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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.40		0		1		0.55	2.74	
Energy....kcal	353		0		1		26	131	
Energy....kJ	1477		0		1		109	546	
Protein....g	19.90		0		1		1.47	7.36	
Total lipid (fat)....g	1.40		0		1		0.10	0.52	
Ash....g	5.10		0	NR	4		0.38	1.89	
Carbohydrate, by difference....g	66.20		0	NC	4		4.90	24.49	
Fiber, total dietary....g	0.4		0		4		0.0	0.1	
Sugars, total....g	65.80		0	NR	4		4.87	24.35	
Starch....g									
Minerals:									
Calcium, Ca....mg	285		0		1		21	105	
Iron, Fe....mg	12.82		0		1		0.95	4.74	
Magnesium, Mg....mg	228		0		1		17	84	
Phosphorus, P....mg	427		0		1		32	158	
Potassium, K....mg	947		0		1		70	350	
Sodium, Na....mg	385		0		1		28	142	
Zinc, Zn....mg	8.55		0		1		0.63	3.16	
Copper, Cu....mg	1.425		0		1		0.105	0.527	
Manganese, Mn....mg									
Selenium, Se....µg	12.1		0	BFPN	4		0.9	4.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	76.9		0		1		5.7	28.5	
Thiamin....mg	0.850		0		1		0.063	0.315	
Riboflavin....mg	0.200		0		1		0.015	0.074	
Niacin....mg	14.240		0		1		1.054	5.269	
Pantothenic acid....mg									
Vitamin B-6....mg	1.140		0		1		0.084	0.422	
Folate, total....µg	285		0		1		21	105	
Folic acid....µg	285		0	NR	4		21	105	
Folate, food....µg	0		0	Z	7		0	0	
Folate, DFE....µg	485		0	NC	4		36	179	
Choline, total....mg	148.4		0	RA	4		11.0	54.9	
Betaine....mg									
Vitamin B-12....µg	1.71		0		1		0.13	0.63	
Vitamin B-12, added....µg	1.00		0	O	4		0.07	0.37	
Vitamin A, RAE....µg	625		0	O	4		46	231	
Retinol....µg	625		0	O	4		46	231	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	2083		0	O	4		154	771	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	9.37		0	NR	4		0.69	3.47	
Vitamin E, added....mg	9.37		0	NR	4		0.69	3.47	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	90.0		0	O	4		6.7	33.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43205

Beverage, instant breakfast powder, chocolate, not reconstituted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.560		0		4		0.041	0.207	
4:0....g	0.010		0		4		0.001	0.004	
6:0....g	0.002		0		4		0.000	0.001	
8:0....g	0.003		0		4		0.000	0.001	
10:0....g	0.005		0		4		0.000	0.002	
12:0....g	0.003		0		4		0.000	0.001	
13:0....g									
14:0....g	0.023		0		4		0.002	0.009	
15:0....g									
16:0....g	0.286		0		4		0.021	0.106	
17:0....g									
18:0....g	0.216		0		4		0.016	0.080	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.314		0		4		0.023	0.116	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0		4		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.302		0		4		0.022	0.112	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.278		0		4		0.021	0.103	
18:2 undifferentiated....g	0.247		0		4		0.018	0.091	
18:3 undifferentiated....g	0.031		0		4		0.002	0.011	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	12		0		4		1	4	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	25		0	BFZN	4		2	9	
Theobromine....mg	290		0	BFZN	4		21	107	

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

Common Measures:

Measure 1 = 7.4g: 1 tbsp

Measure 2 = 37g: 1 envelope

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43260

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

Refuse: 0%

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

NDB No. 43260

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.162		0		4		0.121	0.432	
4:0....g	0.036		0		4		0.002	0.007	
6:0....g	0.009		0		4		0.001	0.002	
8:0....g	0.009		0		4		0.001	0.002	
10:0....g	0.019		0		4		0.001	0.004	
12:0....g	0.010		0		4		0.001	0.002	
13:0....g									
14:0....g	0.085		0		4		0.005	0.017	
15:0....g									
16:0....g	1.100		0		4		0.062	0.220	
17:0....g									
18:0....g	0.841		0		4		0.047	0.168	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.189		0		4		0.067	0.238	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0		4		0.002	0.006	
17:1....g									
18:1 undifferentiated....g	1.147		0		4		0.064	0.229	
20:1....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated....g	0.000		0		7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.027		0		4		0.058	0.205	
18:2 undifferentiated....g	0.911		0		4		0.051	0.182	
18:3 undifferentiated....g	0.114		0		4		0.006	0.023	
18:4....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	44		0		4		2	9	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	52		0	BFAN	4		3	10	
Theobromine....mg	608		0	BFAN	4		34	122	

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

Common Measures:

Measure 1 = 5.6g: 1 tbsp

Measure 2 = 20g: 1 envelope

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.059		0		4		0.144	0.432	
4:0....g	0.042		0		4		0.003	0.009	
6:0....g	0.019		0		4		0.001	0.004	
8:0....g	0.140		0		4		0.010	0.029	
10:0....g	0.124		0		4		0.009	0.026	
12:0....g	0.789		0		4		0.055	0.166	
13:0....g									
14:0....g	0.377		0		4		0.026	0.079	
15:0....g									
16:0....g	0.406		0		4		0.028	0.085	
17:0....g									
18:0....g	0.133		0		4		0.009	0.028	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.332		0		4		0.023	0.070	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024		0		4		0.002	0.005	
17:1....g									
18:1 undifferentiated....g	0.294		0		4		0.021	0.062	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.060		0		4		0.004	0.013	
18:2 undifferentiated....g	0.051		0		4		0.004	0.011	
18:3 undifferentiated....g	0.009		0		4		0.001	0.002	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	14		0		4		1	3	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 7.0g: 1 tbsp

Measure 2 = 21g: 1 envelope

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01003
Butter oil, anhydrous

Refuse: 0%

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

NDB No. 01003
Butter oil, anhydrous

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	61.924		0		1		7.926	126.944	
4:0....g	3.226		0		1		0.413	6.613	
6:0....g	1.910		0		1		0.244	3.916	
8:0....g	1.112		0		1		0.142	2.280	
10:0....g	2.495		0		1		0.319	5.115	
12:0....g	2.793		0		1		0.358	5.726	
13:0....g									
14:0....g	10.005		0		1		1.281	20.510	
15:0....g									
16:0....g	26.166		0		1		3.349	53.640	
17:0....g									
18:0....g	12.056		0		1		1.543	24.715	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	28.732		0		1		3.678	58.901	
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.228		0		1		0.285	4.567	
17:1....g									
18:1 undifferentiated....g	25.026		0		1		3.203	51.303	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.694		0		1		0.473	7.573	
18:2 undifferentiated....g	2.247		0		1		0.288	4.606	
18:3 undifferentiated....g	1.447		0		1		0.185	2.966	
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	
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	256	0.000	19		1		33	525	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.004		0		4		0.001	0.008	
Threonine....g	0.013		0		4		0.002	0.027	
Isoleucine....g	0.017		0		4		0.002	0.035	
Leucine....g	0.027		0		4		0.003	0.055	
Lysine....g	0.022		0		4		0.003	0.045	
Methionine....g	0.007		0		4		0.001	0.014	
Cystine....g	0.003		0		4		0.000	0.006	
Phenylalanine....g	0.014		0		4		0.002	0.029	
Tyrosine....g	0.014		0		4		0.002	0.029	
Valine....g	0.019		0		4		0.002	0.039	
Arginine....g	0.010		0		4		0.001	0.021	
Histidine....g	0.008		0		4		0.001	0.016	
Alanine....g	0.010		0		4		0.001	0.021	
Aspartic acid....g	0.021		0		4		0.003	0.043	
Glutamic acid....g	0.059		0		4		0.008	0.121	
Glycine....g	0.006		0		4		0.001	0.012	
Proline....g	0.027		0		4		0.003	0.055	
Serine....g	0.015		0		4		0.002	0.031	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01003
Butter oil, anhydrous

