		5		
Zinc, Zn	mg	1.42		0	FLC	4		0.40		
Copper, Cu	mg	0.234		0	FLC	4		0.066		
Manganese, Mn	mg									
Selenium, Se	mcg	8.3		0	FLM	4		2.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0	FLC	4		0.5		
Thiamin	mg	0.030		0	FLC	4		0.009		
Riboflavin	mg	0.070		0	FLC	4		0.020		
Niacin	mg	0.400		0	FLC	4		0.113		
Pantothenic acid	mg									
Vitamin B-6	mg	1.590		0	FLC	4		0.451		
Folate, total	mcg	316		0	FLC	4		90		
Folic acid	mcg	300		0	O	4		85		
Folate, food	mcg	12		0	FLM	4		3		
Folate, DFE	mcg_DFE	522		0	NC	4		148		
Choline, total	mg	26.7		0	NR	4		7.6		
Betaine	mg									
Vitamin B-12	mcg	0.18		0	FLC	4		0.05		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	25		0	NC	4		7		
Retinol	mcg	0		0	FLM	4		0		
Carotene, beta	mcg	173		0	BNA	4		49		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	242		0	BNA	4		69		
Vitamin A, IU	IU	491		0	NC	4		139		
Lycopene	mcg	1		0	FLM	4		0		
Lutein + zeaxanthin	mcg	103		0	FLM	4		29		
Vitamin E (alpha-tocopherol)	mg	0.26		0	FLM	4		0.07		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0			Z	7		0		
Vitamin K (phylloquinone)	mcg	2.7		0	FLM	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.200		0	FLC	4		0.057		
4:0	g	0.000		0	FLC	4		0.000		

NDB No. 19435
Snacks, granola bar, fruit-filled, nonfat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		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	0.002		0	FLC	4		0.001		
13:0....g									
14:0....g	0.002		0	FLC	4		0.001		
15:0....g									
16:0....g	0.175		0	FLC	4		0.050		
17:0....g									
18:0....g	0.021		0	FLC	4		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.240		0	FLC	4		0.068		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.241		0	FLC	4		0.068		
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	0.350		0	FLC	4		0.099		
18:2 undifferentiated....g	0.332		0	FLC	4		0.094		
18:3 undifferentiated....g	0.019		0	FLC	4		0.005		
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	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 42272
Snacks, granola bar, with coconut, chocolate coated

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	6.10		0		9		1.73		
Energy	kcal	531		0	NC	4		151		
Energy	kJ	2223		0	NC	4		630		
Protein	g	5.20		0		9		1.47		
Total lipid (fat)	g	32.20		0		9		9.13		
Ash	g	1.30		0	NR	4		0.37		
Carbohydrate, by difference	g	55.20		0	NC	4		15.65		
Fiber, total dietary	g	6.2		0		9		1.8		
Sugars, total	g	34.27		0	O	4		9.72		
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0		9		12		
Iron, Fe	mg	1.75		0		9		0.50		
Magnesium, Mg	mg	56		0		9		16		
Phosphorus, P	mg	154		0		9		44		
Potassium, K	mg	254		0		9		72		
Sodium, Na	mg	152		0		9		43		
Zinc, Zn	mg	1.17		0		9		0.33		
Copper, Cu	mg	0.319		0		9		0.090		
Manganese, Mn	mg									
Selenium, Se	mcg	16.4		1	MA	12		4.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		9		0.1		
Thiamin	mg	0.140		0		9		0.040		
Riboflavin	mg	0.080		0		9		0.023		
Niacin	mg	0.420		0		9		0.119		
Pantothenic acid	mg									
Vitamin B-6	mg	0.120		0		9		0.034		
Folate, total	mcg	9		0		9		3		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	9		0		9		3		
Folate, DFE	mcg_DFE	9		0	NC	4		3		
Choline, total	mg	12.8		0	FLA	4		3.6		
Betaine	mg									
Vitamin B-12	mcg	0.07		0		9		0.02		
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	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	NC	4		0		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	48		0	FLA	4		14		
Vitamin E (alpha-tocopherol)	mg	0.30		0	FLA	4		0.08		
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			Z	7		0		
Vitamin K (phylloquinone)	mcg	1.4		0	FLA	4		0.4		
Lipids:										
Fatty acids, total saturated	g	22.720		0		9		6.441		
4:0	g	0.000		0		4		0.000		

NDB No. 42272
Snacks, granola bar, with coconut, chocolate coated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.160		0		4		0.045		
8:0....g	1.970		0		4		0.558		
10:0....g	1.580		0		4		0.448		
12:0....g	11.720		0		4		3.323		
13:0....g									
14:0....g	4.410		0		4		1.250		
15:0....g									
16:0....g	2.150		0		4		0.610		
17:0....g									
18:0....g	0.740		0		4		0.210		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.970		0		9		1.409		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	4.970		0		4		1.409		
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	3.100		0		9		0.879		
18:2 undifferentiated....g	3.100		0		4		0.879		
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		4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	3		1	MA	12		1		
Theobromine....mg	41		0	FLC	4		12		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 25039
Snacks, granola bars, QUAKER OATMEAL TO GO, all 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	9.86		0	FLC	4				
Energy	kcal	389		0	NC	4				
Energy	kJ	1626		0	NC	4				
Protein (N x 6.25)	g	6.67		1	LC	8				
Total lipid (fat)	g	6.67		1	LC	8				
Ash	g	1.33		0	FLC	4				
Carbohydrate, by difference	g	75.47		0	NC	4				
Fiber, total dietary	g	4.6		0	FLC	4				
Sugars, total	g	31.54		0	FLC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	333		1	LC	8				
Iron, Fe	mg	6.00		1	LC	8				
Magnesium, Mg	mg	69		0	FLC	4				
Phosphorus, P	mg	167		1	LC	8				
Potassium, K	mg	238		1	LC	8				
Sodium, Na	mg	367		1	LC	8				
Zinc, Zn	mg	1.42		0	FLC	4				
Copper, Cu	mg	0.173		0	FLC	4				
Manganese, Mn	mg	1.547		0	FLC	4				
Selenium, Se	mcg	16.0		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	FLC	4				
Thiamin	mg	0.500		1	LC	8				
Riboflavin	mg	0.567		1	LC	8				
Niacin	mg	6.667		1	LC	8				
Pantothenic acid	mg	0.628		0	FLC	4				
Vitamin B-6	mg	0.667		1	LC	8				
Folate, total	mcg	75		0	FLC	4				
Folic acid	mcg	54		0	FLC	4				
Folate, food	mcg	20		0	FLC	4				
Folate, DFE	mcg_DFE	113		0	NC	4				
Choline, total	mg	47.3		0	FLC	4				
Betaine	mg									
Vitamin B-12	mcg	0.08		0	FLC	4				
Vitamin B-12, added	mcg	0.00		0	FLC	4				
Vitamin A, RAE	mcg_RAE	236		0	NC	4				
Retinol	mcg	235		0	FLC	4				
Carotene, beta	mcg	3		0	FLC	4				
Carotene, alpha	mcg	2		0	FLC	4				
Cryptoxanthin, beta	mcg	1		0	FLC	4				
Vitamin A, IU	IU	793		0	NC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	58		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	2.25		1	LC	8				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg	0.02		0	FLC	4				
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	FLC	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	4		0	FLC	4				
Vitamin K (phylloquinone)	mcg	6.9		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	1.299		0	NC	4				
4:0	g	0.000		0	FLC	4				

NDB No. 25039
Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4				
8:0 ... g	0.000		0	FLC	4				
10:0 ... g	0.000		0	FLC	4				
12:0 ... g	0.004		0	FLC	4				
13:0 ... g									
14:0 ... g	0.013		0	FLC	4				
15:0 ... g	0.000		0	FLC	4				
16:0 ... g	1.076		0	FLC	4				
17:0 ... g	0.001		0	FLC	4				
18:0 ... g	0.199		0	FLC	4				
20:0 ... g	0.002		0	FLC	4				
22:0 ... g	0.002		0	FLC	4				
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.531		0	NC	4				
14:1 ... g	0.000		0	FLC	4				
15:1 ... g									
16:1 undifferentiated ... g	0.040		0	FLC	4				
17:1 ... g	0.001		0	FLC	4				
18:1 undifferentiated ... g	1.478		0	FLC	4				
20:1 ... g	0.012		0	FLC	4				
22:1 undifferentiated ... g	0.000		0	FLC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.559		0	NC	4				
18:2 undifferentiated ... g	2.329		0	FLC	4				
18:3 undifferentiated ... g	0.207		0	FLC	4				
18:4 ... g	0.001		0	FLC	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.012		0	FLC	4				
20:5 n-3 (EPA) ... g	0.006		0	FLC	4				
22:5 n-3 (DPA) ... g	0.000		0	FLC	4				
22:6 n-3 (DHA) ... g	0.004		0	FLC	4				
Fatty acids, total trans ... g	0.002		0	FLC	4				
Cholesterol ... mg	36		0	FLC	4				
Phytosterols ... mg	2		0	FLC	4				
Amino Acids:									
Tryptophan ... g	0.095		0	FLC	4				
Threonine ... g	0.198		0	FLC	4				
Isoleucine ... g	0.254		0	FLC	4				
Leucine ... g	0.484		0	FLC	4				
Lysine ... g	0.322		0	FLC	4				
Methionine ... g	0.124		0	FLC	4				
Cystine ... g	0.192		0	FLC	4				
Phenylalanine ... g	0.322		0	FLC	4				
Tyrosine ... g	0.216		0	FLC	4				
Valine ... g	0.347		0	FLC	4				
Arginine ... g	0.420		0	FLC	4				
Histidine ... g	0.148		0	FLC	4				
Alanine ... g	0.297		0	FLC	4				
Aspartic acid ... g	0.575		0	FLC	4				
Glutamic acid ... g	1.231		0	FLC	4				
Glycine ... g	0.298		0	FLC	4				
Proline ... g	0.257		0	FLC	4				
Serine ... g	0.333		0	FLC	4				
Hydroxyproline ... g									
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.

NDB No. 25039

Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors

Common Measures:

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

Food Group: 25 Snacks

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

NDB No. 19016
Snacks, granola bars, hard, almond

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.10		1		1		0.88	0.74	
Energy	kcal	495		0	NC	4		140	119	
Energy	kJ	2071				4		587	497	
Protein (N x 5.7)	g	7.70		1		1		2.18	1.85	
Total lipid (fat)	g	25.50		1		1		7.23	6.12	
Ash	g	1.60		1		1		0.45	0.38	
Carbohydrate, by difference	g	62.00		0	NC	4		17.58	14.88	
Fiber, total dietary	g	4.8		0		4		1.4	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32		1		1		9	8	
Iron, Fe	mg	2.50		1		1		0.71	0.60	
Magnesium, Mg	mg	81		1		1		23	19	
Phosphorus, P	mg	228		1		1		65	55	
Potassium, K	mg	273		1		1		77	66	
Sodium, Na	mg	256		1		1		73	61	
Zinc, Zn	mg	1.58		1		4		0.45	0.38	
Copper, Cu	mg	0.127		1		4		0.036	0.030	
Manganese, Mn	mg	1.365		1		4		0.387	0.328	
Selenium, Se	mcg	15.0		0	BFZN	4		4.3	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.280		1		1		0.079	0.067	
Riboflavin	mg	0.070		1		1		0.020	0.017	
Niacin	mg	0.610		1		1		0.173	0.146	
Pantothenic acid	mg	0.466		1		4		0.132	0.112	
Vitamin B-6	mg	0.047		1		4		0.013	0.011	
Folate, total	mcg	12		1		4		3	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		1		4		3	3	
Folate, DFE	mcg_DFE	12		0	NC	4		3	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		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	37		1		4		10	9	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	12.510		0		1		3.547	3.002	
4:0	g									
6:0	g	0.080		1		1		0.023	0.019	
8:0	g	0.940		1		1		0.266	0.226	

NDB No. 19016
Snacks, granola bars, hard, almond

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.750		1		1		0.213	0.180	
12:0 g	5.600		1		1		1.588	1.344	
13:0 g									
14:0 g	2.120		1		1		0.601	0.509	
15:0 g									
16:0 g	2.430		1		1		0.689	0.583	
17:0 g									
18:0 g	0.530		1		1		0.150	0.127	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.740		0		1		2.194	1.858	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.050		1		1		0.014	0.012	
17:1 g									
18:1 undifferentiated g	7.690		1		1		2.180	1.846	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	3.760		0		1		1.066	0.902	
18:2 undifferentiated g	3.660		1		1		1.038	0.878	
18:3 undifferentiated g	0.100		1		1		0.028	0.024	
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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.142		0		1		0.040	0.034	
Threonine g	0.221		0		1		0.063	0.053	
Isoleucine g	0.289		0		1		0.082	0.069	
Leucine g	0.585		0		1		0.166	0.140	
Lysine g	0.313		0		1		0.089	0.075	
Methionine g	0.135		0		1		0.038	0.032	
Cystine g	0.231		0		1		0.065	0.055	
Phenylalanine g	0.390		0		1		0.111	0.094	
Tyrosine g	0.282		0		1		0.080	0.068	
Valine g	0.406		0		1		0.115	0.097	
Arginine g	0.596		0		1		0.169	0.143	
Histidine g	0.178		0		1		0.050	0.043	
Alanine g	0.369		0		1		0.105	0.089	
Aspartic acid g	0.698		0		1		0.198	0.168	
Glutamic acid g	1.679		0		1		0.476	0.403	
Glycine g	0.411		0		1		0.117	0.099	
Proline g	0.425		0		1		0.120	0.102	
Serine g	0.374		0		1		0.106	0.090	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 bar

NDB No. 19016
Snacks, granola bars, hard, almond

Calories Factors: Protein 3.5 **Fat** 8.6 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19017
Snacks, granola bars, hard, chocolate chip

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		1		1		0.68	0.58	
Energy	kcal	438		0	NC	4		124	105	
Energy	kJ	1833				4		520	440	
Protein (N x 5.8)	g	7.30		1		1		2.07	1.75	
Total lipid (fat)	g	16.30		1		1		4.62	3.91	
Ash	g	1.80		1		1		0.51	0.43	
Carbohydrate, by difference	g	72.10		0	NC	4		20.44	17.30	
Fiber, total dietary	g	4.4		0		1		1.2	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	77		1		1		22	18	
Iron, Fe	mg	3.05		1		1		0.86	0.73	
Magnesium, Mg	mg	72		1		4		20	17	
Phosphorus, P	mg	204		1		4		58	49	
Potassium, K	mg	251		1		1		71	60	
Sodium, Na	mg	344		1		1		98	83	
Zinc, Zn	mg	1.93		1		4		0.55	0.46	
Copper, Cu	mg	0.261		1		4		0.074	0.063	
Manganese, Mn	mg	1.507		1		4		0.427	0.362	
Selenium, Se	mcg	12.5		0	FLM	4		3.5	3.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1		4		0.0	0.0	
Thiamin	mg	0.180		1		1		0.051	0.043	
Riboflavin	mg	0.100		1		1		0.028	0.024	
Niacin	mg	0.555		1		4		0.157	0.133	
Pantothenic acid	mg	0.506		1		4		0.143	0.121	
Vitamin B-6	mg	0.058		1		4		0.016	0.014	
Folate, total	mcg	13		1		4		4	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		1		4		4	3	
Folate, DFE	mcg_DFE	13		0	NC	4		4	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.01		1		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	42		1		4		12	10	
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	11.410		0		1		3.235	2.738	
4:0	g									
6:0	g	0.060		1		1		0.017	0.014	
8:0	g	0.760		1		1		0.215	0.182	

NDB No. 19017
Snacks, granola bars, hard, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.610		1		1		0.173	0.146	
12:0 g	4.550		1		1		1.290	1.092	
13:0 g									
14:0 g	1.720		1		1		0.488	0.413	
15:0 g									
16:0 g	2.160		1		1		0.612	0.518	
17:0 g									
18:0 g	1.520		1		1		0.431	0.365	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.630		0		1		0.746	0.631	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		1		1		0.003	0.002	
17:1 g									
18:1 undifferentiated g	2.610		1		1		0.740	0.626	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.270		0		1		0.360	0.305	
18:2 undifferentiated g	1.220		1		1		0.346	0.293	
18:3 undifferentiated g	0.050		1		1		0.014	0.012	
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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.134		0		1		0.038	0.032	
Threonine g	0.211		0		1		0.060	0.051	
Isoleucine g	0.274		0		1		0.078	0.066	
Leucine g	0.552		0		1		0.156	0.132	
Lysine g	0.311		0		1		0.088	0.075	
Methionine g	0.134		0		1		0.038	0.032	
Cystine g	0.222		0		1		0.063	0.053	
Phenylalanine g	0.368		0		1		0.104	0.088	
Tyrosine g	0.274		0		1		0.078	0.066	
Valine g	0.396		0		1		0.112	0.095	
Arginine g	0.517		0		1		0.147	0.124	
Histidine g	0.164		0		1		0.046	0.039	
Alanine g	0.356		0		1		0.101	0.085	
Aspartic acid g	0.648		0		1		0.184	0.156	
Glutamic acid g	1.494		0		1		0.424	0.359	
Glycine g	0.380		0		1		0.108	0.091	
Proline g	0.395		0		1		0.112	0.095	
Serine g	0.359		0		1		0.102	0.086	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 bar

NDB No. 19017
Snacks, granola bars, hard, chocolate chip

Calories Factors: Protein 3.4 **Fat** 8.5 **Carbohydrate** 3.8

Food Group: 25 Snacks

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

NDB No. 19019
Snacks, granola bars, hard, peanut

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	2.30		1		1		0.65		
Energy	kcal	479		0	NC	4		136		
Energy	kJ	2004		0		4		568		
Protein (N x 5.7)	g	11.00		2		1		3.12		
Total lipid (fat)	g	21.40		2		1		6.07		
Ash	g	1.50		1		1		0.43		
Carbohydrate, by difference	g	63.70		0	NC	4		18.06		
Fiber, total dietary	g	4.3		0		4		1.2		
Sugars, total	g	33.96		0	FLM	4		9.63		
Starch	g									
Minerals:										
Calcium, Ca	mg	39		1		1		11		
Iron, Fe	mg	2.50		1		1		0.71		
Magnesium, Mg	mg	110		1		1		31		
Phosphorus, P	mg	300		1		1		85		
Potassium, K	mg	305		1		1		86		
Sodium, Na	mg	278		2		1		79		
Zinc, Zn	mg	2.09		1		4		0.59		
Copper, Cu	mg	0.279		1		4		0.079		
Manganese, Mn	mg	1.407		1		4		0.399		
Selenium, Se	mcg	15.0		0	FLM	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	mg	0.190		1		1		0.054		
Riboflavin	mg	0.080		1		1		0.023		
Niacin	mg	1.460		1		1		0.414		
Pantothenic acid	mg	0.600		1		4		0.170		
Vitamin B-6	mg	0.070		1		4		0.020		
Folate, total	mcg	34		0	FLM	4		10		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	34		0	FLM	4		10		
Folate, DFE	mcg_DFE	34		0	NC	4		10		
Choline, total	mg	32.2		0	FLA	4		9.1		
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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	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		0	NC	4		0		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	74		0	FLM	4		21		
Vitamin E (alpha-tocopherol)	mg	5.52		0	FLM	4		1.56		
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			Z	7		0		
Vitamin K (phylloquinone)	mcg	3.6		0	FLM	4		1.0		
Lipids:										
Fatty acids, total saturated	g	2.520		0		1		0.714		
4:0	g	0.000		0		4		0.000		

NDB No. 19019
Snacks, granola bars, hard, peanut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.010		2		1		0.003		
13:0 g									
14:0 g	0.010		2		1		0.003		
15:0 g									
16:0 g	1.630		2		1		0.462		
17:0 g									
18:0 g	0.780		2		1		0.221		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.760		0		1		1.633		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		2		1		0.003		
17:1 g									
18:1 undifferentiated g	5.680		2		1		1.610		
20:1 g	0.060		2		1		0.017		
22:1 undifferentiated g	0.000		0		4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	11.880		0		1		3.368		
18:2 undifferentiated g	11.850		2		1		3.359		
18:3 undifferentiated g	0.030		2		1		0.009		
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		1		4		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.172		0		1		0.049		
Threonine g	0.331		0		1		0.094		
Isoleucine g	0.402		0		1		0.114		
Leucine g	0.800		0		1		0.227		
Lysine g	0.443		0		1		0.126		
Methionine g	0.182		0		1		0.052		
Cystine g	0.280		0		1		0.079		
Phenylalanine g	0.564		0		1		0.160		
Tyrosine g	0.423		0		1		0.120		
Valine g	0.549		0		1		0.156		
Arginine g	0.970		0		1		0.275		
Histidine g	0.261		0		1		0.074		
Alanine g	0.503		0		1		0.143		
Aspartic acid g	1.098		0		1		0.311		
Glutamic acid g	2.306		0		1		0.654		
Glycine g	0.611		0		1		0.173		
Proline g	0.564		0		1		0.160		
Serine g	0.549		0		1		0.156		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		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.

NDB No. 19019

Snacks, granola bars, hard, peanut

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.5 **Fat** 8.7 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19420
Snacks, granola bars, hard, peanut butter

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	2.30		1		1		0.65	0.55	
Energy	kcal	483		0	NC	4		137	116	
Energy	kJ	2021				4		573	485	
Protein (N x 5.6)	g	9.80		1		1		2.78	2.35	
Total lipid (fat)	g	23.80		1		1		6.75	5.71	
Ash	g	1.70		1		1		0.48	0.41	
Carbohydrate, by difference	g	62.30		0	NC	4		17.66	14.95	
Fiber, total dietary	g	2.9		0		4		0.8	0.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	41		1		1		12	10	
Iron, Fe	mg	2.40		1		1		0.68	0.58	
Magnesium, Mg	mg	55		1		4		16	13	
Phosphorus, P	mg	139		1		4		39	33	
Potassium, K	mg	291		1		1		82	70	
Sodium, Na	mg	283		1		1		80	68	
Zinc, Zn	mg	1.25		1		4		0.35	0.30	
Copper, Cu	mg	0.218		1		4		0.062	0.052	
Manganese, Mn	mg	0.922		1		4		0.261	0.221	
Selenium, Se	mcg	15.0		0	FLM	4		4.3	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		1		4		0.1	0.0	
Thiamin	mg	0.210		1		1		0.060	0.050	
Riboflavin	mg	0.090		1		1		0.026	0.022	
Niacin	mg	1.970		1		1		0.558	0.473	
Pantothenic acid	mg	0.387		1		4		0.110	0.093	
Vitamin B-6	mg	0.096		1		4		0.027	0.023	
Folate, total	mcg	18		1		4		5	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	18		1		4		5	4	
Folate, DFE	mcg_DFE	18		0	NC	4		5	4	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		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	16		1		4		5	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	3.200		0		1		0.907	0.768	
4:0	g									
6:0	g									
8:0	g									

NDB No. 19420
Snacks, granola bars, hard, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.020		2		1		0.006	0.005	
13:0 g									
14:0 g	0.020		2		1		0.006	0.005	
15:0 g									
16:0 g	2.210		2		1		0.627	0.530	
17:0 g									
18:0 g	0.900		2		1		0.255	0.216	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.000		0		1		1.985	1.680	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		2		1		0.003	0.002	
17:1 g									
18:1 undifferentiated g	6.910		2		1		1.959	1.658	
20:1 g	0.080		2		1		0.023	0.019	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	12.080		0		1		3.425	2.899	
18:2 undifferentiated g	11.950		2		1		3.388	2.868	
18:3 undifferentiated g	0.110		2		1		0.031	0.026	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		2		1		0.006	0.005	
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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.131		0		1		0.037	0.031	
Threonine g	0.310		0		1		0.088	0.074	
Isoleucine g	0.350		0		1		0.099	0.084	
Leucine g	0.679		0		1		0.192	0.163	
Lysine g	0.376		0		1		0.107	0.090	
Methionine g	0.144		0		1		0.041	0.035	
Cystine g	0.200		0		1		0.057	0.048	
Phenylalanine g	0.502		0		1		0.142	0.120	
Tyrosine g	0.383		0		1		0.109	0.092	
Valine g	0.455		0		1		0.129	0.109	
Arginine g	0.977		0		1		0.277	0.234	
Histidine g	0.236		0		1		0.067	0.057	
Alanine g	0.424		0		1		0.120	0.102	
Aspartic acid g	1.059		0		1		0.300	0.254	
Glutamic acid g	2.036		0		1		0.577	0.489	
Glycine g	0.558		0		1		0.158	0.134	
Proline g	0.495		0		1		0.140	0.119	
Serine g	0.483		0		1		0.137	0.116	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 bar

NDB No. 19420
Snacks, granola bars, hard, peanut butter

Calories Factors: Protein 3.4 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 25 Snacks

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

NDB No. 19015
Snacks, granola bars, hard, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.90	0.241	27		1		0.98	1.09	
Energy....kcal	471		0	NC	4		118	132	
Energy....kJ	1972		0	NC	4		493	552	
Protein (N x 6.25)....g	10.10	0.292	28		1		2.53	2.83	
Total lipid (fat)....g	19.80	0.445	27		1		4.95	5.54	
Ash....g	1.90	0.038	25		1		0.48	0.53	
Carbohydrate, by difference....g	64.40		0	NC	4		16.10	18.03	
Fiber, total dietary....g	5.3		0		4		1.3	1.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	61	2.995	18		1		15	17	
Iron, Fe....mg	2.95	0.099	22		1		0.74	0.83	
Magnesium, Mg....mg	97	7.625	3		1		24	27	
Phosphorus, P....mg	277	4.152	21		1		69	78	
Potassium, K....mg	336	10.383	19		1		84	94	
Sodium, Na....mg	294	7.089	24		1		74	82	
Zinc, Zn....mg	2.03		1		1		0.51	0.57	
Copper, Cu....mg	0.392		1		1		0.098	0.110	
Manganese, Mn....mg	1.777		1		1		0.444	0.498	
Selenium, Se....mcg	16.2		0	FLM	4		4.1	4.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.001	3		1		0.2	0.3	
Thiamin....mg	0.264	0.006	23		1		0.066	0.074	
Riboflavin....mg	0.119	0.012	18		1		0.030	0.033	
Niacin....mg	1.581	0.287	9		1		0.395	0.443	
Pantothenic acid....mg	0.813	0.294	4		1		0.203	0.228	
Vitamin B-6....mg	0.085	0.010	4		1		0.021	0.024	
Folate, total....mcg	23	1.698	3		1		6	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23	1.698	3		1		6	6	
Folate, DFE....mcg_DFE	23		0	NC	4		6	6	
Choline, total....mg	22.0		0	AS	1		5.5	6.2	
Betaine....mg	6.9		1	A	1		1.7	1.9	
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	151	23.302	3		1		38	42	
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	2.370		0		1		0.593	0.664	
4:0....g									
6:0....g									
8:0....g									

NDB No. 19015
Snacks, granola bars, hard, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.010		1		1		0.003	0.003	
13:0 ... g									
14:0 ... g	0.010		1		1		0.003	0.003	
15:0 ... g									
16:0 ... g	1.540		1		1		0.385	0.431	
17:0 ... g									
18:0 ... g	0.760		1		1		0.190	0.213	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.380		0		1		1.095	1.226	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.010		1		1		0.003	0.003	
17:1 ... g									
18:1 undifferentiated ... g	4.370		1		1		1.093	1.224	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	12.050		0		1		3.013	3.374	
18:2 undifferentiated ... g	11.990		1		1		2.998	3.357	
18:3 undifferentiated ... g	0.060		1		1		0.015	0.017	
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		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.177		0		1		0.044	0.050	
Threonine ... g	0.264		0		1		0.066	0.074	
Isoleucine ... g	0.352		0		1		0.088	0.099	
Leucine ... g	0.724		0		1		0.181	0.203	
Lysine ... g	0.400		0		1		0.100	0.112	
Methionine ... g	0.177		0		1		0.044	0.050	
Cystine ... g	0.304		0		1		0.076	0.085	
Phenylalanine ... g	0.479		0		1		0.120	0.134	
Tyrosine ... g	0.352		0		1		0.088	0.099	
Valine ... g	0.508		0		1		0.127	0.142	
Arginine ... g	0.674		0		1		0.169	0.189	
Histidine ... g	0.216		0		1		0.054	0.060	
Alanine ... g	0.460		0		1		0.115	0.129	
Aspartic acid ... g	0.830		0		1		0.208	0.232	
Glutamic acid ... g	1.975		0		1		0.494	0.553	
Glycine ... g	0.499		0		1		0.125	0.140	
Proline ... g	0.518		0		1		0.130	0.145	
Serine ... g	0.470		0		1		0.118	0.132	
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 = 25g: 1 bar

Measure 2 = 28g: 1 bar (1 oz)

NDB No. 19015
Snacks, granola bars, hard, plain

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19023
Snacks, granola bars, oats, fruits and nut

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	7.20		0		4		2.04		
Energy	kcal	397		0	NC	4		113		
Energy	kJ	1662		0	NC	4		471		
Protein	g	7.70		0		4		2.18		
Total lipid (fat)	g	6.30		0		4		1.79		
Ash	g	1.38		0	FLA	4		0.39		
Carbohydrate, by difference	g	77.42		0	NC	4		21.95		
Fiber, total dietary	g	5.3		0		4		1.5		
Sugars, total	g	43.50		0	O	4		12.33		
Starch	g									
Minerals:										
Calcium, Ca	mg	36		0		4		10		
Iron, Fe	mg	5.30		0		4		1.50		
Magnesium, Mg	mg	85		0		4		24		
Phosphorus, P	mg	243		0		4		69		
Potassium, K	mg	238		0		4		67		
Sodium, Na	mg	251		0		4		71		
Zinc, Zn	mg	1.87		0		4		0.53		
Copper, Cu	mg	0.670		0		4		0.190		
Manganese, Mn	mg									
Selenium, Se	mcg	15.4		0	BFZN	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.490		0		4		0.139		
Riboflavin	mg	0.440		0		4		0.125		
Niacin	mg	5.120		0		4		1.452		
Pantothenic acid	mg									
Vitamin B-6	mg	0.800		0		4		0.227		
Folate, total	mcg	160		0		4		45		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	160		0		4		45		
Folate, DFE	mcg_DFE	160		0	NC	4		45		
Choline, total	mg	22.6		0	FLA	4		6.4		
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	28		0	NC	4		8		
Retinol	mcg	28		0	FLA	4		8		
Carotene, beta	mcg	1		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	94		0	NC	4		27		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	59		0	FLA	4		17		
Vitamin E (alpha-tocopherol)	mg	1.09		0	FLA	4		0.31		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.6		0	FLA	4		0.7		
Lipids:										
Fatty acids, total saturated	g	0.730		0		4		0.207		
4:0	g	0.000		0		4		0.000		

NDB No. 19023
Snacks, granola bars, oats, fruits and nut

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000		
8:0 ... g	0.000		0		4		0.000		
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.006		0		4		0.002		
13:0 ... g									
14:0 ... g	0.011		0		4		0.003		
15:0 ... g									
16:0 ... g	0.540		0		4		0.153		
17:0 ... g									
18:0 ... g	0.170		0		4		0.048		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.170		0		4		0.048		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.171		0		4		0.048		
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	4.830		0		4		1.369		
18:2 undifferentiated ... g	4.666		0		4		1.323		
18:3 undifferentiated ... g	0.166		0		4		0.047		
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		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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 25038
Snacks, granola bars, soft, almond, confectioners coating

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.74		0	FLC	4		3.06		
Energy	kcal	455		0	NC	4		159		
Energy	kJ	1903		0	NC	4		666		
Protein	g	8.60		0	FLC	4		3.01		
Total lipid (fat)	g	20.00		0	FLC	4		7.00		
Ash	g	2.53		0	FLC	4		0.89		
Carbohydrate, by difference	g	60.13		0	NC	4		21.04		
Fiber, total dietary	g	4.3		0	FLC	4		1.5		
Sugars, total	g	34.00		0	FLC	4		11.90		
Starch	g									
Minerals:										
Calcium, Ca	mg	136		0	FLC	4		48		
Iron, Fe	mg	1.49		0	FLC	4		0.52		
Magnesium, Mg	mg	95		0	FLC	4		33		
Phosphorus, P	mg	192		0	FLC	4		67		
Potassium, K	mg	320		0	FLC	4		112		
Sodium, Na	mg	486		0	FLC	4		170		
Zinc, Zn	mg	1.41		0	FLC	4		0.49		
Copper, Cu	mg	0.337		0	FLC	4		0.118		
Manganese, Mn	mg	0.933		0	FLC	4		0.327		
Selenium, Se	mcg	6.5		0	FLC	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLC	4		0.1		
Thiamin	mg	0.102		0	FLC	4		0.036		
Riboflavin	mg	0.360		0	FLC	4		0.126		
Niacin	mg	1.318		0	FLC	4		0.461		
Pantothenic acid	mg	0.379		0	FLC	4		0.132		
Vitamin B-6	mg	0.072		0	FLC	4		0.025		
Folate, total	mcg	18		0	FLC	4		6		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	18		0	FLC	4		6		
Folate, DFE	mcg_DFE	18		0	NC	4		6		
Choline, total	mg	27.1		0	FLC	4		9.5		
Betaine	mg									
Vitamin B-12	mcg	0.14		0	FLC	4		0.05		
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	5		0	NC	4		2		
Retinol	mcg	5		0	FLC	4		2		
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	19		0	NC	4		7		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	15		0	FLC	4		5		
Vitamin E (alpha-tocopherol)	mg	7.60		0	FLC	4		2.66		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg	0.08		0	FLC	4		0.03		
Tocopherol, gamma	mg	0.19		0	FLC	4		0.07		
Tocopherol, delta	mg	0.01		0	FLC	4		0.00		
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	Z	7		0		
Vitamin K (phylloquinone)	mcg	1.5		0	FLC	4		0.5		
Lipids:										
Fatty acids, total saturated	g	5.668		0	FLC	4		1.984		
4:0	g	0.018		0	FLC	4		0.006		

NDB No. 25038
Snacks, granola bars, soft, almond, confectioners coating

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.022		0	FLC	4		0.008		
8:0 ... g	0.177		0	FLC	4		0.062		
10:0 ... g	0.207		0	FLC	4		0.073		
12:0 ... g	2.431		0	FLC	4		0.851		
13:0 ... g	0.000		0	FLC	4		0.000		
14:0 ... g	0.908		0	FLC	4		0.318		
15:0 ... g	0.000		0	FLC	4		0.000		
16:0 ... g	1.506		0	FLC	4		0.527		
17:0 ... g	0.002		0	FLC	4		0.001		
18:0 ... g	0.392		0	FLC	4		0.137		
20:0 ... g	0.004		0	FLC	4		0.001		
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	9.491		0	FLC	4		3.322		
14:1 ... g	0.000		0	FLC	4		0.000		
15:1 ... g	0.000		0	FLC	4		0.000		
16:1 undifferentiated ... g	0.082		0	FLC	4		0.029		
17:1 ... g	0.007		0	FLC	4		0.002		
18:1 undifferentiated ... g	9.399		0	FLC	4		3.290		
20:1 ... g	0.003		0	FLC	4		0.001		
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	3.643		0	FLC	4		1.275		
18:2 undifferentiated ... g	3.628		0	FLC	4		1.270		
18:3 undifferentiated ... g	0.014		0	FLC	4		0.005		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g	0.001		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	0.005		0	FLC	4		0.002		
Cholesterol ... mg	3		0	FLC	4		1		
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 = 35g: 1 bar

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

Food Group: 25 Snacks

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

NDB No. 19024

Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.60		2		1		1.26	1.01	
Energy	kcal	466		0		4		163	130	
Energy	kJ	1950				4		682	546	
Protein (N x 6.1)	g	5.80		1		1		2.03	1.62	
Total lipid (fat)	g	24.90		2		1		8.72	6.97	
Ash	g	1.50		1		1		0.53	0.42	
Carbohydrate, by difference	g	63.80		0	NC	4		22.33	17.86	
Fiber, total dietary	g	3.4		0		1		1.2	1.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	103		2		1		36	29	
Iron, Fe	mg	2.33		2		1		0.82	0.65	
Magnesium, Mg	mg	66		1		1		23	18	
Phosphorus, P	mg	199		1		1		70	56	
Potassium, K	mg	313		1		1		110	88	
Sodium, Na	mg	200		2		1		70	56	
Zinc, Zn	mg	1.30		1		1		0.46	0.36	
Copper, Cu	mg	0.350		1		1		0.123	0.098	
Manganese, Mn	mg	0.930		1		1		0.326	0.260	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.090		2		1		0.032	0.025	
Riboflavin	mg	0.250		2		1		0.088	0.070	
Niacin	mg	0.720		2		1		0.252	0.202	
Pantothenic acid	mg	0.510		1		1		0.179	0.143	
Vitamin B-6	mg	0.100		1		1		0.035	0.028	
Folate, total	mcg	26		1		1		9	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	26		1		1		9	7	
Folate, DFE	mcg_DFE	26		0	NC	4		9	7	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.57		1		1		0.20	0.16	
Vitamin A, RAE	mcg_RAE	7		0	NC	4		2	2	
Retinol	mcg	5		0	NC	4		2	1	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	39		1		4		14	11	
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	14.220		0		1		4.977	3.982	
4:0	g	0.100		1		1		0.035	0.028	
6:0	g	0.040		1		1		0.014	0.011	
8:0	g	0.130		1		1		0.046	0.036	

NDB No. 19024

Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.150		1		1		0.053	0.042	
12:0 ... g	0.630		1		1		0.221	0.176	
13:0 ... g									
14:0 ... g	0.570		1		1		0.200	0.160	
15:0 ... g									
16:0 ... g	6.040		1		1		2.114	1.691	
17:0 ... g									
18:0 ... g	6.570		1		1		2.300	1.840	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.770		0		1		2.720	2.176	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.190		1		1		0.067	0.053	
17:1 ... g									
18:1 undifferentiated ... g	7.580		1		1		2.653	2.122	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.820		0		1		0.637	0.510	
18:2 undifferentiated ... g	1.710		1		1		0.599	0.479	
18:3 undifferentiated ... g	0.110		1		1		0.039	0.031	
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	5		1		1		2	1	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.070		0		1		0.025	0.020	
Threonine ... g	0.226		0		1		0.079	0.063	
Isoleucine ... g	0.270		0		1		0.095	0.076	
Leucine ... g	0.474		0		1		0.166	0.133	
Lysine ... g	0.289		0		1		0.101	0.081	
Methionine ... g	0.114		0		1		0.040	0.032	
Cystine ... g	0.063		0		1		0.022	0.018	
Phenylalanine ... g	0.291		0		1		0.102	0.081	
Tyrosine ... g	0.244		0		1		0.085	0.068	
Valine ... g	0.345		0		1		0.121	0.097	
Arginine ... g	0.241		0		1		0.084	0.067	
Histidine ... g	0.105		0		1		0.037	0.029	
Alanine ... g	0.222		0		1		0.078	0.062	
Aspartic acid ... g	0.479		0		1		0.168	0.134	
Glutamic acid ... g	1.112		0		1		0.389	0.311	
Glycine ... g	0.177		0		1		0.062	0.050	
Proline ... g	0.393		0		1		0.138	0.110	
Serine ... g	0.254		0		1		0.089	0.071	
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 = 35g: 1 bar (1.25 oz)

Measure 2 = 28g: 1 bar (1 oz)

NDB No. 19024

Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip

Calories Factors: Protein 3.5 **Fat** 8.6 **Carbohydrate** 3.6

Food Group: 25 Snacks

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

NDB No. 19026

Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.20		1		1		0.91	1.18	
Energy	kcal	509		0		4		144	188	
Energy	kJ	2130				4		604	788	
Protein (N x 5.9)	g	10.20		2		1		2.89	3.77	
Total lipid (fat)	g	31.10		2		1		8.82	11.51	
Ash	g	1.90		1		1		0.54	0.70	
Carbohydrate, by difference	g	53.40		0	NC	4		15.14	19.76	
Fiber, total dietary	g	2.8		0		4		0.8	1.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	108	13.062	3		1		31	40	
Iron, Fe	mg	1.45	0.221	3		1		0.41	0.54	
Magnesium, Mg	mg	67		1		4		19	25	
Phosphorus, P	mg	227		1		4		64	84	
Potassium, K	mg	339		1		1		96	125	
Sodium, Na	mg	193		2		1		55	71	
Zinc, Zn	mg	1.47		1		4		0.42	0.54	
Copper, Cu	mg	0.323		1		4		0.092	0.120	
Manganese, Mn	mg	1.350		1		4		0.383	0.500	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		1		4		0.2	0.2	
Thiamin	mg	0.100		2		1		0.028	0.037	
Riboflavin	mg	0.210	0.032	3		1		0.060	0.078	
Niacin	mg	3.290	0.067	3		1		0.933	1.217	
Pantothenic acid	mg	0.530		1		4		0.150	0.196	
Vitamin B-6	mg	0.106		1		4		0.030	0.039	
Folate, total	mcg	25		1		4		7	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	25		1		4		7	9	
Folate, DFE	mcg_DFE	25		0	NC	4		7	9	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	5		0	NC	4		1	2	
Retinol	mcg	5		0	NR	4		1	2	
Carotene, beta	mcg	6		0	NR	4		2	2	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	25		0	NC	4		7	9	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	17.010		0		1		4.822	6.294	
4:0	g	0.070		1		1		0.020	0.026	
6:0	g	0.040		1		1		0.011	0.015	
8:0	g	0.420		1		1		0.119	0.155	

NDB No. 19026

Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.490		1		1		0.139	0.181	
12:0 g	5.500		1		1		1.559	2.035	
13:0 g									
14:0 g	2.150		1		1		0.610	0.796	
15:0 g									
16:0 g	4.420		1		1		1.253	1.635	
17:0 g									
18:0 g	3.920		1		1		1.111	1.450	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.540		0		1		1.854	2.420	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.120		1		1		0.034	0.044	
17:1 g									
18:1 undifferentiated g	6.390		1		1		1.812	2.364	
20:1 g	0.030		1		1		0.009	0.011	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.900		0		1		0.539	0.703	
18:2 undifferentiated g	1.830		1		1		0.519	0.677	
18:3 undifferentiated g	0.070		1		1		0.020	0.026	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.010		1		1		0.003	0.004	
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	12		1		1		3	4	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.123		0		1		0.035	0.046	
Threonine g	0.387		0		1		0.110	0.143	
Isoleucine g	0.456		0		1		0.129	0.169	
Leucine g	0.804		0		1		0.228	0.297	
Lysine g	0.519		0		1		0.147	0.192	
Methionine g	0.173		0		1		0.049	0.064	
Cystine g	0.121		0		1		0.034	0.045	
Phenylalanine g	0.510		0		1		0.145	0.189	
Tyrosine g	0.431		0		1		0.122	0.159	
Valine g	0.555		0		1		0.157	0.205	
Arginine g	0.690		0		1		0.196	0.255	
Histidine g	0.228		0		1		0.065	0.084	
Alanine g	0.387		0		1		0.110	0.143	
Aspartic acid g	0.972		0		1		0.276	0.360	
Glutamic acid g	2.055		0		1		0.583	0.760	
Glycine g	0.405		0		1		0.115	0.150	
Proline g	0.680		0		1		0.193	0.252	
Serine g	0.491		0		1		0.139	0.182	
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	6		1		1		2	2	
Theobromine mg	42		1		1		12	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.