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01001
Butter, 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	15.87	0.061	522		1		0.79	2.25	36.02
Energy....kcal	717		0	NC	4		36	102	1628
Energy....kJ	3000		0		4		150	426	6810
Protein (N x 6.38)....g	0.85	0.074	16		1		0.04	0.12	1.93
Total lipid (fat)....g	81.11	0.065	580		1		4.06	11.52	184.12
Ash....g	2.11	0.054	35		1		0.11	0.30	4.79
Carbohydrate, by difference....g	0.06		0	NC	4		0.00	0.01	0.14
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.06		0	NR	4		0.00	0.01	0.14
Starch....g									
Minerals:									
Calcium, Ca....mg	24	0.789	17	A	1		1	3	55
Iron, Fe....mg	0.02	0.011	18	A	1		0.00	0.00	0.04
Magnesium, Mg....mg	2	0.047	18	A	1		0	0	4
Phosphorus, P....mg	24	0.463	17	A	1		1	3	54
Potassium, K....mg	24	0.622	18	A	1		1	3	54
Sodium, Na....mg	643		0	NR	4		32	91	1460
Zinc, Zn....mg	0.09	0.011	18	A	1		0.00	0.01	0.20
Copper, Cu....mg	0.000	0.000	18	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000	0.000	18	A	1		0.000	0.000	0.000
Selenium, Se....µg	1.0	0.820	37	A	1		0.1	0.1	2.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.005	0.001	3		1		0.000	0.001	0.011
Riboflavin....mg	0.034	0.004	9		1		0.002	0.005	0.077
Niacin....mg	0.042		2		1		0.002	0.006	0.095
Pantothenic acid....mg	0.110		0		4		0.006	0.016	0.250
Vitamin B-6....mg	0.003		1		1		0.000	0.000	0.007
Folate, total....µg	3		2		1		0	0	7
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	3		2		1		0	0	7
Folate, DFE....µg	3		0	NC	4		0	0	7
Choline, total....mg	18.8		0	AS	1		0.9	2.7	42.6
Betaine....mg	0.3		1	A	1		0.0	0.0	0.6
Vitamin B-12....µg	0.17		4		1		0.01	0.02	0.39
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	684		0	NC	4		34	97	1553
Retinol....µg	671		0	T	4		34	95	1523
Carotene, beta....µg	158		2	A	1		8	22	358
Carotene, alpha....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta....µg	0		2	A	1		0	0	0
Vitamin A, IU....IU	2499		0	NC	4		125	355	5673
Lycopene....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin....µg	0		2	A	1		0	0	0
Vitamin E (alpha-tocopherol)....mg	2.32		1		1		0.12	0.33	5.27
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		1		1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	1.5		0	AS	1		0.1	0.2	3.4
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.5		0	BFFN	4		0.1	0.2	3.4
Vitamin D....IU	60		0	BFFN	4		3	8	135
Vitamin K (phylloquinone)....µg	7.0		1		1		0.4	1.0	15.9

NDB No. 01001
Butter, salted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	51.368		0	NC	4		2.568	7.294	116.606
4:0....g	3.226	0.120	3	A	1		0.161	0.458	7.323
6:0....g	2.007	0.038	3	A	1		0.100	0.285	4.557
8:0....g	1.190	0.016	3	A	1		0.059	0.169	2.701
10:0....g	2.529	0.033	3	A	1		0.126	0.359	5.740
12:0....g	2.587	0.046	3	A	1		0.129	0.367	5.872
13:0....g									
14:0....g	7.436	0.020	3	A	1		0.372	1.056	16.880
15:0....g									
16:0....g	21.697	0.270	3	A	1		1.085	3.081	49.253
17:0....g	0.560	0.015	3	A	1		0.028	0.079	1.270
18:0....g	9.999	0.096	3	A	1		0.500	1.420	22.698
20:0....g	0.138	0.002	3	A	1		0.007	0.020	0.312
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	21.021		0	NC	4		1.051	2.985	47.718
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.961		0	AS	1		0.048	0.136	2.181
16:1 c....g	0.961	0.008	3	A	1		0.048	0.136	2.181
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	19.961		0	AS	1		0.998	2.834	45.311
18:1 c....g	16.978	0.397	3	A	1		0.849	2.411	38.541
18:1 t....g	2.982	0.112	3	A	1		0.149	0.423	6.770
18:1-11 t (18:1t n-7)....g									
20:1....g	0.100	0.009	3	A	1		0.005	0.014	0.227
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.043		0	NC	4		0.152	0.432	6.908
18:2 undifferentiated....g	2.728		0	AS	1		0.136	0.387	6.194
18:2 n-6 c,c....g	2.166	0.024	3	A	1		0.108	0.308	4.916
18:2 CLAs....g	0.267	0.017	3	A	1		0.013	0.038	0.605
18:2 t,t....g									
18:2 i....g	0.296	0.048	3	A	1		0.015	0.042	0.672
18:2 t not further defined....g									
18:3 undifferentiated....g	0.315		0	AS	1		0.016	0.045	0.715
18:3 n-3 c,c,c (ALA)....g	0.315	0.013	3	A	1		0.016	0.045	0.715
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	3.278		0	NC	4		0.164	0.466	7.442
Fatty acids, total trans-monoenoic....g	2.982		0	NC	4		0.149	0.423	6.770
Fatty acids, total trans-polyenoic....g	0.296		0	NC	4		0.015	0.042	0.672
Cholesterol....mg	215	1.261	3	A	1		11	31	489
Phytosterols....mg									
Stigmasterol....mg	0	0.000	3	A	1		0	0	0
Campesterol....mg	0	0.000	3	A	1		0	0	0
Beta-sitosterol....mg	4	0.118	3	A	1		0	1	9