NDB No. 19026

Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 37g: 1 bar

Calories Factors: Protein 3.7 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 25 Snacks

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

NDB No. 19404
Snacks, granola bars, soft, uncoated, chocolate chip

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	6.45	0.203	3	A	1		2.77	1.81	
Energy	kcal	418		0	NC	4		180	117	
Energy	kJ	1749		0	NC	4		752	490	
Protein (N x 5.8)	g	5.65	0.131	3	A	1		2.43	1.58	
Total lipid (fat)	g	16.57	1.867	3	A	1		7.13	4.64	
Ash	g	1.14	0.047	3	A	1		0.49	0.32	
Carbohydrate, by difference	g	70.20		0	NC	4		30.18	19.65	
Fiber, total dietary	g	3.8	0.371	3	A	1		1.6	1.1	
Sugars, total	g	28.92	0.938	3	A	1		12.43	8.10	
Sucrose	g	16.51	2.869	3	A	1		7.10	4.62	
Glucose (dextrose)	g	5.16	1.686	3	A	1		2.22	1.45	
Fructose	g	2.01	0.756	3	A	1		0.87	0.56	
Lactose	g	0.50	0.251	3	A	1		0.22	0.14	
Maltose	g	4.73	0.890	3	A	1		2.03	1.32	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch	g	21.95	2.187	3	A	1		9.44	6.15	
Minerals:										
Calcium, Ca	mg	41	7.419	3	A	1		17	11	
Iron, Fe	mg	2.19	0.031	3	A	1		0.94	0.61	
Magnesium, Mg	mg	64	1.778	3	A	1		27	18	
Phosphorus, P	mg	176	3.606	3	A	1		76	49	
Potassium, K	mg	237	20.108	3	A	1		102	66	
Sodium, Na	mg	179	24.579	3	A	1		77	50	
Zinc, Zn	mg	1.30	0.049	3	A	1		0.56	0.36	
Copper, Cu	mg	0.273	0.024	3	A	1		0.117	0.076	
Manganese, Mn	mg	1.263	0.032	3	A	1		0.543	0.354	
Selenium, Se	mcg	11.1	0.833	3	A	1		4.8	3.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.169	0.021	3	A	1		0.072	0.047	
Riboflavin	mg	0.082	0.007	3	A	1		0.035	0.023	
Niacin	mg	0.765	0.120	3	A	1		0.329	0.214	
Pantothenic acid	mg	0.341	0.022	3	A	1		0.146	0.095	
Vitamin B-6	mg	0.066	0.006	3	A	1		0.029	0.019	
Folate, total	mcg	16	0.333	3	A	1		7	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	16	0.333	3	A	1		7	5	
Folate, DFE	mcg_DFE	16		0	NC	4		7	5	
Choline, total	mg	16.7		0	AS	1		7.2	4.7	
Betaine	mg	21.6		1	A	1		9.3	6.0	
Vitamin B-12	mcg	0.00		1	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									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.31	0.092	3	A	1		0.13	0.09	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.03	0.010	3	A	1		0.02	0.01	
Tocopherol, gamma	mg	2.22	0.583	3	A	1		0.95	0.62	
Tocopherol, delta	mg	0.89	0.246	3	A	1		0.38	0.25	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									

NDB No. 19404
Snacks, granola bars, soft, uncoated, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	16.4	2.515	3	A	1		7.1	4.6	
Lipids:									
Fatty acids, total saturated....g	6.061		0	NC	4		2.606	1.697	
4:0....g									
6:0....g									
8:0....g	0.198	0.080	3	A	1		0.085	0.055	
10:0....g	0.153	0.062	3	A	1		0.066	0.043	
12:0....g	1.157	0.475	3	A	1		0.498	0.324	
13:0....g									
14:0....g	0.430	0.170	3	A	1		0.185	0.120	
15:0....g									
16:0....g	2.175	0.272	3	A	1		0.935	0.609	
17:0....g									
18:0....g	1.834	0.250	3	A	1		0.789	0.514	
20:0....g	0.064	0.008	3	A	1		0.028	0.018	
22:0....g	0.033	0.003	3	A	1		0.014	0.009	
24:0....g									
Fatty acids, total monounsaturated....g	6.967		0	NC	4		2.996	1.951	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.019	0.002	3	A	1		0.008	0.005	
17:1....g									
18:1 undifferentiated....g	6.916	0.715	3	A	1		2.974	1.936	
20:1....g	0.032	0.003	3	A	1		0.014	0.009	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.576		0	NC	4		0.677	0.441	
18:2 undifferentiated....g	1.512	0.108	3	A	1		0.650	0.423	
18:3 undifferentiated....g	0.064		0	AS	1		0.027	0.018	
18:3 n-3 c,c,c (ALA)....g	0.060	0.010	3	A	1		0.026	0.017	
18:3 n-6 c,c,c....g	0.004	0.004	3	A	1		0.002	0.001	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	A	1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0	A	1		0.025	0.016	
Threonine....g	0.191		0	A	1		0.082	0.054	
Isoleucine....g	0.221		0	A	1		0.095	0.062	
Leucine....g	0.434		0	A	1		0.187	0.121	
Lysine....g	0.214		0	A	1		0.092	0.060	
Methionine....g	0.102		0	A	1		0.044	0.029	
Cystine....g	0.143		0	A	1		0.061	0.040	
Phenylalanine....g	0.293		0	A	1		0.126	0.082	
Tyrosine....g	0.188		0	A	1		0.081	0.053	
Valine....g	0.305		0	A	1		0.131	0.085	
Arginine....g	0.387		0	A	1		0.167	0.108	
Histidine....g	0.139		0	A	1		0.060	0.039	
Alanine....g	0.262		0	A	1		0.113	0.073	

NDB No. 19404
Snacks, granola bars, soft, uncoated, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.460		0	A	1		0.198	0.129	
Glutamic acid.....g	1.243		0	A	1		0.535	0.348	
Glycine.....g	0.270		0	A	1		0.116	0.075	
Proline.....g	0.349		0	A	1		0.150	0.098	
Serine.....g	0.296		0	A	1		0.127	0.083	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz)

Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 25 Snacks

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

NDB No. 19405

Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow

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	6.00		1		1		1.68		
Energy	kcal	427		0	NC	4		120		
Energy	kJ	1787				4		500		
Protein (N x 5.8)	g	6.10		1		1		1.71		
Total lipid (fat)	g	15.50		1		1		4.34		
Ash	g	1.60		1		1		0.45		
Carbohydrate, by difference	g	70.80		0	NC	4		19.82		
Fiber, total dietary	g	4.0		0		1		1.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	89		1		1		25		
Iron, Fe	mg	2.57		1		1		0.72		
Magnesium, Mg	mg	71		1		1		20		
Phosphorus, P	mg	202		1		1		57		
Potassium, K	mg	275		1		1		77		
Sodium, Na	mg	316		1		1		88		
Zinc, Zn	mg	1.30		1		1		0.36		
Copper, Cu	mg	0.280		1		1		0.078		
Manganese, Mn	mg	1.280		1		1		0.358		
Selenium, Se	mcg	15.4		0	BFZN	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.140		1		1		0.039		
Riboflavin	mg	0.150		1		1		0.042		
Niacin	mg	1.000		1		1		0.280		
Pantothenic acid	mg	0.380		1		1		0.106		
Vitamin B-6	mg	0.050		1		1		0.014		
Folate, total	mcg	21		1		1		6		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	21		1		1		6		
Folate, DFE	mcg_DFE	21		0	NC	4		6		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	47		1		4		13		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.180		0		1		2.570		
4:0	g									
6:0	g	0.060		1		1		0.017		
8:0	g	0.620		1		1		0.174		

NDB No. 19405

Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.490		1		1		0.137		
12:0 g	3.630		1		1		1.016		
13:0 g									
14:0 g	1.380		1		1		0.386		
15:0 g									
16:0 g	2.000		1		1		0.560		
17:0 g									
18:0 g	1.000		1		1		0.280		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.920		0		1		0.818		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.050		1		1		0.014		
17:1 g									
18:1 undifferentiated g	2.870		1		1		0.804		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.550		0		1		0.714		
18:2 undifferentiated g	2.410		1		1		0.675		
18:3 undifferentiated g	0.130		1		1		0.036		
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	1		1		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.086		0		1		0.024		
Threonine g	0.208		0		1		0.058		
Isoleucine g	0.247		0		1		0.069		
Leucine g	0.457		0		1		0.128		
Lysine g	0.246		0		1		0.069		
Methionine g	0.117		0		1		0.033		
Cystine g	0.140		0		1		0.039		
Phenylalanine g	0.318		0		1		0.089		
Tyrosine g	0.212		0		1		0.059		
Valine g	0.337		0		1		0.094		
Arginine g	0.452		0		1		0.127		
Histidine g	0.147		0		1		0.041		
Alanine g	0.312		0		1		0.087		
Aspartic acid g	0.522		0		1		0.146		
Glutamic acid g	1.313		0		1		0.368		
Glycine g	0.303		0		1		0.085		
Proline g	0.335		0		1		0.094		
Serine g	0.274		0		1		0.077		
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 = 28g: 1 bar (1 oz)

NDB No. 19405

Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow

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

Food Group: 25 Snacks

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

NDB No. 19406
Snacks, granola bars, soft, uncoated, nut and raisin

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	6.10		1		1		1.71		
Energy	kcal	454		0	NC	4		127		
Energy	kJ	1900				4		532		
Protein (N x 5.7)	g	8.00		1		1		2.24		
Total lipid (fat)	g	20.40		1		1		5.71		
Ash	g	1.90		1		1		0.53		
Carbohydrate, by difference	g	63.60		0	NC	4		17.81		
Fiber, total dietary	g	5.6		0		1		1.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	84		1		1		24		
Iron, Fe	mg	2.18		1		1		0.61		
Magnesium, Mg	mg	91		1		1		25		
Phosphorus, P	mg	241		1		1		67		
Potassium, K	mg	392		1		1		110		
Sodium, Na	mg	254		1		1		71		
Zinc, Zn	mg	1.60		1		1		0.45		
Copper, Cu	mg	0.380		1		1		0.106		
Manganese, Mn	mg	1.200		1		1		0.336		
Selenium, Se	mcg	15.4		0	BFZN	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.190		1		1		0.053		
Riboflavin	mg	0.190		1		1		0.053		
Niacin	mg	2.610		1		1		0.731		
Pantothenic acid	mg	0.430		1		1		0.120		
Vitamin B-6	mg	0.120		1		1		0.034		
Folate, total	mcg	30		1		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	30		1		1		8		
Folate, DFE	mcg_DFE	30		0	NC	4		8		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.24		1		1		0.07		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	41		1		4		11		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.540		0		1		2.671		
4:0	g									
6:0	g	0.060		1		1		0.017		
8:0	g	0.670		1		1		0.188		

NDB No. 19406
Snacks, granola bars, soft, uncoated, nut and raisin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.530		1		1		0.148		
12:0 g	3.990		1		1		1.117		
13:0 g									
14:0 g	1.540		1		1		0.431		
15:0 g									
16:0 g	2.090		1		1		0.585		
17:0 g									
18:0 g	0.660		1		1		0.185		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.220		0		1		1.182		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.040		1		1		0.011		
17:1 g									
18:1 undifferentiated g	4.140		1		1		1.159		
20:1 g	0.030		1		1		0.008		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	5.520		0		1		1.546		
18:2 undifferentiated g	5.360		1		1		1.501		
18:3 undifferentiated g	0.170		1		1		0.048		
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	1		1		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.099		0		1		0.028		
Threonine g	0.260		0		1		0.073		
Isoleucine g	0.301		0		1		0.084		
Leucine g	0.543		0		1		0.152		
Lysine g	0.300		0		1		0.084		
Methionine g	0.137		0		1		0.038		
Cystine g	0.161		0		1		0.045		
Phenylalanine g	0.387		0		1		0.108		
Tyrosine g	0.259		0		1		0.073		
Valine g	0.397		0		1		0.111		
Arginine g	0.635		0		1		0.178		
Histidine g	0.186		0		1		0.052		
Alanine g	0.372		0		1		0.104		
Aspartic acid g	0.712		0		1		0.199		
Glutamic acid g	1.645		0		1		0.461		
Glycine g	0.391		0		1		0.109		
Proline g	0.397		0		1		0.111		
Serine g	0.345		0		1		0.097		
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 = 28g: 1 bar (1 oz)

NDB No. 19406
Snacks, granola bars, soft, uncoated, nut and raisin

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19021
Snacks, granola bars, soft, uncoated, peanut butter

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	7.30		2		1		2.04		
Energy	kcal	426		0	NC	4		119		
Energy	kJ	1782				4		499		
Protein (N x 5.6)	g	10.50		2		1		2.94		
Total lipid (fat)	g	15.80		2		1		4.42		
Ash	g	2.10		2		1		0.59		
Carbohydrate, by difference	g	64.40		0	NC	4		18.03		
Fiber, total dietary	g	4.3		0		1		1.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	91		2		1		25		
Iron, Fe	mg	2.13		2		1		0.60		
Magnesium, Mg	mg	86		1		1		24		
Phosphorus, P	mg	250		1		1		70		
Potassium, K	mg	291		2		1		81		
Sodium, Na	mg	409		2		1		115		
Zinc, Zn	mg	1.86		1		1		0.52		
Copper, Cu	mg	0.660		1		1		0.185		
Manganese, Mn	mg	1.400		1		1		0.392		
Selenium, Se	mcg	18.9		0	FLM	4		5.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.228		2		1		0.064		
Riboflavin	mg	0.148		2		1		0.041		
Niacin	mg	3.142		2		1		0.880		
Pantothenic acid	mg	0.540		1		1		0.151		
Vitamin B-6	mg	0.103		2		1		0.029		
Folate, total	mcg	32		2		1		9		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	32		2		1		9		
Folate, DFE	mcg_DFE	32		0	NC	4		9		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.20		1		1		0.06		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0		
Retinol	mcg	1		0	NC	4		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	14		1		4		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	3.650		0		1		1.022		
4:0	g									
6:0	g	0.010		1		1		0.003		
8:0	g	0.150		1		1		0.042		

NDB No. 19021
Snacks, granola bars, soft, uncoated, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.120		1		1		0.034		
12:0 g	0.890		1		1		0.249		
13:0 g									
14:0 g	0.340		1		1		0.095		
15:0 g									
16:0 g	1.670		1		1		0.468		
17:0 g									
18:0 g	0.460		1		1		0.129		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.590		0		1		1.845		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		1		1		0.003		
17:1 g									
18:1 undifferentiated g	6.410		1		1		1.795		
20:1 g	0.160		1		1		0.045		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	4.270		0		1		1.196		
18:2 undifferentiated g	4.220		1		1		1.182		
18:3 undifferentiated g	0.030		1		1		0.008		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		1		1		0.006		
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	1		1		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.110		0		1		0.031		
Threonine g	0.350		0		1		0.098		
Isoleucine g	0.374		0		1		0.105		
Leucine g	0.696		0		1		0.195		
Lysine g	0.374		0		1		0.105		
Methionine g	0.148		0		1		0.041		
Cystine g	0.153		0		1		0.043		
Phenylalanine g	0.531		0		1		0.149		
Tyrosine g	0.417		0		1		0.117		
Valine g	0.466		0		1		0.130		
Arginine g	1.107		0		1		0.310		
Histidine g	0.256		0		1		0.072		
Alanine g	0.441		0		1		0.123		
Aspartic acid g	1.158		0		1		0.324		
Glutamic acid g	2.121		0		1		0.594		
Glycine g	0.584		0		1		0.164		
Proline g	0.471		0		1		0.132		
Serine g	0.499		0		1		0.140		
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 = 28g: 1 bar (1 oz)

NDB No. 19021
Snacks, granola bars, soft, uncoated, peanut butter

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19027

Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip

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	5.90		1		1		1.65		
Energy	kcal	432		0		4		121		
Energy	kJ	1807				4		506		
Protein (N x 5.6)	g	9.80		1		1		2.74		
Total lipid (fat)	g	20.00		1		1		5.60		
Ash	g	2.00		1		1		0.56		
Carbohydrate, by difference	g	62.20		0	NC	4		17.42		
Fiber, total dietary	g	4.2		0		1		1.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	80		1		1		22		
Iron, Fe	mg	1.94		1		1		0.54		
Magnesium, Mg	mg	88		1		1		25		
Phosphorus, P	mg	262		1		1		73		
Potassium, K	mg	377		1		1		106		
Sodium, Na	mg	328		1		1		92		
Zinc, Zn	mg	1.70		1		1		0.48		
Copper, Cu	mg	0.400		1		1		0.112		
Manganese, Mn	mg	1.350		1		1		0.378		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.120		1		1		0.034		
Riboflavin	mg	0.120		1		1		0.034		
Niacin	mg	3.150		1		1		0.882		
Pantothenic acid	mg	0.530		1		1		0.148		
Vitamin B-6	mg	0.100		1		1		0.028		
Folate, total	mcg	33		1		1		9		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	33		1		1		9		
Folate, DFE	mcg_DFE	33		0	NC	4		9		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.45		1		1		0.13		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0		
Retinol	mcg	1		0	NC	4		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	12		1		4		3		
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	5.590		0		1		1.565		
4:0	g									
6:0	g	0.010		1		1		0.003		
8:0	g	0.100		1		1		0.028		

NDB No. 19027

Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.080		1		1		0.022		
12:0 ... g	0.590		1		1		0.165		
13:0 ... g									
14:0 ... g	0.240		1		1		0.067		
15:0 ... g									
16:0 ... g	2.730		1		1		0.764		
17:0 ... g									
18:0 ... g	1.850		1		1		0.518		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.360		0		1		2.341		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.020		1		1		0.006		
17:1 ... g									
18:1 undifferentiated ... g	8.170		1		1		2.288		
20:1 ... g	0.180		1		1		0.050		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.610		0		1		1.291		
18:2 undifferentiated ... g	4.540		1		1		1.271		
18:3 undifferentiated ... g	0.030		1		1		0.008		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		1		1		0.008		
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	1		1		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.101		0		1		0.028		
Threonine ... g	0.330		0		1		0.092		
Isoleucine ... g	0.348		0		1		0.097		
Leucine ... g	0.641		0		1		0.179		
Lysine ... g	0.357		0		1		0.100		
Methionine ... g	0.131		0		1		0.037		
Cystine ... g	0.137		0		1		0.038		
Phenylalanine ... g	0.497		0		1		0.139		
Tyrosine ... g	0.389		0		1		0.109		
Valine ... g	0.433		0		1		0.121		
Arginine ... g	1.046		0		1		0.293		
Histidine ... g	0.236		0		1		0.066		
Alanine ... g	0.407		0		1		0.114		
Aspartic acid ... g	1.105		0		1		0.309		
Glutamic acid ... g	1.973		0		1		0.552		
Glycine ... g	0.551		0		1		0.154		
Proline ... g	0.444		0		1		0.124		
Serine ... g	0.469		0		1		0.131		
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 = 28g: 1 bar (1 oz)

NDB No. 19027

Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 25 Snacks

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

NDB No. 19020
Snacks, granola bars, soft, uncoated, plain

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	6.40		1		1		1.79		
Energy	kcal	443		0	NC	4		124		
Energy	kJ	1854				4		519		
Protein (N x 5.9)	g	7.40		2		1		2.07		
Total lipid (fat)	g	17.20		2		1		4.82		
Ash	g	1.70		1		1		0.48		
Carbohydrate, by difference	g	67.30		0	NC	4		18.84		
Fiber, total dietary	g	4.6		0		1		1.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	105		1		1		29		
Iron, Fe	mg	2.56		2		1		0.72		
Magnesium, Mg	mg	74		1		1		21		
Phosphorus, P	mg	230		1		1		64		
Potassium, K	mg	325		1		1		91		
Sodium, Na	mg	278		1		1		78		
Zinc, Zn	mg	1.50		1		1		0.42		
Copper, Cu	mg	0.270		1		1		0.076		
Manganese, Mn	mg	1.530		1		1		0.428		
Selenium, Se	mcg	16.2		0	FLM	4		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.295		2		1		0.083		
Riboflavin	mg	0.165		2		1		0.046		
Niacin	mg	0.515		2		1		0.144		
Pantothenic acid	mg	0.520		1		1		0.146		
Vitamin B-6	mg	0.100		1		1		0.028		
Folate, total	mcg	24		1		1		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	24		1		1		7		
Folate, DFE	mcg_DFE	24		0	NC	4		7		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.39		1		1		0.11		
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		1		1		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	7.240		0		1		2.027		
4:0	g									
6:0	g	0.050		1		1		0.014		
8:0	g	0.460		1		1		0.129		

NDB No. 19020
Snacks, granola bars, soft, uncoated, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.360		1		1		0.101		
12:0 g	2.680		1		1		0.750		
13:0 g									
14:0 g	1.040		1		1		0.291		
15:0 g									
16:0 g	2.120		1		1		0.594		
17:0 g									
18:0 g	0.540		1		1		0.151		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.810		0		1		1.067		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.050		1		1		0.014		
17:1 g									
18:1 undifferentiated g	3.770		1		1		1.056		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	5.320		0		1		1.490		
18:2 undifferentiated g	5.020		1		1		1.406		
18:3 undifferentiated g	0.300		1		1		0.084		
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	1		1		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.101		0		1		0.028		
Threonine g	0.239		0		1		0.067		
Isoleucine g	0.293		0		1		0.082		
Leucine g	0.536		0		1		0.150		
Lysine g	0.292		0		1		0.082		
Methionine g	0.128		0		1		0.036		
Cystine g	0.163		0		1		0.046		
Phenylalanine g	0.381		0		1		0.107		
Tyrosine g	0.250		0		1		0.070		
Valine g	0.396		0		1		0.111		
Arginine g	0.490		0		1		0.137		
Histidine g	0.163		0		1		0.046		
Alanine g	0.365		0		1		0.102		
Aspartic acid g	0.645		0		1		0.181		
Glutamic acid g	1.495		0		1		0.419		
Glycine g	0.347		0		1		0.097		
Proline g	0.601		0		1		0.168		
Serine g	0.318		0		1		0.089		
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 = 28g: 1 bar (1 oz)

NDB No. 19020
Snacks, granola bars, soft, uncoated, plain

Calories Factors: Protein 3.5 **Fat** 8.6 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19022
Snacks, granola bars, soft, uncoated, raisin

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	6.40		2		1		2.75	1.79	
Energy	kcal	448		0	NC	4		193	125	
Energy	kJ	1874				4		806	525	
Protein (N x 5.8)	g	7.60		2		1		3.27	2.13	
Total lipid (fat)	g	17.80		2		1		7.65	4.98	
Ash	g	1.80		2		1		0.77	0.50	
Carbohydrate, by difference	g	66.40		0	NC	4		28.55	18.59	
Fiber, total dietary	g	4.2		0		1		1.8	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	101		2		1		43	28	
Iron, Fe	mg	2.44		2		1		1.05	0.68	
Magnesium, Mg	mg	72		1		1		31	20	
Phosphorus, P	mg	220		1		1		95	62	
Potassium, K	mg	362		2		1		156	101	
Sodium, Na	mg	282		2		1		121	79	
Zinc, Zn	mg	1.30		1		1		0.56	0.36	
Copper, Cu	mg	0.280		1		1		0.120	0.078	
Manganese, Mn	mg	1.260		1		1		0.542	0.353	
Selenium, Se	mcg	15.7		0	FLM	4		6.8	4.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.231		2		1		0.099	0.065	
Riboflavin	mg	0.163		2		1		0.070	0.046	
Niacin	mg	1.101		2		1		0.473	0.308	
Pantothenic acid	mg	0.480		1		1		0.206	0.134	
Vitamin B-6	mg	0.103		2		1		0.044	0.029	
Folate, total	mcg	21		2		1		9	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	21		2		1		9	6	
Folate, DFE	mcg_DFE	21		0	NC	4		9	6	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.18		1		1		0.08	0.05	
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		1		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	9.570		0		1		4.115	2.680	
4:0	g									
6:0	g	0.070		1		1		0.030	0.020	
8:0	g	0.730		1		1		0.314	0.204	

NDB No. 19022
Snacks, granola bars, soft, uncoated, raisin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.570		1		1		0.245	0.160	
12:0 g	4.270		1		1		1.836	1.196	
13:0 g									
14:0 g	1.620		1		1		0.697	0.454	
15:0 g									
16:0 g	1.850		1		1		0.796	0.518	
17:0 g									
18:0 g	0.460		1		1		0.198	0.129	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.840		0		1		1.221	0.795	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.050		1		1		0.022	0.014	
17:1 g									
18:1 undifferentiated g	2.790		1		1		1.200	0.781	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	3.210		0		1		1.380	0.899	
18:2 undifferentiated g	3.040		1		1		1.307	0.851	
18:3 undifferentiated g	0.170		1		1		0.073	0.048	
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	1		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.108		0		1		0.046	0.030	
Threonine g	0.257		0		1		0.111	0.072	
Isoleucine g	0.305		0		1		0.131	0.085	
Leucine g	0.565		0		1		0.243	0.158	
Lysine g	0.301		0		1		0.129	0.084	
Methionine g	0.141		0		1		0.061	0.039	
Cystine g	0.173		0		1		0.074	0.048	
Phenylalanine g	0.394		0		1		0.169	0.110	
Tyrosine g	0.255		0		1		0.110	0.071	
Valine g	0.411		0		1		0.177	0.115	
Arginine g	0.586		0		1		0.252	0.164	
Histidine g	0.183		0		1		0.079	0.051	
Alanine g	0.385		0		1		0.166	0.108	
Aspartic acid g	0.650		0		1		0.280	0.182	
Glutamic acid g	1.646		0		1		0.708	0.461	
Glycine g	0.381		0		1		0.164	0.107	
Proline g	0.414		0		1		0.178	0.116	
Serine g	0.335		0		1		0.144	0.094	
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 = 43g: 1 bar (1.5 oz)

Measure 2 = 28g: 1 bar (1 oz)

NDB No. 19022
Snacks, granola bars, soft, uncoated, raisin

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 25036
Snacks, granola bites, mixed 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	7.88		0	FLC	4		1.58		
Energy	kcal	451		0	NC	4		90		
Energy	kJ	1888		0	NC	4		378		
Protein	g	7.17		0	FLC	4		1.43		
Total lipid (fat)	g	17.50		0	FLC	4		3.50		
Ash	g	1.12		0	FLC	4		0.22		
Carbohydrate, by difference	g	66.27		0	FLC	4		13.25		
Fiber, total dietary	g	5.7		0	FLC	4		1.1		
Sugars, total	g	30.00		0	FLC	4		6.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	41		0	FLC	4		8		
Iron, Fe	mg	1.56		0	FLC	4		0.31		
Magnesium, Mg	mg	69		0	FLC	4		14		
Phosphorus, P	mg	216		0	FLC	4		43		
Potassium, K	mg	285		0	FLC	4		57		
Sodium, Na	mg	33		0	FLC	4		7		
Zinc, Zn	mg	1.92		0	FLC	4		0.38		
Copper, Cu	mg	0.247		0	FLC	4		0.049		
Manganese, Mn	mg	1.682		0	FLC	4		0.336		
Selenium, Se	mcg	20.0		0	FLC	4		4.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLC	4		0.0		
Thiamin	mg	0.199		0	FLC	4		0.040		
Riboflavin	mg	0.146		0	FLC	4		0.029		
Niacin	mg	2.318		0	FLC	4		0.464		
Pantothenic acid	mg	0.450		0	FLC	4		0.090		
Vitamin B-6	mg	0.143		0	FLC	4		0.029		
Folate, total	mcg	33		0	FLC	4		7		
Folic acid	mcg	7		0	FLC	4		1		
Folate, food	mcg	26		0	FLC	4		5		
Folate, DFE	mcg_DFE	38		0	NC	4		8		
Choline, total	mg	31.2		0	FLC	4		6.2		
Betaine	mg	0.0		0	FLC	4		0.0		
Vitamin B-12	mcg	0.07		0	FLC	4		0.01		
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0		
Retinol	mcg	2		0	FLC	4		0		
Carotene, beta	mcg	3		0	FLC	4		1		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	10		0	FLC	4		2		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	82		0	FLC	4		16		
Vitamin E (alpha-tocopherol)	mg	2.51		0	FLC	4		0.50		
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	NR	4		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	1		0	FLC	4		0		
Vitamin K (phylloquinone)	mcg	9.1		0	FLC	4		1.8		
Lipids:										
Fatty acids, total saturated	g	9.888		0	FLC	4		1.978		
4:0	g	0.007		0	FLC	4		0.001		

NDB No. 25036
Snacks, granola bites, mixed 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	0.031		0	FLC	4		0.006		
8:0 ... g	0.346		0	FLC	4		0.069		
10:0 ... g	0.257		0	FLC	4		0.051		
12:0 ... g	2.987		0	FLC	4		0.597		
13:0 ... g									
14:0 ... g	0.962		0	FLC	4		0.192		
15:0 ... g									
16:0 ... g	4.395		0	FLC	4		0.879		
17:0 ... g									
18:0 ... g	0.866		0	FLC	4		0.173		
20:0 ... g	0.039		0	FLC	4		0.008		
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.194		0	FLC	4		0.639		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.019		0	FLC	4		0.004		
17:1 ... g									
18:1 undifferentiated ... g	3.173		0	FLC	4		0.635		
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	2.546		0	FLC	4		0.509		
18:2 undifferentiated ... g	2.321		0	FLC	4		0.464		
18:3 undifferentiated ... g	0.226		0	FLC	4		0.045		
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	FLC	4		0.000		
Cholesterol ... mg	0		0	FLC	4		0		
Phytosterols ... mg	18		0	FLC	4		4		
Amino Acids:									
Tryptophan ... g	0.018		0	FLC	4		0.004		
Threonine ... g	0.065		0	FLC	4		0.013		
Isoleucine ... g	0.065		0	FLC	4		0.013		
Leucine ... g	0.115		0	FLC	4		0.023		
Lysine ... g	0.075		0	FLC	4		0.015		
Methionine ... g	0.023		0	FLC	4		0.005		
Cystine ... g	0.022		0	FLC	4		0.004		
Phenylalanine ... g	0.077		0	FLC	4		0.015		
Tyrosine ... g	0.062		0	FLC	4		0.012		
Valine ... g	0.073		0	FLC	4		0.015		
Arginine ... g	0.158		0	FLC	4		0.032		
Histidine ... g	0.039		0	FLC	4		0.008		
Alanine ... g	0.066		0	FLC	4		0.013		
Aspartic acid ... g	0.185		0	FLC	4		0.037		
Glutamic acid ... g	0.326		0	FLC	4		0.065		
Glycine ... g	0.082		0	FLC	4		0.016		
Proline ... g	0.081		0	FLC	4		0.016		
Serine ... g	0.079		0	FLC	4		0.016		
Hydroxyproline ... g									
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.

NDB No. 25036

Snacks, granola bites, mixed flavors

Common Measures:

Measure 1 = 20g: 1 package

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

Food Group: 25 Snacks

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

NDB No. 19031
Snacks, oriental mix, rice-based

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.55		0	A	1		0.72	1.45	
Energy....kcal	506		0	NC	4		143	288	
Energy....kJ	2117		0	NC	4		600	1207	
Protein (N x 0)....g	17.31		1	A	1		4.91	9.87	
Total lipid (fat)....g	25.58		1	A	1		7.25	14.58	
Ash....g	2.94		1	A	1		0.83	1.68	
Carbohydrate, by difference....g	51.62		0	NC	4		14.63	29.42	
Fiber, total dietary....g	13.2		1	A	1		3.7	7.5	
Sugars, total....g	3.00		0	O	4		0.85	1.71	
Starch....g									
Minerals:									
Calcium, Ca....mg	54		1	A	1		15	31	
Iron, Fe....mg	2.44		1	A	1		0.69	1.39	
Magnesium, Mg....mg	118		1	A	1		33	67	
Phosphorus, P....mg	262		1	A	1		74	149	
Potassium, K....mg	328		1	A	1		93	187	
Sodium, Na....mg	413		1	A	1		117	235	
Zinc, Zn....mg	2.66		1	A	1		0.75	1.52	
Copper, Cu....mg	0.134		1	A	1		0.038	0.076	
Manganese, Mn....mg	1.273		1	A	1		0.361	0.726	
Selenium, Se....mcg	8.1		0	FLM	4		2.3	4.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLC	4		0.1	0.2	
Thiamin....mg	0.311		1	A	1		0.088	0.177	
Riboflavin....mg	0.141		1	A	1		0.040	0.080	
Niacin....mg	3.081		1	A	1		0.873	1.756	
Pantothenic acid....mg	0.475		1	A	1		0.135	0.271	
Vitamin B-6....mg	0.072		1	A	1		0.020	0.041	
Folate, total....mcg	38		1	A	1		11	22	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	38		1	A	1		11	22	
Folate, DFE....mcg_DFE	38		0	NC	4		11	22	
Choline, total....mg	18.1		0	FLA	4		5.1	10.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	5.60		0	O	4		1.59	3.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0			Z	7		0	0	
Vitamin K (phylloquinone)....mcg	2.4		0	O	4		0.7	1.4	
Lipids:									
Fatty acids, total saturated....g	3.785		0	FLC	4		1.073	2.157	
4:0....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 19031
Snacks, oriental mix, rice-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	0.000		0	FLC	4		0.000	0.000	
8:0 ... g	0.002		0	FLC	4		0.001	0.001	
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	0.059		0	FLC	4		0.017	0.034	
15:0 ... g									
16:0 ... g	2.517		0	FLC	4		0.714	1.435	
17:0 ... g									
18:0 ... g	1.064		0	FLC	4		0.302	0.606	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.860		0	FLC	4		2.795	5.620	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.089		0	FLC	4		0.025	0.051	
17:1 ... g									
18:1 undifferentiated ... g	9.709		0	FLC	4		2.753	5.534	
20:1 ... g	0.029		0	FLC	4		0.008	0.017	
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	10.643		0	FLC	4		3.017	6.067	
18:2 undifferentiated ... g	10.286		0	FLC	4		2.916	5.863	
18:3 undifferentiated ... g	0.317		0	FLC	4		0.090	0.181	
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	0.001		0	FLC	4		0.000	0.001	
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		1		0	0	
Phytosterols ... mg	25		0		1		7	14	
Amino Acids:									
Tryptophan ... g	0.192		0		1		0.054	0.109	
Threonine ... g	0.640		0		1		0.181	0.365	
Isoleucine ... g	0.675		0		1		0.191	0.385	
Leucine ... g	1.240		0		1		0.352	0.707	
Lysine ... g	0.681		0		1		0.193	0.388	
Methionine ... g	0.247		0		1		0.070	0.141	
Cystine ... g	0.254		0		1		0.072	0.145	
Phenylalanine ... g	0.972		0		1		0.276	0.554	
Tyrosine ... g	0.743		0		1		0.211	0.424	
Valine ... g	0.797		0		1		0.226	0.454	
Arginine ... g	2.103		0		1		0.596	1.199	
Histidine ... g	0.473		0		1		0.134	0.270	
Alanine ... g	0.745		0		1		0.211	0.425	
Aspartic acid ... g	2.161		0		1		0.613	1.232	
Glutamic acid ... g	4.109		0		1		1.165	2.342	
Glycine ... g	1.081		0		1		0.306	0.616	
Proline ... g	0.945		0		1		0.268	0.539	
Serine ... g	0.929		0		1		0.263	0.530	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	NR	4		0	0	
Theobromine ... mg	0		0	NR	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. 19031
Snacks, oriental mix, rice-based

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

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

Food Group: 25 Snacks

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

NDB No. 25037
Snacks, pita chips, salted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00	0.072	6	A	1				
Energy....kcal	457		0	NC	4				
Energy....kJ	1912		0	NC	4				
Protein....g	11.79	0.052	6	A	1				
Total lipid (fat)....g	15.20	0.296	6	A	1				
Ash....g	2.75	0.012	6	A	1				
Carbohydrate, by difference....g	68.26		0	NC	4				
Fiber, total dietary....g	3.8	0.102	6	A	1				
Sugars, total....g	4.76	0.072	3	A	1				
Sucrose....g	0.00	0.000	3	A	1				
Glucose (dextrose)....g	0.82	0.006	3	A	1				
Fructose....g	1.35	0.014	3	A	1				
Lactose....g	0.00	0.000	3	A	1				
Maltose....g	2.59	0.068	3	A	1				
Galactose....g	0.00	0.000	3	A	1				
Starch....g	59.47	0.455	6	A	1				
Minerals:									
Calcium, Ca....mg	17	0.305	6	A	1				
Iron, Fe....mg	4.59	0.093	6	A	1				
Magnesium, Mg....mg	37	0.325	6	A	1				
Phosphorus, P....mg	124	0.763	6	A	1				
Potassium, K....mg	129	1.745	6	A	1				
Sodium, Na....mg	854	5.366	6	A	1				
Zinc, Zn....mg	0.96	0.020	6	A	1				
Copper, Cu....mg	0.141	0.006	6	A	1				
Manganese, Mn....mg	0.656	0.023	6	A	1				
Selenium, Se....mcg	33.1	0.379	3	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4				
Thiamin....mg	0.560	0.020	3	A	1				
Riboflavin....mg	0.307	0.009	3	A	1				
Niacin....mg	7.043	0.491	3	A	1				
Pantothenic acid....mg	0.500	0.006	3	A	1				
Vitamin B-6....mg	0.109	0.002	3	A	1				
Folate, total....mcg	135		0	FLC	4				
Folic acid....mcg	114		0	FLC	4				
Folate, food....mcg	22		0	FLC	4				
Folate, DFE....mcg_DFE	215		0	NC	4				
Choline, total....mg	9.1		0	FLC	4				
Betaine....mg	60.9		0	FLC	4				
Vitamin B-12....mcg	0.00		0	FLC	4				
Vitamin B-12, added....mcg	0.00		0	FLC	4				
Vitamin A, RAE....mcg_RAE	0		0	NC	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	NC	4				
Lycopene....mcg	0		0	FLC	4				
Lutein + zeaxanthin....mcg	15		0	FLC	4				
Vitamin E (alpha-tocopherol)....mg	6.93		0	FLC	4				
Vitamin E, added....mg	0.00		0	FLC	4				
Tocopherol, beta....mg	0.06		0	FLC	4				
Tocopherol, gamma....mg	0.33		0	FLC	4				
Tocopherol, delta....mg	0.02		0	FLC	4				
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 25037
Snacks, pita chips, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....mcg	1.2		0	FLC	4				
Lipids:									
Fatty acids, total saturated.....g	1.342		0	NC	4				
4:0.....g	0.003	0.002	3	A	1				
6:0.....g	0.000	0.000	3	A	1				
8:0.....g	0.001	0.000	3	A	1				
10:0.....g	0.002	0.000	3	A	1				
12:0.....g	0.000	0.000	3	A	1				
13:0.....g									
14:0.....g	0.007	0.001	3	A	1				
15:0.....g	0.004	0.000	3	A	1				
16:0.....g	0.676	0.021	3	A	1				
17:0.....g	0.006	0.000	3	A	1				
18:0.....g	0.448	0.017	3	A	1				
20:0.....g	0.041	0.002	3	A	1				
22:0.....g	0.111	0.004	3	A	1				
24:0.....g	0.042	0.002	3	A	1				
Fatty acids, total monounsaturated.....g	10.842		0	NC	4				
14:1.....g	0.002	0.000	3	A	1				
15:1.....g	0.000	0.000	3	A	1				
16:1 undifferentiated.....g	0.017	0.001	3	AS	1				
16:1 c.....g	0.017	0.001	3	A	1				
16:1 t.....g	0.000	0.000	3	A	1				
17:1.....g	0.000	0.000	3	A	1				
18:1 undifferentiated.....g	10.768	0.307	3	AS	1				
18:1 c.....g	10.746	0.306	3	A	1				
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.022	0.002	3	A	1				
18:1-11t (18:1t n-7).....g									
20:1.....g	0.049	0.001	3	A	1				
22:1 undifferentiated.....g	0.003	0.000	3	AS	1				
22:1 c.....g	0.003	0.000	3	A	1				
22:1 t.....g	0.000	0.000	3	A	1				
24:1 c.....g	0.004	0.000	3	A	1				
Fatty acids, total polyunsaturated.....g	2.130		0	NC	4				
18:2 undifferentiated.....g	2.024	0.136	3	AS	1				
18:2 n-6 c,c.....g	2.003	0.136	3	A	1				
18:2 CLAs.....g	0.005	0.000	3	A	1				
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.016	0.000	3	A	1				
18:3 undifferentiated.....g	0.099	0.013	3	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.099	0.013	3	A	1				
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1				
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1				
20:2 n-6 c,c.....g	0.003	0.000	3	A	1				
20:3 undifferentiated.....g	0.000	0.000	3	AS	1				
20:3 n-3.....g	0.000	0.000	3	A	1				
20:3 n-6.....g	0.000	0.000	3	A	1				
20:4 undifferentiated.....g	0.002	0.000	3	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	3	A	1				
21:5.....g									
22:4.....g	0.002	0.000	3	A	1				
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1				
Fatty acids, total trans.....g	0.038		0	NC	4				

NDB No. 25037
Snacks, pita chips, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.022		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.016		0	NC	4				
Cholesterol.....mg	0		0	FLC	4				
Phytosterols.....mg	17		0	FLC	4				
Amino Acids:									
Tryptophan.....g	0.144		0	A	1				
Threonine.....g	0.351		0	A	1				
Isoleucine.....g	0.482		0	A	1				
Leucine.....g	0.874		0	A	1				
Lysine.....g	0.181		0	A	1				
Methionine.....g	0.166		0	A	1				
Cystine.....g	0.286		0	A	1				
Phenylalanine.....g	0.642		0	A	1				
Tyrosine.....g	0.331		0	A	1				
Valine.....g	0.542		0	A	1				
Arginine.....g	0.462		0	A	1				
Histidine.....g	0.261		0	A	1				
Alanine.....g	0.391		0	A	1				
Aspartic acid.....g	0.522		0	A	1				
Glutamic acid.....g	4.609		0	A	1				
Glycine.....g	0.482		0	A	1				
Proline.....g	1.576		0	A	1				
Serine.....g	0.562		0	A	1				
Hydroxyproline.....g									
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: 25 Snacks

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

NDB No. 25027
Snacks, plantain chips, salted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.09	0.350	4	A	1		0.59		
Energy	kcal	531		0	NC	4		150		
Energy	kJ	2221		0	NC	4		630		
Protein (N x 6.25)	g	2.28	0.054	4	A	1		0.65		
Total lipid (fat)	g	29.59	1.337	4	A	1		8.39		
Ash	g	2.19	0.275	4	A	1		0.62		
Carbohydrate, by difference	g	63.84		0	NC	4		18.10		
Fiber, total dietary	g	3.5	0.155	4	A	1		1.0		
Sugars, total	g	0.92	0.564	4	A	1		0.26		
Sucrose	g	0.92	0.564	4	A	1		0.26		
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g	50.80		1	A	1		14.40		
Minerals:										
Calcium, Ca	mg	9	0.606	4	A	1		3		
Iron, Fe	mg	0.97	0.050	4	A	1		0.27		
Magnesium, Mg	mg	71	1.369	4	A	1		20		
Phosphorus, P	mg	78	4.140	4	A	1		22		
Potassium, K	mg	786	35.594	4	A	1		223		
Sodium, Na	mg	202	87.335	3	A	1		57		
Zinc, Zn	mg	0.37	0.015	4	A	1		0.11		
Copper, Cu	mg	0.198	0.012	4	A	1		0.056		
Manganese, Mn	mg	0.276	0.006	4	A	1		0.078		
Selenium, Se	mcg	0.4		2	A	1		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	32.1		0	LC	8		9.1		
Thiamin	mg	0.065	0.009	4	A	1		0.018		
Riboflavin	mg	0.040	0.006	4	A	1		0.011		
Niacin	mg	0.802	0.056	4	A	1		0.227		
Pantothenic acid	mg	1.100		2	A	1		0.312		
Vitamin B-6	mg	0.460	0.007	4	A	1		0.130		
Folate, total	mcg	35		1	A	1		10		
Folic acid	mcg	0		0	NR	4		0		
Folate, food	mcg	35		1	A	1		10		
Folate, DFE	mcg_DFE	35		0	NC	4		10		
Choline, total	mg	0.0		0	NR	4		0.0		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	NR	4		0.00		
Vitamin B-12, added	mcg	0.00		0	NR	4		0.00		
Vitamin A, RAE	mcg_RAE	69		0	NC	4		20		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	611		2	A	1		173		
Carotene, alpha	mcg	441		2	A	1		125		
Cryptoxanthin, beta	mcg	0		2	A	1		0		
Vitamin A, IU	IU	1386		0	AS	1		393		
Lycopene	mcg	36		2	A	1		10		
Lutein + zeaxanthin	mcg	16		2	A	1		5		
Vitamin E (alpha-tocopherol)	mg	5.04	2.254	3	A	1		1.43		
Vitamin E, added	mg	0.00		0	NR	4		0.00		
Tocopherol, beta	mg	0.02	0.017	3	A	1		0.00		
Tocopherol, gamma	mg	1.81	1.090	3	A	1		0.51		
Tocopherol, delta	mg	0.03	0.033	3	A	1		0.01		
Vitamin D (D2 + D3)	mcg	0.0		0	NR	4		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 25027
Snacks, plantain chips, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	28.6		2	A	1		8.1		
Lipids:									
Fatty acids, total saturated.....g	8.337		0	NC	4		2.364		
4:0.....g	0.006	0.001	4	A	1		0.002		
6:0.....g	0.001	0.000	4	A	1		0.000		
8:0.....g	0.019	0.005	4	A	1		0.006		
10:0.....g	0.036	0.004	4	A	1		0.010		
12:0.....g	0.033	0.029	4	A	1		0.009		
13:0.....g									
14:0.....g	0.210	0.021	4	A	1		0.060		
15:0.....g	0.009	0.002	4	A	1		0.002		
16:0.....g	7.084	0.785	4	A	1		2.008		
17:0.....g	0.023	0.001	4	A	1		0.007		
18:0.....g	0.781	0.088	4	A	1		0.221		
20:0.....g	0.076	0.005	4	A	1		0.021		
22:0.....g	0.031	0.005	4	A	1		0.009		
24:0.....g	0.027	0.003	4	A	1		0.008		
Fatty acids, total monounsaturated.....g	5.632		0	NC	4		1.597		
14:1.....g	0.002	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.116	0.025	4	AS	1		0.033		
16:1 c.....g	0.116	0.025	4	A	1		0.033		
16:1 t.....g	0.000	0.000	4	A	1		0.000		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	5.473	1.142	4	AS	1		1.552		
18:1 c.....g	5.399	1.134	4	A	1		1.531		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.073	0.012	4	A	1		0.021		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.028	0.005	4	A	1		0.008		
22:1 undifferentiated.....g	0.001	0.001	4	AS	1		0.000		
22:1 c.....g	0.000	0.000	4	A	1		0.000		
22:1 t.....g	0.001	0.001	4	A	1		0.000		
24:1 c.....g	0.013	0.004	4	A	1		0.004		
Fatty acids, total polyunsaturated.....g	11.739		0	NC	4		3.328		
18:2 undifferentiated.....g	11.617	3.170	4	AS	1		3.293		
18:2 n-6 c,c.....g	11.480	3.165	4	A	1		3.255		
18:2 CLAs.....g	0.026	0.004	4	A	1		0.007		
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	0.111	0.009	4	A	1		0.031		
18:3 undifferentiated.....g	0.078	0.004	4	AS	1		0.022		
18:3 n-3 c,c,c (ALA).....g	0.078	0.004	4	A	1		0.022		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.007	0.003	4	A	1		0.002		
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	4	A	1		0.000		
20:3 n-6.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.001	0.001	4	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.028	0.010	4	A	1		0.008		
21:5.....g									
22:4.....g	0.005	0.000	4	A	1		0.001		
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.185		0	NC	4		0.052		

NDB No. 25027
Snacks, plantain chips, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.074		0	NC	4		0.021		
Fatty acids, total trans-polyenoic.....g	0.111		0	NC	4		0.031		
Cholesterol.....mg	0		0	NR	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	NR	4		0.0		
Caffeine.....mg	0		0	NR	4		0		
Theobromine.....mg	0		0	NR	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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 19034
Snacks, popcorn, air-popped

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.32	0.305	4	A	1		0.27	0.94	
Energy....kcal	387		0	NC	4		31	110	
Energy....kJ	1620		0	NC	4		130	459	
Protein (N x 6.25)....g	12.94	0.035	4	A	1		1.04	3.67	
Total lipid (fat)....g	4.54	0.055	4	A	1		0.36	1.29	
Ash....g	1.42	0.100	4	A	1		0.11	0.40	
Carbohydrate, by difference....g	77.90		0	NC	4		6.23	22.08	
Fiber, total dietary....g	14.5		1	A	1		1.2	4.1	
Sugars, total....g	0.87		1	A	1		0.07	0.25	
Sucrose....g	0.72		1	A	1		0.06	0.20	
Glucose (dextrose)....g	0.07		1	A	1		0.01	0.02	
Fructose....g	0.07		1	A	1		0.01	0.02	
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	54.40		1	A	1		4.35	15.42	
Minerals:									
Calcium, Ca....mg	7	0.088	4	A	1		1	2	
Iron, Fe....mg	3.19	0.048	4	A	1		0.26	0.90	
Magnesium, Mg....mg	144	2.972	4	A	1		12	41	
Phosphorus, P....mg	358	5.977	4	A	1		29	101	
Potassium, K....mg	329	2.287	4	A	1		26	93	
Sodium, Na....mg	8	0.762	4	A	1		1	2	
Zinc, Zn....mg	3.08	0.024	4	A	1		0.25	0.87	
Copper, Cu....mg	0.262	0.007	4	A	1		0.021	0.074	
Manganese, Mn....mg	1.113	0.003	4	A	1		0.089	0.315	
Selenium, Se....mcg	0.0		1	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2		1		0.0	0.0	
Thiamin....mg	0.104	0.011	4	A	1		0.008	0.030	
Riboflavin....mg	0.083	0.005	4	A	1		0.007	0.023	
Niacin....mg	2.308	0.092	4	A	1		0.185	0.654	
Pantothenic acid....mg	0.510		1	A	1		0.041	0.145	
Vitamin B-6....mg	0.157		1	A	1		0.013	0.045	
Folate, total....mcg	31	2.939	4	A	1		3	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	31		0	NR	4		3	9	
Folate, DFE....mcg_DFE	31		0	NC	4		3	9	
Choline, total....mg	21.2		0	AS	1		1.7	6.0	
Betaine....mg	0.8		1	A	1		0.1	0.2	
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		1	3	
Retinol....mcg	0		0	BNA	4		0	0	
Carotene, beta....mcg	89		0	BNA	4		7	25	
Carotene, alpha....mcg	58		0	BNA	4		5	16	
Cryptoxanthin, beta....mcg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	196		1		1		16	56	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	1450		0	BFSN	4		116	411	
Vitamin E (alpha-tocopherol)....mg	0.29		0	T	4		0.02	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									

NDB No. 19034
Snacks, popcorn, air-popped

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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			Z	7		0	0	
Vitamin K (phylloquinone).....mcg	1.2		0	O	4		0.1	0.3	
Lipids:									
Fatty acids, total saturated.....g	0.570		0		1		0.046	0.162	
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		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.592		1	A	1		0.047	0.168	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.084		1	A	1		0.007	0.024	
20:0.....g	0.018		1	A	1		0.001	0.005	
22:0.....g	0.009		1	A	1		0.001	0.003	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.100		0		1		0.088	0.312	
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	0.006		1	A	1		0.000	0.002	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.028		1	A	1		0.082	0.291	
20:1.....g	0.015		1	A	1		0.001	0.004	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.900		0		1		0.152	0.539	
18:2 undifferentiated.....g	2.499		1	A	1		0.200	0.708	
18:3 undifferentiated.....g	0.060		1	A	1		0.005	0.017	
18:3 n-3 c,c,c (ALA).....g									
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		0		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		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
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		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.085		0		1		0.007	0.024	
Threonine.....g	0.452		0		1		0.036	0.128	
Isoleucine.....g	0.431		0		1		0.034	0.122	
Leucine.....g	1.473		0		1		0.118	0.418	
Lysine.....g	0.338		0		1		0.027	0.096	
Methionine.....g	0.252		0		1		0.020	0.071	
Cystine.....g	0.217		0		1		0.017	0.062	
Phenylalanine.....g	0.590		0		1		0.047	0.167	
Tyrosine.....g	0.488		0		1		0.039	0.138	
Valine.....g	0.607		0		1		0.049	0.172	
Arginine.....g	0.598		0		1		0.048	0.170	
Histidine.....g	0.367		0		1		0.029	0.104	

NDB No. 19034
Snacks, popcorn, air-popped

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.900		0		1		0.072	0.255	
Aspartic acid....g	0.836		0		1		0.067	0.237	
Glutamic acid....g	2.255		0		1		0.180	0.639	
Glycine....g	0.492		0		1		0.039	0.139	
Proline....g	1.048		0		1		0.084	0.297	
Serine....g	0.571		0		1		0.046	0.162	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 8.0g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 25 Snacks

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

NDB No. 19806
Snacks, popcorn, air-popped, white popcorn

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures 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	0.289	3		1		0.33	1.16	
Energy....kcal	382		0	NC	4		31	108	
Energy....kJ	1598				4		128	453	
Protein (N x 6.25)....g	12.00	0.569	3		1		0.96	3.40	
Total lipid (fat)....g	4.20	1.185	3		1		0.34	1.19	
Ash....g	1.80	0.088	3		1		0.14	0.51	
Carbohydrate, by difference....g	77.90		0	NC	4		6.23	22.08	
Fiber, total dietary....g	15.1		0		4		1.2	4.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10	1.739	3		1		1	3	
Iron, Fe....mg	2.66	0.300	3		1		0.21	0.75	
Magnesium, Mg....mg	131	16.063	4		1		10	37	
Phosphorus, P....mg	300	49.950	3		1		24	85	
Potassium, K....mg	301	28.884	3		1		24	85	
Sodium, Na....mg	4		2		1		0	1	
Zinc, Zn....mg	3.44	0.381	3		1		0.28	0.98	
Copper, Cu....mg	0.420	0.080	3		1		0.034	0.119	
Manganese, Mn....mg	0.943	0.092	3		1		0.075	0.267	
Selenium, Se....mcg	9.9		0	BFZN	4		0.8	2.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2		1		0.0	0.0	
Thiamin....mg	0.203	0.024	4		1		0.016	0.058	
Riboflavin....mg	0.283	0.063	4		1		0.023	0.080	
Niacin....mg	1.944	0.053	4		1		0.156	0.551	
Pantothenic acid....mg	0.420	0.077	5		1		0.034	0.119	
Vitamin B-6....mg	0.245	0.039	4		1		0.020	0.069	
Folate, total....mcg	23		2		1		2	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23		2		1		2	7	
Folate, DFE....mcg_DFE	23		0	NC	4		2	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		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	27		0		1		2	8	
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	0.570		0		1		0.046	0.162	
4:0....g									
6:0....g									
8:0....g									

NDB No. 19806
Snacks, popcorn, air-popped, white popcorn

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.500		1		1		0.040	0.142	
17:0....g									
18:0....g	0.070		1		1		0.006	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.100		0		1		0.088	0.312	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.100		1		1		0.088	0.312	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.900		0		1		0.152	0.539	
18:2 undifferentiated....g	1.840		1		1		0.147	0.522	
18:3 undifferentiated....g	0.060		1		1		0.005	0.017	
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		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.085		0		1		0.007	0.024	
Threonine....g	0.452		0		1		0.036	0.128	
Isoleucine....g	0.431		0		1		0.034	0.122	
Leucine....g	1.473		0		1		0.118	0.418	
Lysine....g	0.338		0		1		0.027	0.096	
Methionine....g	0.252		0		1		0.020	0.071	
Cystine....g	0.217		0		1		0.017	0.062	
Phenylalanine....g	0.590		0		1		0.047	0.167	
Tyrosine....g	0.488		0		1		0.039	0.138	
Valine....g	0.607		0		1		0.049	0.172	
Arginine....g	0.598		0		1		0.048	0.170	
Histidine....g	0.367		0		1		0.029	0.104	
Alanine....g	0.900		0		1		0.072	0.255	
Aspartic acid....g	0.836		0		1		0.067	0.237	
Glutamic acid....g	2.255		0		1		0.180	0.639	
Glycine....g	0.492		0		1		0.039	0.139	
Proline....g	1.048		0		1		0.084	0.297	
Serine....g	0.571		0		1		0.046	0.162	
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 = 8.0g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 19806
Snacks, popcorn, air-popped, white popcorn

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 25 Snacks

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

NDB No. 19036
Snacks, popcorn, cakes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.00	0.903	4		1		0.50	1.00	
Energy....kcal	384		0	NC	4		38	77	
Energy....kJ	1607		0		4		161	321	
Protein (N x 6.1)....g	9.70	0.387	4		1		0.97	1.94	
Total lipid (fat)....g	3.10	0.437	4		1		0.31	0.62	
Ash....g	2.00	0.263	4		1		0.20	0.40	
Carbohydrate, by difference....g	80.10		0	NC	4		8.01	16.02	
Fiber, total dietary....g	2.9		0		4		0.3	0.6	
Sugars, total....g	0.72		0	BFSN	4		0.07	0.14	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	1.495	3		1		1	2	
Iron, Fe....mg	1.87	0.333	3		1		0.19	0.37	
Magnesium, Mg....mg	159		1		4		16	32	
Phosphorus, P....mg	277		1		4		28	55	
Potassium, K....mg	327	28.480	3		1		33	65	
Sodium, Na....mg	288	55.434	4		1		29	58	
Zinc, Zn....mg	3.99		1		4		0.40	0.80	
Copper, Cu....mg	0.569		1		4		0.057	0.114	
Manganese, Mn....mg	0.985		1		4		0.099	0.197	
Selenium, Se....mcg	9.9		0	BFZN	4		1.0	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.075	0.005	3		1		0.008	0.015	
Riboflavin....mg	0.178	0.026	3		1		0.018	0.036	
Niacin....mg	6.006	1.240	3		1		0.601	1.201	
Pantothenic acid....mg	0.434		1		4		0.043	0.087	
Vitamin B-6....mg	0.181		1		4		0.018	0.036	
Folate, total....mcg	18		1		4		2	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		1		4		2	4	
Folate, DFE....mcg_DFE	18		0	NC	4		2	4	
Choline, total....mg	22.4		0	FLA	4		2.2	4.5	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	4		0	NC	4		0	1	
Retinol....mcg	0		0	BNA	4		0	0	
Carotene, beta....mcg	33		0	BNA	4		3	7	
Carotene, alpha....mcg	21		0	BNA	4		2	4	
Cryptoxanthin, beta....mcg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	72	28.000	3		1		7	14	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	537		0	O	4		54	107	
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFSN	4		0.03	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0			Z	7		0	0	
Vitamin K (phylloquinone)....mcg	1.1		0	BFSN	4		0.1	0.2	
Lipids:									
Fatty acids, total saturated....g	0.480		0		1		0.048	0.096	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19036
Snacks, popcorn, cakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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		1		1		0.000	0.000	
13:0 g									
14:0 g	0.000		1		1		0.000	0.000	
15:0 g									
16:0 g	0.420		1		1		0.042	0.084	
17:0 g									
18:0 g	0.050		1		1		0.005	0.010	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.920		0		1		0.092	0.184	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		1		1		0.001	0.002	
17:1 g									
18:1 undifferentiated g	0.910		1		1		0.091	0.182	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.350		0		1		0.135	0.270	
18:2 undifferentiated g	1.310		1		1		0.131	0.262	
18:3 undifferentiated g	0.040		1		1		0.004	0.008	
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		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.091		0		1		0.009	0.018	
Threonine g	0.363		0		1		0.036	0.073	
Isoleucine g	0.372		0		1		0.037	0.074	
Leucine g	1.053		0		1		0.105	0.211	
Lysine g	0.312		0		1		0.031	0.062	
Methionine g	0.210		0		1		0.021	0.042	
Cystine g	0.156		0		1		0.016	0.031	
Phenylalanine g	0.488		0		1		0.049	0.098	
Tyrosine g	0.387		0		1		0.039	0.077	
Valine g	0.523		0		1		0.052	0.105	
Arginine g	0.581		0		1		0.058	0.116	
Histidine g	0.280		0		1		0.028	0.056	
Alanine g	0.671		0		1		0.067	0.134	
Aspartic acid g	0.767		0		1		0.077	0.153	
Glutamic acid g	1.890		0		1		0.189	0.378	
Glycine g	0.431		0		1		0.043	0.086	
Proline g	0.706		0		1		0.071	0.141	
Serine g	0.480		0		1		0.048	0.096	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		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.