NDB No. 01001
Butter, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.012		0		1		0.001	0.002	0.027
Threonine....g	0.038		0		1		0.002	0.005	0.086
Isoleucine....g	0.051		0		1		0.003	0.007	0.116
Leucine....g	0.083		0		1		0.004	0.012	0.188
Lysine....g	0.067		0		1		0.003	0.010	0.152
Methionine....g	0.021		0		1		0.001	0.003	0.048
Cystine....g	0.008		0		1		0.000	0.001	0.018
Phenylalanine....g	0.041		0		1		0.002	0.006	0.093
Tyrosine....g	0.041		0		1		0.002	0.006	0.093
Valine....g	0.057		0		1		0.003	0.008	0.129
Arginine....g	0.031		0		1		0.002	0.004	0.070
Histidine....g	0.023		0		1		0.001	0.003	0.052
Alanine....g	0.029		0		1		0.001	0.004	0.066
Aspartic acid....g	0.064		0		1		0.003	0.009	0.145
Glutamic acid....g	0.178		0		1		0.009	0.025	0.404
Glycine....g	0.018		0		1		0.001	0.003	0.041
Proline....g	0.082		0		1		0.004	0.012	0.186
Serine....g	0.046		0		1		0.002	0.007	0.104
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

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

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 227g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01002
Butter, whipped, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.87	0.061	522		1		0.60	1.49	23.96
Energy....kcal	717		0	NC	4		27	67	1082
Energy....kJ	2999		0		4		114	282	4529
Protein (N x 6.38)....g	0.85	0.074	16		1		0.03	0.08	1.28
Total lipid (fat)....g	81.11	0.065	580		1		3.08	7.62	122.48
Ash....g	2.11	0.054	35		1		0.08	0.20	3.19
Carbohydrate, by difference....g	0.06		0	NC	4		0.00	0.01	0.09
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.06		0	NR	4		0.00	0.01	0.09
Starch....g									
Minerals:									
Calcium, Ca....mg	24	3.945	6		1		1	2	35
Iron, Fe....mg	0.16	0.017	4		1		0.01	0.02	0.24
Magnesium, Mg....mg	2	0.188	6		1		0	0	3
Phosphorus, P....mg	23	2.508	6		1		1	2	34
Potassium, K....mg	26	2.333	26		1		1	2	39
Sodium, Na....mg	659		0	NR	4		25	62	995
Zinc, Zn....mg	0.05	0.006	5		1		0.00	0.00	0.08
Copper, Cu....mg	0.016		0		1		0.001	0.002	0.024
Manganese, Mn....mg	0.004		0		1		0.000	0.000	0.006
Selenium, Se....µg	1.0	0.820	37	A	1		0.0	0.1	1.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.005	0.001	3		1		0.000	0.000	0.008
Riboflavin....mg	0.034	0.004	9		1		0.001	0.003	0.051
Niacin....mg	0.042		2		1		0.002	0.004	0.063
Pantothenic acid....mg	0.110		0		4		0.004	0.010	0.166
Vitamin B-6....mg	0.003		1		1		0.000	0.000	0.005
Folate, total....µg	3		2		1		0	0	4
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	3		2		1		0	0	4
Folate, DFE....µg	3		0	NC	4		0	0	4
Choline, total....mg	18.8		0	AS	1		0.7	1.8	28.4
Betaine....mg	0.3		1	A	1		0.0	0.0	0.4
Vitamin B-12....µg	0.13		0		4		0.00	0.01	0.19
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	684		0	NC	4		26	64	1033
Retinol....µg	671		0	T	4		25	63	1013
Carotene, beta....µg	158		0	BFFN	4		6	15	238
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	2499		0	NC	4		95	235	3774
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	2.32		0	BFFN	4		0.09	0.22	3.50
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.5		0	AS	1		0.1	0.1	2.2
Vitamin D....IU	60		0	BFFN	4		2	6	90
Vitamin K (phylloquinone)....µg	7.0		0	BFFN	4		0.3	0.7	10.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01002
Butter, whipped, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	50.489		0		1		1.919	4.746	76.238
4:0....g	2.630	0.044	52		1		0.100	0.247	3.971
6:0....g	1.557	0.035	68		1		0.059	0.146	2.351
8:0....g	0.906	0.022	89		1		0.034	0.085	1.368
10:0....g	2.034	0.042	89		1		0.077	0.191	3.071
12:0....g	2.277	0.053	89		1		0.087	0.214	3.438
13:0....g									
14:0....g	8.157	0.101	88		1		0.310	0.767	12.317
15:0....g									
16:0....g	21.334	0.270	88		1		0.811	2.005	32.214
17:0....g									
18:0....g	9.829	0.132	88		1		0.374	0.924	14.842
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	23.426		0		1		0.890	2.202	35.373
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.816	0.059	71		1		0.069	0.171	2.742
17:1....g									
18:1 undifferentiated....g	20.405	0.266	78		1		0.775	1.918	30.812
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.012		0		1		0.114	0.283	4.548
18:2 undifferentiated....g	1.832	0.064	74		1		0.070	0.172	2.766
18:3 undifferentiated....g	1.180	0.064	65		1		0.045	0.111	1.782
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	219	6.371	7		1		8	21	331
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.000	0.001	0.018
Threonine....g	0.038		0		1		0.001	0.004	0.057
Isoleucine....g	0.051		0		1		0.002	0.005	0.077
Leucine....g	0.083		0		1		0.003	0.008	0.125
Lysine....g	0.067		0		1		0.003	0.006	0.101
Methionine....g	0.021		0		1		0.001	0.002	0.032
Cystine....g	0.008		0		1		0.000	0.001	0.012
Phenylalanine....g	0.041		0		1		0.002	0.004	0.062
Tyrosine....g	0.041		0		1		0.002	0.004	0.062
Valine....g	0.057		0		1		0.002	0.005	0.086
Arginine....g	0.031		0		1		0.001	0.003	0.047
Histidine....g	0.023		0		1		0.001	0.002	0.035
Alanine....g	0.029		0		1		0.001	0.003	0.044
Aspartic acid....g	0.064		0		1		0.002	0.006	0.097
Glutamic acid....g	0.178		0		1		0.007	0.017	0.269
Glycine....g	0.018		0		1		0.001	0.002	0.027
Proline....g	0.082		0		1		0.003	0.008	0.124
Serine....g	0.046		0		1		0.002	0.004	0.069
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01002
Butter, whipped, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 3.8g: 1 pat (1" sq, 1/3" high)

Measure 2 = 9.4g: 1 tbsp

Measure 3 = 151g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01145
Butter, without salt

Refuse: 0%

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

NDB No. 01145
Butter, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	51.368		0	NC	4		2.568	7.294	116.606
4:0....g	3.226	0.120	3	A	1		0.161	0.458	7.323
6:0....g	2.007	0.038	3	A	1		0.100	0.285	4.557
8:0....g	1.190	0.016	3	A	1		0.059	0.169	2.701
10:0....g	2.529	0.033	3	A	1		0.126	0.359	5.740
12:0....g	2.587	0.046	3	A	1		0.129	0.367	5.872
13:0....g									
14:0....g	7.436	0.020	3	A	1		0.372	1.056	16.880
15:0....g									
16:0....g	21.697	0.270	3	A	1		1.085	3.081	49.253
17:0....g	0.560	0.015	3	A	1		0.028	0.079	1.270
18:0....g	9.999	0.096	3	A	1		0.500	1.420	22.698
20:0....g	0.138	0.002	3	A	1		0.007	0.020	0.312
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	21.021		0	NC	4		1.051	2.985	47.718
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.961		0	AS	1		0.048	0.136	2.181
16:1 c....g	0.961	0.008	3	A	1		0.048	0.136	2.181
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	19.961		0	AS	1		0.998	2.834	45.311
18:1 c....g	16.978	0.397	3	A	1		0.849	2.411	38.541
18:1 t....g	2.982	0.112	3	A	1		0.149	0.423	6.770
18:1-11 t (18:1t n-7)....g									
20:1....g	0.100	0.009	3	A	1		0.005	0.014	0.227
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.043		0	NC	4		0.152	0.432	6.908
18:2 undifferentiated....g	2.728		0	AS	1		0.136	0.387	6.194
18:2 n-6 c,c....g	2.166	0.024	3	A	1		0.108	0.308	4.916
18:2 CLAs....g	0.267	0.017	3	A	1		0.013	0.038	0.605
18:2 t,t....g									
18:2 i....g	0.296	0.048	3	A	1		0.015	0.042	0.672
18:2 t not further defined....g									
18:3 undifferentiated....g	0.315		0	AS	1		0.016	0.045	0.715
18:3 n-3 c,c,c (ALA)....g	0.315	0.013	3	A	1		0.016	0.045	0.715
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	3.278		0	NC	4		0.164	0.466	7.442
Fatty acids, total trans-monoenoic....g	2.982		0	NC	4		0.149	0.423	6.770
Fatty acids, total trans-polyenoic....g	0.296		0	NC	4		0.015	0.042	0.672
Cholesterol....mg	215	1.261	3	A	1		11	31	489
Phytosterols....mg									
Stigmasterol....mg	0	0.000	3	A	1		0	0	0
Campesterol....mg	0	0.000	3	A	1		0	0	0
Beta-sitosterol....mg	4	0.118	3	A	1		0	1	9