NDB No. 19036
Snacks, popcorn, cakes

Common Measures:

Measure 1 = 10.0g: 1 cake

Measure 2 = 20g: 2 cakes

Calories Factors: Protein 3 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19038
Snacks, popcorn, caramel-coated, with peanuts

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.30	0.180	12		1		0.94	1.88	
Energy	kcal	400		0	NC	4		113	228	
Energy	kJ	1674		0		4		474	954	
Protein (N x 5.9)	g	6.40		2		1		1.81	3.65	
Total lipid (fat)	g	7.80	0.709	5		1		2.21	4.45	
Ash	g	1.80		1		1		0.51	1.03	
Carbohydrate, by difference	g	80.70		0	NC	4		22.88	46.00	
Fiber, total dietary	g	3.8		0		1		1.1	2.2	
Sugars, total	g	45.36		0	O	4		12.86	25.85	
Starch	g									
Minerals:										
Calcium, Ca	mg	66	4.461	14		1		19	38	
Iron, Fe	mg	3.91	0.148	14		1		1.11	2.23	
Magnesium, Mg	mg	80	3.506	14		1		23	46	
Phosphorus, P	mg	127	4.885	11		1		36	72	
Potassium, K	mg	355	12.151	15		1		101	202	
Sodium, Na	mg	295	10.008	15		1		84	168	
Zinc, Zn	mg	1.24	0.060	14		1		0.35	0.71	
Copper, Cu	mg	0.297	0.009	12		1		0.084	0.169	
Manganese, Mn	mg	0.764	0.026	12		1		0.217	0.435	
Selenium, Se	mcg	3.9		0	FLM	4		1.1	2.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.051		1		1		0.014	0.029	
Riboflavin	mg	0.126		1		1		0.036	0.072	
Niacin	mg	1.990		1		1		0.564	1.134	
Pantothenic acid	mg	0.230		1		1		0.065	0.131	
Vitamin B-6	mg	0.185		1		1		0.052	0.105	
Folate, total	mcg	16		1		4		5	9	
Folic acid	mcg	0		0	FLM	4		0	0	
Folate, food	mcg	16		1		4		5	9	
Folate, DFE	mcg_DFE	16		0	NC	4		5	9	
Choline, total	mg	17.3		0	FLA	4		4.9	9.8	
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	4		0	NC	4		1	2	
Retinol	mcg	0		0	FLM	4		0	0	
Carotene, beta	mcg	35		0	FLM	4		10	20	
Carotene, alpha	mcg	23		0	FLM	4		7	13	
Cryptoxanthin, beta	mcg	0		0	FLM	4		0	0	
Vitamin A, IU	IU	78		0	NC	4		22	45	
Lycopene	mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin	mcg	580		0	FLM	4		164	330	
Vitamin E (alpha-tocopherol)	mg	0.85		0	FLM	4		0.24	0.48	
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			Z	7		0	0	
Vitamin K (phylloquinone)	mcg	3.9		0	FLM	4		1.1	2.2	
Lipids:										
Fatty acids, total saturated	g	1.040		0		1		0.295	0.593	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 19038
Snacks, popcorn, caramel-coated, with peanuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.820		1		1		0.232	0.467	
17:0....g									
18:0....g	0.160		1		1		0.045	0.091	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.730		0		1		0.774	1.556	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.003	0.006	
17:1....g									
18:1 undifferentiated....g	2.670		1		1		0.757	1.522	
20:1....g	0.050		1		1		0.014	0.029	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.270		0		1		0.927	1.864	
18:2 undifferentiated....g	3.210		1		1		0.910	1.830	
18:3 undifferentiated....g	0.060		1		1		0.017	0.034	
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	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.052		0		1		0.015	0.030	
Threonine....g	0.231		0		1		0.065	0.132	
Isoleucine....g	0.227		0		1		0.064	0.129	
Leucine....g	0.641		0		1		0.182	0.365	
Lysine....g	0.199		0		1		0.056	0.113	
Methionine....g	0.112		0		1		0.032	0.064	
Cystine....g	0.103		0		1		0.029	0.059	
Phenylalanine....g	0.320		0		1		0.091	0.182	
Tyrosine....g	0.261		0		1		0.074	0.149	
Valine....g	0.303		0		1		0.086	0.173	
Arginine....g	0.489		0		1		0.139	0.279	
Histidine....g	0.182		0		1		0.052	0.104	
Alanine....g	0.392		0		1		0.111	0.223	
Aspartic acid....g	0.572		0		1		0.162	0.326	
Glutamic acid....g	1.250		0		1		0.354	0.713	
Glycine....g	0.309		0		1		0.088	0.176	
Proline....g	0.452		0		1		0.128	0.258	
Serine....g	0.308		0		1		0.087	0.176	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		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.

NDB No. 19038

Snacks, popcorn, caramel-coated, with peanuts

Common Measures:

Measure 1 = 28.35g: 1 oz (approx 2/3 cup)

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3 **Fat** 8.5 **Carbohydrate** 3.9

Food Group: 25 Snacks

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

NDB No. 19039
Snacks, popcorn, caramel-coated, without peanuts

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	2.80	0.189	5		1		0.79		
Energy	kcal	431		0	NC	4		122		
Energy	kJ	1803		0		4		511		
Protein (N x 6.2)	g	3.80	0.405	5		1		1.08		
Total lipid (fat)	g	12.80	3.312	5		1		3.63		
Ash	g	1.50	0.201	5		1		0.43		
Carbohydrate, by difference	g	79.10		0	NC	4		22.42		
Fiber, total dietary	g	5.2		0		1		1.5		
Sugars, total	g	53.19		0	O	4		15.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	43		2		1		12		
Iron, Fe	mg	1.74	0.460	3		1		0.49		
Magnesium, Mg	mg	35		1		1		10		
Phosphorus, P	mg	83		1		1		24		
Potassium, K	mg	109		1		1		31		
Sodium, Na	mg	206		2		1		58		
Zinc, Zn	mg	0.58		1		1		0.16		
Copper, Cu	mg	0.119		1		1		0.034		
Manganese, Mn	mg	0.220		1		1		0.062		
Selenium, Se	mcg	3.6		0	FLM	4		1.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.065		1		1		0.018		
Riboflavin	mg	0.070		1		1		0.020		
Niacin	mg	2.200		1		1		0.624		
Pantothenic acid	mg	0.082		1		4		0.023		
Vitamin B-6	mg	0.028		1		4		0.008		
Folate, total	mcg	5		0	FLM	4		2		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	5		0	FLM	4		2		
Folate, DFE	mcg_DFE	5		0	NC	4		2		
Choline, total	mg	23.5		0	FLA	4		6.7		
Betaine	mg									
Vitamin B-12	mcg	0.01		1		4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1		
Retinol	mcg	2		0	FLM	4		1		
Carotene, beta	mcg	1		0	FLM	4		0		
Carotene, alpha	mcg	0		0	FLM	4		0		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0		
Vitamin A, IU	IU	8		0	NC	4		2		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)	mg	1.20		0	FLM	4		0.34		
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			Z	7		0		
Vitamin K (phylloquinone)	mcg	12.5		0	FLM	4		3.5		
Lipids:										
Fatty acids, total saturated	g	3.610		0		1		1.023		
4:0	g	0.110		1		1		0.031		

NDB No. 19039
Snacks, popcorn, caramel-coated, without peanuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.070		1		1		0.020		
8:0....g	0.040		1		1		0.011		
10:0....g	0.090		1		1		0.026		
12:0....g	0.100		1		1		0.028		
13:0....g									
14:0....g	0.370		1		1		0.105		
15:0....g									
16:0....g	2.120		1		1		0.601		
17:0....g									
18:0....g	0.720		1		1		0.204		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.880		0		1		0.816		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		1		1		0.028		
17:1....g									
18:1 undifferentiated....g	2.780		1		1		0.788		
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	4.480		0		1		1.270		
18:2 undifferentiated....g	4.070		1		1		1.154		
18:3 undifferentiated....g	0.400		1		1		0.113		
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	0.000		0	Z	7		0.000		
Cholesterol....mg	5		1		4		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.045		0		1		0.013		
Threonine....g	0.151		0		1		0.043		
Isoleucine....g	0.157		0		1		0.045		
Leucine....g	0.284		0		1		0.081		
Lysine....g	0.281		0		1		0.080		
Methionine....g	0.073		0		1		0.021		
Cystine....g	0.039		0		1		0.011		
Phenylalanine....g	0.154		0		1		0.044		
Tyrosine....g	0.109		0		1		0.031		
Valine....g	0.177		0		1		0.050		
Arginine....g	0.235		0		1		0.067		
Histidine....g	0.109		0		1		0.031		
Alanine....g	0.208		0		1		0.059		
Aspartic acid....g	0.389		0		1		0.110		
Glutamic acid....g	0.658		0		1		0.187		
Glycine....g	0.224		0		1		0.064		
Proline....g	0.171		0		1		0.048		
Serine....g	0.156		0		1		0.044		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		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.

NDB No. 19039

Snacks, popcorn, caramel-coated, without peanuts

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 2.7 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 25 Snacks

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

NDB No. 19040
Snacks, popcorn, cheese-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	2.50	0.210	13		1		0.28	0.71	
Energy....kcal	526		0	NC	4		58	149	
Energy....kJ	2201		0		4		242	624	
Protein (N x 6.3)....g	9.30	0.292	10		1		1.02	2.64	
Total lipid (fat)....g	33.20	0.903	12		1		3.65	9.41	
Ash....g	3.40	0.194	8		1		0.37	0.96	
Carbohydrate, by difference....g	51.60		0	NC	4		5.68	14.63	
Fiber, total dietary....g	9.9		0		1		1.1	2.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	113	11.074	11		1		12	32	
Iron, Fe....mg	2.24	0.181	10		1		0.25	0.64	
Magnesium, Mg....mg	91	5.826	6		1		10	26	
Phosphorus, P....mg	361	36.838	6		1		40	102	
Potassium, K....mg	261	23.823	8		1		29	74	
Sodium, Na....mg	889	73.308	10		1		98	252	
Zinc, Zn....mg	2.01	0.136	6		1		0.22	0.57	
Copper, Cu....mg	0.140	0.024	4		1		0.015	0.040	
Manganese, Mn....mg	0.713	0.031	5		1		0.078	0.202	
Selenium, Se....mcg	12.0		0	FLM	4		1.3	3.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5	0.496	3		1		0.1	0.1	
Thiamin....mg	0.124	0.034	8		1		0.014	0.035	
Riboflavin....mg	0.241	0.022	7		1		0.027	0.068	
Niacin....mg	1.453	0.074	8		1		0.160	0.412	
Pantothenic acid....mg	0.461	0.011	3		1		0.051	0.131	
Vitamin B-6....mg	0.235	0.014	3		1		0.026	0.067	
Folate, total....mcg	11		1		4		1	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		1		4		1	3	
Folate, DFE....mcg_DFE	11		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.53		1		4		0.06	0.15	
Vitamin A, RAE....mcg_RAE	38		0	NC	4		4	11	
Retinol....mcg	30		0	NC	4		3	9	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	244	53.167	3		1		27	69	
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	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	FLC	4		0.0	0.0	
Vitamin D....IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.410		0		1		0.705	1.817	
4:0....g	0.030		1		1		0.003	0.009	
6:0....g	0.020		1		1		0.002	0.006	
8:0....g	0.010		1		1		0.001	0.003	

NDB No. 19040
Snacks, popcorn, cheese-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	0.030		1		1		0.003	0.009	
12:0 g	0.020		1		1		0.002	0.006	
13:0 g									
14:0 g	0.220		1		1		0.024	0.062	
15:0 g									
16:0 g	4.800		1		1		0.528	1.361	
17:0 g									
18:0 g	1.280		1		1		0.141	0.363	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.700		0		1		1.067	2.750	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		1		1		0.011	0.028	
17:1 g									
18:1 undifferentiated g	9.600		1		1		1.056	2.722	
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	15.370		0		1		1.691	4.357	
18:2 undifferentiated g	14.500		1		1		1.595	4.111	
18:3 undifferentiated g	0.880		1		1		0.097	0.249	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	11	2.722	5		1		1	3	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.094		0		1		0.010	0.027	
Threonine g	0.417		0		1		0.046	0.118	
Isoleucine g	0.402		0		1		0.044	0.114	
Leucine g	1.024		0		1		0.113	0.290	
Lysine g	0.443		0		1		0.049	0.126	
Methionine g	0.191		0		1		0.021	0.054	
Cystine g	0.160		0		1		0.018	0.045	
Phenylalanine g	0.405		0		1		0.045	0.115	
Tyrosine g	0.349		0		1		0.038	0.099	
Valine g	0.489		0		1		0.054	0.139	
Arginine g	0.391		0		1		0.043	0.111	
Histidine g	0.252		0		1		0.028	0.071	
Alanine g	0.580		0		1		0.064	0.164	
Aspartic acid g	0.718		0		1		0.079	0.204	
Glutamic acid g	1.729		0		1		0.190	0.490	
Glycine g	0.308		0		1		0.034	0.087	
Proline g	0.743		0		1		0.082	0.211	
Serine g	0.446		0		1		0.049	0.126	
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. 19040
Snacks, popcorn, cheese-flavor

Common Measures:

Measure 1 = 11.0g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 42259
Snacks, popcorn, home-prepared, oil-popped, unsalted

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	2.80		0		4				
Energy	kcal	500		0		4				
Energy	kJ	2092		0		4				
Protein	g	9.00		0		4				
Total lipid (fat)	g	28.10		0		4				
Ash	g	2.00		0	O	4				
Carbohydrate, by difference	g	58.10		0	NC	4				
Fiber, total dietary	g	10.0		0		4				
Sugars, total	g	0.54		0	O	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		4				
Iron, Fe	mg	2.78		0		4				
Magnesium, Mg	mg	108		0		4				
Phosphorus, P	mg	250		0		4				
Potassium, K	mg	225		0		4				
Sodium, Na	mg	3		0		4				
Zinc, Zn	mg	2.64		0		4				
Copper, Cu	mg	0.221		0		4				
Manganese, Mn	mg									
Selenium, Se	mcg	7.3		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		4				
Thiamin	mg	0.130		0		4				
Riboflavin	mg	0.140		0		4				
Niacin	mg	1.550		0		4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.210		0		4				
Folate, total	mcg	17		0		4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	17		0		4				
Folate, DFE	mcg_DFE	17		0	NC	4				
Choline, total	mg	16.0		0	NR	4				
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	8		0	NC	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	70		0	O	4				
Carotene, alpha	mcg	46		0	O	4				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	155		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	1087		0	O	4				
Vitamin E (alpha-tocopherol)	mg	2.43		0	O	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			Z	7				
Vitamin K (phylloquinone)	mcg	4.3		0	O	4				
Lipids:										
Fatty acids, total saturated	g	5.050		0	NC	4				
4:0	g	0.000		0		4				

NDB No. 42259
Snacks, popcorn, home-prepared, oil-popped, unsalted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4				
8:0 g	0.000		0		4				
10:0 g	0.000		0		4				
12:0 g	0.000		0		4				
13:0 g									
14:0 g	0.080		0		4				
15:0 g									
16:0 g	3.930		0		4				
17:0 g									
18:0 g	1.040		0		4				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.290		0	NC	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		0		4				
17:1 g									
18:1 undifferentiated g	8.230		0		4				
20:1 g	0.000		0		4				
22:1 undifferentiated g	0.000		0		4				
24:1 c g									
Fatty acids, total polyunsaturated g	13.520		0	NC	4				
18:2 undifferentiated g	12.730		0		4				
18:3 undifferentiated g	0.790		0		4				
18:4 g	0.000		0		4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4				
20:5 n-3 (EPA) g	0.000		0		4				
22:5 n-3 (DPA) g	0.000		0		4				
22:6 n-3 (DHA) g	0.000		0		4				
Fatty acids, total trans g									
Cholesterol mg	0		0		7				
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				

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

Common Measures:

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

Food Group: 25 Snacks

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

NDB No. 25000
Snacks, popcorn, microwave, 94% fat free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.22	0.153	8	A	1		1.20		
Energy	kcal	402		0	NC	4		114		
Energy	kJ	1682		0	NC	4		477		
Protein	g	10.72	0.361	8	A	1		3.04		
Total lipid (fat)	g	6.10	0.113	7	A	1		1.73		
Ash	g	2.91	0.066	8	A	1		0.83		
Carbohydrate, by difference	g	76.04		0	NC	4		21.56		
Fiber, total dietary	g	13.6	0.890	4	A	1		3.9		
Sugars, total	g	0.65	0.041	8	A	1		0.18		
Sucrose	g	0.65	0.041	8	A	1		0.18		
Glucose (dextrose)	g	0.00	0.000	8	A	1		0.00		
Fructose	g	0.00	0.000	8	A	1		0.00		
Lactose	g	0.00	0.000	8	A	1		0.00		
Maltose	g	0.00	0.000	8	A	1		0.00		
Galactose	g	0.00	0.000	8	A	1		0.00		
Starch	g	59.75	0.643	8	A	1		16.94		
Minerals:										
Calcium, Ca	mg	14	0.994	8	A	1		4		
Iron, Fe	mg	2.87	0.155	8	A	1		0.81		
Magnesium, Mg	mg	124	12.835	8	A	1		35		
Phosphorus, P	mg	304	24.592	8	A	1		86		
Potassium, K	mg	284	19.372	8	A	1		80		
Sodium, Na	mg	627	27.142	8	A	1		178		
Zinc, Zn	mg	2.80	0.097	6	A	1		0.79		
Copper, Cu	mg	0.262	0.029	8	A	1		0.074		
Manganese, Mn	mg	1.085	0.058	8	A	1		0.308		
Selenium, Se	mcg	6.9	2.206	8	A	1		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1		0.0		
Thiamin	mg	0.070	0.027	4	A	1		0.020		
Riboflavin	mg	0.151	0.007	8	A	1		0.043		
Niacin	mg	2.099	0.088	8	A	1		0.595		
Pantothenic acid	mg									
Vitamin B-6	mg	0.210	0.003	8	A	1		0.060		
Folate, total	mcg	18	2.097	4	A	1		5		
Folic acid	mcg	0	0.000	4	A	1		0		
Folate, food	mcg	18		0	AS	1		5		
Folate, DFE	mcg_DFE	18		0	NC	4		5		
Choline, total	mg	13.0		0	AS	1		3.7		
Betaine	mg	0.3		1	A	1		0.1		
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	13		0	AS	1		4		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	75		2	A	1		21		
Carotene, alpha	mcg	7		2	A	1		2		
Cryptoxanthin, beta	mcg	160		2	A	1		45		
Vitamin A, IU	IU	264		0	AS	1		75		
Lycopene	mcg	0		2	A	1		0		
Lutein + zeaxanthin	mcg	1259		2	A	1		357		
Vitamin E (alpha-tocopherol)	mg	0.41	0.047	8	A	1		0.12		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.02	0.004	8	A	1		0.01		
Tocopherol, gamma	mg	4.26	0.422	8	A	1		1.21		
Tocopherol, delta	mg	0.90	0.141	8	A	1		0.26		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 25000
Snacks, popcorn, microwave, 94% fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0			Z	7		0		
Vitamin K (phylloquinone).....mcg	1.1	0.618	4	A	1		0.3		
Lipids:									
Fatty acids, total saturated.....g	1.184		0	NC	4		0.336		
4:0.....g	0.000	0.000	4	A	1		0.000		
6:0.....g	0.000	0.000	4	A	1		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.002	0.001	4	A	1		0.001		
13:0.....g									
14:0.....g	0.008	0.002	4	A	1		0.002		
15:0.....g	0.001	0.001	4	A	1		0.000		
16:0.....g	0.738	0.095	4	A	1		0.209		
17:0.....g	0.006	0.001	4	A	1		0.002		
18:0.....g	0.380	0.100	4	A	1		0.108		
20:0.....g	0.024	0.004	4	A	1		0.007		
22:0.....g	0.015	0.002	4	A	1		0.004		
24:0.....g	0.010	0.001	4	A	1		0.003		
Fatty acids, total monounsaturated.....g	2.767		0	NC	4		0.784		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.006	0.000	4	AS	1		0.002		
16:1 c.....g	0.006	0.000	4	A	1		0.002		
16:1 t.....g	0.000	0.000	4	A	1		0.000		
17:1.....g	0.002	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	2.746	0.370	4	AS	1		0.779		
18:1 c.....g	1.930	0.223	4	A	1		0.547		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.817	0.177	4	A	1		0.232		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.012	0.002	4	A	1		0.003		
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
22:1 c.....g	0.000	0.000	4	A	1		0.000		
22:1 t.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g	0.001	0.001	4	A	1		0.000		
Fatty acids, total polyunsaturated.....g	2.216		0	NC	4		0.628		
18:2 undifferentiated.....g	2.161	0.287	4	AS	1		0.613		
18:2 n-6 c,c.....g	2.093	0.282	4	A	1		0.593		
18:2 CLAs.....g	0.000	0.000	4	A	1		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	0.068	0.012	4	A	1		0.019		
18:3 undifferentiated.....g	0.055	0.004	4	AS	1		0.016		
18:3 n-3 c,c,c (ALA).....g	0.055	0.004	4	A	1		0.016		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	4	A	1		0.000		
20:3 n-6.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.885		0	NC	4		0.251		

NDB No. 25000
Snacks, popcorn, microwave, 94% fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.817		0	NC	4		0.232		
Fatty acids, total trans-polyenoic.....g	0.068		0	NC	4		0.019		
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0	A	1		0.022		
Threonine.....g	0.372		0	A	1		0.105		
Isoleucine.....g	0.388		0	A	1		0.110		
Leucine.....g	1.480		0	A	1		0.420		
Lysine.....g	0.349		0	A	1		0.099		
Methionine.....g	0.199		0	A	1		0.056		
Cystine.....g	0.184		0	A	1		0.052		
Phenylalanine.....g	0.529		0	A	1		0.150		
Tyrosine.....g	0.404		0	A	1		0.115		
Valine.....g	0.520		0	A	1		0.147		
Arginine.....g	0.307		0	A	1		0.087		
Histidine.....g	0.241		0	A	1		0.068		
Alanine.....g	0.800		0	A	1		0.227		
Aspartic acid.....g	0.804		0	A	1		0.228		
Glutamic acid.....g	2.117		0	A	1		0.600		
Glycine.....g	0.338		0	A	1		0.096		
Proline.....g	0.749		0	A	1		0.212		
Serine.....g	0.500		0	A	1		0.142		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 25001
Snacks, popcorn, microwave, low fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80		0		1		0.79		
Energy	kcal	424		0	NC	4		120		
Energy	kJ	1774		0	NC	4		503		
Protein	g	12.60		0		1		3.57		
Total lipid (fat)	g	9.50		0		1		2.69		
Ash	g	3.10		0	O	4		0.88		
Carbohydrate, by difference	g	72.00		0	NC	4		20.41		
Fiber, total dietary	g	14.2		0		4		4.0		
Sugars, total	g	0.92		0	BFFN	4		0.26		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		4		3		
Iron, Fe	mg	2.28		0		1		0.65		
Magnesium, Mg	mg	151		0		4		43		
Phosphorus, P	mg	264		0		4		75		
Potassium, K	mg	241		0		4		68		
Sodium, Na	mg	884		0		1		251		
Zinc, Zn	mg	3.83		0		4		1.09		
Copper, Cu	mg	0.545		0		4		0.155		
Manganese, Mn	mg									
Selenium, Se	mcg	8.6		0	CAZN	4		2.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0		
Thiamin	mg	0.350		0		4		0.099		
Riboflavin	mg	0.110		0		4		0.031		
Niacin	mg	2.070		0		4		0.587		
Pantothenic acid	mg									
Vitamin B-6	mg	0.170		0		4		0.048		
Folate, total	mcg	17		0		4		5		
Folic acid	mcg	0		0	BFFN	4		0		
Folate, food	mcg	17		0		4		5		
Folate, DFE	mcg_DFE	17		0	NC	4		5		
Choline, total	mg	16.5		0	BFFN	4		4.7		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7		0.00		
Vitamin B-12, added	mcg	0.00		0	BFFN	4		0.00		
Vitamin A, RAE	mcg_RAE	12		0	NC	4		3		
Retinol	mcg	0		0	BFFN	4		0		
Carotene, beta	mcg	108		0	BFFN	4		31		
Carotene, alpha	mcg	70		0	BFFN	4		20		
Cryptoxanthin, beta	mcg	0		0	BFFN	4		0		
Vitamin A, IU	IU	238		0	NC	4		68		
Lycopene	mcg	0		0	BFFN	4		0		
Lutein + zeaxanthin	mcg	1762		0	BFFN	4		499		
Vitamin E (alpha-tocopherol)	mg	0.50		0	BFFN	4		0.14		
Vitamin E, added	mg	0.00		0	BFFN	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			Z	7		0		
Vitamin K (phylloquinone)	mcg	1.5		0	BFFN	4		0.4		
Lipids:										
Fatty acids, total saturated	g	1.415		0		4		0.401		
4:0	g	0.000		0		4		0.000		

NDB No. 25001
Snacks, popcorn, microwave, low fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		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	0.010		0		4		0.003		
15:0....g									
16:0....g	0.931		0		4		0.264		
17:0....g									
18:0....g	0.475		0		4		0.135		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.085		0		4		1.158		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0		4		0.011		
17:1....g									
18:1 undifferentiated....g	4.037		0		4		1.144		
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	3.572		0		4		1.013		
18:2 undifferentiated....g	3.315		0		4		0.940		
18:3 undifferentiated....g	0.247		0		4		0.070		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	BFFN	4		0		
Theobromine....mg	0		0	BFFN	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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 25014

Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.62	0.135	8	A	1		0.74		
Energy	kcal	527		0	NC	4		150		
Energy	kJ	2207		0	NC	4		626		
Protein	g	8.69	0.388	8	A	1		2.46		
Total lipid (fat)	g	29.97	1.642	8	A	1		8.50		
Ash	g	3.00	0.057	8	A	1		0.85		
Carbohydrate, by difference	g	55.71		0	NC	4		15.79		
Fiber, total dietary	g	9.9	0.665	4	A	1		2.8		
Sugars, total	g	0.54	0.058	7	A	1		0.15		
Sucrose	g	0.54	0.051	8	A	1		0.15		
Glucose (dextrose)	g	0.00	0.000	8	A	1		0.00		
Fructose	g	0.00	0.000	8	A	1		0.00		
Lactose	g	0.00	0.000	8	A	1		0.00		
Maltose	g	0.00	0.000	8	A	1		0.00		
Galactose	g	0.00	0.000	7	A	1		0.00		
Starch	g	44.85	1.100	8	A	1		12.71		
Minerals:										
Calcium, Ca	mg	20	1.868	8	A	1		6		
Iron, Fe	mg	2.36	0.200	8	A	1		0.67		
Magnesium, Mg	mg	92	5.659	8	A	1		26		
Phosphorus, P	mg	234	12.788	8	A	1		66		
Potassium, K	mg	219	11.277	8	A	1		62		
Sodium, Na	mg	771	23.443	8	A	1		219		
Zinc, Zn	mg	2.43	0.090	8	A	1		0.69		
Copper, Cu	mg	0.190	0.015	8	A	1		0.054		
Manganese, Mn	mg	0.782	0.036	8	A	1		0.222		
Selenium, Se	mcg	5.4	2.006	8	A	1		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1		0.0		
Thiamin	mg	0.107	0.015	4	A	1		0.030		
Riboflavin	mg	0.104	0.009	8	A	1		0.029		
Niacin	mg	1.551	0.075	8	A	1		0.440		
Pantothenic acid	mg	0.282	0.016	4	A	1		0.080		
Vitamin B-6	mg	0.164	0.007	8	A	1		0.046		
Folate, total	mcg	15	2.198	4	A	1		4		
Folic acid	mcg	0	0.000	4	A	1		0		
Folate, food	mcg	15	2.198	4	AS	1		4		
Folate, DFE	mcg_DFE	15		0	NC	4		4		
Choline, total	mg	13.9		0	AS	1		3.9		
Betaine	mg	0.3		1	A	1		0.1		
Vitamin B-12	mcg	0.00		0	O	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	24		0	NC	4		7		
Retinol	mcg	13		0	O	4		4		
Carotene, beta	mcg	64		2	A	1		18		
Carotene, alpha	mcg	5		2	A	1		2		
Cryptoxanthin, beta	mcg	116		2	A	1		33		
Vitamin A, IU	IU	252		0	NC	4		71		
Lycopene	mcg	0		2	A	1		0		
Lutein + zeaxanthin	mcg	762		2	A	1		216		
Vitamin E (alpha-tocopherol)	mg	1.76	0.148	8	A	1		0.50		
Tocopherol, beta	mg	0.14		2	A	1		0.04		
Tocopherol, gamma	mg	15.77	1.093	8	A	1		4.47		
Tocopherol, delta	mg	5.95	0.433	8	A	1		1.69		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									

NDB No. 25014

Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	4.2	0.972	4	A	1		1.2		
Lipids:									
Fatty acids, total saturated....g	6.904		0	NC	4		1.957		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g									
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g	0.034	0.002	4	A	1		0.010		
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g									
16:1 c....g									
16:1 t....g	0.005	0.002	4	A	1		0.001		
17:1....g									
18:1 undifferentiated....g	19.816	1.707	4	AS	1		5.618		
18:1 c....g	11.263	0.937	4	A	1		3.193		
18:1-11c (18:1c n-7)....g									
18:1 t....g	8.553	0.776	4	A	1		2.425		
18:1-11t (18:1t n-7)....g									
20:1....g	0.048	0.004	4	A	1		0.014		
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
22:1 c....g	0.000	0.000	4	A	1		0.000		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g									
18:2 n-6 c,c....g									
18:2 CLAs....g	0.017	0.003	4	A	1		0.005		
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	0.374	0.034	4	A	1		0.106		
18:3 undifferentiated....g									
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g	0.004	0.000	4	A	1		0.001		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	9.466		0	NC	4		2.684		
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g									

NDB No. 25014

Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	4		0	O	4		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.051		0	A	1		0.015		
Threonine....g	0.218		0	A	1		0.062		
Isoleucine....g	0.253		0	A	1		0.072		
Leucine....g	1.028		0	A	1		0.291		
Lysine....g	0.263		0	A	1		0.075		
Methionine....g	0.132		0	A	1		0.037		
Cystine....g	0.143		0	A	1		0.041		
Phenylalanine....g	0.323		0	A	1		0.092		
Tyrosine....g	0.271		0	A	1		0.077		
Valine....g	0.343		0	A	1		0.097		
Arginine....g	0.216		0	A	1		0.061		
Histidine....g	0.182		0	A	1		0.052		
Alanine....g	0.528		0	A	1		0.150		
Aspartic acid....g	0.541		0	A	1		0.153		
Glutamic acid....g	1.421		0	A	1		0.403		
Glycine....g	0.231		0	A	1		0.065		
Proline....g	0.634		0	A	1		0.180		
Serine....g	0.334		0	A	1		0.095		
Hydroxyproline....g	0.000	0.000	4	A	1		0.000		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 19035
Snacks, popcorn, oil-popped, microwave, regular 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	1.20	0.142	6	A	1		0.13	0.34	
Energy	kcal	583		0	NC	4		64	165	
Energy	kJ	2440		0	NC	4		268	692	
Protein (N x 6.25)	g	7.29	0.129	6	A	1		0.80	2.07	
Total lipid (fat)	g	43.55	0.666	6	A	1		4.79	12.35	
Ash	g	2.90	0.215	32		1		0.32	0.82	
Carbohydrate, by difference	g	45.06		0	NC	4		4.96	12.77	
Fiber, total dietary	g	8.1	0.369	3	A	1		0.9	2.3	
Sugars, total	g	0.46	0.024	3	A	1		0.05	0.13	
Sucrose	g	0.31	0.024	3	A	1		0.03	0.09	
Glucose (dextrose)	g	0.07	0.000	3	A	1		0.01	0.02	
Fructose	g	0.07	0.000	3	A	1		0.01	0.02	
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	34.40	0.945	3	A	1		3.78	9.75	
Minerals:										
Calcium, Ca	mg	4	0.116	6	A	1		0	1	
Iron, Fe	mg	1.98	0.105	6	A	1		0.22	0.56	
Magnesium, Mg	mg	79	1.453	6	A	1		9	22	
Phosphorus, P	mg	199	4.238	6	A	1		22	56	
Potassium, K	mg	182	4.616	6	A	1		20	52	
Sodium, Na	mg	1058		5	O	4		116	300	
Zinc, Zn	mg	3.10		0	O	4		0.34	0.88	
Copper, Cu	mg	0.162	0.009	6	A	1		0.018	0.046	
Manganese, Mn	mg	0.629	0.012	6	A	1		0.069	0.178	
Selenium, Se	mcg	2.2		0	O	4		0.2	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3	0.195	5		1		0.0	0.1	
Thiamin	mg	0.134	0.021	20		1		0.015	0.038	
Riboflavin	mg	0.057	0.007	6	A	1		0.006	0.016	
Niacin	mg	1.195	0.026	6	A	1		0.131	0.339	
Pantothenic acid	mg	0.230	0.155	3	A	1		0.025	0.065	
Vitamin B-6	mg	0.109	0.006	3	A	1		0.012	0.031	
Folate, total	mcg	25	0.754	6	A	1		3	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	25	0.754	6	A	1		3	7	
Folate, DFE	mcg_DFE	25		0	NC	4		3	7	
Choline, total	mg	12.6		0	AS	1		1.4	3.6	
Betaine	mg	0.3		1	A	1		0.0	0.1	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	O	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	8		0	NC	4		1	2	
Retinol	mcg	0		0	BNA	4		0	0	
Carotene, beta	mcg	70		0	BNA	4		8	20	
Carotene, alpha	mcg	46		0	BNA	4		5	13	
Cryptoxanthin, beta	mcg	0		0	BNA	4		0	0	
Vitamin A, IU	IU	154	20.972	12		1		17	44	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	829		0	O	4		91	235	
Vitamin E (alpha-tocopherol)	mg	2.43		1	A	1		0.27	0.69	
Vitamin E, added	mg	0.00		0	O	4		0.00	0.00	
Tocopherol, beta	mg	0.16		1	A	1		0.02	0.05	
Tocopherol, gamma	mg	24.88		1	A	1		2.74	7.05	
Tocopherol, delta	mg	5.99		1	A	1		0.66	1.70	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19035
Snacks, popcorn, oil-popped, microwave, regular 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0			Z	7		0	0	
Vitamin K (phylloquinone).....mcg	4.1		0	O	4		0.5	1.2	
Lipids:									
Fatty acids, total saturated.....g	6.820		0	NC	4		0.750	1.934	
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	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g									
16:0.....g	4.610	0.175	3	A	1		0.507	1.307	
17:0.....g									
18:0.....g	1.873	0.074	3	A	1		0.206	0.531	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.809		0	NC	4		1.079	2.781	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037	0.004	3	A	1		0.004	0.010	
17:1.....g									
18:1 undifferentiated.....g	9.654	0.358	3	A	1		1.062	2.737	
20:1.....g	0.118	0.004	3	A	1		0.013	0.034	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.191		0	NC	4		2.551	6.575	
18:2 undifferentiated.....g	22.339	0.810	3	A	1		2.457	6.333	
18:3 undifferentiated.....g	0.853	0.853	3	JA	6		0.094	0.242	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	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	0.000	6		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.007	0.018	
Threonine.....g	0.338		0		1		0.037	0.096	
Isoleucine.....g	0.323		0		1		0.036	0.092	
Leucine.....g	1.103		0		1		0.121	0.313	
Lysine.....g	0.253		0		1		0.028	0.072	
Methionine.....g	0.189		0		1		0.021	0.054	
Cystine.....g	0.163		0		1		0.018	0.046	
Phenylalanine.....g	0.442		0		1		0.049	0.125	
Tyrosine.....g	0.366		0		1		0.040	0.104	
Valine.....g	0.455		0		1		0.050	0.129	
Arginine.....g	0.448		0		1		0.049	0.127	
Histidine.....g	0.275		0		1		0.030	0.078	
Alanine.....g	0.674		0		1		0.074	0.191	
Aspartic acid.....g	0.626		0		1		0.069	0.177	
Glutamic acid.....g	1.689		0		1		0.186	0.479	
Glycine.....g	0.369		0		1		0.041	0.105	
Proline.....g	0.785		0		1		0.086	0.223	
Serine.....g	0.428		0		1		0.047	0.121	
Hydroxyproline.....g									
Others:									

NDB No. 19035

Snacks, popcorn, oil-popped, microwave, regular 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
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 = 11.0g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19807
Snacks, popcorn, oil-popped, white popcorn

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	2.80	0.153	50		1		0.31	0.79	
Energy	kcal	500		0	NC	4		55	142	
Energy	kJ	2092				4		230	593	
Protein (N x 6.25)	g	9.00	0.264	32		1		0.99	2.55	
Total lipid (fat)	g	28.10	1.074	40		1		3.09	7.97	
Ash	g	2.90	0.215	32		1		0.32	0.82	
Carbohydrate, by difference	g	57.20		0	NC	4		6.29	16.22	
Fiber, total dietary	g	10.0		0		4		1.1	2.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10	1.080	55		1		1	3	
Iron, Fe	mg	2.78	0.091	63		1		0.31	0.79	
Magnesium, Mg	mg	108	3.124	50		1		12	31	
Phosphorus, P	mg	250	7.888	49		1		28	71	
Potassium, K	mg	225	9.120	51		1		25	64	
Sodium, Na	mg	884	65.964	29		1		97	251	
Zinc, Zn	mg	2.64	0.094	52		1		0.29	0.75	
Copper, Cu	mg	0.221	0.010	48		1		0.024	0.063	
Manganese, Mn	mg	0.879	0.031	48		1		0.097	0.249	
Selenium, Se	mcg	7.3		0	BFZN	4		0.8	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3	0.195	5		1		0.0	0.1	
Thiamin	mg	0.134	0.021	20		1		0.015	0.038	
Riboflavin	mg	0.136	0.015	23		1		0.015	0.039	
Niacin	mg	1.550	0.059	20		1		0.171	0.439	
Pantothenic acid	mg	0.305	0.054	7		1		0.034	0.086	
Vitamin B-6	mg	0.209	0.017	6		1		0.023	0.059	
Folate, total	mcg	17	1.686	3		1		2	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17	1.686	3		1		2	5	
Folate, DFE	mcg_DFE	17		0	NC	4		2	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		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	11		0		1		1	3	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.890		0		1		0.538	1.386	
4:0	g									
6:0	g									
8:0	g									

NDB No. 19807
Snacks, popcorn, oil-popped, white popcorn

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.070		1		1		0.008	0.020	
15:0 g									
16:0 g	3.860		1		1		0.425	1.094	
17:0 g									
18:0 g	0.960		1		1		0.106	0.272	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.170		0		1		0.899	2.316	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.050		1		1		0.006	0.014	
17:1 g									
18:1 undifferentiated g	8.120		1		1		0.893	2.302	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	13.420		0		1		1.476	3.805	
18:2 undifferentiated g	12.680		1		1		1.395	3.595	
18:3 undifferentiated g	0.730		1		1		0.080	0.207	
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	0.000	6		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.063		0		1		0.007	0.018	
Threonine g	0.338		0		1		0.037	0.096	
Isoleucine g	0.323		0		1		0.036	0.092	
Leucine g	1.103		0		1		0.121	0.313	
Lysine g	0.253		0		1		0.028	0.072	
Methionine g	0.189		0		1		0.021	0.054	
Cystine g	0.163		0		1		0.018	0.046	
Phenylalanine g	0.442		0		1		0.049	0.125	
Tyrosine g	0.366		0		1		0.040	0.104	
Valine g	0.455		0		1		0.050	0.129	
Arginine g	0.448		0		1		0.049	0.127	
Histidine g	0.275		0		1		0.030	0.078	
Alanine g	0.674		0		1		0.074	0.191	
Aspartic acid g	0.626		0		1		0.069	0.177	
Glutamic acid g	1.689		0		1		0.186	0.479	
Glycine g	0.369		0		1		0.041	0.105	
Proline g	0.785		0		1		0.086	0.223	
Serine g	0.428		0		1		0.047	0.121	
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 = 11.0g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 19807
Snacks, popcorn, oil-popped, white popcorn

Calories Factors: Protein 2.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 25002
Snacks, popcorn, unpopped kernels

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	10.57		2	A	1		3.00		
Energy	kcal	375		0	NC	4		106		
Energy	kJ	1568		0	NC	4		445		
Protein (N x 6.25)	g	10.87		2	A	1		3.08		
Total lipid (fat)	g	4.31		2	A	1		1.22		
Ash	g	1.13		2	A	1		0.32		
Carbohydrate, by difference	g	73.12		0	NC	4		20.73		
Fiber, total dietary	g	12.7		2	A	1		3.6		
Sugars, total	g	0.91		2	A	1		0.26		
Sucrose	g	0.52		2	A	1		0.15		
Glucose (dextrose)	g	0.22		2	A	1		0.06		
Fructose	g	0.17		2	A	1		0.05		
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	60.85		2	A	1		17.25		
Minerals:										
Calcium, Ca	mg	5		2	A	1		1		
Iron, Fe	mg	3.04		2	A	1		0.86		
Magnesium, Mg	mg	123		2	A	1		35		
Phosphorus, P	mg	299		2	A	1		85		
Potassium, K	mg	274		2	A	1		78		
Sodium, Na	mg	7		2	A	1		2		
Zinc, Zn	mg	2.75		2	A	1		0.78		
Copper, Cu	mg	0.228		2	A	1		0.064		
Manganese, Mn	mg	0.963		2	A	1		0.273		
Selenium, Se	mcg	0.0		2	A	1		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.317		2	A	1		0.090		
Riboflavin	mg	0.047		2	A	1		0.013		
Niacin	mg	1.600		2	A	1		0.454		
Pantothenic acid	mg	0.395		2	A	1		0.112		
Vitamin B-6	mg	0.288		2	A	1		0.082		
Folate, total	mcg	62		2	A	1		18		
Folic acid	mcg									
Folate, food	mcg	24		1	A	1		7		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
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	0.25		1	A	1		0.07		
Tocopherol, beta	mg	0.01		1	A	1		0.00		
Tocopherol, gamma	mg	3.60		1	A	1		1.02		
Tocopherol, delta	mg	0.20		1	A	1		0.06		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