NDB No. 01145
Butter, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.012		0		1		0.001	0.002	0.027
Threonine....g	0.038		0		1		0.002	0.005	0.086
Isoleucine....g	0.051		0		1		0.003	0.007	0.116
Leucine....g	0.083		0		1		0.004	0.012	0.188
Lysine....g	0.067		0		1		0.003	0.010	0.152
Methionine....g	0.021		0		1		0.001	0.003	0.048
Cystine....g	0.008		0		1		0.000	0.001	0.018
Phenylalanine....g	0.041		0		1		0.002	0.006	0.093
Tyrosine....g	0.041		0		1		0.002	0.006	0.093
Valine....g	0.057		0		1		0.003	0.008	0.129
Arginine....g	0.031		0		1		0.002	0.004	0.070
Histidine....g	0.023		0		1		0.001	0.003	0.052
Alanine....g	0.029		0		1		0.001	0.004	0.066
Aspartic acid....g	0.064		0		1		0.003	0.009	0.145
Glutamic acid....g	0.178		0		1		0.009	0.025	0.404
Glycine....g	0.018		0		1		0.001	0.003	0.041
Proline....g	0.082		0		1		0.004	0.012	0.186
Serine....g	0.046		0		1		0.002	0.007	0.104
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

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

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 227g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01045
Cheese food, cold pack, American

Refuse: 0%

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

NDB No. 01045
Cheese food, cold pack, American

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.355		0		1		4.353	34.856	
4:0....g	0.793		0		1		0.225	1.800	
6:0....g	0.470		0		1		0.133	1.067	
8:0....g	0.358		0		1		0.101	0.813	
10:0....g	0.591		0		1		0.168	1.342	
12:0....g	0.728		0		1		0.206	1.653	
13:0....g									
14:0....g	2.513		0		1		0.712	5.705	
15:0....g									
16:0....g	6.807		0		1		1.930	15.452	
17:0....g									
18:0....g	2.805		0		1		0.795	6.367	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.165		0		1		2.031	16.265	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.646		0		1		0.183	1.466	
17:1....g									
18:1 undifferentiated....g	6.015		0		1		1.705	13.654	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.719		0		1		0.204	1.632	
18:2 undifferentiated....g	0.461		0		1		0.131	1.046	
18:3 undifferentiated....g	0.257		0		1		0.073	0.583	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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	64		0		1		18	144	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.287		0		4		0.081	0.651	
Threonine....g	0.638		0		4		0.181	1.448	
Isoleucine....g	0.909		0		4		0.258	2.063	
Leucine....g	1.738		0		4		0.493	3.945	
Lysine....g	1.951		0		4		0.553	4.429	
Methionine....g	0.509		0		4		0.144	1.155	
Cystine....g	0.126		0		4		0.036	0.286	
Phenylalanine....g	0.999		0		4		0.283	2.268	
Tyrosine....g	1.076		0		4		0.305	2.443	
Valine....g	1.177		0		4		0.334	2.672	
Arginine....g	0.823		0		4		0.233	1.868	
Histidine....g	0.801		0		4		0.227	1.818	
Alanine....g	0.493		0		4		0.140	1.119	
Aspartic acid....g	1.208		0		4		0.342	2.742	
Glutamic acid....g	4.080		0		4		1.157	9.262	
Glycine....g	0.324		0		4		0.092	0.735	
Proline....g	2.000		0		4		0.567	4.540	
Serine....g	0.949		0		4		0.269	2.154	
Hydroxyproline....g									

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

NDB No. 01045

Cheese food, cold pack, American

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 44048

Cheese food, pasteurized process, American, imitation, without added vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.50		1	A	1		15.73		
Energy....kcal	257		0	NC	4		73		
Energy....kJ	1073		0	NC	4		304		
Protein....g	4.08		1	A	1		1.16		
Total lipid (fat)....g	19.50		1	A	1		5.53		
Ash....g	4.74		1	A	1		1.34		
Carbohydrate, by difference....g	16.18		0	NC	4		4.59		
Fiber, total dietary....g	0.0		0		7		0.0		
Sugars, total....g	8.21		0	BFNN	4		2.33		
Starch....g									
Minerals:									
Calcium, Ca....mg	649	13.317	3	A	1		184		
Iron, Fe....mg	0.68	0.047	3	A	1		0.19		
Magnesium, Mg....mg	10	0.066	3	A	1		3		
Phosphorus, P....mg	596	12.005	3	A	1		169		
Potassium, K....mg	126	7.126	3	A	1		36		
Sodium, Na....mg	1297	8.819	3	A	1		368		
Zinc, Zn....mg	0.21	0.015	3	A	1		0.06		
Copper, Cu....mg	0.026	0.001	3	A	1		0.007		
Manganese, Mn....mg	0.026	0.001	3	A	1		0.007		
Selenium, Se....µg	2.9		1	A	1		0.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0		
Thiamin....mg	0.000		1	A	1		0.000		
Riboflavin....mg	0.090		1	A	1		0.026		
Niacin....mg	0.060		1	A	1		0.017		
Pantothenic acid....mg	0.350		1	A	1		0.099		
Vitamin B-6....mg	0.027		1	A	1		0.008		
Folate, total....µg	8		0		4		2		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	8		0	NR	4		2		
Folate, DFE....µg	8		0	NC	4		2		
Choline, total....mg	0.0		0	BFFN	4		0.0		
Betaine....mg									
Vitamin B-12....µg	0.71		1	A	1		0.20		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	45		0	AS	1		13		
Retinol....µg	0		1	A	1		0		
Carotene, beta....µg	540		1	A	1		153		
Carotene, alpha....µg	0		1	A	1		0		
Cryptoxanthin, beta....µg	0		1	A	1		0		
Vitamin A, IU....IU	900		0	AS	1		255		
Lycopene....µg	0		1	A	1		0		
Lutein + zeaxanthin....µg	1		1	A	1		0		
Vitamin E (alpha-tocopherol)....mg	2.15		1	A	1		0.61		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.13		1	A	1		0.04		
Tocopherol, gamma....mg	14.01		1	A	1		3.97		
Tocopherol, delta....mg	4.37		1	A	1		1.24		
Tocotrienol, alpha....mg	0.05		1	A	1		0.01		
Tocotrienol, beta....mg	0.18		1	A	1		0.05		
Tocotrienol, gamma....mg	0.05		1	A	1		0.01		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	36.7		1	A	1		10.4		