NDB No. 25002
Snacks, popcorn, unpopped kernels

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.640		0	NC	4		0.181		
4:0....g									
6:0....g									
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.003		2	A	1		0.001		
15:0....g	0.000		2	A	1		0.000		
16:0....g	0.531		2	A	1		0.150		
17:0....g	0.000		2	A	1		0.000		
18:0....g	0.081		2	A	1		0.023		
20:0....g	0.016		2	A	1		0.004		
22:0....g	0.007		2	A	1		0.002		
24:0....g									
Fatty acids, total monounsaturated....g	0.992		0	NC	4		0.281		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.006		2	A	1		0.002		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	0.921		2	A	1		0.261		
20:1....g	0.013		2	A	1		0.004		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.476		0	NC	4		0.702		
18:2 undifferentiated....g	2.268		2	A	1		0.643		
18:3 undifferentiated....g	0.027		2	JA	6		0.008		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 19408
Snacks, pork skins, barbecue-flavor

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	2.10	0.171	6		1		0.60	0.30	
Energy	kcal	538		0		4		153	76	
Energy	kJ	2251				4		638	320	
Protein (N x 6.25)	g	57.90	0.474	6		1		16.41	8.22	
Total lipid (fat)	g	31.80	1.124	6		1		9.02	4.52	
Ash	g	7.00	0.759	6		1		1.98	0.99	
Carbohydrate, by difference	g	1.60		0	NC	4		0.45	0.23	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43		1		1		12	6	
Iron, Fe	mg	1.04		2		1		0.29	0.15	
Magnesium, Mg	mg	0		1		1		0	0	
Phosphorus, P	mg	220		1		1		62	31	
Potassium, K	mg	180		1		1		51	26	
Sodium, Na	mg	2667	194.365	9		1		756	379	
Zinc, Zn	mg	0.71		1		4		0.20	0.10	
Copper, Cu	mg	0.350		1		1		0.099	0.050	
Manganese, Mn	mg	0.074		1		4		0.021	0.011	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		1		1		0.4	0.2	
Thiamin	mg	0.084		1		1		0.024	0.012	
Riboflavin	mg	0.432		2		1		0.122	0.061	
Niacin	mg	3.355		2		1		0.951	0.476	
Pantothenic acid	mg	0.430		1		4		0.122	0.061	
Vitamin B-6	mg	0.156		1		1		0.044	0.022	
Folate, total	mcg	31		1		4		9	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	31		1		4		9	4	
Folate, DFE	mcg_DFE	31		0	NC	4		9	4	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.13		1		4		0.04	0.02	
Vitamin A, RAE	mcg_RAE	65		0	NC	4		18	9	
Retinol	mcg	38		0	NR	4		11	5	
Carotene, beta	mcg	324		0	NR	4		92	46	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	667		0	NC	4		189	95	
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	11.560		0		1		3.277	1.642	
4:0	g									
6:0	g									
8:0	g									

NDB No. 19408
Snacks, pork skins, barbecue-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	0.020		1		1		0.006	0.003	
12:0 g	0.070		1		1		0.020	0.010	
13:0 g									
14:0 g	0.400		1		1		0.113	0.057	
15:0 g									
16:0 g	6.960		1		1		1.973	0.988	
17:0 g									
18:0 g	4.100		1		1		1.162	0.582	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	15.030		0		1		4.261	2.134	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.990		1		1		0.281	0.141	
17:1 g									
18:1 undifferentiated g	13.780		1		1		3.907	1.957	
20:1 g	0.250		1		1		0.071	0.036	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	3.450		0		1		0.978	0.490	
18:2 undifferentiated g	3.410		1		1		0.967	0.484	
18:3 undifferentiated g	0.000		1		1		0.000	0.000	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		1		1		0.011	0.006	
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	115	4.853	8		1		33	16	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.131		0		1		0.037	0.019	
Threonine g	1.765		0		1		0.500	0.251	
Isoleucine g	1.373		0		1		0.389	0.195	
Leucine g	3.221		0		1		0.913	0.457	
Lysine g	2.698		0		1		0.765	0.383	
Methionine g	0.476		0		1		0.135	0.068	
Cystine g	0.514		0		1		0.146	0.073	
Phenylalanine g	1.877		0		1		0.532	0.267	
Tyrosine g	1.186		0		1		0.336	0.168	
Valine g	2.334		0		1		0.662	0.331	
Arginine g	4.547		0		1		1.289	0.646	
Histidine g	0.719		0		1		0.204	0.102	
Alanine g	5.472		0		1		1.551	0.777	
Aspartic acid g	4.295		0		1		1.218	0.610	
Glutamic acid g	7.302		0		1		2.070	1.037	
Glycine g	11.036		0		1		3.129	1.567	
Proline g	6.769		0		1		1.919	0.961	
Serine g	2.484		0		1		0.704	0.353	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.2g: .5 oz

NDB No. 19408
Snacks, pork skins, barbecue-flavor

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 25 Snacks

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

NDB No. 19041
Snacks, pork skins, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.80	0.099	24		1		0.51	0.26	
Energy....kcal	544		0	NC	4		154	77	
Energy....kJ	2276		0	NC	4		645	323	
Protein (N x 6.25)....g	61.30	1.492	20		1		17.38	8.70	
Total lipid (fat)....g	31.30	0.441	16		1		8.87	4.44	
Ash....g	5.40	0.193	24		1		1.53	0.77	
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	FLA	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	30	2.750	21		1		9	4	
Iron, Fe....mg	0.88	0.043	23		1		0.25	0.12	
Magnesium, Mg....mg	11	0.923	21		1		3	2	
Phosphorus, P....mg	85	1.956	18		1		24	12	
Potassium, K....mg	127	5.130	24		1		36	18	
Sodium, Na....mg	1838	67.941	14		1		521	261	
Zinc, Zn....mg	0.56	0.034	20		1		0.16	0.08	
Copper, Cu....mg	0.094	0.008	17		1		0.027	0.013	
Manganese, Mn....mg	0.069	0.010	19		1		0.020	0.010	
Selenium, Se....mcg	41.0		0	FLM	4		11.6	5.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5	0.151	13		1		0.1	0.1	
Thiamin....mg	0.099	0.010	7		1		0.028	0.014	
Riboflavin....mg	0.283	0.070	12		1		0.080	0.040	
Niacin....mg	1.549	0.120	21		1		0.439	0.220	
Pantothenic acid....mg	0.430	0.005	5		1		0.122	0.061	
Vitamin B-6....mg	0.023		2		1		0.007	0.003	
Folate, total....mcg	0		1		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	164.5		0	FLA	4		46.6	23.4	
Betaine....mg									
Vitamin B-12....mcg	0.64	0.011	5		1		0.18	0.09	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	NC	4		3	2	
Retinol....mcg	12		0	FLA	4		3	2	
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	40		0	NC	4		11	6	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.53		0	FLA	4		0.15	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0			Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	11.370		0		1		3.223	1.615	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19041
Snacks, pork skins, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.020		1		1		0.006	0.003	
12:0....g	0.070		1		1		0.020	0.010	
13:0....g									
14:0....g	0.390		1		1		0.111	0.055	
15:0....g									
16:0....g	6.850		1		1		1.942	0.973	
17:0....g									
18:0....g	4.040		1		1		1.145	0.574	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.780		0		1		4.190	2.099	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.970		1		1		0.275	0.138	
17:1....g									
18:1 undifferentiated....g	13.560		1		1		3.844	1.926	
20:1....g	0.250		1		1		0.071	0.036	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.640		0		1		1.032	0.517	
18:2 undifferentiated....g	3.350		1		1		0.950	0.476	
18:3 undifferentiated....g	0.260		1		1		0.074	0.037	
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	0.030		1		1		0.009	0.004	
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	95	6.090	15		1		27	13	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.118		0		1		0.033	0.017	
Threonine....g	1.823		0		1		0.517	0.259	
Isoleucine....g	1.382		0		1		0.392	0.196	
Leucine....g	3.322		0		1		0.942	0.472	
Lysine....g	2.783		0		1		0.789	0.395	
Methionine....g	0.480		0		1		0.136	0.068	
Cystine....g	0.529		0		1		0.150	0.075	
Phenylalanine....g	1.940		0		1		0.550	0.275	
Tyrosine....g	1.205		0		1		0.342	0.171	
Valine....g	2.421		0		1		0.686	0.344	
Arginine....g	4.841		0		1		1.372	0.687	
Histidine....g	0.725		0		1		0.206	0.103	
Alanine....g	5.811		0		1		1.647	0.825	
Aspartic acid....g	4.469		0		1		1.267	0.635	
Glutamic acid....g	7.625		0		1		2.162	1.083	
Glycine....g	11.917		0		1		3.378	1.692	
Proline....g	7.262		0		1		2.059	1.031	
Serine....g	2.597		0		1		0.736	0.369	
Hydroxyproline....g									
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.

NDB No. 19041
Snacks, pork skins, plain

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 25 Snacks

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

NDB No. 19042
Snacks, potato chips, barbecue-flavor

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	1.90	0.050	41		1		0.54	3.76	
Energy	kcal	491		0		4		139	972	
Energy	kJ	2054				4		582	4068	
Protein (N x 6.1)	g	7.70	0.135	42		1		2.18	15.25	
Total lipid (fat)	g	32.40	0.450	43		1		9.19	64.15	
Ash	g	5.00	0.111	42		1		1.42	9.90	
Carbohydrate, by difference	g	52.80		0	NC	4		14.97	104.54	
Fiber, total dietary	g	4.4		0		1		1.2	8.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	50	3.052	40		1		14	99	
Iron, Fe	mg	1.94	0.090	41		1		0.55	3.84	
Magnesium, Mg	mg	75	2.685	36		1		21	149	
Phosphorus, P	mg	186	7.383	36		1		53	368	
Potassium, K	mg	1261	29.069	43		1		357	2497	
Sodium, Na	mg	750	61.222	13		1		213	1485	
Zinc, Zn	mg	0.94	0.055	35		1		0.27	1.86	
Copper, Cu	mg	0.360	0.036	31		1		0.102	0.713	
Manganese, Mn	mg	0.500	0.029	24		1		0.142	0.990	
Selenium, Se	mcg	8.1		0	BFZN	4		2.3	16.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	33.9	4.238	12		1		9.6	67.1	
Thiamin	mg	0.215	0.011	42		1		0.061	0.426	
Riboflavin	mg	0.215	0.012	42		1		0.061	0.426	
Niacin	mg	4.692	0.146	42		1		1.330	9.290	
Pantothenic acid	mg	0.617		1		4		0.175	1.222	
Vitamin B-6	mg	0.622	0.049	14		1		0.176	1.232	
Folate, total	mcg	83	2.309	3		1		24	164	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	83	2.309	3		1		24	164	
Folate, DFE	mcg_DFE	83		0	NC	4		24	164	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	11		0	NC	4		3	21	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	217	33.113	3		1		62	430	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.050		0		1		2.282	15.939	
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. 19042
Snacks, potato chips, barbecue-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	0.000		1		1		0.000	0.000	
12:0 g	0.010		1		1		0.003	0.020	
13:0 g									
14:0 g	0.250		1		1		0.071	0.495	
15:0 g									
16:0 g	7.000		1		1		1.985	13.860	
17:0 g									
18:0 g	0.750		1		1		0.213	1.485	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.540		0		1		1.854	12.949	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.250		1		1		0.071	0.495	
17:1 g									
18:1 undifferentiated g	6.260		1		1		1.775	12.395	
20:1 g	0.030		1		1		0.009	0.059	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	16.370		0		1		4.641	32.413	
18:2 undifferentiated g	16.280		1		1		4.615	32.234	
18:3 undifferentiated g	0.090		1		1		0.026	0.178	
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	0.000	5		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.108		0		1		0.031	0.214	
Threonine g	0.322		0		1		0.091	0.638	
Isoleucine g	0.344		0		1		0.098	0.681	
Leucine g	0.506		0		1		0.143	1.002	
Lysine g	0.501		0		1		0.142	0.992	
Methionine g	0.127		0		1		0.036	0.251	
Cystine g	0.108		0		1		0.031	0.214	
Phenylalanine g	0.336		0		1		0.095	0.665	
Tyrosine g	0.275		0		1		0.078	0.545	
Valine g	0.426		0		1		0.121	0.843	
Arginine g	0.380		0		1		0.108	0.752	
Histidine g	0.176		0		1		0.050	0.348	
Alanine g	0.342		0		1		0.097	0.677	
Aspartic acid g	1.363		0		1		0.386	2.699	
Glutamic acid g	1.188		0		1		0.337	2.352	
Glycine g	0.288		0		1		0.082	0.570	
Proline g	0.304		0		1		0.086	0.602	
Serine g	0.345		0		1		0.098	0.683	
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. 19042

Snacks, potato chips, barbecue-flavor

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.4 **Fat** 8.7 **Carbohydrate** 3.6

Food Group: 25 Snacks

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

NDB No. 19421
Snacks, potato chips, cheese-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	1.80	0.165	4		1		0.51	3.06	
Energy....kcal	496		0	NC	4		141	843	
Energy....kJ	2075				4		588	3528	
Protein (N x 6.3)....g	8.50	0.481	4		1		2.41	14.45	
Total lipid (fat)....g	27.20	0.784	4		1		7.71	46.24	
Ash....g	4.80	0.303	4		1		1.36	8.16	
Carbohydrate, by difference....g	57.70		0	NC	4		16.36	98.09	
Fiber, total dietary....g	5.2		0		4		1.5	8.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	72	2.237	4		1		20	122	
Iron, Fe....mg	1.84	0.275	4		1		0.52	3.13	
Magnesium, Mg....mg	75	2.182	4		1		21	128	
Phosphorus, P....mg	299	7.739	4		1		85	508	
Potassium, K....mg	1528	31.456	4		1		433	2598	
Sodium, Na....mg	793	104.016	5		1		225	1348	
Zinc, Zn....mg	0.91	0.143	4		1		0.26	1.55	
Copper, Cu....mg	0.250	0.052	4		1		0.071	0.425	
Manganese, Mn....mg	0.446	0.035	4		1		0.126	0.758	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	54.1	13.104	4		1		15.3	92.0	
Thiamin....mg	0.155	0.003	4		1		0.044	0.264	
Riboflavin....mg	0.158	0.010	4		1		0.045	0.269	
Niacin....mg	5.000	0.129	4		1		1.418	8.500	
Pantothenic acid....mg	0.790	0.105	4		1		0.224	1.343	
Vitamin B-6....mg	0.348	0.039	4		1		0.099	0.592	
Folate, total....mcg	0	0.002	4		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0	0.002	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		1		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		3	17	
Retinol....mcg	10		0	NC	4		3	17	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	33		1		4		9	56	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.600		0		1		2.438	14.620	
4:0....g									
6:0....g									
8:0....g									

NDB No. 19421
Snacks, potato chips, cheese-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	0.000		31		1		0.000	0.000	
12:0 g	0.060		31		1		0.017	0.102	
13:0 g									
14:0 g	0.240		31		1		0.068	0.408	
15:0 g									
16:0 g	7.320		31		1		2.075	12.444	
17:0 g									
18:0 g	0.870		31		1		0.247	1.479	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.720		0		1		2.189	13.124	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.140		31		1		0.040	0.238	
17:1 g									
18:1 undifferentiated g	7.470		31		1		2.118	12.699	
20:1 g	0.120		31		1		0.034	0.204	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	9.560		0		1		2.710	16.252	
18:2 undifferentiated g	9.410		31		1		2.668	15.997	
18:3 undifferentiated g	0.150		31		1		0.043	0.255	
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	4		1		4		1	7	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.073		0		1		0.021	0.124	
Threonine g	0.365		0		1		0.103	0.621	
Isoleucine g	0.392		0		1		0.111	0.666	
Leucine g	0.594		0		1		0.168	1.010	
Lysine g	0.554		0		1		0.157	0.942	
Methionine g	0.116		0		1		0.033	0.197	
Cystine g	0.104		0		1		0.029	0.177	
Phenylalanine g	0.388		0		1		0.110	0.660	
Tyrosine g	0.329		0		1		0.093	0.559	
Valine g	0.501		0		1		0.142	0.852	
Arginine g	0.400		0		1		0.113	0.680	
Histidine g	0.194		0		1		0.055	0.330	
Alanine g	0.299		0		1		0.085	0.508	
Aspartic acid g	1.494		0		1		0.424	2.540	
Glutamic acid g	1.446		0		1		0.410	2.458	
Glycine g	0.268		0		1		0.076	0.456	
Proline g	0.394		0		1		0.112	0.670	
Serine g	0.357		0		1		0.101	0.607	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 19421
Snacks, potato chips, cheese-flavor

Calories Factors: Protein 3 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19437
Snacks, potato chips, fat free, salted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.57	4.54	
Energy	kcal	379		0	NC	4		107	860	
Energy	kJ	1586		0	NC	4		450	3600	
Protein	g	9.64		0	MA	12		2.73	21.88	
Total lipid (fat)	g	0.60		0	NC	4		0.17	1.36	
Ash	g	4.00		0	NC	4		1.13	9.08	
Carbohydrate, by difference	g	83.76		0	NC	4		23.75	190.14	
Fiber, total dietary	g	7.5		0	MA	12		2.1	17.0	
Sugars, total	g	3.69		0	BFSN	4		1.05	8.38	
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0	MA	12		10	79	
Iron, Fe	mg	3.57		0	MA	12		1.01	8.10	
Magnesium, Mg	mg	70		0	BFAN	4		20	159	
Phosphorus, P	mg	167		0	BFAN	4		47	379	
Potassium, K	mg	1628		0	MC	9		462	3696	
Sodium, Na	mg	643		0	MA	12		182	1460	
Zinc, Zn	mg	0.74		0	BFAN	4		0.21	1.68	
Copper, Cu	mg	0.174		0	BFAN	4		0.049	0.395	
Manganese, Mn	mg									
Selenium, Se	mcg	8.1		0	BFZN	4		2.3	18.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.3		0	MA	12		2.6	21.1	
Thiamin	mg	1.080		0	BFSN	4		0.306	2.452	
Riboflavin	mg	0.115		0	BFSN	4		0.033	0.261	
Niacin	mg	6.446		0	BFSN	4		1.827	14.632	
Pantothenic acid	mg									
Vitamin B-6	mg	0.800		0	BFSN	4		0.227	1.816	
Folate, total	mcg	45		0		1		13	102	
Folic acid	mcg	0		0	NR	4		0	0	
Folate, food	mcg	45		0	NR	4		13	102	
Folate, DFE	mcg_DFE	45		0	NC	4		13	102	
Choline, total	mg	54.1		0	FLA	4		15.3	122.9	
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	1		0	NC	4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	7		0	BFSN	4		2	15	
Carotene, alpha	mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	11		0	NC	4		3	26	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	39		0	BFSN	4		11	88	
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFSN	4		0.01	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			Z	7		0	0	
Vitamin K (phylloquinone)	mcg	9.1		0	BFSN	4		2.6	20.7	
Lipids:										
Fatty acids, total saturated	g	0.150		0	BFFN	4		0.043	0.341	
4:0	g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 19437
Snacks, potato chips, fat free, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	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	0.015		0	BFFN	4		0.004	0.034	
13:0 g									
14:0 g	0.000		0	BFFN	4		0.000	0.000	
15:0 g									
16:0 g	0.110		0	BFFN	4		0.031	0.250	
17:0 g									
18:0 g	0.015		0	BFFN	4		0.004	0.034	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.015		0	BFFN	4		0.004	0.034	
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	0.015		0	BFFN	4		0.004	0.034	
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	0.255		0	BFFN	4		0.072	0.579	
18:2 undifferentiated g	0.200		0	BFFN	4		0.057	0.454	
18:3 undifferentiated g	0.060		0	BFFN	4		0.017	0.136	
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	0.0		0	Z	7		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 = 28.35g: 1 oz

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

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

Food Group: 25 Snacks

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

NDB No. 19423
Snacks, potato chips, fat-free, made with olestra

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	MC	9		0.57		
Energy	kcal	274		0	NC	4		78		
Energy	kJ	1147		0	NC	4		325		
Protein	g	7.74		1	A	1		2.19		
Total lipid (fat)	g	0.70		1	A	1		0.20		
Ash	g	4.57		1	A	1		1.30		
Carbohydrate, by difference	g	65.00		0	NR	4		18.43		
Fiber, total dietary	g	6.8		1	A	1		1.9		
Sugars, total	g	0.00		1	A	1		0.00		
Starch	g	58.20		1	A	1		16.50		
Minerals:										
Calcium, Ca	mg	35		1	A	1		10		
Iron, Fe	mg	2.40		1	A	1		0.68		
Magnesium, Mg	mg	69		1	A	1		20		
Phosphorus, P	mg	174		1	A	1		49		
Potassium, K	mg	1160		1	A	1		329		
Sodium, Na	mg	554		1	A	1		157		
Zinc, Zn	mg	3.50		1	A	1		0.99		
Copper, Cu	mg	0.440		1	A	1		0.125		
Manganese, Mn	mg	0.770		1	A	1		0.218		
Selenium, Se	mcg	0.9		1	A	1		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	28.3		1	A	1		8.0		
Thiamin	mg	0.329		1	A	1		0.093		
Riboflavin	mg	0.050		1	A	1		0.014		
Niacin	mg	4.370		1	A	1		1.239		
Pantothenic acid	mg	0.981		1	A	1		0.278		
Vitamin B-6	mg	0.158		1	A	1		0.045		
Folate, total	mcg	83		1	A	1		24		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	83		1	A	1		24		
Folate, DFE	mcg_DFE	83		0	NC	4		24		
Choline, total	mg	38.8		0	AS	1		11.0		
Betaine	mg	1.0		1	A	1		0.3		
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	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		1	A	1		0		
Carotene, alpha	mcg	0		1	A	1		0		
Cryptoxanthin, beta	mcg	0		1	A	1		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg	0		1	A	1		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			Z	7		0		
Vitamin K (phylloquinone)	mcg	0.0		0	S	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.240		0	NC	4		0.068		
4:0	g	0.000		1	MA	12		0.000		

NDB No. 19423
Snacks, potato chips, fat-free, made with olestra

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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		
8:0 ... g	0.000		1	A	1		0.000		
10:0 ... g	0.000		1	A	1		0.000		
12:0 ... g	0.007		1	A	1		0.002		
13:0 ... g									
14:0 ... g	0.009		1	A	1		0.003		
15:0 ... g									
16:0 ... g	0.172		1	A	1		0.049		
17:0 ... g									
18:0 ... g	0.037		1	A	1		0.010		
20:0 ... g	0.004		1	A	1		0.001		
22:0 ... g	0.011		1	A	1		0.003		
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.180		0	NC	4		0.051		
14:1 ... g	0.000		1	A	1		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.006		1	A	1		0.002		
17:1 ... g									
18:1 undifferentiated ... g	0.174		1	A	1		0.049		
20:1 ... g	0.000		1	A	1		0.000		
22:1 undifferentiated ... g	0.000		1	MA	12		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.304		0	NC	4		0.086		
18:2 undifferentiated ... g	0.275		1	MA	12		0.078		
18:3 undifferentiated ... g	0.029		1	A	1		0.008		
18:4 ... g	0.000		1	MA	12		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		1	MA	12		0.000		
20:5 n-3 (EPA) ... g	0.000		1	MA	12		0.000		
22:5 n-3 (DPA) ... g	0.000		1	MA	12		0.000		
22:6 n-3 (DHA) ... g	0.000		1	MA	12		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	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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 19412

Snacks, potato chips, made from dried potatoes, cheese-flavor

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	1.90		1		1		0.54	3.63	
Energy	kcal	551		0	NC	4		156	1052	
Energy	kJ	2305		0		4		654	4403	
Protein (N x 6.3)	g	7.00		1		1		1.98	13.37	
Total lipid (fat)	g	37.00		1		1		10.49	70.67	
Ash	g	3.50		1		1		0.99	6.69	
Carbohydrate, by difference	g	50.60		0	NC	4		14.35	96.65	
Fiber, total dietary	g	3.4		0		4		0.9	6.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	110		1		1		31	210	
Iron, Fe	mg	1.60		1		1		0.45	3.06	
Magnesium, Mg	mg	53		1		4		15	101	
Phosphorus, P	mg	163		1		4		46	311	
Potassium, K	mg	381		1		4		108	728	
Sodium, Na	mg	755		1		1		214	1442	
Zinc, Zn	mg	0.64		1		4		0.18	1.22	
Copper, Cu	mg	0.056		1		4		0.016	0.107	
Manganese, Mn	mg	0.058		1		4		0.016	0.111	
Selenium, Se	mcg	8.1		0	BFZN	4		2.3	15.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.5		1		1		2.4	16.2	
Thiamin	mg	0.180		1		1		0.051	0.344	
Riboflavin	mg	0.120		1		1		0.034	0.229	
Niacin	mg	2.600		1		1		0.737	4.966	
Pantothenic acid	mg	0.338		1		4		0.096	0.646	
Vitamin B-6	mg	0.521		1		4		0.148	0.995	
Folate, total	mcg	18		1		4		5	34	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	18		1		4		5	34	
Folate, DFE	mcg_DFE	18		0	NC	4		5	34	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	2	
Retinol	mcg	1		0	NC	4		0	2	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	3		0	O	4		1	6	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.570		0		1		2.713	18.279	
4:0	g	0.050		1		1		0.014	0.096	
6:0	g	0.030		1		1		0.009	0.057	
8:0	g	0.010		1		1		0.003	0.019	

NDB No. 19412

Snacks, potato chips, made from dried potatoes, cheese-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	0.040		1		1		0.011	0.076	
12:0 ... g	0.040		1		1		0.011	0.076	
13:0 ... g									
14:0 ... g	0.470		1		1		0.133	0.898	
15:0 ... g									
16:0 ... g	7.780		1		1		2.206	14.860	
17:0 ... g									
18:0 ... g	1.160		1		1		0.329	2.216	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.140		0		1		2.024	13.637	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.360		1		1		0.102	0.688	
17:1 ... g									
18:1 undifferentiated ... g	6.780		1		1		1.922	12.950	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	18.660		0		1		5.290	35.641	
18:2 undifferentiated ... g	18.310		1		1		5.191	34.972	
18:3 undifferentiated ... g	0.350		1		1		0.099	0.669	
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	4		1		1		1	8	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.066		0		1		0.019	0.126	
Threonine ... g	0.291		0		1		0.082	0.556	
Isoleucine ... g	0.329		0		1		0.093	0.628	
Leucine ... g	0.509		0		1		0.144	0.972	
Lysine ... g	0.476		0		1		0.135	0.909	
Methionine ... g	0.109		0		1		0.031	0.208	
Cystine ... g	0.081		0		1		0.023	0.155	
Phenylalanine ... g	0.320		0		1		0.091	0.611	
Tyrosine ... g	0.282		0		1		0.080	0.539	
Valine ... g	0.411		0		1		0.117	0.785	
Arginine ... g	0.321		0		1		0.091	0.613	
Histidine ... g	0.171		0		1		0.048	0.327	
Alanine ... g	0.237		0		1		0.067	0.453	
Aspartic acid ... g	1.062		0		1		0.301	2.028	
Glutamic acid ... g	1.242		0		1		0.352	2.372	
Glycine ... g	0.202		0		1		0.057	0.386	
Proline ... g	0.395		0		1		0.112	0.754	
Serine ... g	0.308		0		1		0.087	0.588	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 191g: 1 can (6.25 oz)

NDB No. 19412

Snacks, potato chips, made from dried potatoes, cheese-flavor

Calories Factors: Protein 3.3 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19445

Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.63	0.081	4	A	1		0.75		
Energy....kcal	253		0	NC	4		72		
Energy....kJ	1057		0	NC	4		300		
Protein (N x 6.2)....g	5.06	0.081	4	A	1		1.44		
Total lipid (fat)....g	0.93		1	A	1		0.26		
Ash....g	2.84	0.053	4	A	1		0.80		
Carbohydrate, by difference....g	56.00		0	NR	4		15.88		
Fiber, total dietary....g	7.3	0.846	4	A	1		2.1		
Sugars, total....g	0.59	0.295	4	A	1		0.17		
Sucrose....g	0.24	0.167	4	A	1		0.07		
Glucose (dextrose)....g	0.13	0.059	4	A	1		0.04		
Fructose....g	0.14	0.069	4	A	1		0.04		
Lactose....g	0.00	0.000	4	A	1		0.00		
Maltose....g	0.07	0.000	4	A	1		0.02		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	46.07	0.541	4	A	1		13.06		
Minerals:									
Calcium, Ca....mg	20	0.723	4	A	1		6		
Iron, Fe....mg	1.14	0.015	4	A	1		0.32		
Magnesium, Mg....mg	48	0.232	4	A	1		13		
Phosphorus, P....mg	132	2.041	4	A	1		37		
Potassium, K....mg	931	8.655	4	A	1		264		
Sodium, Na....mg	429	15.370	4	A	1		122		
Zinc, Zn....mg	0.78	0.007	4	A	1		0.22		
Copper, Cu....mg	0.165	0.003	4	A	1		0.047		
Manganese, Mn....mg	0.394	0.003	4	A	1		0.112		
Selenium, Se....mcg	2.9	0.372	4	A	1		0.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	108.8		1	A	1		30.8		
Thiamin....mg	0.177	0.017	4	A	1		0.050		
Riboflavin....mg	0.016	0.001	4	A	1		0.005		
Niacin....mg	3.397	0.473	4	A	1		0.963		
Pantothenic acid....mg	0.963	0.019	4	A	1		0.273		
Vitamin B-6....mg	0.532	0.019	4	A	1		0.151		
Folate, total....mcg	67		1	A	1		19		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	67		1	A	1		19		
Folate, DFE....mcg_DFE	67		0	NC	4		19		
Choline, total....mg	38.8		0	O	4		11.0		
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	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		1	A	1		0		
Carotene, alpha....mcg	0		1	A	1		0		
Cryptoxanthin, beta....mcg	0		1	A	1		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		1	A	1		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. 19445

Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	328.6		1	A	1		93.2		
Lipids:									
Fatty acids, total saturated.....g	0.355		0	ML	5		0.101		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.009		0	FLM	4		0.003		
13:0.....g									
14:0.....g	0.002		0	FLM	4		0.001		
15:0.....g	0.007	0.000	4	A	1		0.002		
16:0.....g	0.162		0	FLM	4		0.046		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.060		0	FLM	4		0.017		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.015		1	A	1		0.004		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.300		0	FLM	4		0.085		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.300		0	FLM	4		0.085		
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	0.190		0	FLM	4		0.054		
18:2 undifferentiated.....g	0.160		0	FLM	4		0.045		
18:3 undifferentiated.....g	0.030		0	FLM	4		0.009		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
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	Z	7		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	0.000		1	A	1		0.000		
Others:									

NDB No. 19445

Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 19045

Snacks, potato chips, made from dried potatoes, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.22	0.076	4	A	1		0.63	3.78	
Energy	kcal	502		0	NC	4		142	854	
Energy	kJ	2102		0	NC	4		596	3574	
Protein (N x 6.25)	g	4.56	0.105	4	A	1		1.29	7.76	
Total lipid (fat)	g	26.14	0.270	4	A	1		7.41	44.44	
Ash	g	2.31	0.158	4	A	1		0.65	3.92	
Carbohydrate, by difference	g	64.90		0	NC	4		18.40	110.33	
Fiber, total dietary	g	3.2	0.111	4	A	1		0.9	5.5	
Sugars, total	g	0.63	0.196	4	A	1		0.18	1.07	
Sucrose	g	0.39	0.151	4	A	1		0.11	0.67	
Glucose (dextrose)	g	0.00	0.000	4	A	1		0.00	0.00	
Fructose	g	0.16	0.052	4	A	1		0.05	0.28	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.07	0.000	4	A	1		0.02	0.13	
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29	1.325	4	A	1		8	49	
Iron, Fe	mg	1.11	0.012	4	A	1		0.31	1.89	
Magnesium, Mg	mg	45	0.883	4	A	1		13	76	
Phosphorus, P	mg	129	3.301	4	A	1		37	220	
Potassium, K	mg	760	22.551	4	A	1		216	1292	
Sodium, Na	mg	411	8.276	4	A	1		117	699	
Zinc, Zn	mg	0.70	0.014	4	A	1		0.20	1.19	
Copper, Cu	mg	0.153	0.004	4	A	1		0.044	0.261	
Manganese, Mn	mg	0.361	0.003	4	A	1		0.102	0.614	
Selenium, Se	mcg	2.9	0.233	4	A	1		0.8	4.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.0		1		1		3.4	20.4	
Thiamin	mg	0.212	0.036	4	A	1		0.060	0.361	
Riboflavin	mg	0.015	0.000	4	A	1		0.004	0.025	
Niacin	mg	3.595	0.064	4	A	1		1.019	6.111	
Pantothenic acid	mg	0.830	0.029	4	A	1		0.235	1.411	
Vitamin B-6	mg	0.412	0.023	4	A	1		0.117	0.701	
Folate, total	mcg	27		0	FLA	4		8	46	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	27		0	FLA	4		8	46	
Folate, DFE	mcg_DFE	27		0	NC	4		8	46	
Choline, total	mg	0.0		0	Z	7		0.0	0.0	
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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	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		1		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	2.18		0	FLA	4		0.62	3.70	
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. 19045

Snacks, potato chips, made from dried potatoes, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0			Z	7		0	0	
Vitamin K (phylloquinone).....mcg	7.2		0	FLA	4		2.0	12.2	
Lipids:									
Fatty acids, total saturated.....g	6.759		0	NC	4		1.916	11.491	
4:0.....g	0.007	0.002	4	A	1		0.002	0.012	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.006	0.000	4	A	1		0.002	0.010	
10:0.....g	0.010	0.005	4	A	1		0.003	0.017	
12:0.....g	0.007	0.000	4	A	1		0.002	0.011	
13:0.....g									
14:0.....g	0.192	0.001	4	A	1		0.054	0.326	
15:0.....g	0.007	0.000	4	A	1		0.002	0.012	
16:0.....g	5.806	0.075	4	A	1		1.646	9.870	
17:0.....g	0.020	0.000	4	A	1		0.006	0.034	
18:0.....g	0.653	0.007	4	A	1		0.185	1.110	
20:0.....g	0.035	0.020	4	A	1		0.010	0.060	
22:0.....g	0.017	0.010	4	A	1		0.005	0.030	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	4.553		0	NC	4		1.291	7.740	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.126	0.001	4	AS	1		0.036	0.215	
16:1 c.....g	0.126	0.001	4	A	1		0.036	0.214	
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
17:1.....g	0.005	0.003	4	A	1		0.002	0.009	
18:1 undifferentiated.....g	4.389	0.065	4	AS	1		1.244	7.462	
18:1 c.....g	4.356	0.058	4	A	1		1.235	7.405	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.033	0.006	4	A	1		0.009	0.057	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.021	0.001	4	A	1		0.006	0.036	
22:1 undifferentiated.....g	0.001	0.000	4	AS	1		0.000	0.001	
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 t.....g	0.001	0.000	4	A	1		0.000	0.001	
24:1 c.....g	0.009	0.001	4	A	1		0.003	0.016	
Fatty acids, total polyunsaturated.....g	12.201		0	NC	4		3.459	20.742	
18:2 undifferentiated.....g	12.123	0.232	4	AS	1		3.437	20.608	
18:2 n-6 c,c.....g	11.986	0.229	4	A	1		3.398	20.376	
18:2 CLAs.....g	0.032	0.002	4	A	1		0.009	0.055	
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	0.105	0.003	4	A	1		0.030	0.178	
18:3 undifferentiated.....g	0.043	0.001	4	AS	1		0.012	0.073	
18:3 n-3 c,c,c (ALA).....g	0.043	0.001	4	A	1		0.012	0.073	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	4	A	1		0.001	0.003	
20:3 undifferentiated.....g	0.001	0.000	4	AS	1		0.000	0.001	
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6.....g	0.001	0.000	4	A	1		0.000	0.001	
20:4 undifferentiated.....g	0.001	0.000	4	A	1		0.000	0.001	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.019	0.007	4	A	1		0.006	0.033	
21:5.....g									
22:4.....g	0.002	0.001	4	A	1		0.000	0.003	
22:5 n-3 (DPA).....g	0.004	0.002	4	A	1		0.001	0.008	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.139		0	NC	4		0.039	0.236	

NDB No. 19045

Snacks, potato chips, made from dried potatoes, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.034		0	NC	4		0.010	0.058	
Fatty acids, total trans-polyenoic.....g	0.105		0	NC	4		0.030	0.178	
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		1		0.012	0.075	
Threonine.....g	0.245		0		1		0.069	0.417	
Isoleucine.....g	0.248		0		1		0.070	0.422	
Leucine.....g	0.369		0		1		0.105	0.627	
Lysine.....g	0.353		0		1		0.100	0.600	
Methionine.....g	0.065		0		1		0.018	0.111	
Cystine.....g	0.073		0		1		0.021	0.124	
Phenylalanine.....g	0.258		0		1		0.073	0.439	
Tyrosine.....g	0.221		0		1		0.063	0.376	
Valine.....g	0.329		0		1		0.093	0.559	
Arginine.....g	0.272		0		1		0.077	0.462	
Histidine.....g	0.125		0		1		0.035	0.213	
Alanine.....g	0.202		0		1		0.057	0.343	
Aspartic acid.....g	1.134		0		1		0.321	1.928	
Glutamic acid.....g	0.939		0		1		0.266	1.596	
Glycine.....g	0.194		0		1		0.055	0.330	
Proline.....g	0.204		0		1		0.058	0.347	
Serine.....g	0.230		0		1		0.065	0.391	
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.

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19046

Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor

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		1		1		0.57	3.96	
Energy ... kcal	547		0	NC	4		155	1083	
Energy ... kJ	2289				4		649	4532	
Protein (N x 6.3) ... g	6.60		1		1		1.87	13.07	
Total lipid (fat) ... g	37.00		1		1		10.49	73.26	
Ash ... g	3.10		1		1		0.88	6.14	
Carbohydrate, by difference ... g	51.30		0	NC	4		14.54	101.57	
Fiber, total dietary ... g	1.2		0		4		0.3	2.4	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	64		1		1		18	127	
Iron, Fe ... mg	1.40		1		1		0.40	2.77	
Magnesium, Mg ... mg	55		1		4		16	109	
Phosphorus, P ... mg	169		1		4		48	335	
Potassium, K ... mg	496		1		4		141	982	
Sodium, Na ... mg	720		1		1		204	1426	
Zinc, Zn ... mg	0.71		1		4		0.20	1.41	
Copper, Cu ... mg	0.063		1		4		0.018	0.125	
Manganese, Mn ... mg	0.405		1		4		0.115	0.802	
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	9.5		1		1		2.7	18.8	
Thiamin ... mg	0.180		1		1		0.051	0.356	
Riboflavin ... mg	0.100		1		1		0.028	0.198	
Niacin ... mg	2.500		1		1		0.709	4.950	
Pantothenic acid ... mg	0.827		1		4		0.234	1.637	
Vitamin B-6 ... mg	0.476		1		4		0.135	0.942	
Folate, total ... mcg	23		1		4		7	46	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	23		1		4		7	46	
Folate, DFE ... mcg_DFE	23		0	NC	4		7	46	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE									
Retinol ... mcg									
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	755		1		4		214	1495	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	9.470		0		1		2.685	18.751	
4:0 ... g	0.040		1		1		0.011	0.079	
6:0 ... g	0.020		1		1		0.006	0.040	
8:0 ... g	0.010		1		1		0.003	0.020	

NDB No. 19046

Snacks, potato chips, made from dried potatoes, sour-cream and onion-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	0.030		1		1		0.009	0.059	
12:0 g	0.030		1		1		0.009	0.059	
13:0 g									
14:0 g	0.450		1		1		0.128	0.891	
15:0 g									
16:0 g	7.770		1		1		2.203	15.385	
17:0 g									
18:0 g	1.140		1		1		0.323	2.257	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.120		0		1		2.019	14.098	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.360		1		1		0.102	0.713	
17:1 g									
18:1 undifferentiated g	6.760		1		1		1.916	13.385	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	18.780		0		1		5.324	37.184	
18:2 undifferentiated g	18.430		1		1		5.225	36.491	
18:3 undifferentiated g	0.350		1		1		0.099	0.693	
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	3		1		1		1	6	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.072		0		1		0.020	0.143	
Threonine g	0.284		0		1		0.081	0.562	
Isoleucine g	0.313		0		1		0.089	0.620	
Leucine g	0.485		0		1		0.137	0.960	
Lysine g	0.437		0		1		0.124	0.865	
Methionine g	0.102		0		1		0.029	0.202	
Cystine g	0.076		0		1		0.022	0.150	
Phenylalanine g	0.290		0		1		0.082	0.574	
Tyrosine g	0.254		0		1		0.072	0.503	
Valine g	0.380		0		1		0.108	0.752	
Arginine g	0.306		0		1		0.087	0.606	
Histidine g	0.148		0		1		0.042	0.293	
Alanine g	0.252		0		1		0.071	0.499	
Aspartic acid g	0.928		0		1		0.263	1.837	
Glutamic acid g	1.100		0		1		0.312	2.178	
Glycine g	0.206		0		1		0.058	0.408	
Proline g	0.373		0		1		0.106	0.739	
Serine g	0.291		0		1		0.082	0.576	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 can (6.75 oz)

NDB No. 19046

Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor

Calories Factors: Protein 3.3 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 25 Snacks

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

NDB No. 19809

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.90	0.053	191		1		0.54	4.31	
Energy....kcal	536		0	NC	4		152	1217	
Energy....kJ	2243				4		636	5091	
Protein (N x 6.25)....g	7.00	0.122	145		1		1.98	15.89	
Total lipid (fat)....g	34.60	0.248	158		1		9.81	78.54	
Ash....g	3.60	0.068	157		1		1.02	8.17	
Carbohydrate, by difference....g	52.90		0	NC	4		15.00	120.08	
Fiber, total dietary....g	4.8		0		4		1.4	10.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	24	0.518	223		1		7	54	
Iron, Fe....mg	1.63	0.028	248		1		0.46	3.70	
Magnesium, Mg....mg	67	0.605	240		1		19	152	
Phosphorus, P....mg	165	2.256	237		1		47	375	
Potassium, K....mg	1275	11.564	234		1		361	2894	
Sodium, Na....mg	594	9.375	251		1		168	1348	
Zinc, Zn....mg	1.09	0.048	88		1		0.31	2.47	
Copper, Cu....mg	0.306	0.009	218		1		0.087	0.695	
Manganese, Mn....mg	0.440	0.010	210		1		0.125	0.999	
Selenium, Se....mcg	8.1		0	BFZN	4		2.3	18.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	31.1	1.498	93		1		8.8	70.6	
Thiamin....mg	0.167	0.008	125		1		0.047	0.379	
Riboflavin....mg	0.197	0.013	122		1		0.056	0.447	
Niacin....mg	3.827	0.133	129		1		1.085	8.687	
Pantothenic acid....mg	0.402	0.031	24		1		0.114	0.913	
Vitamin B-6....mg	0.660	0.029	73		1		0.187	1.498	
Folate, total....mcg	45	0.735	24		1		13	102	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	45	0.735	24		1		13	102	
Folate, DFE....mcg_DFE	45		0	NC	4		13	102	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
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	0.000	5		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	5.430		0		1		1.539	12.326	
4:0....g									
6:0....g									
8:0....g									

NDB No. 19809

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	3.970		1		1		1.125	9.012	
17:0....g									
18:0....g	1.460		1		1		0.414	3.314	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.000		0		1		5.103	40.860	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	17.930		1		1		5.083	40.701	
20:1....g	0.070		1		1		0.020	0.159	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.160		0		1		2.597	20.793	
18:2 undifferentiated....g	8.900		1		1		2.523	20.203	
18:3 undifferentiated....g	0.260		1		1		0.074	0.590	
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	0.000	24		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.108		0		1		0.031	0.245	
Threonine....g	0.253		0		1		0.072	0.574	
Isoleucine....g	0.283		0		1		0.080	0.642	
Leucine....g	0.419		0		1		0.119	0.951	
Lysine....g	0.424		0		1		0.120	0.962	
Methionine....g	0.110		0		1		0.031	0.250	
Cystine....g	0.089		0		1		0.025	0.202	
Phenylalanine....g	0.310		0		1		0.088	0.704	
Tyrosine....g	0.259		0		1		0.073	0.588	
Valine....g	0.392		0		1		0.111	0.890	
Arginine....g	0.321		0		1		0.091	0.729	
Histidine....g	0.153		0		1		0.043	0.347	
Alanine....g	0.214		0		1		0.061	0.486	
Aspartic acid....g	1.706		0		1		0.484	3.873	
Glutamic acid....g	1.170		0		1		0.332	2.656	
Glycine....g	0.207		0		1		0.059	0.470	
Proline....g	0.251		0		1		0.071	0.570	
Serine....g	0.303		0		1		0.086	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 = 28.35g: 1 oz

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

NDB No. 19809

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19810

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.90	0.053	191		1		0.54	4.31	
Energy....kcal	536		0	NC	4		152	1217	
Energy....kJ	2243				4		636	5091	
Protein (N x 6.25)....g	7.00	0.122	145		1		1.98	15.89	
Total lipid (fat)....g	34.60	0.248	158		1		9.81	78.54	
Ash....g	3.60	0.068	157		1		1.02	8.17	
Carbohydrate, by difference....g	52.90		0	NC	4		15.00	120.08	
Fiber, total dietary....g	4.8		0		4		1.4	10.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	24	0.518	223		1		7	54	
Iron, Fe....mg	1.63	0.028	248		1		0.46	3.70	
Magnesium, Mg....mg	67	0.605	240		1		19	152	
Phosphorus, P....mg	165	2.256	237		1		47	375	
Potassium, K....mg	1275	11.564	234		1		361	2894	
Sodium, Na....mg	8		0		1		2	18	
Zinc, Zn....mg	1.09	0.048	88		1		0.31	2.47	
Copper, Cu....mg	0.306	0.009	218		1		0.087	0.695	
Manganese, Mn....mg	0.440	0.010	210		1		0.125	0.999	
Selenium, Se....mcg	8.1		0	BFZN	4		2.3	18.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	31.1	1.498	93		1		8.8	70.6	
Thiamin....mg	0.167	0.008	125		1		0.047	0.379	
Riboflavin....mg	0.197	0.013	122		1		0.056	0.447	
Niacin....mg	3.827	0.133	129		1		1.085	8.687	
Pantothenic acid....mg	0.402	0.031	24		1		0.114	0.913	
Vitamin B-6....mg	0.660	0.029	73		1		0.187	1.498	
Folate, total....mcg	45	0.735	24		1		13	102	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	45	0.735	24		1		13	102	
Folate, DFE....mcg_DFE	45		0	NC	4		13	102	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
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	0.000	5		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	5.430		0		1		1.539	12.326	
4:0....g									
6:0....g									
8:0....g									

NDB No. 19810

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	3.970		1		1		1.125	9.012	
17:0....g									
18:0....g	1.460		1		1		0.414	3.314	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.000		0		1		5.103	40.860	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	17.930		1		1		5.083	40.701	
20:1....g	0.070		1		1		0.020	0.159	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.160		0		1		2.597	20.793	
18:2 undifferentiated....g	8.900		1		1		2.523	20.203	
18:3 undifferentiated....g	0.260		1		1		0.074	0.590	
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	0.000	24		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.108		0		1		0.031	0.245	
Threonine....g	0.253		0		1		0.072	0.574	
Isoleucine....g	0.283		0		1		0.080	0.642	
Leucine....g	0.419		0		1		0.119	0.951	
Lysine....g	0.424		0		1		0.120	0.962	
Methionine....g	0.110		0		1		0.031	0.250	
Cystine....g	0.089		0		1		0.025	0.202	
Phenylalanine....g	0.310		0		1		0.088	0.704	
Tyrosine....g	0.259		0		1		0.073	0.588	
Valine....g	0.392		0		1		0.111	0.890	
Arginine....g	0.321		0		1		0.091	0.729	
Histidine....g	0.153		0		1		0.043	0.347	
Alanine....g	0.214		0		1		0.061	0.486	
Aspartic acid....g	1.706		0		1		0.484	3.873	
Glutamic acid....g	1.170		0		1		0.332	2.656	
Glycine....g	0.207		0		1		0.059	0.470	
Proline....g	0.251		0		1		0.071	0.570	
Serine....g	0.303		0		1		0.086	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 = 28.35g: 1 oz

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

NDB No. 19810

Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19411
Snacks, potato chips, plain, salted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.28	0.070	6	A	1		0.65	5.18	
Energy	kcal	542		0	NC	4		154	1230	
Energy	kJ	2267		0	NC	4		643	5147	
Protein (N x 6.25)	g	6.56	0.065	6	A	1		1.86	14.89	
Total lipid (fat)	g	36.40		0	O	4		10.32	82.63	
Ash	g	3.95	0.103	6	A	1		1.12	8.96	
Carbohydrate, by difference	g	50.81		0	NC	4		14.41	115.34	
Fiber, total dietary	g	4.4		0	NR	4		1.2	10.0	
Sugars, total	g	0.37	0.033	5	A	1		0.10	0.84	
Starch	g									
Minerals:										
Calcium, Ca	mg	24	0.518	223		1		7	54	
Iron, Fe	mg	1.61	0.063	6	A	1		0.46	3.65	
Magnesium, Mg	mg	70	2.437	6	A	1		20	158	
Phosphorus, P	mg	155	2.049	6	A	1		44	352	
Potassium, K	mg	1642	34.968	6	A	1		465	3727	
Sodium, Na	mg	525	26.695	6	A	1		149	1191	
Zinc, Zn	mg	2.39	1.268	6	A	1		0.68	5.43	
Copper, Cu	mg	0.398	0.018	6	A	1		0.113	0.902	
Manganese, Mn	mg	0.664	0.194	6	A	1		0.188	1.507	
Selenium, Se	mcg	8.1	0.815	34	A	1		2.3	18.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	18.6	0.887	5	A	1		5.3	42.2	
Thiamin	mg	0.063	0.005	3	A	1		0.018	0.142	
Riboflavin	mg	0.230	0.200	3	A	1		0.065	0.522	
Niacin	mg	4.182	0.333	3	A	1		1.186	9.493	
Pantothenic acid	mg	4.347	0.154	3	A	1		1.232	9.867	
Vitamin B-6	mg	0.723	0.056	3	A	1		0.205	1.641	
Folate, total	mcg	75	8.376	4	A	1		21	170	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	75	8.376	4	A	1		21	170	
Folate, DFE	mcg_DFE	75		0	NC	4		21	170	
Choline, total	mg	12.1		0	AS	1		3.4	27.4	
Betaine	mg	0.2		1	A	1		0.0	0.4	
Vitamin B-12	mcg	0.00		1		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	O	4		0	0	
Carotene, alpha	mcg	0		0	O	4		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0	0.000	5		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	6.74		0	NR	4		1.91	15.30	
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	22.1		2	A	1		6.3	50.1	
Lipids:										
Fatty acids, total saturated	g	4.014		0	FLA	4		1.138	9.111	
4:0	g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19411
Snacks, potato chips, plain, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.001		0	FLA	4		0.000	0.003	
12:0....g	0.008		0	FLA	4		0.002	0.018	
13:0....g									
14:0....g	0.006		0	FLA	4		0.002	0.014	
15:0....g	0.000		0	FLA	4		0.000	0.000	
16:0....g	2.830		0	FLA	4		0.802	6.424	
17:0....g	0.011		0	FLA	4		0.003	0.026	
18:0....g	1.084		0	FLA	4		0.307	2.460	
20:0....g	0.073		0	FLA	4		0.021	0.166	
22:0....g	0.000		0	FLA	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	15.999		0	FLA	4		4.536	36.317	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.043		0	FLA	4		0.012	0.097	
17:1....g									
18:1 undifferentiated....g	15.912		0	FLA	4		4.511	36.120	
20:1....g	0.044		0	FLA	4		0.012	0.100	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	15.998		0	FLA	4		4.536	36.316	
18:2 undifferentiated....g	15.827		0	FLA	4		4.487	35.926	
18:3 undifferentiated....g	0.172		0	FLA	4		0.049	0.390	
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	0.048		0	FLA	4		0.014	0.110	
Cholesterol....mg	0	0.000	24		1		0	0	
Phytosterols....mg	181		0	FLA	4		51	411	
Amino Acids:									
Tryptophan....g	0.108		0		1		0.031	0.245	
Threonine....g	0.253		0		1		0.072	0.574	
Isoleucine....g	0.283		0		1		0.080	0.642	
Leucine....g	0.419		0		1		0.119	0.951	
Lysine....g	0.424		0		1		0.120	0.962	
Methionine....g	0.110		0		1		0.031	0.250	
Cystine....g	0.089		0		1		0.025	0.202	
Phenylalanine....g	0.310		0		1		0.088	0.704	
Tyrosine....g	0.259		0		1		0.073	0.588	
Valine....g	0.392		0		1		0.111	0.890	
Arginine....g	0.321		0		1		0.091	0.729	
Histidine....g	0.153		0		1		0.043	0.347	
Alanine....g	0.214		0		1		0.061	0.486	
Aspartic acid....g	1.706		0		1		0.484	3.873	
Glutamic acid....g	1.170		0		1		0.332	2.656	
Glycine....g	0.207		0		1		0.059	0.470	
Proline....g	0.251		0		1		0.071	0.570	
Serine....g	0.303		0		1		0.086	0.688	
Hydroxyproline....g									
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.

NDB No. 19411

Snacks, potato chips, plain, salted

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19811
Snacks, potato chips, plain, unsalted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.90	0.053	191		1		0.54	4.31	
Energy....kcal	536		0	NC	4		152	1217	
Energy....kJ	2243		0		4		636	5091	
Protein (N x 6.25)....g	7.00	0.122	145		1		1.98	15.89	
Total lipid (fat)....g	34.60	0.248	158		1		9.81	78.54	
Ash....g	3.60	0.068	157		1		1.02	8.17	
Carbohydrate, by difference....g	52.90		0	NC	4		15.00	120.08	
Fiber, total dietary....g	4.8		0		4		1.4	10.9	
Sugars, total....g	0.22		0	O	4		0.06	0.50	
Starch....g									
Minerals:									
Calcium, Ca....mg	24	0.518	223		1		7	54	
Iron, Fe....mg	1.63	0.028	248		1		0.46	3.70	
Magnesium, Mg....mg	67	0.605	240		1		19	152	
Phosphorus, P....mg	165	2.256	237		1		47	375	
Potassium, K....mg	1275	11.564	234		1		361	2894	
Sodium, Na....mg	8		0		1		2	18	
Zinc, Zn....mg	1.09	0.048	88		1		0.31	2.47	
Copper, Cu....mg	0.306	0.009	218		1		0.087	0.695	
Manganese, Mn....mg	0.440	0.010	210		1		0.125	0.999	
Selenium, Se....mcg	8.1		0	BFZN	4		2.3	18.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	31.1	1.498	93		1		8.8	70.6	
Thiamin....mg	0.167	0.008	125		1		0.047	0.379	
Riboflavin....mg	0.197	0.013	122		1		0.056	0.447	
Niacin....mg	3.827	0.133	129		1		1.085	8.687	
Pantothenic acid....mg	0.402	0.031	24		1		0.114	0.913	
Vitamin B-6....mg	0.660	0.029	73		1		0.187	1.498	
Folate, total....mcg	45	0.735	24		1		13	102	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	45	0.735	24		1		13	102	
Folate, DFE....mcg_DFE	45		0	NC	4		13	102	
Choline, total....mg	37.5		0	FLA	4		10.6	85.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	9.11		0	O	4		2.58	20.68	
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			Z	7		0	0	
Vitamin K (phylloquinone)....mcg	22.1		0	O	4		6.3	50.2	
Lipids:									
Fatty acids, total saturated....g	10.960		0		1		3.107	24.879	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 19811
Snacks, potato chips, plain, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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		31		1		0.000	0.000	
12:0 g	0.080		31		1		0.023	0.182	
13:0 g									
14:0 g	0.300		31		1		0.085	0.681	
15:0 g									
16:0 g	9.320		31		1		2.642	21.156	
17:0 g									
18:0 g	1.110		31		1		0.315	2.520	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.840		0		1		2.790	22.337	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.180		31		1		0.051	0.409	
17:1 g									
18:1 undifferentiated g	9.510		31		1		2.696	21.588	
20:1 g	0.150		31		1		0.043	0.341	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	12.170		0		1		3.450	27.626	
18:2 undifferentiated g	11.980		31		1		3.396	27.195	
18:3 undifferentiated g	0.190		31		1		0.054	0.431	
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	0.000	24		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.108		0		1		0.031	0.245	
Threonine g	0.253		0		1		0.072	0.574	
Isoleucine g	0.283		0		1		0.080	0.642	
Leucine g	0.419		0		1		0.119	0.951	
Lysine g	0.424		0		1		0.120	0.962	
Methionine g	0.110		0		1		0.031	0.250	
Cystine g	0.089		0		1		0.025	0.202	
Phenylalanine g	0.310		0		1		0.088	0.704	
Tyrosine g	0.259		0		1		0.073	0.588	
Valine g	0.392		0		1		0.111	0.890	
Arginine g	0.321		0		1		0.091	0.729	
Histidine g	0.153		0		1		0.043	0.347	
Alanine g	0.214		0		1		0.061	0.486	
Aspartic acid g	1.706		0		1		0.484	3.873	
Glutamic acid g	1.170		0		1		0.332	2.656	
Glycine g	0.207		0		1		0.059	0.470	
Proline g	0.251		0		1		0.071	0.570	
Serine g	0.303		0		1		0.086	0.688	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 19811

Snacks, potato chips, plain, unsalted

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19422
Snacks, potato chips, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00	0.075	5		1		0.28	1.70	
Energy	kcal	471		0	NC	4		134	801	
Energy	kJ	1971		0		4		559	3350	
Protein (N x 6.25)	g	7.10	0.260	5		1		2.01	12.07	
Total lipid (fat)	g	20.80	0.314	6		1		5.90	35.36	
Ash	g	4.10	0.264	5		1		1.16	6.97	
Carbohydrate, by difference	g	66.90		0	NC	4		18.97	113.73	
Fiber, total dietary	g	5.9		0		4		1.7	10.0	
Sugars, total	g	0.22		0	O	4		0.06	0.38	
Starch	g									
Minerals:										
Calcium, Ca	mg	21		2		1		6	36	
Iron, Fe	mg	1.35		2		1		0.38	2.30	
Magnesium, Mg	mg	89		2		1		25	151	
Phosphorus, P	mg	193		2		1		55	328	
Potassium, K	mg	1744		2		1		494	2965	
Sodium, Na	mg	492		2		1		139	836	
Zinc, Zn	mg	0.07		1		4		0.02	0.12	
Copper, Cu	mg	0.600		2		1		0.170	1.020	
Manganese, Mn	mg	0.440		1		4		0.125	0.748	
Selenium, Se	mcg	8.1		0	BFZN	4		2.3	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	25.7	2.768	3		1		7.3	43.7	
Thiamin	mg	0.208		2		1		0.059	0.354	
Riboflavin	mg	0.267		2		1		0.076	0.454	
Niacin	mg	7.000		2		1		1.985	11.900	
Pantothenic acid	mg	0.271		1		4		0.077	0.461	
Vitamin B-6	mg	0.671		2		1		0.190	1.141	
Folate, total	mcg	27		1		4		8	46	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	27		0	NR	4		8	46	
Folate, DFE	mcg_DFE	27		0	NC	4		8	46	
Choline, total	mg	45.1		0	NR	4		12.8	76.6	
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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	BFFN	4		0	0	
Carotene, alpha	mcg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFFN	4		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	mcg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	5.47		0	BFFN	4		1.55	9.31	
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			Z	7		0	0	
Vitamin K (phylloquinone)	mcg	13.3		0	BFFN	4		3.8	22.5	
Lipids:										
Fatty acids, total saturated	g	4.160		0		1		1.179	7.072	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 19422
Snacks, potato chips, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		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	0.120		1		1		0.034	0.204	
15:0 g									
16:0 g	3.520		1		1		0.998	5.984	
17:0 g									
18:0 g	0.510		1		1		0.145	0.867	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.800		0		1		1.361	8.160	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.500		1		1		0.142	0.850	
17:1 g									
18:1 undifferentiated g	4.300		1		1		1.219	7.310	
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	10.940		0		1		3.101	18.598	
18:2 undifferentiated g	10.750		1		1		3.048	18.275	
18:3 undifferentiated g	0.190		1		1		0.054	0.323	
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		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.111		0		1		0.031	0.189	
Threonine g	0.260		0		1		0.074	0.442	
Isoleucine g	0.291		0		1		0.082	0.495	
Leucine g	0.430		0		1		0.122	0.731	
Lysine g	0.435		0		1		0.123	0.740	
Methionine g	0.113		0		1		0.032	0.192	
Cystine g	0.092		0		1		0.026	0.156	
Phenylalanine g	0.318		0		1		0.090	0.541	
Tyrosine g	0.265		0		1		0.075	0.451	
Valine g	0.403		0		1		0.114	0.685	
Arginine g	0.329		0		1		0.093	0.559	
Histidine g	0.157		0		1		0.045	0.267	
Alanine g	0.220		0		1		0.062	0.374	
Aspartic acid g	1.750		0		1		0.496	2.975	
Glutamic acid g	1.200		0		1		0.340	2.040	
Glycine g	0.213		0		1		0.060	0.362	
Proline g	0.257		0		1		0.073	0.437	
Serine g	0.311		0		1		0.088	0.529	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 19422

Snacks, potato chips, reduced fat

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19043
Snacks, potato chips, sour-cream-and-onion-flavor

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	0.063	39		1		0.51	3.56	
Energy	kcal	531		0	NC	4		151	1051	
Energy	kJ	2222				4		630	4399	
Protein (N x 6.3)	g	8.10	0.201	39		1		2.30	16.04	
Total lipid (fat)	g	33.90	0.471	39		1		9.61	67.12	
Ash	g	4.70	0.079	39		1		1.33	9.31	
Carbohydrate, by difference	g	51.50		0	NC	4		14.60	101.97	
Fiber, total dietary	g	5.2		0		1		1.5	10.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	72	2.593	39		1		20	143	
Iron, Fe	mg	1.60	0.067	40		1		0.45	3.17	
Magnesium, Mg	mg	74	3.127	35		1		21	147	
Phosphorus, P	mg	176	7.568	35		1		50	348	
Potassium, K	mg	1331	20.626	37		1		377	2635	
Sodium, Na	mg	625	47.435	12		1		177	1238	
Zinc, Zn	mg	0.98	0.052	32		1		0.28	1.94	
Copper, Cu	mg	0.299	0.025	27		1		0.085	0.592	
Manganese, Mn	mg	0.405	0.027	22		1		0.115	0.802	
Selenium, Se	mcg	8.1		0	BFZN	4		2.3	16.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	37.3	4.864	12		1		10.6	73.9	
Thiamin	mg	0.189	0.010	40		1		0.054	0.374	
Riboflavin	mg	0.200	0.010	40		1		0.057	0.396	
Niacin	mg	4.029	0.172	37		1		1.142	7.977	
Pantothenic acid	mg	0.827	0.017	3		1		0.234	1.637	
Vitamin B-6	mg	0.665	0.057	12		1		0.189	1.317	
Folate, total	mcg	62	12.257	4		1		18	123	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	62	12.257	4		1		18	123	
Folate, DFE	mcg_DFE	62		0	NC	4		18	123	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.00		1		4		0.28	1.98	
Vitamin A, RAE	mcg_RAE	14		0	NC	4		4	27	
Retinol	mcg	6		0	NR	4		2	12	
Carotene, beta	mcg	90		0	NR	4		26	178	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	170		0	NC	4		48	337	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.890		0		1		2.520	17.602	
4:0	g	0.010		2		1		0.003	0.020	
6:0	g	0.010		2		1		0.003	0.020	
8:0	g	0.000		2		1		0.000	0.000	

NDB No. 19043
Snacks, potato chips, sour-cream-and-onion-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	0.010		2		1		0.003	0.020	
12:0 g	0.010		2		1		0.003	0.020	
13:0 g									
14:0 g	0.300		2		1		0.085	0.594	
15:0 g									
16:0 g	7.730		2		1		2.191	15.305	
17:0 g									
18:0 g	0.820		2		1		0.232	1.624	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.120		0		1		1.735	12.118	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.280		2		1		0.079	0.554	
17:1 g									
18:1 undifferentiated g	5.840		2		1		1.656	11.563	
20:1 g	0.000		2		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	17.420		0		1		4.939	34.492	
18:2 undifferentiated g	17.340		2		1		4.916	34.333	
18:3 undifferentiated g	0.080		2		1		0.023	0.158	
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	7	0.992	5		1		2	14	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.118		0		1		0.033	0.234	
Threonine g	0.425		0		1		0.120	0.842	
Isoleucine g	0.403		0		1		0.114	0.798	
Leucine g	0.655		0		1		0.186	1.297	
Lysine g	0.576		0		1		0.163	1.140	
Methionine g	0.141		0		1		0.040	0.279	
Cystine g	0.129		0		1		0.037	0.255	
Phenylalanine g	0.272		0		1		0.077	0.539	
Tyrosine g	0.238		0		1		0.067	0.471	
Valine g	0.421		0		1		0.119	0.834	
Arginine g	0.256		0		1		0.073	0.507	
Histidine g	0.151		0		1		0.043	0.299	
Alanine g	0.327		0		1		0.093	0.647	
Aspartic acid g	0.898		0		1		0.255	1.778	
Glutamic acid g	1.321		0		1		0.375	2.616	
Glycine g	0.182		0		1		0.052	0.360	
Proline g	0.462		0		1		0.131	0.915	
Serine g	0.362		0		1		0.103	0.717	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 19043
Snacks, potato chips, sour-cream-and-onion-flavor

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

Food Group: 25 Snacks

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

NDB No. 42283
Snacks, potato chips, white, restructured, baked

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	1.40		1		12		0.48	0.17	
Energy	kcal	469		0	NC	4		160	56	
Energy	kJ	1964		0	NC	4		668	236	
Protein	g	5.00		1		12		1.70	0.60	
Total lipid (fat)	g	18.20		1		12		6.19	2.18	
Ash	g	3.98		1	MC	9		1.35	0.48	
Carbohydrate, by difference	g	71.40		1		4		24.28	8.57	
Fiber, total dietary	g	4.8		1		12		1.6	0.6	
Sugars, total	g	5.01		0	FLA	4		1.70	0.60	
Starch	g									
Minerals:										
Calcium, Ca	mg	125		1		12		43	15	
Iron, Fe	mg	0.80		1		12		0.27	0.10	
Magnesium, Mg	mg	43		1		12		15	5	
Phosphorus, P	mg	274		1		12		93	33	
Potassium, K	mg	721		1		12		245	87	
Sodium, Na	mg	917		1		12		312	110	
Zinc, Zn	mg	0.45		1		12		0.15	0.05	
Copper, Cu	mg	0.104		1		12		0.035	0.012	
Manganese, Mn	mg									
Selenium, Se	mcg	8.1		1	BFZN	4		2.8	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		12		0.0	0.0	
Thiamin	mg	0.340		1		12		0.116	0.041	
Riboflavin	mg	0.070		1		12		0.024	0.008	
Niacin	mg	4.090		1		12		1.391	0.491	
Pantothenic acid	mg									
Vitamin B-6	mg	0.510		1		12		0.173	0.061	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	31.6		0	FLA	4		10.8	3.8	
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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	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	NC	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	2.18		0	FLA	4		0.74	0.26	
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			Z	7		0	0	
Vitamin K (phylloquinone)	mcg	7.2		0	FLA	4		2.4	0.9	
Lipids:										
Fatty acids, total saturated	g	2.631		1	MA	12		0.895	0.316	
4:0	g	0.000		1	MA	12		0.000	0.000	

NDB No. 42283
Snacks, potato chips, white, restructured, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	MA	12		0.000	0.000	
8:0....g	0.000		1	MA	12		0.000	0.000	
10:0....g	0.000		1	MA	12		0.000	0.000	
12:0....g	0.014		1	MA	12		0.005	0.002	
13:0....g									
14:0....g	0.003		1	MA	12		0.001	0.000	
15:0....g									
16:0....g	1.812		1	MA	12		0.616	0.217	
17:0....g									
18:0....g	0.802		1	MA	12		0.273	0.096	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.910		1	MC	9		3.369	1.189	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	MA	12		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	9.910		1	MA	12		3.369	1.189	
20:1....g	0.000		1	MA	12		0.000	0.000	
22:1 undifferentiated....g	0.000		1	MA	12		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.234		1	MC	9		1.440	0.508	
18:2 undifferentiated....g	4.037		1	MA	12		1.373	0.484	
18:3 undifferentiated....g	0.197		1	MA	12		0.067	0.024	
18:4....g	0.000		1	MA	12		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	MA	12		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		1	MA	12		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	MA	12		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	MA	12		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		12		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1		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 = 34g: 1 cup

Measure 2 = 12.0g: 10 chips

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

Food Group: 25 Snacks

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

NDB No. 19415
Snacks, potato sticks

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures 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	0.118	3		1		0.62	0.40	
Energy....kcal	522		0	NC	4		148	94	
Energy....kJ	2184		0		4		619	393	
Protein (N x 6.25)....g	6.70	0.204	3		1		1.90	1.21	
Total lipid (fat)....g	34.40	0.512	3		1		9.75	6.19	
Ash....g	3.30	0.118	3		1		0.94	0.59	
Carbohydrate, by difference....g	53.30		0	NC	4		15.11	9.59	
Fiber, total dietary....g	3.4		0		4		1.0	0.6	
Sugars, total....g	0.22		0	O	4		0.06	0.04	
Starch....g									
Minerals:									
Calcium, Ca....mg	18	0.275	3		1		5	3	
Iron, Fe....mg	2.27	0.733	3		1		0.64	0.41	
Magnesium, Mg....mg	64	0.233	3		1		18	12	
Phosphorus, P....mg	172	0.943	3		1		49	31	
Potassium, K....mg	1237	10.247	3		1		351	223	
Sodium, Na....mg	250	9.427	3		1		71	45	
Zinc, Zn....mg	0.99	0.006	3		1		0.28	0.18	
Copper, Cu....mg	0.315	0.005	3		1		0.089	0.057	
Manganese, Mn....mg	0.423	0.004	3		1		0.120	0.076	
Selenium, Se....mcg	8.1		0	BFZN	4		2.3	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	47.3	0.407	3		1		13.4	8.5	
Thiamin....mg	0.096	0.002	3		1		0.027	0.017	
Riboflavin....mg	0.116	0.005	3		1		0.033	0.021	
Niacin....mg	4.785	0.094	3		1		1.357	0.861	
Pantothenic acid....mg	0.403	0.033	3		1		0.114	0.073	
Vitamin B-6....mg	0.320	0.006	3		1		0.091	0.058	
Folate, total....mcg	40	2.351	3		1		11	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	40	2.351	3		1		11	7	
Folate, DFE....mcg_DFE	40		0	NC	4		11	7	
Choline, total....mg	34.9		0	FLA	4		9.9	6.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	9.11		0	O	4		2.58	1.64	
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			Z	7		0	0	
Vitamin K (phylloquinone)....mcg	22.1		0	T	4		6.3	4.0	
Lipids:									
Fatty acids, total saturated....g	8.880		0		1		2.517	1.598	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19415
Snacks, potato sticks

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		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	0.270		1		1		0.077	0.049	
15:0....g									
16:0....g	7.810		1		1		2.214	1.406	
17:0....g									
18:0....g	0.800		1		1		0.227	0.144	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.160		0		1		1.746	1.109	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		1		1		0.077	0.049	
17:1....g									
18:1 undifferentiated....g	5.880		1		1		1.667	1.058	
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	17.900		0		1		5.075	3.222	
18:2 undifferentiated....g	17.800		1		1		5.046	3.204	
18:3 undifferentiated....g	0.070		1		1		0.020	0.013	
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	0.030		1		1		0.009	0.005	
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		4		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 = 28.35g: 1 oz

Measure 2 = 18g: .5 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 25 Snacks

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

NDB No. 19048

Snacks, pretzels, hard, confectioner's coating, chocolate-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	2.50		1		1		0.71	0.28	
Energy ... kcal	458		0		4		130	50	
Energy ... kJ	1916				4		543	211	
Protein (N x 5.8) ... g	7.50		1		1		2.13	0.83	
Total lipid (fat) ... g	16.70		1		1		4.73	1.84	
Ash ... g	2.20		1		1		0.62	0.24	
Carbohydrate, by difference ... g	70.90		0	NC	4		20.10	7.80	
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	74		1		1		21	8	
Iron, Fe ... mg	2.00		1		1		0.57	0.22	
Magnesium, Mg ... mg	41		1		4		12	5	
Phosphorus, P ... mg	145		1		4		41	16	
Potassium, K ... mg	225		1		4		64	25	
Sodium, Na ... mg	569		1		4		161	63	
Zinc, Zn ... mg	0.92		1		4		0.26	0.10	
Copper, Cu ... mg	0.302		1		4		0.086	0.033	
Manganese, Mn ... mg	0.562		1		4		0.159	0.062	
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.5		1		1		0.1	0.1	
Thiamin ... mg	0.099		1		1		0.028	0.011	
Riboflavin ... mg	0.200		1		1		0.057	0.022	
Niacin ... mg	0.800		1		1		0.227	0.088	
Pantothenic acid ... mg	0.759		1		4		0.215	0.083	
Vitamin B-6 ... mg	0.172		1		4		0.049	0.019	
Folate, total ... mcg	9		1		4		3	1	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	9		1		4		3	1	
Folate, DFE ... mcg_DFE	9		0	NC	4		3	1	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	1		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	10		1		1		3	1	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	7.680		0		1		2.177	0.845	
4:0 ... g	0.000		1		1		0.000	0.000	
6:0 ... g	0.010		1		1		0.003	0.001	
8:0 ... g	0.210		1		1		0.060	0.023	

NDB No. 19048

Snacks, pretzels, hard, confectioner's coating, chocolate-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	0.230		1		1		0.065	0.025	
12:0 g	2.920		1		1		0.828	0.321	
13:0 g									
14:0 g	1.060		1		1		0.301	0.117	
15:0 g									
16:0 g	1.940		1		1		0.550	0.213	
17:0 g									
18:0 g	1.310		1		1		0.371	0.144	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.390		0		1		1.528	0.593	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.020		1		1		0.006	0.002	
17:1 g									
18:1 undifferentiated g	5.370		1		1		1.522	0.591	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.150		0		1		0.610	0.237	
18:2 undifferentiated g	1.990		1		1		0.564	0.219	
18:3 undifferentiated g	0.160		1		1		0.045	0.018	
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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.096		0		1		0.027	0.011	
Threonine g	0.251		0		1		0.071	0.028	
Isoleucine g	0.287		0		1		0.081	0.032	
Leucine g	0.531		0		1		0.151	0.058	
Lysine g	0.253		0		1		0.072	0.028	
Methionine g	0.131		0		1		0.037	0.014	
Cystine g	0.147		0		1		0.042	0.016	
Phenylalanine g	0.357		0		1		0.101	0.039	
Tyrosine g	0.234		0		1		0.066	0.026	
Valine g	0.332		0		1		0.094	0.037	
Arginine g	0.306		0		1		0.087	0.034	
Histidine g	0.163		0		1		0.046	0.018	
Alanine g	0.274		0		1		0.078	0.030	
Aspartic acid g	0.420		0		1		0.119	0.046	
Glutamic acid g	2.183		0		1		0.619	0.240	
Glycine g	0.268		0		1		0.076	0.029	
Proline g	0.743		0		1		0.211	0.082	
Serine g	0.365		0		1		0.103	0.040	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 11.0g: 1 pretzel

NDB No. 19048

Snacks, pretzels, hard, confectioner's coating, chocolate-flavor

Calories Factors: Protein 3.8 **Fat** 8.7 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19814
Snacks, pretzels, hard, plain, made with enriched flour, unsalted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.30	0.134	105		1		0.94	1.98	
Energy....kcal	381		0	NC	4		108	229	
Energy....kJ	1594		0		4		452	956	
Protein (N x 5.7)....g	9.10	0.126	85		1		2.58	5.46	
Total lipid (fat)....g	3.50	0.158	94		1		0.99	2.10	
Ash....g	4.90	0.179	82		1		1.39	2.94	
Carbohydrate, by difference....g	79.20		0	NC	4		22.45	47.52	
Fiber, total dietary....g	2.8		0		4		0.8	1.7	
Sugars, total....g	2.21		0	O	4		0.63	1.33	
Starch....g									
Minerals:									
Calcium, Ca....mg	36	1.651	101		1		10	22	
Iron, Fe....mg	4.32	0.113	76		1		1.22	2.59	
Magnesium, Mg....mg	35	0.954	85		1		10	21	
Phosphorus, P....mg	113	4.774	88		1		32	68	
Potassium, K....mg	146	3.832	104		1		41	88	
Sodium, Na....mg	289		0		1		82	173	
Zinc, Zn....mg	0.85	0.036	74		1		0.24	0.51	
Copper, Cu....mg	0.264	0.028	68		1		0.075	0.158	
Manganese, Mn....mg	1.789	0.203	64		1		0.507	1.073	
Selenium, Se....mcg	5.8		0	BFZN	4		1.6	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	8		1		0.0	0.0	
Thiamin....mg	0.461	0.016	61		1		0.131	0.277	
Riboflavin....mg	0.623	0.066	62		1		0.177	0.374	
Niacin....mg	5.251	0.145	62		1		1.489	3.151	
Pantothenic acid....mg	0.288		2		1		0.082	0.173	
Vitamin B-6....mg	0.116	0.029	4		1		0.033	0.070	
Folate, total....mcg	171		0	O	4		48	103	
Folic acid....mcg	88		0	O	4		25	53	
Folate, food....mcg	83		1		4		24	50	
Folate, DFE....mcg_DFE	233		0	NC	4		66	140	
Choline, total....mg	23.5		0	FLA	4		6.7	14.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.35		0	O	4		0.10	0.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0			Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.9		0	O	4		0.3	0.5	
Lipids:									
Fatty acids, total saturated....g	0.750		0		1		0.213	0.450	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19814

Snacks, pretzels, hard, plain, made with enriched flour, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.010		7		1		0.003	0.006	
10:0 g	0.010		7		1		0.003	0.006	
12:0 g	0.030		7		1		0.009	0.018	
13:0 g									
14:0 g	0.020		7		1		0.006	0.012	
15:0 g									
16:0 g	0.470		7		1		0.133	0.282	
17:0 g									
18:0 g	0.210		7		1		0.060	0.126	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.360		0		1		0.386	0.816	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.020		4		1		0.006	0.012	
17:1 g									
18:1 undifferentiated g	1.350		7		1		0.383	0.810	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.220		0		1		0.346	0.732	
18:2 undifferentiated g	1.150		7		1		0.326	0.690	
18:3 undifferentiated g	0.060		7		1		0.017	0.036	
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	0.000	13		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.109		0		1		0.031	0.065	
Threonine g	0.259		0		1		0.073	0.155	
Isoleucine g	0.345		0		1		0.098	0.207	
Leucine g	0.636		0		1		0.180	0.382	
Lysine g	0.221		0		1		0.063	0.133	
Methionine g	0.164		0		1		0.046	0.098	
Cystine g	0.196		0		1		0.056	0.118	
Phenylalanine g	0.453		0		1		0.128	0.272	
Tyrosine g	0.266		0		1		0.075	0.160	
Valine g	0.392		0		1		0.111	0.235	
Arginine g	0.349		0		1		0.099	0.209	
Histidine g	0.201		0		1		0.057	0.121	
Alanine g	0.304		0		1		0.086	0.182	
Aspartic acid g	0.415		0		1		0.118	0.249	
Glutamic acid g	3.037		0		1		0.861	1.822	
Glycine g	0.327		0		1		0.093	0.196	
Proline g	1.018		0		1		0.289	0.611	
Serine g	0.447		0		1		0.127	0.268	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 19814

Snacks, pretzels, hard, plain, made with enriched flour, unsalted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19812

Snacks, pretzels, hard, plain, made with unenriched flour, salted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.30	0.134	105		1		0.94	1.98	
Energy....kcal	381		0	NC	4		108	229	
Energy....kJ	1594				4		452	956	
Protein (N x 5.7)....g	9.10	0.126	85		1		2.58	5.46	
Total lipid (fat)....g	3.50	0.158	94		1		0.99	2.10	
Ash....g	4.90	0.179	82		1		1.39	2.94	
Carbohydrate, by difference....g	79.20		0	NC	4		22.45	47.52	
Fiber, total dietary....g	2.8		0		4		0.8	1.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	36	1.651	101		1		10	22	
Iron, Fe....mg	1.67		0		1		0.47	1.00	
Magnesium, Mg....mg	35	0.954	85		1		10	21	
Phosphorus, P....mg	113	4.774	88		1		32	68	
Potassium, K....mg	146	3.832	104		1		41	88	
Sodium, Na....mg	1715	61.055	87		1		486	1029	
Zinc, Zn....mg	0.85	0.036	74		1		0.24	0.51	
Copper, Cu....mg	0.264	0.028	68		1		0.075	0.158	
Manganese, Mn....mg	1.789	0.203	64		1		0.507	1.073	
Selenium, Se....mcg	5.8		0	BFZN	4		1.6	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	8		1		0.0	0.0	
Thiamin....mg	0.180		0		1		0.051	0.108	
Riboflavin....mg	0.100		0		1		0.028	0.060	
Niacin....mg	1.920		0		1		0.544	1.152	
Pantothenic acid....mg	0.288		2		1		0.082	0.173	
Vitamin B-6....mg	0.116	0.029	4		1		0.033	0.070	
Folate, total....mcg	83		1		4		24	50	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	83		1		4		24	50	
Folate, DFE....mcg_DFE	83		0	NC	4		24	50	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	0.000	15		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	0.750		0		1		0.213	0.450	
4:0....g									
6:0....g									
8:0....g	0.010		7		1		0.003	0.006	

NDB No. 19812

Snacks, pretzels, hard, plain, made with unenriched flour, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		7		1		0.003	0.006	
12:0 g	0.030		7		1		0.009	0.018	
13:0 g									
14:0 g	0.020		7		1		0.006	0.012	
15:0 g									
16:0 g	0.470		7		1		0.133	0.282	
17:0 g									
18:0 g	0.210		7		1		0.060	0.126	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.360		0		1		0.386	0.816	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.020		4		1		0.006	0.012	
17:1 g									
18:1 undifferentiated g	1.350		7		1		0.383	0.810	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.220		0		1		0.346	0.732	
18:2 undifferentiated g	1.150		7		1		0.326	0.690	
18:3 undifferentiated g	0.060		7		1		0.017	0.036	
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	0.000	13		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.109		0		1		0.031	0.065	
Threonine g	0.259		0		1		0.073	0.155	
Isoleucine g	0.345		0		1		0.098	0.207	
Leucine g	0.636		0		1		0.180	0.382	
Lysine g	0.221		0		1		0.063	0.133	
Methionine g	0.164		0		1		0.046	0.098	
Cystine g	0.196		0		1		0.056	0.118	
Phenylalanine g	0.453		0		1		0.128	0.272	
Tyrosine g	0.266		0		1		0.075	0.160	
Valine g	0.392		0		1		0.111	0.235	
Arginine g	0.349		0		1		0.099	0.209	
Histidine g	0.201		0		1		0.057	0.121	
Alanine g	0.304		0		1		0.086	0.182	
Aspartic acid g	0.415		0		1		0.118	0.249	
Glutamic acid g	3.037		0		1		0.861	1.822	
Glycine g	0.327		0		1		0.093	0.196	
Proline g	1.018		0		1		0.289	0.611	
Serine g	0.447		0		1		0.127	0.268	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

NDB No. 19812
Snacks, pretzels, hard, plain, made with unenriched flour, salted

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19813

Snacks, pretzels, hard, plain, made with unenriched flour, unsalted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.30	0.134	105		1		0.94	1.98	
Energy....kcal	381		0	NC	4		108	229	
Energy....kJ	1594				4		452	956	
Protein (N x 5.7)....g	9.10	0.126	85		1		2.58	5.46	
Total lipid (fat)....g	3.50	0.158	94		1		0.99	2.10	
Ash....g	4.90	0.179	82		1		1.39	2.94	
Carbohydrate, by difference....g	79.20		0	NC	4		22.45	47.52	
Fiber, total dietary....g	2.8		0		4		0.8	1.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	36	1.651	101		1		10	22	
Iron, Fe....mg	1.67		0		1		0.47	1.00	
Magnesium, Mg....mg	35	0.954	85		1		10	21	
Phosphorus, P....mg	113	4.774	88		1		32	68	
Potassium, K....mg	146	3.832	104		1		41	88	
Sodium, Na....mg	289		0		1		82	173	
Zinc, Zn....mg	0.85	0.036	74		1		0.24	0.51	
Copper, Cu....mg	0.264	0.028	68		1		0.075	0.158	
Manganese, Mn....mg	1.789	0.203	64		1		0.507	1.073	
Selenium, Se....mcg	5.8		0	BFZN	4		1.6	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	8		1		0.0	0.0	
Thiamin....mg	0.180		0		1		0.051	0.108	
Riboflavin....mg	0.100		0		1		0.028	0.060	
Niacin....mg	1.920		0		1		0.544	1.152	
Pantothenic acid....mg	0.288		2		1		0.082	0.173	
Vitamin B-6....mg	0.116	0.029	4		1		0.033	0.070	
Folate, total....mcg	83		1		4		24	50	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	83		1		4		24	50	
Folate, DFE....mcg_DFE	83		0	NC	4		24	50	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	0.000	15		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	0.750		0		1		0.213	0.450	
4:0....g									
6:0....g									
8:0....g	0.010		7		1		0.003	0.006	

NDB No. 19813

Snacks, pretzels, hard, plain, made with unenriched flour, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.010		7		1		0.003	0.006	
12:0 ... g	0.030		7		1		0.009	0.018	
13:0 ... g									
14:0 ... g	0.020		7		1		0.006	0.012	
15:0 ... g									
16:0 ... g	0.470		7		1		0.133	0.282	
17:0 ... g									
18:0 ... g	0.210		7		1		0.060	0.126	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.360		0		1		0.386	0.816	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.020		4		1		0.006	0.012	
17:1 ... g									
18:1 undifferentiated ... g	1.350		7		1		0.383	0.810	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.220		0		1		0.346	0.732	
18:2 undifferentiated ... g	1.150		7		1		0.326	0.690	
18:3 undifferentiated ... g	0.060		7		1		0.017	0.036	
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	0.000	13		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.109		0		1		0.031	0.065	
Threonine ... g	0.259		0		1		0.073	0.155	
Isoleucine ... g	0.345		0		1		0.098	0.207	
Leucine ... g	0.636		0		1		0.180	0.382	
Lysine ... g	0.221		0		1		0.063	0.133	
Methionine ... g	0.164		0		1		0.046	0.098	
Cystine ... g	0.196		0		1		0.056	0.118	
Phenylalanine ... g	0.453		0		1		0.128	0.272	
Tyrosine ... g	0.266		0		1		0.075	0.160	
Valine ... g	0.392		0		1		0.111	0.235	
Arginine ... g	0.349		0		1		0.099	0.209	
Histidine ... g	0.201		0		1		0.057	0.121	
Alanine ... g	0.304		0		1		0.086	0.182	
Aspartic acid ... g	0.415		0		1		0.118	0.249	
Glutamic acid ... g	3.037		0		1		0.861	1.822	
Glycine ... g	0.327		0		1		0.093	0.196	
Proline ... g	1.018		0		1		0.289	0.611	
Serine ... g	0.447		0		1		0.127	0.268	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

NDB No. 19813

Snacks, pretzels, hard, plain, made with unenriched flour, unsalted

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19047
Snacks, pretzels, hard, plain, salted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.44	0.120	3	A	1		0.97	2.06	
Energy	kcal	380		0	NC	4		108	228	
Energy	kJ	1591		0	NC	4		451	954	
Protein (N x 5.7)	g	10.34	0.151	3	A	1		2.93	6.20	
Total lipid (fat)	g	2.63	0.173	3	A	1		0.75	1.58	
Ash	g	3.83	0.303	3	A	1		1.09	2.30	
Carbohydrate, by difference	g	79.76		0	NC	4		22.61	47.86	
Fiber, total dietary	g	3.0	0.176	3	A	1		0.9	1.8	
Sugars, total	g	2.76		1	A	1		0.78	1.66	
Sucrose	g	0.12	0.048	3	A	1		0.03	0.07	
Glucose (dextrose)	g	0.70	0.100	3	A	1		0.20	0.42	
Fructose	g	0.18	0.023	3	A	1		0.05	0.11	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	1.44	0.136	3	A	1		0.41	0.86	
Galactose	g	0.22		1	A	1		0.06	0.13	
Starch	g	71.40	0.839	3	A	1		20.24	42.84	
Minerals:										
Calcium, Ca	mg	18	6.607	3	A	1		5	11	
Iron, Fe	mg	5.20		3	A	1		1.47	3.12	
Magnesium, Mg	mg	29	1.291	3	A	1		8	17	
Phosphorus, P	mg	113	3.844	3	A	1		32	68	
Potassium, K	mg	136	4.807	3	A	1		38	81	
Sodium, Na	mg	1357	135.688	3	A	1		385	814	
Zinc, Zn	mg	1.43	0.120	3	A	1		0.41	0.86	
Copper, Cu	mg	0.170	0.023	3	A	1		0.048	0.102	
Manganese, Mn	mg	0.933	0.176	3	A	1		0.265	0.560	
Selenium, Se	mcg	6.0	0.788	3	A	1		1.7	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	8		1		0.0	0.0	
Thiamin	mg	0.507	0.097	3	A	1		0.144	0.304	
Riboflavin	mg	0.320	0.071	3	A	1		0.091	0.192	
Niacin	mg	5.130	1.081	3	A	1		1.454	3.078	
Pantothenic acid	mg	0.338	0.051	3	A	1		0.096	0.203	
Vitamin B-6	mg	0.044	0.006	3	A	1		0.013	0.027	
Folate, total	mcg	186	39.185	3	A	1		53	112	
Folic acid	mcg	142	36.014	3	A	1		40	85	
Folate, food	mcg	44		0	AS	1		13	27	
Folate, DFE	mcg_DFE	286		0	NC	4		81	171	
Choline, total	mg	29.5		0	AS	1		8.4	17.7	
Betaine	mg	50.0		2	A	1		14.2	30.0	
Vitamin B-12	mcg	0.00		1		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	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	0.000	15		1		0	0	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	9		0	FLA	4		3	6	
Vitamin E (alpha-tocopherol)	mg	0.35		0	FLA	4		0.10	0.21	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.04		0	FLA	4		0.01	0.02	
Tocopherol, gamma	mg	0.23		0	FLA	4		0.07	0.14	
Tocopherol, delta	mg	0.01		0	FLA	4		0.00	0.01	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19047
Snacks, pretzels, hard, plain, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	2.1	0.388	3	A	1		0.6	1.2	
Lipids:									
Fatty acids, total saturated.....g	0.501		0	NC	4		0.142	0.301	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.368	0.017	3	A	1		0.104	0.221	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.124	0.014	3	A	1		0.035	0.075	
20:0.....g	0.006	0.003	3	A	1		0.002	0.004	
22:0.....g	0.003	0.003	3	A	1		0.001	0.002	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	1.222		0	NC	4		0.346	0.733	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.001	0.001	3	A	1		0.000	0.001	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.937		0	AS	1		0.266	0.562	
18:1 c.....g	0.937	0.122	3	A	1		0.266	0.562	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.007	0.004	3	A	1		0.002	0.004	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.107		0	NC	4		0.314	0.664	
18:2 undifferentiated.....g	0.998	0.075	3	A	1		0.283	0.599	
18:3 undifferentiated.....g	0.074		0	AS	1		0.021	0.045	
18:3 n-3 c,c,c (ALA).....g	0.074	0.017	3	A	1		0.021	0.045	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0	0.000	13		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.097		0	A	1		0.027	0.058	
Threonine.....g	0.250		0	A	1		0.071	0.150	
Isoleucine.....g	0.407		0	A	1		0.115	0.244	
Leucine.....g	0.757		0	A	1		0.215	0.454	
Lysine.....g	0.257		0	A	1		0.073	0.154	
Methionine.....g	0.177		0	A	1		0.050	0.106	

NDB No. 19047
Snacks, pretzels, hard, plain, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.170		0	A	1		0.048	0.102	
Phenylalanine....g	0.520		0	A	1		0.147	0.312	
Tyrosine....g	0.324		0	A	1		0.092	0.194	
Valine....g	0.480		0	A	1		0.136	0.288	
Arginine....g	0.363		0	A	1		0.103	0.218	
Histidine....g	0.220		0	A	1		0.062	0.132	
Alanine....g	0.340		0	A	1		0.096	0.204	
Aspartic acid....g	0.597		0	A	1		0.169	0.358	
Glutamic acid....g	3.647		0	A	1		1.034	2.188	
Glycine....g	0.417		0	A	1		0.118	0.250	
Proline....g	1.199		0	A	1		0.340	0.720	
Serine....g	0.534		0	A	1		0.151	0.320	
Hydroxyproline....g									
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 = 28.35g: 1 oz

Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19050
Snacks, pretzels, hard, whole-wheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.90	0.521	3		1		1.11	2.22	
Energy....kcal	362		0	NC	4		103	206	
Energy....kJ	1515				4		429	863	
Protein (N x 5.8)....g	11.10	0.648	3		1		3.15	6.33	
Total lipid (fat)....g	2.60	0.623	3		1		0.74	1.48	
Ash....g	1.10	0.173	3		1		0.31	0.63	
Carbohydrate, by difference....g	81.20		0	NC	4		23.02	46.28	
Fiber, total dietary....g	7.7		0		4		2.2	4.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28	3.055	3		1		8	16	
Iron, Fe....mg	2.69	0.411	3		1		0.76	1.53	
Magnesium, Mg....mg	30		1		1		9	17	
Phosphorus, P....mg	125		1		1		35	71	
Potassium, K....mg	430		2		1		122	245	
Sodium, Na....mg	203		2		1		58	116	
Zinc, Zn....mg	0.62		1		1		0.18	0.35	
Copper, Cu....mg	0.280		1		1		0.079	0.160	
Manganese, Mn....mg	2.662		1		4		0.755	1.517	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1		4		0.3	0.6	
Thiamin....mg	0.440	0.091	3		1		0.125	0.251	
Riboflavin....mg	0.291	0.135	3		1		0.082	0.166	
Niacin....mg	6.537	1.181	3		1		1.853	3.726	
Pantothenic acid....mg	0.812		1		4		0.230	0.463	
Vitamin B-6....mg	0.274		1		4		0.078	0.156	
Folate, total....mcg	54		1		4		15	31	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	54		1		4		15	31	
Folate, DFE....mcg_DFE	54		0	NC	4		15	31	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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		1		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	0.560		0		1		0.159	0.319	
4:0....g									
6:0....g									
8:0....g	0.000		3		1		0.000	0.000	

NDB No. 19050
Snacks, pretzels, hard, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		3		1		0.000	0.000	
12:0 g	0.030		3		1		0.009	0.017	
13:0 g									
14:0 g	0.020		3		1		0.006	0.011	
15:0 g									
16:0 g	0.340		3		1		0.096	0.194	
17:0 g									
18:0 g	0.170		3		1		0.048	0.097	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.030		0		1		0.292	0.587	
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	1.030		3		1		0.292	0.587	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.830		0		1		0.235	0.473	
18:2 undifferentiated g	0.790		3		1		0.224	0.450	
18:3 undifferentiated g	0.040		3		1		0.011	0.023	
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		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.172		0		1		0.049	0.098	
Threonine g	0.325		0		1		0.092	0.185	
Isoleucine g	0.412		0		1		0.117	0.235	
Leucine g	0.750		0		1		0.213	0.428	
Lysine g	0.307		0		1		0.087	0.175	
Methionine g	0.178		0		1		0.050	0.101	
Cystine g	0.252		0		1		0.071	0.144	
Phenylalanine g	0.523		0		1		0.148	0.298	
Tyrosine g	0.328		0		1		0.093	0.187	
Valine g	0.504		0		1		0.143	0.287	
Arginine g	0.563		0		1		0.160	0.321	
Histidine g	0.258		0		1		0.073	0.147	
Alanine g	0.399		0		1		0.113	0.227	
Aspartic acid g	0.592		0		1		0.168	0.337	
Glutamic acid g	3.414		0		1		0.968	1.946	
Glycine g	0.456		0		1		0.129	0.260	
Proline g	1.140		0		1		0.323	0.650	
Serine g	0.523		0		1		0.148	0.298	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