NDB No. 44048

Cheese food, pasteurized process, American, imitation, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg	6.1		1	A	1		1.7		
Lipids:									
Fatty acids, total saturated....g	7.996		0	NC	4		2.267		
4:0....g	0.020		1	A	1		0.006		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.041		1	A	1		0.012		
10:0....g	0.031		1	A	1		0.009		
12:0....g	0.018		1	A	1		0.005		
13:0....g									
14:0....g	0.061		1	A	1		0.017		
15:0....g	0.011		1	A	1		0.003		
16:0....g	2.095		1	A	1		0.594		
17:0....g	0.029		1	A	1		0.008		
18:0....g	5.549		1	A	1		1.573		
20:0....g	0.068		1	A	1		0.019		
22:0....g	0.055		1	A	1		0.016		
24:0....g	0.018		1	A	1		0.005		
Fatty acids, total monounsaturated....g	3.108		0	NC	4		0.881		
14:1....g	0.004		1	A	1		0.001		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.019		0	AS	1		0.005		
16:1 c....g	0.018		1	A	1		0.005		
16:1 t....g	0.001		1	A	1		0.000		
17:1....g	0.008		1	A	1		0.002		
18:1 undifferentiated....g	3.001		0	AS	1		0.851		
18:1 c....g	2.904		1	A	1		0.823		
18:1 t....g	0.097		1	A	1		0.027		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.068		1	A	1		0.019		
22:1 undifferentiated....g	0.008		0	AS	1		0.002		
22:1 c....g	0.008		1	A	1		0.002		
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	7.536		0	NC	4		2.136		
18:2 undifferentiated....g	6.539		0	AS	1		1.854		
18:2 n-6 c,c....g	6.499		1	A	1		1.842		
18:2 CLAs....g	0.007		1	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.033		1	A	1		0.009		
18:3 undifferentiated....g	0.988		0	AS	1		0.280		
18:3 n-3 c,c,c (ALA)....g	0.945		1	A	1		0.268		
18:3 n-6 c,c,c....g	0.043		1	A	1		0.012		
18:3i....g									
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.005		1	A	1		0.001		
20:3 undifferentiated....g	0.004		0	AS	1		0.001		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.004		1	A	1		0.001		
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
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	0.131		0	NC	4		0.037		
Fatty acids, total trans-monoenoic....g	0.098		0	NC	4		0.028		
Fatty acids, total trans-polyenoic....g	0.033		0	NC	4		0.009		
Cholesterol....mg	6		0		4		2		
Phytosterols....mg									
Others:									