NDB No. 19050
Snacks, pretzels, hard, whole-wheat

Calories Factors: Protein 3.5 **Fat** 8.5 **Carbohydrate** 3.7

Food Group: 25 Snacks

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

NDB No. 19052
Snacks, rice cakes, brown rice, buckwheat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.90	0.500	4		1		0.53	1.06	
Energy....kcal	380		0	NC	4		34	68	
Energy....kJ	1590				4		143	286	
Protein (N x 6.1)....g	9.00	0.698	4		1		0.81	1.62	
Total lipid (fat)....g	3.50	0.405	4		1		0.32	0.63	
Ash....g	1.60	0.121	4		1		0.14	0.29	
Carbohydrate, by difference....g	80.10		0	NC	4		7.21	14.42	
Fiber, total dietary....g	3.8		0		4		0.3	0.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	2.903	4		1		1	2	
Iron, Fe....mg	1.14	0.188	4		1		0.10	0.21	
Magnesium, Mg....mg	151		1		1		14	27	
Phosphorus, P....mg	380		1		1		34	68	
Potassium, K....mg	299	10.966	4		1		27	54	
Sodium, Na....mg	116		1		1		10	21	
Zinc, Zn....mg	2.50		1		1		0.23	0.45	
Copper, Cu....mg	0.380		1		1		0.034	0.068	
Manganese, Mn....mg	6.180		1		1		0.556	1.112	
Selenium, Se....mcg	16.4		0	FLM	4		1.5	3.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.056	0.010	4		1		0.005	0.010	
Riboflavin....mg	0.103	0.009	4		1		0.009	0.019	
Niacin....mg	8.096	1.129	4		1		0.729	1.457	
Pantothenic acid....mg	1.160		1		1		0.104	0.209	
Vitamin B-6....mg	0.130		1		1		0.012	0.023	
Folate, total....mcg	21		1		1		2	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		1		1		2	4	
Folate, DFE....mcg_DFE	21		0	NC	4		2	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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		2		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	0.640		0		1		0.058	0.115	
4:0....g									
6:0....g									
8:0....g	0.020		1		1		0.002	0.004	

NDB No. 19052
Snacks, rice cakes, brown rice, buckwheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.010		1		1		0.001	0.002	
12:0 ... g	0.010		1		1		0.001	0.002	
13:0 ... g									
14:0 ... g	0.020		1		1		0.002	0.004	
15:0 ... g									
16:0 ... g	0.510		1		1		0.046	0.092	
17:0 ... g									
18:0 ... g	0.050		1		1		0.005	0.009	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.110		0		1		0.100	0.200	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.020		1		1		0.002	0.004	
17:1 ... g									
18:1 undifferentiated ... g	1.090		1		1		0.098	0.196	
20:1 ... g									
22:1 undifferentiated ... g	0.010		1		1		0.001	0.002	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.110		0		1		0.100	0.200	
18:2 undifferentiated ... g	1.050		1		1		0.095	0.189	
18:3 undifferentiated ... g	0.070		1		1		0.006	0.013	
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		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.125		0		1		0.011	0.023	
Threonine ... g	0.340		0		1		0.031	0.061	
Isoleucine ... g	0.358		0		1		0.032	0.064	
Leucine ... g	0.638		0		1		0.057	0.115	
Lysine ... g	0.414		0		1		0.037	0.075	
Methionine ... g	0.152		0		1		0.014	0.027	
Cystine ... g	0.137		0		1		0.012	0.025	
Phenylalanine ... g	0.399		0		1		0.036	0.072	
Tyrosine ... g	0.233		0		1		0.021	0.042	
Valine ... g	0.489		0		1		0.044	0.088	
Arginine ... g	0.677		0		1		0.061	0.122	
Histidine ... g	0.218		0		1		0.020	0.039	
Alanine ... g	0.517		0		1		0.047	0.093	
Aspartic acid ... g	0.800		0		1		0.072	0.144	
Glutamic acid ... g	1.568		0		1		0.141	0.282	
Glycine ... g	0.603		0		1		0.054	0.109	
Proline ... g	0.376		0		1		0.034	0.068	
Serine ... g	0.467		0		1		0.042	0.084	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19052
Snacks, rice cakes, brown rice, buckwheat

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19817
Snacks, rice cakes, brown rice, buckwheat, unsalted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.90	0.500	4		1		0.53	1.06	
Energy....kcal	380		0	NC	4		34	68	
Energy....kJ	1590				4		143	286	
Protein (N x 6.1)....g	9.00	0.698	4		1		0.81	1.62	
Total lipid (fat)....g	3.50	0.405	4		1		0.32	0.63	
Ash....g	1.60	0.121	4		1		0.14	0.29	
Carbohydrate, by difference....g	80.10		0	NC	4		7.21	14.42	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	2.903	4		1		1	2	
Iron, Fe....mg	1.14	0.188	4		1		0.10	0.21	
Magnesium, Mg....mg	151		1		1		14	27	
Phosphorus, P....mg	380		1		1		34	68	
Potassium, K....mg	299	10.966	4		1		27	54	
Sodium, Na....mg	4		0		1		0	1	
Zinc, Zn....mg	2.50		1		1		0.23	0.45	
Copper, Cu....mg	0.380		1		1		0.034	0.068	
Manganese, Mn....mg	6.180		1		1		0.556	1.112	
Selenium, Se....mcg	16.4		0	BFZN	4		1.5	3.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.056	0.010	4		1		0.005	0.010	
Riboflavin....mg	0.103	0.009	4		1		0.009	0.019	
Niacin....mg	8.096	1.129	4		1		0.729	1.457	
Pantothenic acid....mg	1.160		1		1		0.104	0.209	
Vitamin B-6....mg	0.130		1		1		0.012	0.023	
Folate, total....mcg	21		1		1		2	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		1		1		2	4	
Folate, DFE....mcg_DFE	21		0	NC	4		2	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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		2		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	0.640		0		1		0.058	0.115	
4:0....g									
6:0....g									
8:0....g	0.020		1		1		0.002	0.004	

NDB No. 19817
Snacks, rice cakes, brown rice, buckwheat, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.010		1		1		0.001	0.002	
12:0 g	0.010		1		1		0.001	0.002	
13:0 g									
14:0 g	0.020		1		1		0.002	0.004	
15:0 g									
16:0 g	0.510		1		1		0.046	0.092	
17:0 g									
18:0 g	0.050		1		1		0.005	0.009	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.110		0		1		0.100	0.200	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.020		1		1		0.002	0.004	
17:1 g									
18:1 undifferentiated g	1.090		1		1		0.098	0.196	
20:1 g									
22:1 undifferentiated g	0.010		1		1		0.001	0.002	
24:1 c g									
Fatty acids, total polyunsaturated g	1.110		0		1		0.100	0.200	
18:2 undifferentiated g	1.050		1		1		0.095	0.189	
18:3 undifferentiated g	0.070		1		1		0.006	0.013	
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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.125		0		1		0.011	0.023	
Threonine g	0.340		0		1		0.031	0.061	
Isoleucine g	0.358		0		1		0.032	0.064	
Leucine g	0.638		0		1		0.057	0.115	
Lysine g	0.414		0		1		0.037	0.075	
Methionine g	0.152		0		1		0.014	0.027	
Cystine g	0.137		0		1		0.012	0.025	
Phenylalanine g	0.399		0		1		0.036	0.072	
Tyrosine g	0.233		0		1		0.021	0.042	
Valine g	0.489		0		1		0.044	0.088	
Arginine g	0.677		0		1		0.061	0.122	
Histidine g	0.218		0		1		0.020	0.039	
Alanine g	0.517		0		1		0.047	0.093	
Aspartic acid g	0.800		0		1		0.072	0.144	
Glutamic acid g	1.568		0		1		0.141	0.282	
Glycine g	0.603		0		1		0.054	0.109	
Proline g	0.376		0		1		0.034	0.068	
Serine g	0.467		0		1		0.042	0.084	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19817
Snacks, rice cakes, brown rice, buckwheat, unsalted

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19413
Snacks, rice cakes, brown rice, corn

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	5.90	0.612	3		1		0.53	1.06	
Energy	kcal	385		0	NC	4		35	69	
Energy	kJ	1611				4		145	290	
Protein (N x 6.1)	g	8.40	0.275	3		1		0.76	1.51	
Total lipid (fat)	g	3.20	0.088	3		1		0.29	0.58	
Ash	g	1.40	0.168	3		1		0.13	0.25	
Carbohydrate, by difference	g	81.20		0	NC	4		7.31	14.62	
Fiber, total dietary	g	2.9		1		1		0.3	0.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		2		1		1	2	
Iron, Fe	mg	1.17		2		1		0.11	0.21	
Magnesium, Mg	mg	114		1		1		10	21	
Phosphorus, P	mg	320		1		1		29	58	
Potassium, K	mg	275		2		1		25	50	
Sodium, Na	mg	291		1		1		26	52	
Zinc, Zn	mg	2.22		1		1		0.20	0.40	
Copper, Cu	mg	0.420		1		1		0.038	0.076	
Manganese, Mn	mg	5.080		1		1		0.457	0.914	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.080		2		1		0.007	0.014	
Riboflavin	mg	0.104		2		1		0.009	0.019	
Niacin	mg	6.435		2		1		0.579	1.158	
Pantothenic acid	mg	0.930		1		1		0.084	0.167	
Vitamin B-6	mg	0.140		1		1		0.013	0.025	
Folate, total	mcg	19		1		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	19		1		1		2	3	
Folate, DFE	mcg_DFE	19		0	NC	4		2	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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		1		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	0.630		0		1		0.057	0.113	
4:0	g									
6:0	g									
8:0	g									

NDB No. 19413
Snacks, rice cakes, brown rice, corn

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		1		1		0.000	0.000	
13:0 g									
14:0 g	0.010		1		1		0.001	0.002	
15:0 g									
16:0 g	0.540		1		1		0.049	0.097	
17:0 g									
18:0 g	0.060		1		1		0.005	0.011	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.140		0		1		0.103	0.205	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		1		1		0.001	0.002	
17:1 g									
18:1 undifferentiated g	1.130		1		1		0.102	0.203	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.130		0		1		0.102	0.203	
18:2 undifferentiated g	1.090		1		1		0.098	0.196	
18:3 undifferentiated g	0.050		1		1		0.005	0.009	
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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.092		0		1		0.008	0.017	
Threonine g	0.306		0		1		0.028	0.055	
Isoleucine g	0.337		0		1		0.030	0.061	
Leucine g	0.781		0		1		0.070	0.141	
Lysine g	0.293		0		1		0.026	0.053	
Methionine g	0.183		0		1		0.016	0.033	
Cystine g	0.114		0		1		0.010	0.021	
Phenylalanine g	0.423		0		1		0.038	0.076	
Tyrosine g	0.319		0		1		0.029	0.057	
Valine g	0.469		0		1		0.042	0.084	
Arginine g	0.569		0		1		0.051	0.102	
Histidine g	0.223		0		1		0.020	0.040	
Alanine g	0.524		0		1		0.047	0.094	
Aspartic acid g	0.721		0		1		0.065	0.130	
Glutamic acid g	1.655		0		1		0.149	0.298	
Glycine g	0.390		0		1		0.035	0.070	
Proline g	0.485		0		1		0.044	0.087	
Serine g	0.420		0		1		0.038	0.076	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19413
Snacks, rice cakes, brown rice, corn

Calories Factors: Protein 3 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19414
Snacks, rice cakes, brown rice, multigrain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.30	0.193	10		1		0.57	1.13	
Energy....kcal	387		0	NC	4		35	70	
Energy....kJ	1619				4		146	291	
Protein (N x 5.9)....g	8.50	0.227	10		1		0.77	1.53	
Total lipid (fat)....g	3.50	0.342	10		1		0.32	0.63	
Ash....g	1.60	0.107	10		1		0.14	0.29	
Carbohydrate, by difference....g	80.10		0	NC	4		7.21	14.42	
Fiber, total dietary....g	3.0		0		4		0.3	0.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21	3.261	10		1		2	4	
Iron, Fe....mg	1.96	0.191	10		1		0.18	0.35	
Magnesium, Mg....mg	137	4.021	4		1		12	25	
Phosphorus, P....mg	370	16.833	4		1		33	67	
Potassium, K....mg	294	19.023	8		1		26	53	
Sodium, Na....mg	252	76.269	3		1		23	45	
Zinc, Zn....mg	2.53	0.184	4		1		0.23	0.46	
Copper, Cu....mg	0.427	0.033	3		1		0.038	0.077	
Manganese, Mn....mg	5.220	0.160	3		1		0.470	0.940	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4		1		0.0	0.0	
Thiamin....mg	0.067	0.017	8		1		0.006	0.012	
Riboflavin....mg	0.184	0.041	8		1		0.017	0.033	
Niacin....mg	6.602	0.284	7		1		0.594	1.188	
Pantothenic acid....mg	1.002	0.039	4		1		0.090	0.180	
Vitamin B-6....mg	0.137	0.008	4		1		0.012	0.025	
Folate, total....mcg	20	2.723	4		1		2	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	20	2.723	4		1		2	4	
Folate, DFE....mcg_DFE	20		0	NC	4		2	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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		1		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	0.560		0		1		0.050	0.101	
4:0....g									
6:0....g									
8:0....g									

NDB No. 19414
Snacks, rice cakes, brown rice, multigrain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		1		0.000	0.000	
12:0 g	0.000		1		1		0.000	0.000	
13:0 g									
14:0 g	0.010		1		1		0.001	0.002	
15:0 g									
16:0 g	0.460		1		1		0.041	0.083	
17:0 g									
18:0 g	0.080		1		1		0.007	0.014	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.160		0		1		0.104	0.209	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		1		1		0.001	0.002	
17:1 g									
18:1 undifferentiated g	1.150		1		1		0.104	0.207	
20:1 g	0.000		1		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.440		0		1		0.130	0.259	
18:2 undifferentiated g	1.000		1		1		0.090	0.180	
18:3 undifferentiated g	0.440		1		1		0.040	0.079	
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	0.107		0		1		0.010	0.019	
Threonine g	0.303		0		1		0.027	0.055	
Isoleucine g	0.351		0		1		0.032	0.063	
Leucine g	0.682		0		1		0.061	0.123	
Lysine g	0.313		0		1		0.028	0.056	
Methionine g	0.182		0		1		0.016	0.033	
Cystine g	0.107		0		1		0.010	0.019	
Phenylalanine g	0.424		0		1		0.038	0.076	
Tyrosine g	0.299		0		1		0.027	0.054	
Valine g	0.481		0		1		0.043	0.087	
Arginine g	0.624		0		1		0.056	0.112	
Histidine g	0.208		0		1		0.019	0.037	
Alanine g	0.484		0		1		0.044	0.087	
Aspartic acid g	0.771		0		1		0.069	0.139	
Glutamic acid g	1.714		0		1		0.154	0.309	
Glycine g	0.409		0		1		0.037	0.074	
Proline g	0.409		0		1		0.037	0.074	
Serine g	0.427		0		1		0.038	0.077	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19414
Snacks, rice cakes, brown rice, multigrain

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19818
Snacks, rice cakes, brown rice, multigrain, unsalted

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	6.30	0.193	10		1		0.57	1.13	
Energy	kcal	387		0	NC	4		35	70	
Energy	kJ	1619				4		146	291	
Protein (N x 5.9)	g	8.50	0.227	10		1		0.77	1.53	
Total lipid (fat)	g	3.50	0.342	10		1		0.32	0.63	
Ash	g	1.60	0.107	10		1		0.14	0.29	
Carbohydrate, by difference	g	80.10		0	NC	4		7.21	14.42	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21	3.261	10		1		2	4	
Iron, Fe	mg	1.96	0.191	10		1		0.18	0.35	
Magnesium, Mg	mg	137	4.021	4		1		12	25	
Phosphorus, P	mg	370	16.833	4		1		33	67	
Potassium, K	mg	294	19.023	8		1		26	53	
Sodium, Na	mg	4		0		1		0	1	
Zinc, Zn	mg	2.53	0.184	4		1		0.23	0.46	
Copper, Cu	mg	0.427	0.033	3		1		0.038	0.077	
Manganese, Mn	mg	5.220	0.160	3		1		0.470	0.940	
Selenium, Se	mcg	20.0		0	CAZN	4		1.8	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4		1		0.0	0.0	
Thiamin	mg	0.067	0.017	8		1		0.006	0.012	
Riboflavin	mg	0.184	0.041	8		1		0.017	0.033	
Niacin	mg	6.602	0.284	7		1		0.594	1.188	
Pantothenic acid	mg	1.002	0.039	4		1		0.090	0.180	
Vitamin B-6	mg	0.137	0.008	4		1		0.012	0.025	
Folate, total	mcg	20	2.723	4		1		2	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20	2.723	4		1		2	4	
Folate, DFE	mcg_DFE	20		0	NC	4		2	4	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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		1		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	0.560		0		1		0.050	0.101	
4:0	g									
6:0	g									
8:0	g									

NDB No. 19818
Snacks, rice cakes, brown rice, multigrain, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		1		0.000	0.000	
12:0 g	0.000		1		1		0.000	0.000	
13:0 g									
14:0 g	0.010		1		1		0.001	0.002	
15:0 g									
16:0 g	0.460		1		1		0.041	0.083	
17:0 g									
18:0 g	0.080		1		1		0.007	0.014	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.160		0		1		0.104	0.209	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		1		1		0.001	0.002	
17:1 g									
18:1 undifferentiated g	1.150		1		1		0.104	0.207	
20:1 g	0.000		1		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.440		0		1		0.130	0.259	
18:2 undifferentiated g	1.000		1		1		0.090	0.180	
18:3 undifferentiated g	0.440		1		1		0.040	0.079	
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	0.107		0		1		0.010	0.019	
Threonine g	0.303		0		1		0.027	0.055	
Isoleucine g	0.351		0		1		0.032	0.063	
Leucine g	0.682		0		1		0.061	0.123	
Lysine g	0.313		0		1		0.028	0.056	
Methionine g	0.182		0		1		0.016	0.033	
Cystine g	0.107		0		1		0.010	0.019	
Phenylalanine g	0.424		0		1		0.038	0.076	
Tyrosine g	0.299		0		1		0.027	0.054	
Valine g	0.481		0		1		0.043	0.087	
Arginine g	0.624		0		1		0.056	0.112	
Histidine g	0.208		0		1		0.019	0.037	
Alanine g	0.484		0		1		0.044	0.087	
Aspartic acid g	0.771		0		1		0.069	0.139	
Glutamic acid g	1.714		0		1		0.154	0.309	
Glycine g	0.409		0		1		0.037	0.074	
Proline g	0.409		0		1		0.037	0.074	
Serine g	0.427		0		1		0.038	0.077	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19818
Snacks, rice cakes, brown rice, multigrain, unsalted

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19051
Snacks, rice cakes, brown rice, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.80	0.420	10		1		0.52	1.04	
Energy....kcal	387		0	NC	4		35	70	
Energy....kJ	1619		0		4		146	291	
Protein (N x 5.95)....g	8.20	0.431	10		1		0.74	1.48	
Total lipid (fat)....g	2.80	0.340	10		1		0.25	0.50	
Ash....g	1.70	0.188	10		1		0.15	0.31	
Carbohydrate, by difference....g	81.50		0	NC	4		7.34	14.67	
Fiber, total dietary....g	4.2		0		1		0.4	0.8	
Sugars, total....g	0.88		0	FLA	4		0.08	0.16	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	1.255	9		1		1	2	
Iron, Fe....mg	1.49	0.124	9		1		0.13	0.27	
Magnesium, Mg....mg	131		2		1		12	24	
Phosphorus, P....mg	360		2		1		32	65	
Potassium, K....mg	290	21.258	6		1		26	52	
Sodium, Na....mg	326	37.510	6		1		29	59	
Zinc, Zn....mg	3.00		2		1		0.27	0.54	
Copper, Cu....mg	0.445		2		1		0.040	0.080	
Manganese, Mn....mg	3.730		1		4		0.336	0.671	
Selenium, Se....mcg	24.6		0	BFZN	4		2.2	4.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4		1		0.0	0.0	
Thiamin....mg	0.061	0.012	9		1		0.005	0.011	
Riboflavin....mg	0.165	0.036	8		1		0.015	0.030	
Niacin....mg	7.806	0.419	7		1		0.703	1.405	
Pantothenic acid....mg	1.000		2		1		0.090	0.180	
Vitamin B-6....mg	0.150		2		1		0.014	0.027	
Folate, total....mcg	21		2		1		2	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		2		1		2	4	
Folate, DFE....mcg_DFE	21		0	NC	4		2	4	
Choline, total....mg	32.1		0	FLA	4		2.9	5.8	
Betaine....mg									
Vitamin B-12....mcg	0.00		2		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	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	NC	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	1.24		0	FLA	4		0.11	0.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0			Z	7		0	0	
Vitamin K (phylloquinone)....mcg	1.9		0	FLA	4		0.2	0.3	
Lipids:									
Fatty acids, total saturated....g	0.570		0		1		0.051	0.103	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19051
Snacks, rice cakes, brown rice, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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		1		1		0.000	0.000	
13:0....g									
14:0....g	0.010		1		1		0.001	0.002	
15:0....g									
16:0....g	0.480		1		1		0.043	0.086	
17:0....g									
18:0....g	0.050		1		1		0.005	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.030		0		1		0.093	0.185	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.001	0.002	
17:1....g									
18:1 undifferentiated....g	1.020		1		1		0.092	0.184	
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	0.990		0		1		0.089	0.178	
18:2 undifferentiated....g	0.970		1		1		0.087	0.175	
18:3 undifferentiated....g	0.010		1		1		0.001	0.002	
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		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.104		0		1		0.009	0.019	
Threonine....g	0.299		0		1		0.027	0.054	
Isoleucine....g	0.346		0		1		0.031	0.062	
Leucine....g	0.675		0		1		0.061	0.122	
Lysine....g	0.311		0		1		0.028	0.056	
Methionine....g	0.184		0		1		0.017	0.033	
Cystine....g	0.099		0		1		0.009	0.018	
Phenylalanine....g	0.421		0		1		0.038	0.076	
Tyrosine....g	0.306		0		1		0.028	0.055	
Valine....g	0.479		0		1		0.043	0.086	
Arginine....g	0.618		0		1		0.056	0.111	
Histidine....g	0.207		0		1		0.019	0.037	
Alanine....g	0.476		0		1		0.043	0.086	
Aspartic acid....g	0.764		0		1		0.069	0.138	
Glutamic acid....g	1.662		0		1		0.150	0.299	
Glycine....g	0.402		0		1		0.036	0.072	
Proline....g	0.383		0		1		0.034	0.069	
Serine....g	0.422		0		1		0.038	0.076	
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. 19051

Snacks, rice cakes, brown rice, plain

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.41 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 25 Snacks

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

NDB No. 19816
Snacks, rice cakes, brown rice, plain, unsalted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.80	0.420	10		1		0.52	1.04	
Energy....kcal	387		0	NC	4		35	70	
Energy....kJ	1619		0		4		146	291	
Protein (N x 5.95)....g	8.20	0.431	10		1		0.74	1.48	
Total lipid (fat)....g	2.80	0.340	10		1		0.25	0.50	
Ash....g	1.70	0.188	10		1		0.15	0.31	
Carbohydrate, by difference....g	81.50		0	NC	4		7.34	14.67	
Fiber, total dietary....g	4.2		0		4		0.4	0.8	
Sugars, total....g	0.88		0	O	4		0.08	0.16	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	1.255	9		1		1	2	
Iron, Fe....mg	1.49	0.124	9		1		0.13	0.27	
Magnesium, Mg....mg	131		2		1		12	24	
Phosphorus, P....mg	360		2		1		32	65	
Potassium, K....mg	290	21.258	6		1		26	52	
Sodium, Na....mg	26		0		1		2	5	
Zinc, Zn....mg	3.00		2		1		0.27	0.54	
Copper, Cu....mg	0.445		2		1		0.040	0.080	
Manganese, Mn....mg	3.730		1		4		0.336	0.671	
Selenium, Se....mcg	24.6		0	BFZN	4		2.2	4.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4		1		0.0	0.0	
Thiamin....mg	0.061	0.012	9		1		0.005	0.011	
Riboflavin....mg	0.165	0.036	8		1		0.015	0.030	
Niacin....mg	7.806	0.419	7		1		0.703	1.405	
Pantothenic acid....mg	1.000		2		1		0.090	0.180	
Vitamin B-6....mg	0.150		2		1		0.014	0.027	
Folate, total....mcg	21		2		1		2	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		2		1		2	4	
Folate, DFE....mcg_DFE	21		0	NC	4		2	4	
Choline, total....mg	31.6		0	NR	4		2.8	5.7	
Betaine....mg									
Vitamin B-12....mcg	0.00		2		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.24		0	O	4		0.11	0.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0			Z	7		0	0	
Vitamin K (phylloquinone)....mcg	1.9		0	O	4		0.2	0.3	
Lipids:									
Fatty acids, total saturated....g	0.570		0		1		0.051	0.103	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19816
Snacks, rice cakes, brown rice, plain, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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		1		1		0.000	0.000	
13:0....g									
14:0....g	0.010		1		1		0.001	0.002	
15:0....g									
16:0....g	0.480		1		1		0.043	0.086	
17:0....g									
18:0....g	0.050		1		1		0.005	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.030		0		1		0.093	0.185	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.001	0.002	
17:1....g									
18:1 undifferentiated....g	1.020		1		1		0.092	0.184	
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	0.990		0		1		0.089	0.178	
18:2 undifferentiated....g	0.970		1		1		0.087	0.175	
18:3 undifferentiated....g	0.010		1		1		0.001	0.002	
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		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.104		0		1		0.009	0.019	
Threonine....g	0.299		0		1		0.027	0.054	
Isoleucine....g	0.346		0		1		0.031	0.062	
Leucine....g	0.675		0		1		0.061	0.122	
Lysine....g	0.311		0		1		0.028	0.056	
Methionine....g	0.184		0		1		0.017	0.033	
Cystine....g	0.099		0		1		0.009	0.018	
Phenylalanine....g	0.421		0		1		0.038	0.076	
Tyrosine....g	0.306		0		1		0.028	0.055	
Valine....g	0.479		0		1		0.043	0.086	
Arginine....g	0.618		0		1		0.056	0.111	
Histidine....g	0.207		0		1		0.019	0.037	
Alanine....g	0.476		0		1		0.043	0.086	
Aspartic acid....g	0.764		0		1		0.069	0.138	
Glutamic acid....g	1.662		0		1		0.150	0.299	
Glycine....g	0.402		0		1		0.036	0.072	
Proline....g	0.383		0		1		0.034	0.069	
Serine....g	0.422		0		1		0.038	0.076	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 19816

Snacks, rice cakes, brown rice, plain, unsalted

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.41 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 25 Snacks

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

NDB No. 19416
Snacks, rice cakes, brown rice, rye

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.80	0.164	3		1		0.61	1.22	
Energy....kcal	386		0	NC	4		35	69	
Energy....kJ	1615				4		145	291	
Protein (N x 5.9)....g	8.10	0.279	3		1		0.73	1.46	
Total lipid (fat)....g	3.80	0.219	3		1		0.34	0.68	
Ash....g	1.50	0.194	3		1		0.14	0.27	
Carbohydrate, by difference....g	79.90		0	NC	4		7.19	14.38	
Fiber, total dietary....g	4.0		1		1		0.4	0.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21		2		1		2	4	
Iron, Fe....mg	1.80		2		1		0.16	0.32	
Magnesium, Mg....mg	144		1		1		13	26	
Phosphorus, P....mg	380		1		1		34	68	
Potassium, K....mg	311		2		1		28	56	
Sodium, Na....mg	110		1		1		10	20	
Zinc, Zn....mg	3.00		1		1		0.27	0.54	
Copper, Cu....mg	0.390		1		1		0.035	0.070	
Manganese, Mn....mg	2.977		1		4		0.268	0.536	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.091		2		1		0.008	0.016	
Riboflavin....mg	0.090		2		1		0.008	0.016	
Niacin....mg	7.040		2		1		0.634	1.267	
Pantothenic acid....mg	1.110		1		4		0.100	0.200	
Vitamin B-6....mg	0.150		1		1		0.014	0.027	
Folate, total....mcg	5		1		1		0	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		1		1		0	1	
Folate, DFE....mcg_DFE	5		0	NC	4		0	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		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	3		1		4		0	1	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.580		0		1		0.052	0.104	
4:0....g									
6:0....g									
8:0....g									

NDB No. 19416
Snacks, rice cakes, brown rice, rye

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		1		1		0.000	0.000	
13:0....g									
14:0....g	0.010		1		1		0.001	0.002	
15:0....g									
16:0....g	0.450		1		1		0.041	0.081	
17:0....g									
18:0....g	0.110		1		1		0.010	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.310		0		1		0.118	0.236	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.001	0.002	
17:1....g									
18:1 undifferentiated....g	1.300		1		1		0.117	0.234	
20:1....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.550		0		1		0.140	0.279	
18:2 undifferentiated....g	1.490		1		1		0.134	0.268	
18:3 undifferentiated....g	0.060		1		1		0.005	0.011	
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		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.097		0		1		0.009	0.017	
Threonine....g	0.294		0		1		0.026	0.053	
Isoleucine....g	0.328		0		1		0.030	0.059	
Leucine....g	0.621		0		1		0.056	0.112	
Lysine....g	0.316		0		1		0.028	0.057	
Methionine....g	0.165		0		1		0.015	0.030	
Cystine....g	0.127		0		1		0.011	0.023	
Phenylalanine....g	0.399		0		1		0.036	0.072	
Tyrosine....g	0.261		0		1		0.023	0.047	
Valine....g	0.451		0		1		0.041	0.081	
Arginine....g	0.553		0		1		0.050	0.100	
Histidine....g	0.204		0		1		0.018	0.037	
Alanine....g	0.443		0		1		0.040	0.080	
Aspartic acid....g	0.716		0		1		0.064	0.129	
Glutamic acid....g	1.769		0		1		0.159	0.318	
Glycine....g	0.392		0		1		0.035	0.071	
Proline....g	0.531		0		1		0.048	0.096	
Serine....g	0.402		0		1		0.036	0.072	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19416
Snacks, rice cakes, brown rice, rye

Calories Factors: Protein 3.3 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19053
Snacks, rice cakes, brown rice, sesame seed

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	5.90	0.318	7		1		0.53	1.06	
Energy	kcal	392		0	NC	4		35	71	
Energy	kJ	1640				4		148	295	
Protein (N x 5.9)	g	7.60	0.325	7		1		0.68	1.37	
Total lipid (fat)	g	3.80	0.241	7		1		0.34	0.68	
Ash	g	1.20	0.163	7		1		0.11	0.22	
Carbohydrate, by difference	g	81.50		0	NC	4		7.34	14.67	
Fiber, total dietary	g	5.4		0		1		0.5	1.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	1.779	6		1		1	2	
Iron, Fe	mg	1.58	0.248	6		1		0.14	0.28	
Magnesium, Mg	mg	136		2		1		12	24	
Phosphorus, P	mg	375		2		1		34	68	
Potassium, K	mg	290	13.163	6		1		26	52	
Sodium, Na	mg	227		2		1		20	41	
Zinc, Zn	mg	3.00		2		1		0.27	0.54	
Copper, Cu	mg	0.390		2		1		0.035	0.070	
Manganese, Mn	mg	4.299		1		4		0.387	0.774	
Selenium, Se	mcg	24.1		0	FLM	4		2.2	4.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		1		4		0.3	0.5	
Thiamin	mg	0.048	0.011	5		1		0.004	0.009	
Riboflavin	mg	0.085	0.013	6		1		0.008	0.015	
Niacin	mg	7.205	0.632	4		1		0.648	1.297	
Pantothenic acid	mg	1.461		1		4		0.131	0.263	
Vitamin B-6	mg	0.155		2		1		0.014	0.028	
Folate, total	mcg	18		2		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	18		2		1		2	3	
Folate, DFE	mcg_DFE	18		0	NC	4		2	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		2		1		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		2		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	0.540		0		1		0.049	0.097	
4:0	g									
6:0	g									
8:0	g									

NDB No. 19053
Snacks, rice cakes, brown rice, sesame seed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		1		1		0.000	0.000	
13:0 g									
14:0 g	0.010		1		1		0.001	0.002	
15:0 g									
16:0 g	0.430		1		1		0.039	0.077	
17:0 g									
18:0 g	0.080		1		1		0.007	0.014	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.100		0		1		0.099	0.198	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		1		1		0.001	0.002	
17:1 g									
18:1 undifferentiated g	1.090		1		1		0.098	0.196	
20:1 g	0.000		1		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.150		0		1		0.104	0.207	
18:2 undifferentiated g	1.110		1		1		0.100	0.200	
18:3 undifferentiated g	0.040		1		1		0.004	0.007	
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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.100		0		1		0.009	0.018	
Threonine g	0.279		0		1		0.025	0.050	
Isoleucine g	0.321		0		1		0.029	0.058	
Leucine g	0.625		0		1		0.056	0.113	
Lysine g	0.288		0		1		0.026	0.052	
Methionine g	0.174		0		1		0.016	0.031	
Cystine g	0.094		0		1		0.008	0.017	
Phenylalanine g	0.391		0		1		0.035	0.070	
Tyrosine g	0.286		0		1		0.026	0.051	
Valine g	0.444		0		1		0.040	0.080	
Arginine g	0.595		0		1		0.054	0.107	
Histidine g	0.193		0		1		0.017	0.035	
Alanine g	0.440		0		1		0.040	0.079	
Aspartic acid g	0.710		0		1		0.064	0.128	
Glutamic acid g	1.550		0		1		0.140	0.279	
Glycine g	0.380		0		1		0.034	0.068	
Proline g	0.355		0		1		0.032	0.064	
Serine g	0.394		0		1		0.035	0.071	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19053
Snacks, rice cakes, brown rice, sesame seed

Calories Factors: Protein 3.1 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19819
Snacks, rice cakes, brown rice, sesame seed, unsalted

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	5.90	0.318	7		1		0.53	1.06	
Energy	kcal	392		0	NC	4		35	71	
Energy	kJ	1640				4		148	295	
Protein (N x 5.9)	g	7.60	0.325	7		1		0.68	1.37	
Total lipid (fat)	g	3.80	0.241	7		1		0.34	0.68	
Ash	g	1.20	0.163	7		1		0.11	0.22	
Carbohydrate, by difference	g	81.50		0	NC	4		7.34	14.67	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	1.779	6		1		1	2	
Iron, Fe	mg	1.58	0.248	6		1		0.14	0.28	
Magnesium, Mg	mg	136		2		1		12	24	
Phosphorus, P	mg	375		2		1		34	68	
Potassium, K	mg	290	13.163	6		1		26	52	
Sodium, Na	mg	4		0		1		0	1	
Zinc, Zn	mg	3.00		2		1		0.27	0.54	
Copper, Cu	mg	0.390		2		1		0.035	0.070	
Manganese, Mn	mg	4.299		1		4		0.387	0.774	
Selenium, Se	mcg	24.1		0	BFZN	4		2.2	4.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		1		4		0.3	0.5	
Thiamin	mg	0.048	0.011	5		1		0.004	0.009	
Riboflavin	mg	0.085	0.013	6		1		0.008	0.015	
Niacin	mg	7.205	0.632	4		1		0.648	1.297	
Pantothenic acid	mg	1.461		1		4		0.131	0.263	
Vitamin B-6	mg	0.155		2		1		0.014	0.028	
Folate, total	mcg	18		2		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	18		2		1		2	3	
Folate, DFE	mcg_DFE	18		0	NC	4		2	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		2		1		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		2		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	0.540		0		1		0.049	0.097	
4:0	g									
6:0	g									
8:0	g									

NDB No. 19819
Snacks, rice cakes, brown rice, sesame seed, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		1		1		0.000	0.000	
13:0 g									
14:0 g	0.010		1		1		0.001	0.002	
15:0 g									
16:0 g	0.430		1		1		0.039	0.077	
17:0 g									
18:0 g	0.080		1		1		0.007	0.014	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.100		0		1		0.099	0.198	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		1		1		0.001	0.002	
17:1 g									
18:1 undifferentiated g	1.090		1		1		0.098	0.196	
20:1 g	0.000		1		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.150		0		1		0.104	0.207	
18:2 undifferentiated g	1.110		1		1		0.100	0.200	
18:3 undifferentiated g	0.040		1		1		0.004	0.007	
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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.100		0		1		0.009	0.018	
Threonine g	0.279		0		1		0.025	0.050	
Isoleucine g	0.321		0		1		0.029	0.058	
Leucine g	0.625		0		1		0.056	0.113	
Lysine g	0.288		0		1		0.026	0.052	
Methionine g	0.174		0		1		0.016	0.031	
Cystine g	0.094		0		1		0.008	0.017	
Phenylalanine g	0.391		0		1		0.035	0.070	
Tyrosine g	0.286		0		1		0.026	0.051	
Valine g	0.444		0		1		0.040	0.080	
Arginine g	0.595		0		1		0.054	0.107	
Histidine g	0.193		0		1		0.017	0.035	
Alanine g	0.440		0		1		0.040	0.079	
Aspartic acid g	0.710		0		1		0.064	0.128	
Glutamic acid g	1.550		0		1		0.140	0.279	
Glycine g	0.380		0		1		0.034	0.068	
Proline g	0.355		0		1		0.032	0.064	
Serine g	0.394		0		1		0.035	0.071	
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 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19819

Snacks, rice cakes, brown rice, sesame seed, unsalted

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 4.1

Food Group: 25 Snacks

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

NDB No. 19418
Snacks, sesame sticks, wheat-based, salted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00		1		1		0.57	1.14	
Energy....kcal	541		0	NC	4		153	308	
Energy....kJ	2264		0		4		642	1290	
Protein (N x 5.7)....g	10.90		1		1		3.09	6.21	
Total lipid (fat)....g	36.70		1		1		10.40	20.92	
Ash....g	3.90		1		4		1.11	2.22	
Carbohydrate, by difference....g	46.50		0	NC	4		13.18	26.51	
Fiber, total dietary....g	2.8		0		4		0.8	1.6	
Sugars, total....g	0.19		0	FLA	4		0.05	0.11	
Starch....g									
Minerals:									
Calcium, Ca....mg	170		1		1		48	97	
Iron, Fe....mg	0.74		1		1		0.21	0.42	
Magnesium, Mg....mg	45		1		4		13	26	
Phosphorus, P....mg	138		1		4		39	79	
Potassium, K....mg	177		1		4		50	101	
Sodium, Na....mg	1488		1		1		422	848	
Zinc, Zn....mg	1.17		1		4		0.33	0.67	
Copper, Cu....mg	0.406		1		4		0.115	0.231	
Manganese, Mn....mg	0.904		1		4		0.256	0.515	
Selenium, Se....mcg	17.1		0	FLM	4		4.8	9.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.123		1		1		0.035	0.070	
Riboflavin....mg	0.063		1		1		0.018	0.036	
Niacin....mg	1.552		1		1		0.440	0.885	
Pantothenic acid....mg	0.234		1		4		0.066	0.133	
Vitamin B-6....mg	0.086		1		4		0.024	0.049	
Folate, total....mcg	22		1		4		6	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	22		1		4		6	13	
Folate, DFE....mcg_DFE	22		0	NC	4		6	13	
Choline, total....mg	17.0		0	FLM	4		4.8	9.7	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	3		0	FLA	4		1	2	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	5		0	NC	4		1	3	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	19		0	FLA	4		5	11	
Vitamin E (alpha-tocopherol)....mg	3.85		0	FLA	4		1.09	2.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0			Z	7		0	0	
Vitamin K (phylloquinone)....mcg	8.0		0	FLA	4		2.3	4.6	
Lipids:									
Fatty acids, total saturated....g	6.480		0		1		1.837	3.694	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19418
Snacks, sesame sticks, wheat-based, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0		1		0.000	0.000	
8:0 ....g	0.000		1		1		0.000	0.000	
10:0 ....g	0.010		1		1		0.003	0.006	
12:0 ....g	0.010		1		1		0.003	0.006	
13:0 ....g									
14:0 ....g	0.110		1		1		0.031	0.063	
15:0 ....g									
16:0 ....g	5.000		1		1		1.418	2.850	
17:0 ....g									
18:0 ....g	1.350		1		1		0.383	0.770	
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	10.910		0		1		3.093	6.219	
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.070		1		1		0.020	0.040	
17:1 ....g									
18:1 undifferentiated ....g	10.830		1		1		3.070	6.173	
20:1 ....g	0.000		1		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	17.420		0		1		4.939	9.929	
18:2 undifferentiated ....g	16.440		1		1		4.661	9.371	
18:3 undifferentiated ....g	0.970		1		1		0.275	0.553	
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		1		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		4		0	0	
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.144		0		1		0.041	0.082	
Threonine ....g	0.330		0		1		0.094	0.188	
Isoleucine ....g	0.420		0		1		0.119	0.239	
Leucine ....g	0.767		0		1		0.217	0.437	
Lysine ....g	0.359		0		1		0.102	0.205	
Methionine ....g	0.192		0		1		0.054	0.109	
Cystine ....g	0.201		0		1		0.057	0.115	
Phenylalanine ....g	0.545		0		1		0.155	0.311	
Tyrosine ....g	0.353		0		1		0.100	0.201	
Valine ....g	0.468		0		1		0.133	0.267	
Arginine ....g	0.650		0		1		0.184	0.371	
Histidine ....g	0.259		0		1		0.073	0.148	
Alanine ....g	0.389		0		1		0.110	0.222	
Aspartic acid ....g	0.716		0		1		0.203	0.408	
Glutamic acid ....g	3.089		0		1		0.876	1.761	
Glycine ....g	0.436		0		1		0.124	0.249	
Proline ....g	0.994		0		1		0.282	0.567	
Serine ....g	0.545		0		1		0.155	0.311	
Hydroxyproline ....g									
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.

NDB No. 19418

Snacks, sesame sticks, wheat-based, salted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 25 Snacks

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

NDB No. 19820
Snacks, sesame sticks, wheat-based, unsalted

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		1		1		0.57	1.14	
Energy	kcal	541		0	NC	4		153	308	
Energy	kJ	2264				4		642	1290	
Protein (N x 5.7)	g	10.90		1		1		3.09	6.21	
Total lipid (fat)	g	36.70		1		1		10.40	20.92	
Ash	g	3.90		1		4		1.11	2.22	
Carbohydrate, by difference	g	46.50		0	NC	4		13.18	26.51	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	170		1		1		48	97	
Iron, Fe	mg	0.74		1		1		0.21	0.42	
Magnesium, Mg	mg	45		1		4		13	26	
Phosphorus, P	mg	138		1		4		39	79	
Potassium, K	mg	177		1		4		50	101	
Sodium, Na	mg	29		0		1		8	17	
Zinc, Zn	mg	1.17		1		4		0.33	0.67	
Copper, Cu	mg	0.406		1		4		0.115	0.231	
Manganese, Mn	mg	0.904		1		4		0.256	0.515	
Selenium, Se	mcg	17.1		0	BFZN	4		4.8	9.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.123		1		1		0.035	0.070	
Riboflavin	mg	0.063		1		1		0.018	0.036	
Niacin	mg	1.552		1		1		0.440	0.885	
Pantothenic acid	mg	0.234		1		4		0.066	0.133	
Vitamin B-6	mg	0.086		1		4		0.024	0.049	
Folate, total	mcg	22		1		4		6	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	22		1		4		6	13	
Folate, DFE	mcg_DFE	22		0	NC	4		6	13	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		1	3	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	88		1		1		25	50	
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	6.480		0		1		1.837	3.694	
4:0	g									
6:0	g									
8:0	g	0.000		1		1		0.000	0.000	

NDB No. 19820
Snacks, sesame sticks, wheat-based, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.010		1		1		0.003	0.006	
12:0 g	0.010		1		1		0.003	0.006	
13:0 g									
14:0 g	0.110		1		1		0.031	0.063	
15:0 g									
16:0 g	5.000		1		1		1.418	2.850	
17:0 g									
18:0 g	1.350		1		1		0.383	0.770	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.910		0		1		3.093	6.219	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		1		1		0.020	0.040	
17:1 g									
18:1 undifferentiated g	10.830		1		1		3.070	6.173	
20:1 g	0.000		1		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	17.420		0		1		4.939	9.929	
18:2 undifferentiated g	16.440		1		1		4.661	9.371	
18:3 undifferentiated g	0.970		1		1		0.275	0.553	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		1		1		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.144		0		1		0.041	0.082	
Threonine g	0.330		0		1		0.094	0.188	
Isoleucine g	0.420		0		1		0.119	0.239	
Leucine g	0.767		0		1		0.217	0.437	
Lysine g	0.359		0		1		0.102	0.205	
Methionine g	0.192		0		1		0.054	0.109	
Cystine g	0.201		0		1		0.057	0.115	
Phenylalanine g	0.545		0		1		0.155	0.311	
Tyrosine g	0.353		0		1		0.100	0.201	
Valine g	0.468		0		1		0.133	0.267	
Arginine g	0.650		0		1		0.184	0.371	
Histidine g	0.259		0		1		0.073	0.148	
Alanine g	0.389		0		1		0.110	0.222	
Aspartic acid g	0.716		0		1		0.203	0.408	
Glutamic acid g	3.089		0		1		0.876	1.761	
Glycine g	0.436		0		1		0.124	0.249	
Proline g	0.994		0		1		0.282	0.567	
Serine g	0.545		0		1		0.155	0.311	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 oz

NDB No. 19820
Snacks, sesame sticks, wheat-based, unsalted

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 25 Snacks

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

NDB No. 25025
Snacks, soy chips or crisps, salted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.50		1	FLC	4		2.41		
Energy	kcal	385		0	NC	4		109		
Energy	kJ	1610		0	NC	4		456		
Protein	g	26.50		2	FLC	4		7.51		
Total lipid (fat)	g	7.35		2	FLC	4		2.08		
Ash	g	4.50		1	FLC	4		1.28		
Carbohydrate, by difference	g	53.15		0	NC	4		15.07		
Fiber, total dietary	g	3.5		2	FLC	4		1.0		
Sugars, total	g	1.80		2	FLC	4		0.51		
Starch	g									
Minerals:										
Calcium, Ca	mg	171		2	FLC	4		48		
Iron, Fe	mg	5.20		2	FLC	4		1.47		
Magnesium, Mg	mg	170		0	FLC	4		48		
Phosphorus, P	mg	7		1	FLC	4		2		
Potassium, K	mg	7		1	FLC	4		2		
Sodium, Na	mg	842		2	FLC	4		239		
Zinc, Zn	mg	1.50		0	FLC	4		0.42		
Copper, Cu	mg	2.456		0	FLC	4		0.696		
Manganese, Mn	mg	2.039		0	FLC	4		0.578		
Selenium, Se	mcg	12.1		0	FLC	4		3.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	FLC	4		0.0		
Thiamin	mg	0.333		0	FLC	4		0.094		
Riboflavin	mg	0.349		0	FLC	4		0.099		
Niacin	mg	2.978		0	FLC	4		0.844		
Pantothenic acid	mg	1.395		0	FLC	4		0.395		
Vitamin B-6	mg	0.513		0	FLC	4		0.145		
Folate, total	mcg	240		0	FLC	4		68		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	240		0	FLC	4		68		
Folate, DFE	mcg_DFE	240		0	NC	4		68		
Choline, total	mg	110.9		0	FLC	4		31.4		
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	NR	4		0		
Retinol	mcg	0		0	FLC	4		0		
Carotene, beta	mcg	0		0	NR	4		0		
Carotene, alpha	mcg	0		0	NR	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	1.01		0	FLC	4		0.29		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma	mg	0.07		0	FLC	4		0.02		
Tocopherol, delta	mg	0.03		0	FLC	4		0.01		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	11.9		0	FLC	4		3.4		
Lipids:										
Fatty acids, total saturated	g	1.102		0	NC	4		0.312		
4:0	g	0.000		0	FLC	4		0.000		

NDB No. 25025
Snacks, soy chips or crisps, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	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	0.002		0	FLC	4		0.001		
13:0....g									
14:0....g	0.020		0	FLC	4		0.006		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.809		0	FLC	4		0.229		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.269		0	FLC	4		0.076		
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	1.661		0	NC	4		0.471		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.033		0	FLC	4		0.009		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	1.628		0	FLC	4		0.461		
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	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated....g	4.018		0	NC	4		1.139		
18:2 undifferentiated....g	3.621		0	FLC	4		1.026		
18:3 undifferentiated....g	0.398		0	FLC	4		0.113		
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	0.000		1	FLC	4		0.000		
Cholesterol....mg	0		2	FLC	4		0		
Phytosterols....mg	2		0	FLC	4		1		
Amino Acids:									
Tryptophan....g	0.376		0	FLC	4		0.107		
Threonine....g	1.125		0	FLC	4		0.319		
Isoleucine....g	1.262		0	FLC	4		0.358		
Leucine....g	2.140		0	FLC	4		0.607		
Lysine....g	1.681		0	FLC	4		0.477		
Methionine....g	0.384		0	FLC	4		0.109		
Cystine....g	0.427		0	FLC	4		0.121		
Phenylalanine....g	1.371		0	FLC	4		0.389		
Tyrosine....g	1.028		0	FLC	4		0.291		
Valine....g	1.337		0	FLC	4		0.379		
Arginine....g	2.069		0	FLC	4		0.587		
Histidine....g	0.704		0	FLC	4		0.199		
Alanine....g	1.263		0	FLC	4		0.358		
Aspartic acid....g	3.213		0	FLC	4		0.911		
Glutamic acid....g	5.057		0	FLC	4		1.434		
Glycine....g	1.214		0	FLC	4		0.344		
Proline....g	1.500		0	FLC	4		0.425		
Serine....g	1.503		0	FLC	4		0.426		
Hydroxyproline....g									
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

NDB No. 25025
Snacks, soy chips or crisps, salted

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

food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 25012
Snacks, sweet potato chips

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	4.00		0	O	4		1.13		
Energy	kcal	496		0	NC	4		141		
Energy	kJ	2074		0	NC	4		588		
Protein (N x 6.25)	g	3.50		1	NC	4		0.99		
Total lipid (fat)	g	24.70		1	NC	4		7.00		
Ash	g	2.97		0	FLC	4		0.84		
Carbohydrate, by difference	g	64.83		0	NC	4		18.38		
Fiber, total dietary	g	3.5		1	NC	4		1.0		
Sugars, total	g	7.00		0	LC	8		1.98		
Starch	g									
Minerals:										
Calcium, Ca	mg	71		1	NC	4		20		
Iron, Fe	mg	2.55		1	NC	4		0.72		
Magnesium, Mg	mg	65		0	FLC	4		18		
Phosphorus, P	mg	145		0	FLC	4		41		
Potassium, K	mg	925		0	FLC	4		262		
Sodium, Na	mg	35		1	NC	4		10		
Zinc, Zn	mg	0.53		0	FLC	4		0.15		
Copper, Cu	mg	0.412		0	FLC	4		0.117		
Manganese, Mn	mg	1.349		0	FLC	4		0.383		
Selenium, Se	mcg	2.1		0	FLC	4		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	NC	4		0.0		
Thiamin	mg	0.088		0	FLC	4		0.025		
Riboflavin	mg	0.161		0	FLC	4		0.046		
Niacin	mg	2.088		0	FLC	4		0.592		
Pantothenic acid	mg	1.551		0	FLC	4		0.440		
Vitamin B-6	mg	0.535		0	FLC	4		0.152		
Folate, total	mcg	37		0	FLC	4		10		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	37		0	FLC	4		10		
Folate, DFE	mcg_DFE	37		0	NC	4		10		
Choline, total	mg	36.6		0	FLA	4		10.4		
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	1184		0	NC	4		336		
Retinol	mcg	0		0	FLC	4		0		
Carotene, beta	mcg	14204		0	FLC	4		4027		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	23674		0	NC	4		6712		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	9.82		0	FLC	4		2.79		
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	24.5		0	FLC	4		7.0		
Lipids:										
Fatty acids, total saturated	g	2.207		0	NC	4		0.626		
4:0	g	0.000		0	FLC	4		0.000		

NDB No. 25012
Snacks, sweet potato chips

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.001		0	FLC	4		0.000		
15:0....g									
16:0....g	1.401		0	FLC	4		0.397		
17:0....g									
18:0....g	0.805		0	FLC	4		0.228		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.120		0	NC	4		2.586		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024		0	FLC	4		0.007		
17:1....g									
18:1 undifferentiated....g	8.843		0	FLC	4		2.507		
20:1....g	0.187		0	FLC	4		0.053		
22:1 undifferentiated....g	0.066		0	FLC	4		0.019		
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.238		0	NC	4		3.469		
18:2 undifferentiated....g	11.092		0	FLC	4		3.145		
18:3 undifferentiated....g	1.146		0	FLC	4		0.325		
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	NC	4		0		
Phytosterols....mg	12		0	FLC	4		3		
Amino Acids:									
Tryptophan....g	0.059		0	FLC	4		0.017		
Threonine....g	0.243		0	FLC	4		0.069		
Isoleucine....g	0.246		0	FLC	4		0.070		
Leucine....g	0.359		0	FLC	4		0.102		
Lysine....g	0.240		0	FLC	4		0.068		
Methionine....g	0.122		0	FLC	4		0.034		
Cystine....g	0.039		0	FLC	4		0.011		
Phenylalanine....g	0.294		0	FLC	4		0.083		
Tyrosine....g	0.202		0	FLC	4		0.057		
Valine....g	0.320		0	FLC	4		0.091		
Arginine....g	0.228		0	FLC	4		0.065		
Histidine....g	0.092		0	FLC	4		0.026		
Alanine....g	0.267		0	FLC	4		0.076		
Aspartic acid....g	0.839		0	FLC	4		0.238		
Glutamic acid....g	0.480		0	FLC	4		0.136		
Glycine....g	0.222		0	FLC	4		0.063		
Proline....g	0.216		0	FLC	4		0.061		
Serine....g	0.255		0	FLC	4		0.072		
Hydroxyproline....g									
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.

NDB No. 25012
Snacks, sweet potato chips

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 19524
Snacks, taro chips

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.00	0.694	3		1		0.57	0.46	
Energy....kcal	498		0	NC	4		141	115	
Energy....kJ	2084		0		4		591	479	
Protein (N x 6.25)....g	2.30	0.273	3		1		0.65	0.53	
Total lipid (fat)....g	24.90		2		1		7.06	5.73	
Ash....g	2.70	0.061	3		1		0.77	0.62	
Carbohydrate, by difference....g	68.10		0	NC	4		19.31	15.66	
Fiber, total dietary....g	7.2		0		4		2.0	1.7	
Sugars, total....g	3.82		0	FLA	4		1.08	0.88	
Starch....g									
Minerals:									
Calcium, Ca....mg	60		2		1		17	14	
Iron, Fe....mg	1.20		2		1		0.34	0.28	
Magnesium, Mg....mg	84		1		1		24	19	
Phosphorus, P....mg	131		1		1		37	30	
Potassium, K....mg	755		2		1		214	174	
Sodium, Na....mg	342		2		1		97	79	
Zinc, Zn....mg	0.38		1		4		0.11	0.09	
Copper, Cu....mg	0.280		1		4		0.079	0.064	
Manganese, Mn....mg	0.001		1		4		0.000	0.000	
Selenium, Se....mcg	1.8		0	FLM	4		0.5	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0		1		1		1.4	1.2	
Thiamin....mg	0.174	0.063	3		1		0.049	0.040	
Riboflavin....mg	0.029		1		1		0.008	0.007	
Niacin....mg	0.515		2		1		0.146	0.118	
Pantothenic acid....mg	0.668		1		4		0.189	0.154	
Vitamin B-6....mg	0.438		1		4		0.124	0.101	
Folate, total....mcg	20		1		4		6	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	20		1		4		6	5	
Folate, DFE....mcg_DFE	20		0	NC	4		6	5	
Choline, total....mg	44.3		0	FLA	4		12.6	10.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	7		0	NC	4		2	2	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	66		0	FLA	4		19	15	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	37		0	FLA	4		11	9	
Vitamin A, IU....IU	142		0	NC	4		40	33	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	11.34		0	FLA	4		3.21	2.61	
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			Z	7		0	0	
Vitamin K (phylloquinone)....mcg	18.0		0	FLA	4		5.1	4.1	
Lipids:									
Fatty acids, total saturated....g	6.430		0		1		1.823	1.479	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19524
Snacks, taro chips

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.200		1		1		0.057	0.046	
15:0....g									
16:0....g	5.650		1		1		1.602	1.300	
17:0....g									
18:0....g	0.570		1		1		0.162	0.131	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.430		0		1		1.256	1.019	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200		1		1		0.057	0.046	
17:1....g									
18:1 undifferentiated....g	4.230		1		1		1.199	0.973	
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	12.880		0		1		3.651	2.962	
18:2 undifferentiated....g	12.820		1		1		3.634	2.949	
18:3 undifferentiated....g	0.060		1		1		0.017	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		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.036		0		1		0.010	0.008	
Threonine....g	0.106		0		1		0.030	0.024	
Isoleucine....g	0.084		0		1		0.024	0.019	
Leucine....g	0.172		0		1		0.049	0.040	
Lysine....g	0.104		0		1		0.029	0.024	
Methionine....g	0.032		0		1		0.009	0.007	
Cystine....g	0.049		0		1		0.014	0.011	
Phenylalanine....g	0.126		0		1		0.036	0.029	
Tyrosine....g	0.085		0		1		0.024	0.020	
Valine....g	0.127		0		1		0.036	0.029	
Arginine....g	0.160		0		1		0.045	0.037	
Histidine....g	0.052		0		1		0.015	0.012	
Alanine....g	0.113		0		1		0.032	0.026	
Aspartic acid....g	0.296		0		1		0.084	0.068	
Glutamic acid....g	0.268		0		1		0.076	0.062	
Glycine....g	0.114		0		1		0.032	0.026	
Proline....g	0.092		0		1		0.026	0.021	
Serine....g	0.142		0		1		0.040	0.033	
Hydroxyproline....g									
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.

NDB No. 19524
Snacks, taro chips

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 10 chips

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 43566
Snacks, tortilla chips, light (baked with less oil)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.30		0		9		0.82	0.21	
Energy	kcal	465		0	NC	4		293	74	
Energy	kJ	1946		0	NC	4		1226	311	
Protein	g	8.70		0		9		5.48	1.39	
Total lipid (fat)	g	15.20		0		9		9.58	2.43	
Ash	g	1.85		0	NR	4		1.17	0.30	
Carbohydrate, by difference	g	73.40		0	NC	4		46.24	11.74	
Fiber, total dietary	g	5.7		0		9		3.6	0.9	
Sugars, total	g	0.53		0	FLA	4		0.33	0.08	
Starch	g									
Minerals:										
Calcium, Ca	mg	159		0		9		100	25	
Iron, Fe	mg	1.63		0		9		1.03	0.26	
Magnesium, Mg	mg	97		0		9		61	16	
Phosphorus, P	mg	318		0		9		200	51	
Potassium, K	mg	272		0		9		171	44	
Sodium, Na	mg	1003		0		9		632	160	
Zinc, Zn	mg	1.15		0		4		0.72	0.18	
Copper, Cu	mg	0.116		0		9		0.073	0.019	
Manganese, Mn	mg									
Selenium, Se	mcg	15.7		0	BFZN	4		9.9	2.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		9		0.1	0.0	
Thiamin	mg	0.220		0		9		0.139	0.035	
Riboflavin	mg	0.280		0		9		0.176	0.045	
Niacin	mg	0.420		0		9		0.265	0.067	
Pantothenic acid	mg									
Vitamin B-6	mg	0.180		0		4		0.113	0.029	
Folate, total	mcg	16		0		4		10	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	16		0		4		10	3	
Folate, DFE	mcg_DFE	16		0	NC	4		10	3	
Choline, total	mg	23.4		0	FLA	4		14.8	3.7	
Betaine	mg									
Vitamin B-12	mcg	0.06		0		4		0.04	0.01	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		3	1	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	37		0	FLA	4		23	6	
Carotene, alpha	mcg	24		0	FLA	4		15	4	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	81		0	NC	4		51	13	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	507		0	FLA	4		320	81	
Vitamin E (alpha-tocopherol)	mg	3.53		0	FLA	4		2.23	0.57	
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			Z	7		0	0	
Vitamin K (phylloquinone)	mcg	0.7		0	FLA	4		0.4	0.1	
Lipids:										
Fatty acids, total saturated	g	2.837		0		4		1.787	0.454	
4:0	g	0.034		0		4		0.021	0.005	

NDB No. 43566
Snacks, tortilla chips, light (baked with less oil)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.014		0		4		0.009	0.002	
8:0 ... g	0.007		0		4		0.004	0.001	
10:0 ... g	0.018		0		4		0.011	0.003	
12:0 ... g	0.023		0		4		0.014	0.004	
13:0 ... g									
14:0 ... g	0.094		0		4		0.059	0.015	
15:0 ... g									
16:0 ... g	1.648		0		4		1.038	0.264	
17:0 ... g									
18:0 ... g	0.373		0		4		0.235	0.060	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.341		0		4		3.995	1.015	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.028		0		4		0.018	0.004	
17:1 ... g									
18:1 undifferentiated ... g	6.149		0		4		3.874	0.984	
20:1 ... g	0.152		0		4		0.096	0.024	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.024		0		4		3.165	0.804	
18:2 undifferentiated ... g	4.977		0		4		3.136	0.796	
18:3 undifferentiated ... g	0.047		0		4		0.030	0.008	
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	3		0		9		2	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 = 63g: 1 cup, crushed

Measure 2 = 16g: 10 chips

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

Food Group: 25 Snacks

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

NDB No. 19444

Snacks, tortilla chips, low fat, made with olestra, nacho cheese

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	1.66		1	A	1		0.47		
Energy	kcal	318		0	NC	4		90		
Energy	kJ	1330		0	NC	4		377		
Protein	g	8.44		1	A	1		2.39		
Total lipid (fat)	g	3.53		1	A	1		1.00		
Ash	g	3.06		1	A	1		0.87		
Carbohydrate, by difference	g	65.22		0	NR	4		18.49		
Fiber, total dietary	g	6.4		1	A	1		1.8		
Sugars, total	g	2.82		1	A	1		0.80		
Sucrose	g	0.89		1	A	1		0.25		
Glucose (dextrose)	g	0.28		1	A	1		0.08		
Fructose	g	0.21		1	A	1		0.06		
Lactose	g	1.44		1	A	1		0.41		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		1	A	1		0.00		
Starch	g	56.00		1	A	1		15.88		
Minerals:										
Calcium, Ca	mg	128		1	A	1		36		
Iron, Fe	mg	4.80		1	A	1		1.36		
Magnesium, Mg	mg	99		0	PAE	4		28		
Phosphorus, P	mg	245		0	PAE	4		69		
Potassium, K	mg	396		0	PAE	4		112		
Sodium, Na	mg	602		1	A	1		171		
Zinc, Zn	mg	3.40		1	A	1		0.96		
Copper, Cu	mg	0.140		1	A	1		0.040		
Manganese, Mn	mg	0.570		1	A	1		0.162		
Selenium, Se	mcg	9.4		1	A	1		2.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.5		1	A	1		1.6		
Thiamin	mg	0.206		1	A	1		0.058		
Riboflavin	mg	0.130		1	A	1		0.037		
Niacin	mg	1.300		1	A	1		0.369		
Pantothenic acid	mg	0.208		1	A	1		0.059		
Vitamin B-6	mg	0.241		1	A	1		0.068		
Folate, total	mcg	53		1	A	1		15		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16		0	NR	4		5		
Folate, DFE	mcg_DFE	16		0	NC	4		5		
Choline, total	mg	20.4		0	AS	1		5.8		
Betaine	mg	0.3		1	A	1		0.1		
Vitamin B-12	mcg	0.27		0	PAE	4		0.08		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	9		0	NC	4		3		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	107		1	A	1		30		
Carotene, alpha	mcg	0		1	A	1		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	179		0	NC	4		51		
Lycopene	mcg	45		1	A	1		13		
Lutein + zeaxanthin	mcg	507		0	BFSN	4		144		
Vitamin E (alpha-tocopherol)	mg	3.53		0	FLA	4		1.00		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00		0	O	4		0.00		
Tocopherol, gamma	mg	0.00		0	O	4		0.00		
Tocopherol, delta	mg	0.00		0	O	4		0.00		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19444

Snacks, tortilla chips, low fat, made with olestra, nacho cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	191.9		1	A	1		54.4		
Lipids:									
Fatty acids, total saturated.....g	1.054		0	MA	12		0.299		
4:0.....g	0.004		0	MA	12		0.001		
6:0.....g	0.008		1	A	1		0.002		
8:0.....g	0.011		1	A	1		0.003		
10:0.....g	0.026		1	A	1		0.007		
12:0.....g	0.040		1	A	1		0.011		
13:0.....g									
14:0.....g	0.120		1	A	1		0.034		
15:0.....g									
16:0.....g	0.659		1	A	1		0.187		
17:0.....g	0.009		1	A	1		0.003		
18:0.....g	0.222		0	MA	12		0.063		
20:0.....g	0.012		1	A	1		0.003		
22:0.....g	0.158		1	A	1		0.045		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.379		0	MA	12		0.391		
14:1.....g	0.008		1	A	1		0.002		
15:1.....g									
16:1 undifferentiated.....g	0.017		1	A	1		0.005		
17:1.....g									
18:1 undifferentiated.....g	1.165		1	A	1		0.330		
20:1.....g	0.008		1	A	1		0.002		
22:1 undifferentiated.....g	0.003		0	MA	12		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.211		0	NC	4		0.343		
18:2 undifferentiated.....g	1.176		1	A	1		0.333		
18:3 undifferentiated.....g	0.035		1	A	1		0.010		
18:4.....g	0.000		0	MA	12		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MA	12		0.000		
20:5 n-3 (EPA).....g	0.000		0	MA	12		0.000		
22:5 n-3 (DPA).....g	0.000		0	MA	12		0.000		
22:6 n-3 (DHA).....g	0.000		0	MA	12		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	PAE	4		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	NR	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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 19833
Snacks, tortilla chips, low fat, unsalted

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		0	BFZN	4		0.48		
Energy	kcal	416		0	NC	4		118		
Energy	kJ	1739		0	NC	4		493		
Protein	g	11.00		0	BFZN	4		3.12		
Total lipid (fat)	g	5.70		0	BFZN	4		1.62		
Ash	g	1.00		0	NC	4		0.28		
Carbohydrate, by difference	g	80.10		0	BFZN	4		22.71		
Fiber, total dietary	g	5.3		0	LC	8		1.5		
Sugars, total	g	0.85		0	O	4		0.24		
Starch	g									
Minerals:										
Calcium, Ca	mg	159		0	BFZN	4		45		
Iron, Fe	mg	1.60		0	BFZN	4		0.45		
Magnesium, Mg	mg	97		0	BFZN	4		27		
Phosphorus, P	mg	318		0	BFZN	4		90		
Potassium, K	mg	272		0	BFZN	4		77		
Sodium, Na	mg	15		0	BFZY	4		4		
Zinc, Zn	mg	1.15		0	BFZN	4		0.33		
Copper, Cu	mg	0.110		0	BFZN	4		0.031		
Manganese, Mn	mg									
Selenium, Se	mcg	15.7		0	BFZN	4		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	BFZN	4		0.1		
Thiamin	mg	0.220		0	BFZN	4		0.062		
Riboflavin	mg	0.280		0	BFZN	4		0.079		
Niacin	mg	0.420		0	BFZN	4		0.119		
Pantothenic acid	mg									
Vitamin B-6	mg	0.180		0	BFZN	4		0.051		
Folate, total	mcg	16		0	BFZN	4		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16		0	BFZN	4		5		
Folate, DFE	mcg_DFE	16		0	NC	4		5		
Choline, total	mg	23.4		0	FLA	4		6.6		
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	4		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	37		0	O	4		10		
Carotene, alpha	mcg	24		0	O	4		7		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	82		0	NC	4		23		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	507		0	O	4		144		
Vitamin E (alpha-tocopherol)	mg	3.53		0	O	4		1.00		
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			Z	7		0		
Vitamin K (phylloquinone)	mcg	20.9		0	O	4		5.9		
Lipids:										
Fatty acids, total saturated	g	0.850		0	BFFN	4		0.241		
4:0	g	0.000		0	BFFN	4		0.000		

NDB No. 19833
Snacks, tortilla chips, low fat, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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									
14:0 ... g	0.000		0	BFFN	4		0.000		
15:0 ... g									
16:0 ... g	0.684		0	BFFN	4		0.194		
17:0 ... g									
18:0 ... g	0.090		0	BFFN	4		0.026		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.660		0	BFFN	4		0.471		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.005		0	BFFN	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	1.500		0	BFFN	4		0.425		
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	2.870		0	BFFN	4		0.814		
18:2 undifferentiated ... g	2.524		0	BFFN	4		0.716		
18:3 undifferentiated ... g	0.078		0	BFFN	4		0.022		
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	0		0	Z	7		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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 19057

Snacks, tortilla chips, nacho cheese

Albertson's 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	1.50	0.139	13	A	1		0.43		
Energy....kcal	514		0	NC	4		146		
Energy....kJ	2151		0	NC	4		610		
Protein (N x 6.25)....g	8.15	0.041	13	A	1		2.31		
Total lipid (fat)....g	26.07	0.285	13	A	1		7.39		
Ash....g	2.54	0.050	13	A	1		0.72		
Carbohydrate, by difference....g	61.74		0	NC	4		17.50		
Fiber, total dietary....g	4.6		1	A	1		1.3		
Sugars, total....g	3.79		0	NR	4		1.07		
Sucrose....g	1.01		1	A	1		0.29		
Glucose (dextrose)....g	0.30		1	A	1		0.09		
Fructose....g	0.27		1	A	1		0.08		
Lactose....g	2.15		1	A	1		0.61		
Maltose....g									
Galactose....g	0.07		1	A	1		0.02		
Starch....g	53.20		1	A	1		15.08		
Minerals:									
Calcium, Ca....mg	148		1	A	1		42		
Iron, Fe....mg	1.09		1	A	1		0.31		
Magnesium, Mg....mg	76		1	A	1		21		
Phosphorus, P....mg	256		1	A	1		73		
Potassium, K....mg	238		1	A	1		67		
Sodium, Na....mg	615		1	A	1		174		
Zinc, Zn....mg	1.48		1	A	1		0.42		
Copper, Cu....mg	0.103		1	A	1		0.029		
Manganese, Mn....mg	0.348		1	A	1		0.099		
Selenium, Se....mcg	7.7		1	A	1		2.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.049		1	A	1		0.014		
Riboflavin....mg	0.040		1	A	1		0.011		
Niacin....mg	1.300		1	A	1		0.369		
Pantothenic acid....mg	0.700		1	A	1		0.198		
Vitamin B-6....mg	0.200		1	A	1		0.057		
Folate, total....mcg									
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg	22.5		0	AS	1		6.4		
Betaine....mg	1.2		1	A	1		0.3		
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
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	1.3		1	A	1		0.4		

NDB No. 19057
Snacks, tortilla chips, nacho cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.936		0	NC	4		1.116		
4:0....g									
6:0....g									
8:0....g	0.000	0.000	13	A	1		0.000		
10:0....g	0.031	0.001	13	A	1		0.009		
12:0....g	0.036	0.001	13	A	1		0.010		
13:0....g									
14:0....g	0.129	0.003	13	A	1		0.037		
15:0....g	0.000	0.000	13	A	1		0.000		
16:0....g	2.988	0.024	13	A	1		0.847		
17:0....g	0.022	0.000	13	A	1		0.006		
18:0....g	0.597	0.007	13	A	1		0.169		
20:0....g	0.100	0.001	13	A	1		0.028		
22:0....g	0.033	0.000	13	A	1		0.009		
24:0....g									
Fatty acids, total monounsaturated....g	7.067		0	NC	4		2.004		
14:1....g	0.000	0.000	13	A	1		0.000		
15:1....g	0.000	0.000	13	A	1		0.000		
16:1 undifferentiated....g	0.042	0.001	13	A	1		0.012		
17:1....g	0.000	0.000	13	A	1		0.000		
18:1 undifferentiated....g	6.331	0.520	13	JA	6		1.795		
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.111	0.004	13	A	1		0.031		
18:1-11t (18:1t n-7)....g									
20:1....g	0.059	0.000	13	A	1		0.017		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	13.624		0	NC	4		3.862		
18:2 undifferentiated....g	12.265	1.017	13	JA	6		3.477		
18:2 n-6 c,c....g									
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.105	0.004	13	A	1		0.030		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.237	0.002	13	AS	1		0.067		
18:3 n-3 c,c,c (ALA)....g	0.237	0.002	13	A	1		0.067		
18:3 n-6 c,c,c....g	0.000	0.000	13	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	13	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	13	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	13	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.216		0	NC	4		0.061		
Fatty acids, total trans-monoenoic....g	0.111		0	NC	4		0.031		
Fatty acids, total trans-polyenoic....g	0.105		0	NC	4		0.030		
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0	NR	4		0.019		
Threonine....g	0.282		0	NR	4		0.080		
Isoleucine....g	0.296		0	NR	4		0.084		

NDB No. 19057
Snacks, tortilla chips, nacho cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.881		0	NR	4		0.250		
Lysine....g	0.291		0	NR	4		0.082		
Methionine....g	0.163		0	NR	4		0.046		
Cystine....g	0.125		0	NR	4		0.035		
Phenylalanine....g	0.374		0	NR	4		0.106		
Tyrosine....g	0.318		0	NR	4		0.090		
Valine....g	0.402		0	NR	4		0.114		
Arginine....g	0.387		0	NR	4		0.110		
Histidine....g	0.238		0	NR	4		0.067		
Alanine....g	0.503		0	NR	4		0.143		
Aspartic acid....g	0.537		0	NR	4		0.152		
Glutamic acid....g	1.507		0	NR	4		0.427		
Glycine....g	0.286		0	NR	4		0.081		
Proline....g	0.676		0	NR	4		0.192		
Serine....g	0.370		0	NR	4		0.105		
Hydroxyproline....g	0.000		1	A	1		0.000		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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

NDB No. 19857

Snacks, tortilla chips, nacho-flavor, made with enriched masa flour

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		0	BFZN	4		0.48		
Energy	kcal	498		0	BFZN	4		141		
Energy	kJ	2084				4		591		
Protein	g	7.80		0	BFZN	4		2.21		
Total lipid (fat)	g	25.60		0	BFZN	4		7.26		
Ash	g	2.60		0	BFZN	4		0.74		
Carbohydrate, by difference	g	62.40		0	BFZN	4		17.69		
Fiber, total dietary	g	5.3		0	BFZN	4		1.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	147		0	BFZN	4		42		
Iron, Fe	mg	3.70		1	MA	12		1.05		
Magnesium, Mg	mg	82		0	BFZN	4		23		
Phosphorus, P	mg	244		0	BFZN	4		69		
Potassium, K	mg	216		0	BFZN	4		61		
Sodium, Na	mg	708		0	BFZN	4		201		
Zinc, Zn	mg	1.20		0	BFZN	4		0.34		
Copper, Cu	mg	0.177		0	BFZN	4		0.050		
Manganese, Mn	mg	0.408		0	BFZN	4		0.116		
Selenium, Se	mcg	13.0		0	BFZN	4		3.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0	BFZN	4		0.5		
Thiamin	mg	0.400		1	MA	12		0.113		
Riboflavin	mg	0.350		1	MA	12		0.099		
Niacin	mg	4.000		1	MA	12		1.134		
Pantothenic acid	mg	0.290		0	BFZN	4		0.082		
Vitamin B-6	mg	0.286		0	BFZN	4		0.081		
Folate, total	mcg	130		1	MA	12		37		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	130		1	MA	12		37		
Folate, DFE	mcg_DFE	130		0	NC	4		37		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.05		0	BFZN	4		0.01		
Vitamin A, RAE	mcg_RAE	24		0	NC	4		7		
Retinol	mcg	6		0	NC	4		2		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	371		0	BFZN	4		105		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.900		0	BFZN	4		1.389		
4:0	g	0.020		0	BFZN	4		0.006		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		

NDB No. 19857

Snacks, tortilla chips, nacho-flavor, made with enriched masa flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
12:0 ... g	0.050		0	BFZN	4		0.014		
13:0 ... g									
14:0 ... g	0.180		0	BFZN	4		0.051		
15:0 ... g									
16:0 ... g	3.170		0	BFZN	4		0.899		
17:0 ... g									
18:0 ... g	1.480		0	BFZN	4		0.420		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	15.090		0	BFZN	4		4.278		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.100		0	BFZN	4		0.028		
17:1 ... g									
18:1 undifferentiated ... g	15.000		0	BFZN	4		4.253		
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	3.540		0	BFZN	4		1.004		
18:2 undifferentiated ... g	3.400		0	BFZN	4		0.964		
18:3 undifferentiated ... g	0.140		0	BFZN	4		0.040		
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	3		0	BFZN	4		1		
Phytosterols ... mg	0		0	BFZN	4		0		
Amino Acids:									
Tryptophan ... g	0.066		0	BFZN	4		0.019		
Threonine ... g	0.282		0	BFZN	4		0.080		
Isoleucine ... g	0.296		0	BFZN	4		0.084		
Leucine ... g	0.881		0	BFZN	4		0.250		
Lysine ... g	0.291		0	BFZN	4		0.082		
Methionine ... g	0.163		0	BFZN	4		0.046		
Cystine ... g	0.125		0	BFZN	4		0.035		
Phenylalanine ... g	0.374		0	BFZN	4		0.106		
Tyrosine ... g	0.318		0	BFZN	4		0.090		
Valine ... g	0.402		0	BFZN	4		0.114		
Arginine ... g	0.387		0	BFZN	4		0.110		
Histidine ... g	0.238		0	BFZN	4		0.067		
Alanine ... g	0.503		0	BFZN	4		0.143		
Aspartic acid ... g	0.537		0	BFZN	4		0.152		
Glutamic acid ... g	1.507		0	BFZN	4		0.427		
Glycine ... g	0.286		0	BFZN	4		0.081		
Proline ... g	0.676		0	BFZN	4		0.192		
Serine ... g	0.370		0	BFZN	4		0.105		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 19857

Snacks, tortilla chips, nacho-flavor, made with enriched masa flour

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

Food Group: 25 Snacks

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

NDB No. 19424
Snacks, tortilla chips, nacho-flavor, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.30	0.109	15		1		0.37	2.21	
Energy....kcal	445		0	NC	4		126	757	
Energy....kJ	1862				4		528	3165	
Protein (N x 6.3)....g	8.70	0.233	15		1		2.47	14.79	
Total lipid (fat)....g	15.20	0.153	24		1		4.31	25.84	
Ash....g	3.20	0.041	15		1		0.91	5.44	
Carbohydrate, by difference....g	71.60		0	NC	4		20.30	121.72	
Fiber, total dietary....g	4.8		0		4		1.4	8.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	159	4.372	15		1		45	270	
Iron, Fe....mg	1.63	0.037	15		1		0.46	2.77	
Magnesium, Mg....mg	97	1.668	15		1		27	165	
Phosphorus, P....mg	318	2.774	15		1		90	541	
Potassium, K....mg	272	2.543	15		1		77	462	
Sodium, Na....mg	1003	16.229	24		1		284	1705	
Zinc, Zn....mg									
Copper, Cu....mg	0.143	0.020	12		1		0.041	0.243	
Manganese, Mn....mg	0.436	0.007	12		1		0.124	0.741	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2	0.058	12		1		0.1	0.3	
Thiamin....mg	0.222	0.003	15		1		0.063	0.377	
Riboflavin....mg	0.274	0.006	15		1		0.078	0.466	
Niacin....mg	0.415	0.107	15		1		0.118	0.706	
Pantothenic acid....mg									
Vitamin B-6....mg	0.231		1		4		0.065	0.393	
Folate, total....mcg	26		1		4		7	44	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	26		1		4		7	44	
Folate, DFE....mcg_DFE	26		0	NC	4		7	44	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	24		0	NC	4		7	41	
Retinol....mcg	6		0	NC	4		2	10	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	380	11.470	15		1		108	646	
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	2.910		0		1		0.825	4.947	
4:0....g	0.010		3		1		0.003	0.017	
6:0....g									
8:0....g									

NDB No. 19424
Snacks, tortilla chips, nacho-flavor, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.030		3		1		0.009	0.051	
13:0 g									
14:0 g	0.110		3		1		0.031	0.187	
15:0 g									
16:0 g	1.880		3		1		0.533	3.196	
17:0 g									
18:0 g	0.880		3		1		0.249	1.496	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.950		0		1		2.537	15.215	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		3		1		0.017	0.102	
17:1 g									
18:1 undifferentiated g	8.890		3		1		2.520	15.113	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.100		0		1		0.595	3.570	
18:2 undifferentiated g	2.020		3		1		0.573	3.434	
18:3 undifferentiated g	0.090		3		1		0.026	0.153	
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	3	0.084	15		1		1	5	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.069		0		1		0.020	0.117	
Threonine g	0.314		0		1		0.089	0.534	
Isoleucine g	0.331		0		1		0.094	0.563	
Leucine g	0.989		0		1		0.280	1.681	
Lysine g	0.316		0		1		0.090	0.537	
Methionine g	0.181		0		1		0.051	0.308	
Cystine g	0.139		0		1		0.039	0.236	
Phenylalanine g	0.417		0		1		0.118	0.709	
Tyrosine g	0.352		0		1		0.100	0.598	
Valine g	0.446		0		1		0.126	0.758	
Arginine g	0.429		0		1		0.122	0.729	
Histidine g	0.262		0		1		0.074	0.445	
Alanine g	0.569		0		1		0.161	0.967	
Aspartic acid g	0.596		0		1		0.169	1.013	
Glutamic acid g	1.669		0		1		0.473	2.837	
Glycine g	0.320		0		1		0.091	0.544	
Proline g	0.755		0		1		0.214	1.284	
Serine g	0.411		0		1		0.117	0.699	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 19424
Snacks, tortilla chips, nacho-flavor, reduced fat

Calories Factors: Protein 2.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 19056
Snacks, tortilla chips, plain, white corn

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	1.85	0.160	6	A	1				
Energy	kcal	489		0	NC	4				
Energy	kJ	2045		0	NC	4				
Protein (N x 6.2)	g	7.79	0.064	5	A	1				
Total lipid (fat)	g	23.36	0.775	5	A	1				
Ash	g	1.44	0.122	5	A	1				
Carbohydrate, by difference	g	65.56		0	NC	4				
Fiber, total dietary	g	5.3	0.501	5	A	1				
Sugars, total	g	1.00	0.021	5	A	1				
Sucrose	g	0.85	0.021	5	A	1				
Glucose (dextrose)	g	0.07	0.000	5	A	1				
Fructose	g	0.07	0.000	5	A	1				
Lactose	g	0.00	0.000	5	A	1				
Maltose	g	0.00	0.000	5	A	1				
Galactose	g	0.00	0.000	5	A	1				
Starch	g	6.75	0.194	5	A	1				
Minerals:										
Calcium, Ca	mg	174	4.903	5	A	1				
Iron, Fe	mg	2.32	0.112	5	A	1				
Magnesium, Mg	mg	146	3.686	5	A	1				
Phosphorus, P	mg	200	10.702	5	A	1				
Potassium, K	mg	215	4.823	5	A	1				
Sodium, Na	mg	421	18.336	5	A	1				
Zinc, Zn	mg	2.46	0.079	5	A	1				
Copper, Cu	mg	0.523	0.031	5	A	1				
Manganese, Mn	mg									
Selenium, Se	mcg	6.7	0.845	39	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1				
Thiamin	mg	0.015	0.007	4	A	1				
Riboflavin	mg	0.100	0.057	5	A	1				
Niacin	mg	1.262	1.255	3	A	1				
Pantothenic acid	mg	1.185	0.065	3	A	1				
Vitamin B-6	mg	0.213	0.007	3	A	1				
Folate, total	mcg	20	2.915	3	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	20		0	NR	4				
Folate, DFE	mcg_DFE	20		0	NC	4				
Choline, total	mg	19.4		0	AS	1				
Betaine	mg	0.4		1	A	1				
Vitamin B-12	mcg	0.36		1	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	1		0	O	4				
Carotene, alpha	mcg	0		0	O	4				
Cryptoxanthin, beta	mcg	1		0	O	4				
Vitamin A, IU	IU	3		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	4		0	O	4				
Vitamin E (alpha-tocopherol)	mg	4.29		0	O	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									

NDB No. 19056
Snacks, tortilla chips, plain, white corn

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....mcg	20.9		2	A	1				
Lipids:									
Fatty acids, total saturated.....g	2.810		0	NC	4				
4:0.....g	0.000		0	FLA	4				
6:0.....g	0.000	0.000	6	A	1				
8:0.....g	0.008	0.001	6	A	1				
10:0.....g	0.002	0.001	6	A	1				
12:0.....g	0.000	0.000	6	A	1				
13:0.....g									
14:0.....g	0.010	0.001	6	A	1				
15:0.....g	0.003	0.000	6	A	1				
16:0.....g	2.173	0.033	6	A	1				
17:0.....g	0.015	0.000	6	A	1				
18:0.....g	0.468	0.030	6	A	1				
20:0.....g	0.070	0.002	6	A	1				
22:0.....g	0.033	0.003	6	A	1				
24:0.....g	0.029	0.001	6	A	1				
Fatty acids, total monounsaturated.....g	6.789		0	FLA	4				
14:1.....g	0.000		0	FLA	4				
15:1.....g	0.000		0	FLA	4				
16:1 undifferentiated.....g	0.019	0.000	6	AS	1				
16:1 c.....g	0.019	0.000	6	A	1				
16:1 t.....g	0.000	0.000	6	A	1				
17:1.....g	0.000	0.000	6	A	1				
18:1 undifferentiated.....g	5.107	0.124	6	AS	1				
18:1 c.....g	5.096	0.124	6	A	1				
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.011	0.001	6	A	1				
18:1-11t (18:1t n-7).....g									
20:1.....g	0.063	0.001	6	A	1				
22:1 undifferentiated.....g	0.004	0.000	6	AS	1				
22:1 c.....g	0.003	0.000	6	A	1				
22:1 t.....g	0.001	0.000	6	A	1				
24:1 c.....g	0.009	0.000	6	A	1				
Fatty acids, total polyunsaturated.....g	11.248		0	NC	4				
18:2 undifferentiated.....g	10.965	0.152	6	AS	1				
18:2 n-6 c,c.....g	10.890	0.153	6	A	1				
18:2 CLAs.....g	0.016	0.002	6	A	1				
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.059	0.005	6	A	1				
18:3 undifferentiated.....g	0.267	0.019	6	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.267	0.019	6	A	1				
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1				
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1				
20:2 n-6 c,c.....g	0.007	0.000	6	A	1				
20:3 undifferentiated.....g	0.000	0.000	6	AS	1				
20:3 n-3.....g	0.000	0.000	6	A	1				
20:3 n-6.....g	0.000	0.000	6	A	1				
20:4 undifferentiated.....g	0.004	0.000	6	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	6	A	1				
21:5.....g									
22:4.....g	0.003	0.000	6	A	1				
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1				
Fatty acids, total trans.....g	0.071		0	NC	4				

NDB No. 19056
Snacks, tortilla chips, plain, white corn

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
Fatty acids, total trans-monoenoic.....g	0.012		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.059		0	NC	4				
Cholesterol.....mg	0	0.073	4	A	1				
Phytosterols.....mg									
Stigmasterol.....mg	14	0.601	4	A	1				
Campesterol.....mg	24	0.856	4	A	1				
Beta-sitosterol.....mg	61	1.774	4	A	1				
Amino Acids:									
Tryptophan.....g	0.056		0	A	1				
Threonine.....g	0.370		0	A	1				
Isoleucine.....g	0.446		0	A	1				
Leucine.....g	1.256		0	A	1				
Lysine.....g	0.247		0	A	1				
Methionine.....g	0.163		0	A	1				
Cystine.....g	0.057		0	A	1				
Phenylalanine.....g	0.501		0	A	1				
Tyrosine.....g	0.508		0	A	1				
Valine.....g	0.408		0	A	1				
Arginine.....g	0.560		0	A	1				
Histidine.....g	0.239		0	A	1				
Alanine.....g	0.695		0	A	1				
Aspartic acid.....g	0.472		0	A	1				
Glutamic acid.....g	1.782		0	A	1				
Glycine.....g	0.344		0	A	1				
Proline.....g	0.927		0	A	1				
Serine.....g	0.449		0	A	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein 2.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 25 Snacks

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

NDB No. 25028
Snacks, tortilla chips, plain, yellow corn

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.30	0.301	7	A	1				
Energy	kcal	492		0	NC	4				
Energy	kJ	2059		0	NC	4				
Protein	g	7.18	0.067	7	A	1				
Total lipid (fat)	g	21.57	0.677	7	A	1				
Ash	g	1.65	0.057	7	A	1				
Carbohydrate, by difference	g	67.31		0	NC	4				
Fiber, total dietary	g	4.7	0.121	7	A	1				
Sugars, total	g	0.97	0.045	7	A	1				
Sucrose	g	0.97	0.045	7	A	1				
Glucose (dextrose)	g	0.00	0.000	7	A	1				
Fructose	g	0.00	0.000	7	A	1				
Lactose	g	0.00	0.000	7	A	1				
Maltose	g	0.00	0.000	7	A	1				
Galactose	g	0.00	0.000	7	A	1				
Starch	g	60.23	0.625	7	A	1				
Minerals:										
Calcium, Ca	mg	94	6.810	7	A	1				
Iron, Fe	mg	1.60	0.152	7	A	1				
Magnesium, Mg	mg	87	2.276	7	A	1				
Phosphorus, P	mg	236	4.951	7	A	1				
Potassium, K	mg	220	7.106	7	A	1				
Sodium, Na	mg	281	23.360	7	A	1				
Zinc, Zn	mg	1.59	0.077	7	A	1				
Copper, Cu	mg	0.112	0.005	7	A	1				
Manganese, Mn	mg	0.403	0.010	7	A	1				
Selenium, Se	mcg	8.4	0.989	7	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4				
Thiamin	mg	0.157	0.022	7	A	1				
Riboflavin	mg	0.041	0.011	7	A	1				
Niacin	mg	1.730	0.206	7	A	1				
Pantothenic acid	mg	0.411	0.012	7	A	1				
Vitamin B-6	mg	0.227	0.013	7	A	1				
Folate, total	mcg	22		0	FLA	4				
Folic acid	mcg	0		0	FLA	4				
Folate, food	mcg	22		0	FLA	4				
Folate, DFE	mcg_DFE	22		0	NC	4				
Choline, total	mg	19.1		0	FLA	4				
Betaine	mg	0.0		0	FLA	4				
Vitamin B-12	mcg	0.00		0	FLA	4				
Vitamin B-12, added	mcg	0.00		0	FLA	4				
Vitamin A, RAE	mcg_RAE	9		0	NC	4				
Retinol	mcg	0		0	FLA	4				
Carotene, beta	mcg	86		0	FLA	4				
Carotene, alpha	mcg	56		0	FLA	4				
Cryptoxanthin, beta	mcg	0		0	FLA	4				
Vitamin A, IU	IU	189		0	FLA	4				
Lycopene	mcg	0		0	FLA	4				
Lutein + zeaxanthin	mcg	1198		0	FLA	4				
Vitamin E (alpha-tocopherol)	mg	2.97		0	FLA	4				
Vitamin E, added	mg	0.00		0	FLA	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	FLA	4				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 25028
Snacks, tortilla chips, plain, yellow corn

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....mcg	0.6		0	FLA	4				
Lipids:									
Fatty acids, total saturated.....g	2.462		0	NC	4				
4:0.....g	0.007	0.002	7	A	1				
6:0.....g	0.000	0.000	7	A	1				
8:0.....g	0.006	0.001	7	A	1				
10:0.....g	0.001	0.000	7	A	1				
12:0.....g	0.005	0.003	7	A	1				
13:0.....g									
14:0.....g	0.028	0.011	7	A	1				
15:0.....g	0.005	0.000	7	A	1				
16:0.....g	1.816	0.373	7	A	1				
17:0.....g	0.012	0.001	7	A	1				
18:0.....g	0.583	0.046	7	A	1				
20:0.....g	0.000	0.000	7	A	1				
22:0.....g	0.000	0.000	7	A	1				
24:0.....g	0.000	0.000	7	A	1				
Fatty acids, total monounsaturated.....g	10.300		0	NC	4				
14:1.....g	0.000	0.000	7	A	1				
15:1.....g	0.000	0.000	7	A	1				
16:1 undifferentiated.....g	0.029	0.006	7	AS	1				
16:1 c.....g	0.029	0.006	7	A	1				
16:1 t.....g	0.000	0.000	7	A	1				
17:1.....g	0.000	0.000	7	A	1				
18:1 undifferentiated.....g	10.149	0.759	7	AS	1				
18:1 c.....g	10.128	0.759	7	A	1				
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.021	0.004	7	A	1				
18:1-11t (18:1t n-7).....g									
20:1.....g	0.115	0.026	7	A	1				
22:1 undifferentiated.....g	0.000	0.000	7	AS	1				
22:1 c.....g	0.000	0.000	7	A	1				
22:1 t.....g	0.000	0.000	7	A	1				
24:1 c.....g	0.007	0.002	7	A	1				
Fatty acids, total polyunsaturated.....g	7.090		0	NC	4				
18:2 undifferentiated.....g	6.582	0.433	7	AS	1				
18:2 n-6 c,c.....g	6.521	0.430	7	A	1				
18:2 CLAs.....g	0.014	0.002	7	A	1				
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.048	0.009	7	A	1				
18:3 undifferentiated.....g	0.478	0.176	7	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.478	0.176	7	A	1				
18:3 n-6 c,c,c.....g	0.000	0.000	7	A	1				
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1				
20:2 n-6 c,c.....g	0.009	0.001	7	A	1				
20:3 undifferentiated.....g	0.001	0.000	7	AS	1				
20:3 n-3.....g	0.000	0.000	7	A	1				
20:3 n-6.....g	0.001	0.000	7	A	1				
20:4 undifferentiated.....g	0.003	0.000	7	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.013	0.002	7	A	1				
21:5.....g									
22:4.....g	0.002	0.000	7	A	1				
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	7	A	1				
Fatty acids, total trans.....g	0.069		0	NC	4				

NDB No. 25028
Snacks, tortilla chips, plain, yellow corn

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.021		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.048		0	NC	4				
Cholesterol.....mg	0		0	FLA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	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: 25 Snacks

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

NDB No. 19058
Snacks, tortilla chips, ranch-flavor

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.14		1	A	1		0.89	6.22	
Energy	kcal	501		0	NC	4		142	993	
Energy	kJ	2098		0	NC	4		595	4154	
Protein (N x 6.25)	g	7.19		1	A	1		2.04	14.23	
Total lipid (fat)	g	24.63		1	A	1		6.98	48.77	
Ash	g	2.30		1	A	1		0.65	4.55	
Carbohydrate, by difference	g	62.74		0	NC	4		17.79	124.23	
Fiber, total dietary	g	4.0		1	A	1		1.1	7.9	
Sugars, total	g	3.03		1	A	1		0.86	6.01	
Sucrose	g	1.07		1	A	1		0.30	2.12	
Glucose (dextrose)	g	0.44		1	A	1		0.12	0.87	
Fructose	g	0.34		1	A	1		0.10	0.67	
Lactose	g	1.11		1	A	1		0.31	2.20	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose	g	0.07		1	A	1		0.02	0.15	
Starch	g	54.80		1	A	1		15.54	108.50	
Minerals:										
Calcium, Ca	mg	134		1	A	1		38	265	
Iron, Fe	mg	1.38		1	A	1		0.39	2.73	
Magnesium, Mg	mg	87		1	A	1		25	171	
Phosphorus, P	mg	252		1	A	1		71	499	
Potassium, K	mg	259		1	A	1		73	513	
Sodium, Na	mg	519		1	A	1		147	1028	
Zinc, Zn	mg	1.43		1	A	1		0.41	2.83	
Copper, Cu	mg	0.101		1	A	1		0.029	0.200	
Manganese, Mn	mg	0.365		1	A	1		0.103	0.723	
Selenium, Se	mcg	7.3		1	A	1		2.1	14.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.048		1	A	1		0.014	0.096	
Riboflavin	mg	0.060		1	A	1		0.017	0.119	
Niacin	mg	1.300		1	A	1		0.369	2.574	
Pantothenic acid	mg	0.600		1	A	1		0.170	1.188	
Vitamin B-6	mg	0.200		1	A	1		0.057	0.396	
Folate, total	mcg									
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg	18.4		0	AS	1		5.2	36.5	
Betaine	mg	3.0		1	A	1		0.9	5.9	
Vitamin B-12	mcg									
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	1.4		1	A	1		0.4	2.8	

NDB No. 19058
Snacks, tortilla chips, ranch-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
Lipids:									
Fatty acids, total saturated....g	3.539		0	NC	4		1.003	7.007	
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.022		1	A	1		0.006	0.044	
12:0....g	0.022		1	A	1		0.006	0.044	
13:0....g									
14:0....g	0.022		1	A	1		0.006	0.044	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	2.769		1	A	1		0.785	5.483	
17:0....g	0.022		1	A	1		0.006	0.044	
18:0....g	0.548		1	A	1		0.155	1.085	
20:0....g	0.099		1	A	1		0.028	0.196	
22:0....g	0.034		1	A	1		0.010	0.067	
24:0....g									
Fatty acids, total monounsaturated....g	7.047		0	NC	4		1.998	13.953	
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	0.022		1	A	1		0.006	0.044	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	6.719		1	A	1		1.905	13.303	
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.247		1	A	1		0.070	0.489	
18:1-11t (18:1t n-7)....g									
20:1....g	0.059		1	A	1		0.017	0.117	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	13.528		0	NC	4		3.835	26.785	
18:2 undifferentiated....g	13.195		1	A	1		3.741	26.126	
18:2 n-6 c,c....g									
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.098		1	A	1		0.028	0.194	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.235		0	AS	1		0.067	0.465	
18:3 n-3 c,c,c (ALA)....g	0.235		1	A	1		0.067	0.465	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
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									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.345		0	NC	4		0.098	0.683	
Fatty acids, total trans-monoenoic....g	0.247		0	NC	4		0.070	0.489	
Fatty acids, total trans-polyenoic....g	0.098		0	NC	4		0.028	0.194	
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0	NR	4		0.016	0.115	
Threonine....g	0.285		0	NR	4		0.081	0.564	
Isoleucine....g	0.280		0	NR	4		0.079	0.554	

NDB No. 19058
Snacks, tortilla chips, ranch-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	0.871		0	NR	4		0.247	1.725	
Lysine....g	0.246		0	NR	4		0.070	0.487	
Methionine....g	0.154		0	NR	4		0.044	0.305	
Cystine....g	0.131		0	NR	4		0.037	0.259	
Phenylalanine....g	0.358		0	NR	4		0.101	0.709	
Tyrosine....g	0.297		0	NR	4		0.084	0.588	
Valine....g	0.380		0	NR	4		0.108	0.752	
Arginine....g	0.385		0	NR	4		0.109	0.762	
Histidine....g	0.223		0	NR	4		0.063	0.442	
Alanine....g	0.528		0	NR	4		0.150	1.045	
Aspartic acid....g	0.542		0	NR	4		0.154	1.073	
Glutamic acid....g	1.463		0	NR	4		0.415	2.897	
Glycine....g	0.295		0	NR	4		0.084	0.584	
Proline....g	0.633		0	NR	4		0.179	1.253	
Serine....g	0.351		0	NR	4		0.100	0.695	
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 = 28.35g: 1 oz

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

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

Food Group: 25 Snacks

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

NDB No. 19063
Snacks, tortilla chips, taco-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	1.60	0.112	13		1		0.45	3.63	
Energy....kcal	480		0	NC	4		136	1090	
Energy....kJ	2008				4		569	4559	
Protein (N x 6.2)....g	7.90	0.223	13		1		2.24	17.93	
Total lipid (fat)....g	24.20	0.362	13		1		6.86	54.93	
Ash....g	3.10	0.239	13		1		0.88	7.04	
Carbohydrate, by difference....g	63.10		0	NC	4		17.89	143.24	
Fiber, total dietary....g	5.3		0		4		1.5	12.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	155	6.066	13		1		44	352	
Iron, Fe....mg	2.02	0.095	13		1		0.57	4.59	
Magnesium, Mg....mg	88	2.127	13		1		25	200	
Phosphorus, P....mg	239	13.229	13		1		68	543	
Potassium, K....mg	217	10.119	13		1		62	493	
Sodium, Na....mg	787	51.292	16		1		223	1786	
Zinc, Zn....mg	1.27	0.105	13		1		0.36	2.88	
Copper, Cu....mg	0.186	0.037	13		1		0.053	0.422	
Manganese, Mn....mg	0.442	0.034	8		1		0.125	1.003	
Selenium, Se....mcg	6.7		0	BFZN	4		1.9	15.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1		4		0.3	2.0	
Thiamin....mg	0.242	0.015	13		1		0.069	0.549	
Riboflavin....mg	0.204	0.018	10		1		0.058	0.463	
Niacin....mg	1.999	0.100	13		1		0.567	4.538	
Pantothenic acid....mg	0.290		1		4		0.082	0.658	
Vitamin B-6....mg	0.297	0.009	3		1		0.084	0.674	
Folate, total....mcg	21		1		4		6	48	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		1		4		6	48	
Folate, DFE....mcg_DFE	21		0	NC	4		6	48	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	45		0	NC	4		13	103	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	905	119.446	8		1		257	2054	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.640		0		1		1.315	10.533	
4:0....g	0.020		3		1		0.006	0.045	
6:0....g									
8:0....g									

NDB No. 19063
Snacks, tortilla chips, taco-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									
12:0 g	0.050		3		1		0.014	0.114	
13:0 g									
14:0 g	0.170		3		1		0.048	0.386	
15:0 g									
16:0 g	3.000		3		1		0.851	6.810	
17:0 g									
18:0 g	1.410		3		1		0.400	3.201	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.290		0		1		4.051	32.438	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.090		3		1		0.026	0.204	
17:1 g									
18:1 undifferentiated g	14.200		3		1		4.026	32.234	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	3.360		0		1		0.953	7.627	
18:2 undifferentiated g	3.220		3		1		0.913	7.309	
18:3 undifferentiated g	0.140		3		1		0.040	0.318	
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	5		1		4		1	11	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.067		0		1		0.019	0.152	
Threonine g	0.292		0		1		0.083	0.663	
Isoleucine g	0.315		0		1		0.089	0.715	
Leucine g	0.890		0		1		0.252	2.020	
Lysine g	0.300		0		1		0.085	0.681	
Methionine g	0.163		0		1		0.046	0.370	
Cystine g	0.127		0		1		0.036	0.288	
Phenylalanine g	0.384		0		1		0.109	0.872	
Tyrosine g	0.318		0		1		0.090	0.722	
Valine g	0.412		0		1		0.117	0.935	
Arginine g	0.401		0		1		0.114	0.910	
Histidine g	0.240		0		1		0.068	0.545	
Alanine g	0.512		0		1		0.145	1.162	
Aspartic acid g	0.587		0		1		0.166	1.332	
Glutamic acid g	1.519		0		1		0.431	3.448	
Glycine g	0.300		0		1		0.085	0.681	
Proline g	0.679		0		1		0.192	1.541	
Serine g	0.383		0		1		0.109	0.869	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 19063
Snacks, tortilla chips, taco-flavor

Calories Factors: Protein 2.9 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 25 Snacks

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

NDB No. 43364
Snacks, tortilla chips, unsalted, white corn

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	2.09	0.167	5	A	1		0.54	0.59	0.38
Energy	kcal	503		0	NC	4		131	141	90
Energy	kJ	2103		0	NC	4		547	589	379
Protein	g	7.79	0.064	5	A	1		2.02	2.18	1.40
Total lipid (fat)	g	23.36		0	NR	4		6.07	6.54	4.20
Ash	g	1.44	0.122	5	A	1		0.37	0.40	0.26
Carbohydrate, by difference	g	65.32		0	NC	4		16.98	18.29	11.76
Fiber, total dietary	g	5.3	0.501	5	A	1		1.4	1.5	0.9
Sugars, total	g	1.00	0.021	5	A	1		0.26	0.28	0.18
Sucrose	g	0.85	0.021	5	A	1		0.22	0.24	0.15
Glucose (dextrose)	g	0.07	0.000	5	A	1		0.02	0.02	0.01
Fructose	g	0.07	0.000	5	A	1		0.02	0.02	0.01
Lactose	g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	5	A	1		0.00	0.00	0.00
Starch	g	6.75	0.194	5	A	1		1.76	1.89	1.22
Minerals:										
Calcium, Ca	mg	174	4.903	5	A	1		45	49	31
Iron, Fe	mg	2.32	0.112	5	A	1		0.60	0.65	0.42
Magnesium, Mg	mg	146	3.686	5	A	1		38	41	26
Phosphorus, P	mg	200	10.702	5	A	1		52	56	36
Potassium, K	mg	215	4.823	5	A	1		56	60	39
Sodium, Na	mg	15		0	NR	4		4	4	3
Zinc, Zn	mg	2.46	0.079	5	A	1		0.64	0.69	0.44
Copper, Cu	mg	0.523		0	NR	4		0.136	0.146	0.094
Manganese, Mn	mg									
Selenium, Se	mcg	6.7		0	BFZN	4		1.7	1.9	1.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin	mg	0.015	0.007	4	A	1		0.004	0.004	0.003
Riboflavin	mg	0.100	0.057	5	A	1		0.026	0.028	0.018
Niacin	mg	1.262	1.255	3	A	1		0.328	0.353	0.227
Pantothenic acid	mg	1.185	0.065	3	A	1		0.308	0.332	0.213
Vitamin B-6	mg	0.213	0.007	3	A	1		0.055	0.060	0.038
Folate, total	mcg	10		0	NR	4		3	3	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	10		0	NR	4		3	3	2
Folate, DFE	mcg_DFE	10		0	NC	4		3	3	2
Choline, total	mg	18.1		0	FLA	4		4.7	5.1	3.3
Betaine	mg									
Vitamin B-12	mcg	0.36		1	A	1		0.09	0.10	0.07
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	4		0	NC	4		1	1	1
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	37		0	O	4		10	10	7
Carotene, alpha	mcg	24		0	O	4		6	7	4
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	82		0	NC	4		21	23	15
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	507		0	O	4		132	142	91
Vitamin E (alpha-tocopherol)	mg	3.53		0	O	4		0.92	0.99	0.64
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. 43364
Snacks, tortilla chips, unsalted, white corn

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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			Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	0.7		0	NR	4		0.2	0.2	0.1
Lipids:									
Fatty acids, total saturated....g	2.458		0	NR	4		0.639	0.688	0.442
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	0.045		0	NR	4		0.012	0.013	0.008
13:0....g									
14:0....g	0.002		0	NR	4		0.001	0.001	0.000
15:0....g									
16:0....g	1.856		0	NR	4		0.483	0.520	0.334
17:0....g									
18:0....g	0.418		0	NR	4		0.109	0.117	0.075
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.520		0	NR	4		2.475	2.666	1.714
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.034		0	NR	4		0.009	0.010	0.006
17:1....g									
18:1 undifferentiated....g	9.242		0	NR	4		2.403	2.588	1.664
20:1....g	0.184		0	NR	4		0.048	0.052	0.033
22:1 undifferentiated....g	0.060		0	NR	4		0.016	0.017	0.011
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.956		0	NR	4		2.589	2.788	1.792
18:2 undifferentiated....g	8.860		0	NR	4		2.304	2.481	1.595
18:3 undifferentiated....g	1.096		0	NR	4		0.285	0.307	0.197
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	NR	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 = 26g: 1 cup

Measure 2 = 28g: 1 bag, single serving

Measure 3 = 18g: 10 chips

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

Food Group: 25 Snacks

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

NDB No. 19059
Snacks, trail mix, regular

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	9.20		1		1		13.80	2.61	3.86
Energy	kcal	462		0	NC	4		693	131	194
Energy	kJ	1933				4		2900	548	812
Protein (N x 5.4)	g	13.80		1		1		20.70	3.91	5.80
Total lipid (fat)	g	29.40		1		1		44.10	8.33	12.35
Ash	g	2.60		1		1		3.90	0.74	1.09
Carbohydrate, by difference	g	44.90		0	NC	4		67.35	12.73	18.86
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	78		1		1		117	22	33
Iron, Fe	mg	3.05		1		1		4.58	0.86	1.28
Magnesium, Mg	mg	158		1		1		237	45	66
Phosphorus, P	mg	345		1		1		518	98	145
Potassium, K	mg	685		1		1		1028	194	288
Sodium, Na	mg	229		1		1		344	65	96
Zinc, Zn	mg	3.22		1		1		4.83	0.91	1.35
Copper, Cu	mg	0.985		1		1		1.478	0.279	0.414
Manganese, Mn	mg	1.034		1		1		1.551	0.293	0.434
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		1		1		2.1	0.4	0.6
Thiamin	mg	0.462		1		1		0.693	0.131	0.194
Riboflavin	mg	0.198		1		1		0.297	0.056	0.083
Niacin	mg	4.712		1		1		7.068	1.336	1.979
Pantothenic acid	mg	0.895		1		1		1.343	0.254	0.376
Vitamin B-6	mg	0.298		1		1		0.447	0.084	0.125
Folate, total	mcg	71		1		1		107	20	30
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	71		1		1		107	20	30
Folate, DFE	mcg_DFE	71		0	NC	4		107	20	30
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	18		1		1		27	5	8
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	5.550		0		1		8.325	1.573	2.331
4:0	g									
6:0	g	0.010		1		1		0.015	0.003	0.004
8:0	g	0.200		1		1		0.300	0.057	0.084

NDB No. 19059
Snacks, trail mix, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.160		1		1		0.240	0.045	0.067
12:0 g	1.170		1		1		1.755	0.332	0.491
13:0 g									
14:0 g	0.480		1		1		0.720	0.136	0.202
15:0 g									
16:0 g	2.530		1		1		3.795	0.717	1.063
17:0 g									
18:0 g	1.000		1		1		1.500	0.284	0.420
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.530		0		1		18.795	3.552	5.263
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		1		1		0.105	0.020	0.029
17:1 g									
18:1 undifferentiated g	12.290		1		1		18.435	3.484	5.162
20:1 g	0.170		1		1		0.255	0.048	0.071
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	9.650		0		1		14.475	2.736	4.053
18:2 undifferentiated g	9.580		1		1		14.370	2.716	4.024
18:3 undifferentiated g	0.070		1		1		0.105	0.020	0.029
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		1		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.166		0		1		0.249	0.047	0.070
Threonine g	0.482		0		1		0.723	0.137	0.202
Isoleucine g	0.515		0		1		0.773	0.146	0.216
Leucine g	0.890		0		1		1.335	0.252	0.374
Lysine g	0.515		0		1		0.773	0.146	0.216
Methionine g	0.202		0		1		0.303	0.057	0.085
Cystine g	0.217		0		1		0.326	0.062	0.091
Phenylalanine g	0.658		0		1		0.987	0.187	0.276
Tyrosine g	0.457		0		1		0.686	0.130	0.192
Valine g	0.658		0		1		0.987	0.187	0.276
Arginine g	1.520		0		1		2.280	0.431	0.638
Histidine g	0.357		0		1		0.536	0.101	0.150
Alanine g	0.587		0		1		0.881	0.166	0.247
Aspartic acid g	1.523		0		1		2.285	0.432	0.640
Glutamic acid g	3.023		0		1		4.535	0.857	1.270
Glycine g	0.775		0		1		1.163	0.220	0.326
Proline g	0.625		0		1		0.938	0.177	0.263
Serine g	0.650		0		1		0.975	0.184	0.273
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 = 150g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 19059
Snacks, trail mix, regular

Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 25 Snacks

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

NDB No. 19821
Snacks, trail mix, regular, unsalted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.20		1		1		13.80	2.61	3.86
Energy....kcal	462		0	NC	4		693	131	194
Energy....kJ	1933				4		2900	548	812
Protein (N x 5.4)....g	13.80		1		1		20.70	3.91	5.80
Total lipid (fat)....g	29.40		1		1		44.10	8.33	12.35
Ash....g	2.60		1		1		3.90	0.74	1.09
Carbohydrate, by difference....g	44.90		0	NC	4		67.35	12.73	18.86
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	78		1		1		117	22	33
Iron, Fe....mg	3.05		1		1		4.58	0.86	1.28
Magnesium, Mg....mg	158		1		1		237	45	66
Phosphorus, P....mg	345		1		1		518	98	145
Potassium, K....mg	685		1		1		1028	194	288
Sodium, Na....mg	10		0		1		15	3	4
Zinc, Zn....mg	3.22		1		1		4.83	0.91	1.35
Copper, Cu....mg	0.985		1		1		1.478	0.279	0.414
Manganese, Mn....mg	1.034		1		1		1.551	0.293	0.434
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		1		1		2.1	0.4	0.6
Thiamin....mg	0.462		1		1		0.693	0.131	0.194
Riboflavin....mg	0.198		1		1		0.297	0.056	0.083
Niacin....mg	4.712		1		1		7.068	1.336	1.979
Pantothenic acid....mg	0.895		1		1		1.343	0.254	0.376
Vitamin B-6....mg	0.298		1		1		0.447	0.084	0.125
Folate, total....mcg	71		1		1		107	20	30
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	71		1		1		107	20	30
Folate, DFE....mcg_DFE	71		0	NC	4		107	20	30
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	1		0	NC	4		1	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	18		1		1		27	5	8
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	5.550		0		1		8.325	1.573	2.331
4:0....g									
6:0....g	0.010		1		1		0.015	0.003	0.004
8:0....g	0.200		1		1		0.300	0.057	0.084

NDB No. 19821
Snacks, trail mix, regular, unsalted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.160		1		1		0.240	0.045	0.067
12:0 g	1.170		1		1		1.755	0.332	0.491
13:0 g									
14:0 g	0.480		1		1		0.720	0.136	0.202
15:0 g									
16:0 g	2.530		1		1		3.795	0.717	1.063
17:0 g									
18:0 g	1.000		1		1		1.500	0.284	0.420
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.530		0		1		18.795	3.552	5.263
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		1		1		0.105	0.020	0.029
17:1 g									
18:1 undifferentiated g	12.290		1		1		18.435	3.484	5.162
20:1 g	0.170		1		1		0.255	0.048	0.071
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	9.650		0		1		14.475	2.736	4.053
18:2 undifferentiated g	9.580		1		1		14.370	2.716	4.024
18:3 undifferentiated g	0.070		1		1		0.105	0.020	0.029
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		1		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.166		0		1		0.249	0.047	0.070
Threonine g	0.482		0		1		0.723	0.137	0.202
Isoleucine g	0.515		0		1		0.773	0.146	0.216
Leucine g	0.890		0		1		1.335	0.252	0.374
Lysine g	0.515		0		1		0.773	0.146	0.216
Methionine g	0.202		0		1		0.303	0.057	0.085
Cystine g	0.217		0		1		0.326	0.062	0.091
Phenylalanine g	0.658		0		1		0.987	0.187	0.276
Tyrosine g	0.457		0		1		0.686	0.130	0.192
Valine g	0.658		0		1		0.987	0.187	0.276
Arginine g	1.520		0		1		2.280	0.431	0.638
Histidine g	0.357		0		1		0.536	0.101	0.150
Alanine g	0.587		0		1		0.881	0.166	0.247
Aspartic acid g	1.523		0		1		2.285	0.432	0.640
Glutamic acid g	3.023		0		1		4.535	0.857	1.270
Glycine g	0.775		0		1		1.163	0.220	0.326
Proline g	0.625		0		1		0.938	0.177	0.263
Serine g	0.650		0		1		0.975	0.184	0.273
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 = 150g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 19821
Snacks, trail mix, regular, unsalted

Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 25 Snacks

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

NDB No. 19062

Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds

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	6.60		1		1		9.64	1.87	2.77
Energy	kcal	484		0	NC	4		707	137	203
Energy	kJ	2025				4		2957	574	851
Protein (N x 5.5)	g	14.20		1		1		20.73	4.03	5.96
Total lipid (fat)	g	31.90		1		1		46.57	9.04	13.40
Ash	g	2.30		1		1		3.36	0.65	0.97
Carbohydrate, by difference	g	44.90		0	NC	4		65.55	12.73	18.86
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	109		1		1		159	31	46
Iron, Fe	mg	3.39		1		1		4.95	0.96	1.42
Magnesium, Mg	mg	161		1		1		235	46	68
Phosphorus, P	mg	387		1		1		565	110	163
Potassium, K	mg	648		1		1		946	184	272
Sodium, Na	mg	121		1		1		177	34	51
Zinc, Zn	mg	3.14		1		1		4.58	0.89	1.32
Copper, Cu	mg	0.844		1		1		1.232	0.239	0.354
Manganese, Mn	mg	1.062		1		1		1.551	0.301	0.446
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		1		1		1.9	0.4	0.5
Thiamin	mg	0.413		1		1		0.603	0.117	0.173
Riboflavin	mg	0.224		1		1		0.327	0.064	0.094
Niacin	mg	4.405		1		1		6.431	1.249	1.850
Pantothenic acid	mg	0.964		1		1		1.407	0.273	0.405
Vitamin B-6	mg	0.259		1		1		0.378	0.073	0.109
Folate, total	mcg	65		1		1		95	18	27
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	65		1		1		95	18	27
Folate, DFE	mcg_DFE	65		0	NC	4		95	18	27
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	2		0	NC	4		3	1	1
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	44		1		1		64	12	18
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	6.100		0		1		8.906	1.729	2.562
4:0	g									
6:0	g	0.010		1		1		0.015	0.003	0.004
8:0	g	0.210		1		1		0.307	0.060	0.088

NDB No. 19062

Snacks, trail mix, regular, with chocolate chips, salted nuts and 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
10:0 g	0.180		1		1		0.263	0.051	0.076
12:0 g	1.260		1		1		1.840	0.357	0.529
13:0 g									
14:0 g	0.540		1		1		0.788	0.153	0.227
15:0 g									
16:0 g	2.750		1		1		4.015	0.780	1.155
17:0 g									
18:0 g	1.150		1		1		1.679	0.326	0.483
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.540		0		1		19.768	3.839	5.687
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		1		1		0.102	0.020	0.029
17:1 g									
18:1 undifferentiated g	13.280		1		1		19.389	3.765	5.578
20:1 g	0.190		1		1		0.277	0.054	0.080
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	11.290		0		1		16.483	3.201	4.742
18:2 undifferentiated g	11.210		1		1		16.367	3.178	4.708
18:3 undifferentiated g	0.080		1		1		0.117	0.023	0.034
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	4		1		1		6	1	2
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.163		0		1		0.238	0.046	0.068
Threonine g	0.501		0		1		0.731	0.142	0.210
Isoleucine g	0.555		0		1		0.810	0.157	0.233
Leucine g	0.955		0		1		1.394	0.271	0.401
Lysine g	0.584		0		1		0.853	0.166	0.245
Methionine g	0.217		0		1		0.317	0.062	0.091
Cystine g	0.191		0		1		0.279	0.054	0.080
Phenylalanine g	0.687		0		1		1.003	0.195	0.289
Tyrosine g	0.506		0		1		0.739	0.143	0.213
Valine g	0.702		0		1		1.025	0.199	0.295
Arginine g	1.498		0		1		2.187	0.425	0.629
Histidine g	0.356		0		1		0.520	0.101	0.150
Alanine g	0.581		0		1		0.848	0.165	0.244
Aspartic acid g	1.531		0		1		2.235	0.434	0.643
Glutamic acid g	3.006		0		1		4.389	0.852	1.263
Glycine g	0.767		0		1		1.120	0.217	0.322
Proline g	0.689		0		1		1.006	0.195	0.289
Serine g	0.656		0		1		0.958	0.186	0.276
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 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 19062

Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds

Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 25 Snacks

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

NDB No. 19822

Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds

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	6.60		1		1		9.64	1.87	2.77
Energy	kcal	484		0	NC	4		707	137	203
Energy	kJ	2025				4		2957	574	851
Protein (N x 5.5)	g	14.20		1		1		20.73	4.03	5.96
Total lipid (fat)	g	31.90		1		1		46.57	9.04	13.40
Ash	g	2.30		1		1		3.36	0.65	0.97
Carbohydrate, by difference	g	44.90		0	NC	4		65.55	12.73	18.86
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	109		1		1		159	31	46
Iron, Fe	mg	3.39		1		1		4.95	0.96	1.42
Magnesium, Mg	mg	161		1		1		235	46	68
Phosphorus, P	mg	387		1		1		565	110	163
Potassium, K	mg	648		1		1		946	184	272
Sodium, Na	mg	27		0		1		39	8	11
Zinc, Zn	mg	3.14		1		1		4.58	0.89	1.32
Copper, Cu	mg	0.844		1		1		1.232	0.239	0.354
Manganese, Mn	mg	1.062		1		1		1.551	0.301	0.446
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		1		1		1.9	0.4	0.5
Thiamin	mg	0.413		1		1		0.603	0.117	0.173
Riboflavin	mg	0.224		1		1		0.327	0.064	0.094
Niacin	mg	4.405		1		1		6.431	1.249	1.850
Pantothenic acid	mg	0.964		1		1		1.407	0.273	0.405
Vitamin B-6	mg	0.259		1		1		0.378	0.073	0.109
Folate, total	mcg	65		1		1		95	18	27
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	65		1		1		95	18	27
Folate, DFE	mcg_DFE	65		0	NC	4		95	18	27
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	3		0	NC	4		4	1	1
Retinol	mcg	1		0	NC	4		1	0	0
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	44		1		1		64	12	18
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	6.100		0		1		8.906	1.729	2.562
4:0	g									
6:0	g	0.010		1		1		0.015	0.003	0.004
8:0	g	0.210		1		1		0.307	0.060	0.088

NDB No. 19822

Snacks, trail mix, regular, with chocolate chips, unsalted nuts and 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
10:0 g	0.180		1		1		0.263	0.051	0.076
12:0 g	1.260		1		1		1.840	0.357	0.529
13:0 g									
14:0 g	0.540		1		1		0.788	0.153	0.227
15:0 g									
16:0 g	2.750		1		1		4.015	0.780	1.155
17:0 g									
18:0 g	1.150		1		1		1.679	0.326	0.483
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.540		0		1		19.768	3.839	5.687
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		1		1		0.102	0.020	0.029
17:1 g									
18:1 undifferentiated g	13.280		1		1		19.389	3.765	5.578
20:1 g	0.190		1		1		0.277	0.054	0.080
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	11.290		0		1		16.483	3.201	4.742
18:2 undifferentiated g	11.210		1		1		16.367	3.178	4.708
18:3 undifferentiated g	0.080		1		1		0.117	0.023	0.034
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	4		1		1		6	1	2
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.163		0		1		0.238	0.046	0.068
Threonine g	0.501		0		1		0.731	0.142	0.210
Isoleucine g	0.555		0		1		0.810	0.157	0.233
Leucine g	0.955		0		1		1.394	0.271	0.401
Lysine g	0.584		0		1		0.853	0.166	0.245
Methionine g	0.217		0		1		0.317	0.062	0.091
Cystine g	0.191		0		1		0.279	0.054	0.080
Phenylalanine g	0.687		0		1		1.003	0.195	0.289
Tyrosine g	0.506		0		1		0.739	0.143	0.213
Valine g	0.702		0		1		1.025	0.199	0.295
Arginine g	1.498		0		1		2.187	0.425	0.629
Histidine g	0.356		0		1		0.520	0.101	0.150
Alanine g	0.581		0		1		0.848	0.165	0.244
Aspartic acid g	1.531		0		1		2.235	0.434	0.643
Glutamic acid g	3.006		0		1		4.389	0.852	1.263
Glycine g	0.767		0		1		1.120	0.217	0.322
Proline g	0.689		0		1		1.006	0.195	0.289
Serine g	0.656		0		1		0.958	0.186	0.276
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 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 19822

Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds

Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 25 Snacks

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

NDB No. 19061
Snacks, trail mix, tropical

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	9.00		0		1		12.60	2.55	3.78
Energy	kcal	407		0	NC	4		570	115	171
Energy	kJ	1703				4		2384	483	715
Protein (N x 0)	g	6.30		0		1		8.82	1.79	2.65
Total lipid (fat)	g	17.10		0		1		23.94	4.85	7.18
Ash	g	2.00		0		1		2.80	0.57	0.84
Carbohydrate, by difference	g	65.60		0	NC	4		91.84	18.60	27.55
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	57		0		1		80	16	24
Iron, Fe	mg	2.64		0		1		3.70	0.75	1.11
Magnesium, Mg	mg	96		0		1		134	27	40
Phosphorus, P	mg	186		0		1		260	53	78
Potassium, K	mg	709		0		1		993	201	298
Sodium, Na	mg	10		0		1		14	3	4
Zinc, Zn	mg	1.17		0		1		1.64	0.33	0.49
Copper, Cu	mg	0.528		0		1		0.739	0.150	0.222
Manganese, Mn	mg	0.966		0		1		1.352	0.274	0.406
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.6		0		1		10.6	2.2	3.2
Thiamin	mg	0.450		0		1		0.630	0.128	0.189
Riboflavin	mg	0.115		0		1		0.161	0.033	0.048
Niacin	mg	1.482		0		1		2.075	0.420	0.622
Pantothenic acid	mg	1.218		0		1		1.705	0.345	0.512
Vitamin B-6	mg	0.327		0		1		0.458	0.093	0.137
Folate, total	mcg	42		0		1		59	12	18
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	42		0		1		59	12	18
Folate, DFE	mcg_DFE	42		0	NC	4		59	12	18
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	2		0	NC	4		3	1	1
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	49		0		1		69	14	21
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.480		0		1		11.872	2.404	3.562
4:0	g									
6:0	g	0.050		0		1		0.070	0.014	0.021
8:0	g	0.640		0		1		0.896	0.181	0.269

NDB No. 19061
Snacks, trail mix, tropical

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.510		0		1		0.714	0.145	0.214
12:0 g	3.860		0		1		5.404	1.094	1.621
13:0 g									
14:0 g	1.490		0		1		2.086	0.422	0.626
15:0 g									
16:0 g	1.270		0		1		1.778	0.360	0.533
17:0 g									
18:0 g	0.640		0		1		0.896	0.181	0.269
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.490		0		1		3.486	0.706	1.046
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		0		1		0.014	0.003	0.004
17:1 g									
18:1 undifferentiated g	2.460		0		1		3.444	0.697	1.033
20:1 g	0.010		0		1		0.014	0.003	0.004
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	5.160		0		1		7.224	1.463	2.167
18:2 undifferentiated g	5.120		0		1		7.168	1.452	2.150
18:3 undifferentiated g	0.040		0		1		0.056	0.011	0.017
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	80		0		1		112	23	34
Amino Acids:									
Tryptophan g	0.075		0		1		0.105	0.021	0.032
Threonine g	0.223		0		1		0.312	0.063	0.094
Isoleucine g	0.222		0		1		0.311	0.063	0.093
Leucine g	0.360		0		1		0.504	0.102	0.151
Lysine g	0.224		0		1		0.314	0.064	0.094
Methionine g	0.146		0		1		0.204	0.041	0.061
Cystine g	0.115		0		1		0.161	0.033	0.048
Phenylalanine g	0.259		0		1		0.363	0.073	0.109
Tyrosine g	0.160		0		1		0.224	0.045	0.067
Valine g	0.296		0		1		0.414	0.084	0.124
Arginine g	0.586		0		1		0.820	0.166	0.246
Histidine g	0.211		0		1		0.295	0.060	0.089
Alanine g	0.289		0		1		0.405	0.082	0.121
Aspartic acid g	0.698		0		1		0.977	0.198	0.293
Glutamic acid g	1.403		0		1		1.964	0.398	0.589
Glycine g	0.267		0		1		0.374	0.076	0.112
Proline g	0.228		0		1		0.319	0.065	0.096
Serine g	0.209		0		1		0.293	0.059	0.088
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 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 19061
Snacks, trail mix, tropical

Measure 3 = 42g: 1.5 oz

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

Food Group: 25 Snacks

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

NDB No. 25030
Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.54		0	FLC	4				
Energy	kcal	517		0	NC	4				
Energy	kJ	2162		0	NC	4				
Protein	g	4.13		0	MC	9				
Total lipid (fat)	g	29.81		0	MC	9				
Ash	g	3.56		0	FLC	4				
Carbohydrate, by difference	g	57.97		0	NC	4				
Fiber, total dietary	g	10.9		0	LC	8				
Sugars, total	g	9.75		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	79		0	MC	9				
Iron, Fe	mg	1.64		0	MC	9				
Magnesium, Mg	mg	86		0	FLC	4				
Phosphorus, P	mg	198		0	FLC	4				
Potassium, K	mg	1266		0	FLC	4				
Sodium, Na	mg	246		0	FLC	4				
Zinc, Zn	mg	1.15		0	FLC	4				
Copper, Cu	mg	0.433		0	FLC	4				
Manganese, Mn	mg	1.205		0	FLC	4				
Selenium, Se	mcg	3.2		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.1		0	LC	8				
Thiamin	mg	0.227		0	FLC	4				
Riboflavin	mg	0.131		0	FLC	4				
Niacin	mg	1.768		0	FLC	4				
Pantothenic acid	mg	1.721		0	FLC	4				
Vitamin B-6	mg	0.530		0	FLC	4				
Folate, total	mcg	87		0	FLC	4				
Folic acid	mcg	0		0	FLC	4				
Folate, food	mcg	87		0	FLC	4				
Folate, DFE	mcg_DFE	87		0	NC	4				
Choline, total	mg	27.5		0	FLC	4				
Betaine	mg	0.0		0	FLC	4				
Vitamin B-12	mcg	0.00		0	FLC	4				
Vitamin B-12, added	mcg	0.00		0	FLC	4				
Vitamin A, RAE	mcg_RAE	97		0	NC	4				
Retinol	mcg	0		0	FLC	4				
Carotene, beta	mcg	1138		0	MC	9				
Carotene, alpha	mcg	1		0	MC	9				
Cryptoxanthin, beta	mcg	41		0	MC	9				
Vitamin A, IU	IU	1932		0	MC	9				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	0		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	8.16		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg	0.01		0	FLC	4				
Tocopherol, gamma	mg	6.60		0	FLC	4				
Tocopherol, delta	mg	0.24		0	FLC	4				
Vitamin D (D2 + D3)	mcg	0.0		0	NR	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	mcg	44.5		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	1.887		0	FLC	4				
4:0	g	0.000		0	FLC	4				

NDB No. 25030
Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	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	0.003		0	FLC	4				
15:0 g	0.000		0	FLC	4				
16:0 g	1.118		0	FLC	4				
17:0 g	0.000		0	FLC	4				
18:0 g	0.525		0	FLC	4				
20:0 g	0.157		0	FLC	4				
22:0 g	0.080		0	FLC	4				
24:0 g	0.000		0	FLC	4				
Fatty acids, total monounsaturated g	15.409		0	FLC	4				
14:1 g	0.000		0	FLC	4				
15:1 g	0.000		0	FLC	4				
16:1 undifferentiated g	0.055		0	FLC	4				
17:1 g	0.000		0	FLC	4				
18:1 undifferentiated g	15.029		0	FLC	4				
20:1 g	0.318		0	FLC	4				
22:1 undifferentiated g	0.000		0	FLC	4				
24:1 c g									
Fatty acids, total polyunsaturated g	6.930		0	FLC	4				
18:2 undifferentiated g	4.696		0	FLC	4				
18:3 undifferentiated g	2.231		0	FLC	4				
18:4 g	0.000		0	FLC	4				
20:2 n-6 c,c g	0.000		0	FLC	4				
20:3 undifferentiated g	0.000		0	FLC	4				
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	0.095		0	FLC	4				
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: 25 Snacks

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

NDB No. 25040
Snacks, vegetable chips, made from garden vegetables (1)

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	6.31		0	FLC	4				
Energy	kcal	473		0	NC	4				
Energy	kJ	1978		0	NC	4				
Protein (N x 6.26)	g	5.32		0	FLC	4				
Total lipid (fat)	g	23.30		0	FLC	4				
Ash	g	4.64		0	FLC	4				
Carbohydrate, by difference	g	60.43		0	FLC	4				
Fiber, total dietary	g	4.7		0	FLC	4				
Sugars, total	g	4.04		0	FLC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	52		0	FLC	4				
Iron, Fe	mg	1.55		0	FLC	4				
Magnesium, Mg	mg	53		0	FLC	4				
Phosphorus, P	mg	130		0	FLC	4				
Potassium, K	mg	838		0	FLC	4				
Sodium, Na	mg	966		0	FLC	4				
Zinc, Zn	mg	0.50		0	FLC	4				
Copper, Cu	mg	0.232		0	FLC	4				
Manganese, Mn	mg	0.275		0	FLC	4				
Selenium, Se	mcg	1.0		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.9		0	FLC	4				
Thiamin	mg	0.133		0	FLC	4				
Riboflavin	mg	0.059		0	FLC	4				
Niacin	mg	2.767		0	FLC	4				
Pantothenic acid	mg	0.474		0	FLC	4				
Vitamin B-6	mg	0.545		0	FLC	4				
Folate, total	mcg	16		0	FLC	4				
Folic acid	mcg	0		0	FLC	4				
Folate, food	mcg	16		0	FLC	4				
Folate, DFE	mcg_DFE	16		0	NC	4				
Choline, total	mg	31.5		0	FLC	4				
Betaine	mg	0.1		0	FLC	4				
Vitamin B-12	mcg	0.00		0	FLC	4				
Vitamin B-12, added	mcg	0.00		0	FLC	4				
Vitamin A, RAE	mcg_RAE	9		0	NC	4				
Retinol	mcg	0		0	FLC	4				
Carotene, beta	mcg	102		0	FLC	4				
Carotene, alpha	mcg	0		0	FLC	4				
Cryptoxanthin, beta	mcg	0		0	FLC	4				
Vitamin A, IU	IU	170		0	NC	4				
Lycopene	mcg	7248		0	FLC	4				
Lutein + zeaxanthin	mcg	0		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	4.84		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg	0.00		0	FLC	4				
Tocopherol, gamma	mg	6.37		0	FLC	4				
Tocopherol, delta	mg	0.23		0	FLC	4				
Vitamin D (D2 + D3)	mcg	0.0		0	FLC	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	mcg	17.5		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	1.762		0	FLC	4				
4:0	g	0.000		0	FLC	4				

NDB No. 25040
Snacks, vegetable chips, made from garden vegetables (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	FLC	4				
8:0....g	0.000		0	FLC	4				
10:0....g	0.001		0	FLC	4				
12:0....g	0.008		0	FLC	4				
13:0....g									
14:0....g	0.002		0	FLC	4				
15:0....g	0.000		0	FLC	4				
16:0....g	1.034		0	FLC	4				
17:0....g	0.000		0	FLC	4				
18:0....g	0.491		0	FLC	4				
20:0....g	0.150		0	FLC	4				
22:0....g	0.076		0	FLC	4				
24:0....g									
Fatty acids, total monounsaturated....g	14.566		0	FLC	4				
14:1....g	0.000		0	FLC	4				
15:1....g	0.000		0	FLC	4				
16:1 undifferentiated....g	0.051		0	FLC	4				
17:1....g	0.000		0	FLC	4				
18:1 undifferentiated....g	14.212		0	FLC	4				
20:1....g	0.303		0	FLC	4				
22:1 undifferentiated....g	0.000		0	FLC	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.602		0	FLC	4				
18:2 undifferentiated....g	4.475		0	FLC	4				
18:3 undifferentiated....g	2.127		0	FLC	4				
18:4....g	0.000		0	FLC	4				
20:2 n-6 c,c....g	0.000		0	FLC	4				
20:3 undifferentiated....g	0.000		0	FLC	4				
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	0.091		0	FLC	4				
Cholesterol....mg	0		0	FLC	4				
Phytosterols....mg	150		0	NR	4				
Stigmasterol....mg	1		0	FLC	4				
Campesterol....mg	55		0	FLC	4				
Beta-sitosterol....mg	95		0	FLC	4				
Amino Acids:									
Tryptophan....g	0.083		0	FLC	4				
Threonine....g	0.206		0	FLC	4				
Isoleucine....g	0.217		0	FLC	4				
Leucine....g	0.309		0	FLC	4				
Lysine....g	0.302		0	FLC	4				
Methionine....g	0.077		0	FLC	4				
Cystine....g	0.052		0	FLC	4				
Phenylalanine....g	0.230		0	FLC	4				
Tyrosine....g	0.162		0	FLC	4				
Valine....g	0.257		0	FLC	4				
Arginine....g	0.269		0	FLC	4				
Histidine....g	0.123		0	FLC	4				
Alanine....g	0.244		0	FLC	4				
Aspartic acid....g	0.903		0	FLC	4				
Glutamic acid....g	0.915		0	FLC	4				
Glycine....g	0.186		0	FLC	4				
Proline....g	0.195		0	FLC	4				
Serine....g	0.175		0	FLC	4				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4				
Caffeine....mg	0		0	FLC	4				
Theobromine....mg	0		0	FLC	4				

NDB No. 25040

Snacks, vegetable chips, made from garden vegetables (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

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

Common Measures:

Footnotes:

1 Made with potatoes, tomatoes, spinach and beets.

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

Food Group: 25 Snacks

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

NDB No. 25050
Snacks, yucca (cassava) chips, salted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80	0.658	4	A	1				
Energy	kcal	515		0	NC	4				
Energy	kJ	2157		0	NC	4				
Protein	g	1.34	0.232	4	A	1				
Total lipid (fat)	g	25.91	3.068	4	A	1				
Ash	g	2.70		0	NR	4				
Carbohydrate, by difference	g	69.23		0	NR	4				
Fiber, total dietary	g	3.7	0.357	4	A	1				
Sugars, total	g	3.36		0	A	1				
Starch	g	62.17	3.816	4	A	1				
Minerals:										
Calcium, Ca	mg	52	8.235	4	A	1				
Iron, Fe	mg	0.72	0.201	4	A	1				
Magnesium, Mg	mg	46	5.623	4	A	1				
Phosphorus, P	mg	99	16.385	4	A	1				
Potassium, K	mg	868	98.028	4	A	1				
Sodium, Na	mg	296	52.733	4	A	1				
Zinc, Zn	mg	0.85	0.064	4	A	1				
Copper, Cu	mg	0.115	0.020	4	A	1				
Manganese, Mn	mg	0.282	0.086	4	A	1				
Selenium, Se	mcg	4.9		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.050	0.010	4	A	1				
Riboflavin	mg	0.027	0.011	4	A	1				
Niacin	mg	1.197	0.215	4	A	1				
Pantothenic acid	mg	0.890		2	A	1				
Vitamin B-6	mg	0.130	0.020	4	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	2.78		1	A	1				
Tocopherol, beta	mg	0.07		1	A	1				
Tocopherol, gamma	mg	0.29		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	5.3		1	A	1				
Lipids:										
Fatty acids, total saturated	g	8.689		0	NC	4				
4:0	g	0.006	0.001	4	A	1				
6:0	g	0.001	0.001	4	A	1				
8:0	g	0.010	0.002	4	A	1				
10:0	g	0.037	0.002	4	A	1				
12:0	g	0.039	0.022	4	A	1				
13:0	g									
14:0	g	0.201	0.044	4	A	1				
15:0	g	0.009	0.002	4	A	1				
16:0	g	7.431	1.918	4	A	1				

NDB No. 25050
Snacks, yucca (cassava) chips, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 ... g	0.021	0.003	4	A	1				
18:0 ... g	0.812	0.203	4	A	1				
20:0 ... g	0.077	0.016	4	A	1				
22:0 ... g	0.023	0.002	4	A	1				
24:0 ... g	0.022	0.001	4	A	1				
Fatty acids, total monounsaturated ... g	7.443		0	NC	4				
14:1 ... g	0.002	0.000	4	A	1				
15:1 ... g	0.000	0.000	4	A	1				
16:1 undifferentiated ... g	0.071	0.014	4	AS	1				
16:1 c ... g	0.071	0.014	4	A	1				
16:1 t ... g	0.000	0.000	4	A	1				
17:1 ... g	0.000	0.000	4	A	1				
18:1 undifferentiated ... g	7.322	2.570	4	AS	1				
18:1 c ... g	7.253	2.591	4	A	1				
18:1-11c (18:1c n-7) ... g									
18:1 t ... g	0.069	0.035	4	A	1				
18:1-11t (18:1t n-7) ... g									
20:1 ... g	0.037	0.012	4	A	1				
22:1 undifferentiated ... g	0.000	0.000	4	AS	1				
22:1 c ... g	0.000	0.000	4	A	1				
22:1 t ... g	0.000	0.000	4	A	1				
24:1 c ... g	0.011	0.005	4	A	1				
Fatty acids, total polyunsaturated ... g	6.912		0	NC	4				
18:2 undifferentiated ... g	6.804	2.322	4	AS	1				
18:2 n-6 c,c ... g	6.709	2.329	4	A	1				
18:2 CLAs ... g	0.014	0.003	4	A	1				
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g									
18:2 i ... g									
18:2 t not further defined ... g	0.081	0.011	4	A	1				
18:3 undifferentiated ... g	0.058	0.003	4	AS	1				
18:3 n-3 c,c,c (ALA) ... g	0.058	0.003	4	A	1				
18:3 n-6 c,c,c ... g	0.000	0.000	4	A	1				
18:3i ... g									
18:4 ... g	0.000	0.000	4	A	1				
20:2 n-6 c,c ... g	0.006	0.003	4	A	1				
20:3 undifferentiated ... g	0.000	0.000	4	AS	1				
20:3 n-3 ... g	0.000	0.000	4	A	1				
20:3 n-6 ... g	0.000	0.000	4	A	1				
20:4 undifferentiated ... g	0.003	0.002	4	A	1				
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.033	0.024	4	A	1				
21:5 ... g									
22:4 ... g	0.003	0.000	4	A	1				
22:5 n-3 (DPA) ... g	0.000	0.000	4	A	1				
22:6 n-3 (DHA) ... g	0.000	0.000	4	A	1				
Fatty acids, total trans ... g	0.150		0	NC	4				
Fatty acids, total trans-monoenoic ... g	0.069		0	NC	4				
Fatty acids, total trans-polyenoic ... g	0.081		0	NC	4				
Cholesterol ... mg									
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:

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

NDB No. 25050
Snacks, yucca (cassava) chips, salted

Food Group: 25 Snacks

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

NDB No. 19433
Tortilla chips, low fat, baked without fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.70		0	MC	9		0.48		
Energy	kcal	415		0	NC	4		118		
Energy	kJ	1738		0	NC	4		493		
Protein	g	11.00		0	MC	9		3.12		
Total lipid (fat)	g	5.70		0	MC	9		1.62		
Ash	g	1.40		0		4		0.40		
Carbohydrate, by difference	g	80.00		0	MC	9		22.68		
Fiber, total dietary	g	5.3		0	MC	9		1.5		
Sugars, total	g	0.67		0	BFCN	4		0.19		
Starch	g									
Minerals:										
Calcium, Ca	mg	159		0	MC	9		45		
Iron, Fe	mg	1.60		0	MC	9		0.45		
Magnesium, Mg	mg	97		0	MC	9		27		
Phosphorus, P	mg	318		0	MC	9		90		
Potassium, K	mg	272		0	MC	9		77		
Sodium, Na	mg	419		0	MC	9		119		
Zinc, Zn	mg	1.15		0	MC	9		0.33		
Copper, Cu	mg	0.110		0	MC	9		0.031		
Manganese, Mn	mg									
Selenium, Se	mcg	15.7		0	FLM	4		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
Thiamin	mg	0.220		0	MC	9		0.062		
Riboflavin	mg	0.280		0	MC	9		0.079		
Niacin	mg	0.420		0	MC	9		0.119		
Pantothenic acid	mg									
Vitamin B-6	mg	0.180		0	MC	9		0.051		
Folate, total	mcg	16		0	MC	9		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16		0	MC	9		5		
Folate, DFE	mcg_DFE	16		0	NC	4		5		
Choline, total	mg	21.9		0	FLA	4		6.2		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	5		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	47		0	BFNN	4		13		
Carotene, alpha	mcg	30		0	BFNN	4		9		
Cryptoxanthin, beta	mcg	1		0	BFNN	4		0		
Vitamin A, IU	IU	104		0	NC	4		30		
Lycopene	mcg	0		0	BFNN	4		0		
Lutein + zeaxanthin	mcg	652		0	BFNN	4		185		
Vitamin E (alpha-tocopherol)	mg	0.77		0	BFFN	4		0.22		
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			Z	7		0		
Vitamin K (phylloquinone)	mcg	0.2		0	BFFN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.850		0	MC	9		0.241		
4:0	g	0.000		0	MC	9		0.000		

NDB No. 19433
Tortilla chips, low fat, baked without fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	MC	9		0.000		
8:0 g	0.000		0	MC	9		0.000		
10:0 g	0.000		0	MC	9		0.000		
12:0 g	0.000		0	MC	9		0.000		
13:0 g									
14:0 g	0.000		0	MC	9		0.000		
15:0 g									
16:0 g	0.684		0	MC	9		0.194		
17:0 g									
18:0 g	0.090		0	MC	9		0.026		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.660		0	MC	9		0.471		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.005		0	MC	9		0.001		
17:1 g									
18:1 undifferentiated g	1.500		0	MC	9		0.425		
20:1 g	0.000		0	MC	9		0.000		
22:1 undifferentiated g	0.000		0	MC	9		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.870		0	MC	9		0.814		
18:2 undifferentiated g	2.524		0	MC	9		0.716		
18:3 undifferentiated g	0.078		0	MC	9		0.022		
18:4 g	0.000		0	MC	9		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	MC	9		0.000		
20:5 n-3 (EPA) g	0.000		0	MC	9		0.000		
22:5 n-3 (DPA) g	0.000		0	MC	9		0.000		
22:6 n-3 (DHA) g	0.000		0	MC	9		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	0		0	BFFN	4		0		
Theobromine mg	0		0	BFFN	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 = 28.35g: 1 oz

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

Food Group: 25 Snacks

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