NDB No. 44048

Cheese food, pasteurized process, American, imitation, without added vitamin D

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

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01046

Cheese food, pasteurized process, American, vitamin D fortified

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	44.00	0.297	7	A	1		49.72	12.47	9.24
Energy ... kcal	330		0	NC	4		373	94	69
Energy ... kJ	1382		0	NC	4		1562	392	290
Protein (N x 6.38) ... g	16.86	0.327	7	A	1		19.05	4.78	3.54
Total lipid (fat) ... g	25.63	0.494	7	A	1		28.96	7.27	5.38
Ash ... g	4.96	0.334	7	A	1		5.60	1.41	1.04
Carbohydrate, by difference ... g	8.56		0	NC	4		9.67	2.43	1.80
Fiber, total dietary ... g	0.0		0		4		0.0	0.0	0.0
Sugars, total ... g	5.59	0.203	3	A	1		6.31	1.58	1.17
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose) ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose ... g	5.41	0.187	3	A	1		6.11	1.53	1.14
Maltose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose ... g	0.18	0.017	3	A	1		0.20	0.05	0.04
Starch ... g									
Minerals:									
Calcium, Ca ... mg	682	114.769	10	A	1		771	193	143
Iron, Fe ... mg	0.26	0.077	10	A	1		0.29	0.07	0.05
Magnesium, Mg ... mg	27	1.037	10	A	1		31	8	6
Phosphorus, P ... mg	438	46.213	10	A	1		495	124	92
Potassium, K ... mg	255	14.508	10	A	1		288	72	53
Sodium, Na ... mg	1284	36.430	10	A	1		1451	364	270
Zinc, Zn ... mg	2.31	0.029	10	A	1		2.61	0.65	0.48
Copper, Cu ... mg	0.034	0.003	10	A	1		0.039	0.010	0.007
Manganese, Mn ... mg	0.025	0.003	10	A	1		0.029	0.007	0.005
Selenium, Se ... µg	19.6		2	A	1		22.2	5.6	4.1
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0		1		0.0	0.0	0.0
Thiamin ... mg	0.035		2	A	1		0.040	0.010	0.007
Riboflavin ... mg	0.360	0.020	3	A	1		0.407	0.102	0.076
Niacin ... mg	0.155		2	A	1		0.175	0.044	0.033
Pantothenic acid ... mg	0.855		2	A	1		0.966	0.242	0.180
Vitamin B-6 ... mg	0.102		1	A	1		0.115	0.029	0.021
Folate, total ... µg	7		0		4		8	2	2
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	7		0		4		8	2	2
Folate, DFE ... µg	7		0	NC	4		8	2	2
Choline, total ... mg	36.2		0	AS	1		40.9	10.3	7.6
Betaine ... mg	1.4		1	A	1		1.6	0.4	0.3
Vitamin B-12 ... µg	1.33	0.120	3	A	1		1.51	0.38	0.28
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	201		0	NC	4		228	57	42
Retinol ... µg	196		0	BFFN	4		222	56	41
Carotene, beta ... µg	65		0	BFFN	4		73	18	14
Carotene, alpha ... µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	0
Vitamin A, IU ... IU	761		0	NC	4		860	216	160
Lycopene ... µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin ... µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.63		2	A	1		0.71	0.18	0.13
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.06		2	A	1		0.07	0.02	0.01
Tocopherol, delta ... mg	0.01		2	A	1		0.01	0.00	0.00
Tocotrienol, alpha ... mg	0.02		2	A	1		0.03	0.01	0.00
Tocotrienol, beta ... mg	0.02		2	A	1		0.02	0.00	0.00

NDB No. 01046

Cheese food, pasteurized process, American, vitamin D fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.02		2	A	1		0.02	0.01	0.00
Tocotrienol, delta....mg	0.05		2	A	1		0.06	0.01	0.01
Vitamin D (D2 + D3)....µg	2.5		4	AS	1		2.9	0.7	0.5
Vitamin D2 (ergocalciferol)....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol)....µg	2.5		2	A	1		2.9	0.7	0.5
Vitamin D....IU	102		2	A	1		115	29	21
Vitamin K (phylloquinone)....µg	3.4		1	A	1		3.8	1.0	0.7
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	15.057		0	NC	4		17.014	4.269	3.162
4:0....g	0.515	0.029	3	A	1		0.582	0.146	0.108
6:0....g	0.444	0.002	3	A	1		0.502	0.126	0.093
8:0....g	0.276	0.011	3	A	1		0.312	0.078	0.058
10:0....g	0.664	0.027	3	A	1		0.750	0.188	0.139
12:0....g	0.743	0.039	3	A	1		0.840	0.211	0.156
13:0....g	0.025	0.001	3	A	1		0.028	0.007	0.005
14:0....g	2.473	0.127	3	A	1		2.794	0.701	0.519
15:0....g	0.263	0.014	3	A	1		0.298	0.075	0.055
16:0....g	6.837	0.380	3	A	1		7.726	1.938	1.436
17:0....g	0.161	0.008	3	A	1		0.182	0.046	0.034
18:0....g	2.601	0.134	3	A	1		2.939	0.737	0.546
20:0....g	0.039	0.003	3	A	1		0.044	0.011	0.008
22:0....g	0.018	0.002	3	A	1		0.020	0.005	0.004
24:0....g	0.008	0.001	3	A	1		0.009	0.002	0.002
Fatty acids, total monounsaturated....g	6.846		0	NC	4		7.736	1.941	1.438
14:1....g	0.210	0.012	3	A	1		0.237	0.060	0.044
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.445	0.026	3	AS	1		0.503	0.126	0.094
16:1 c....g	0.358	0.019	3	A	1		0.405	0.102	0.075
16:1 t....g	0.087	0.007	3	A	1		0.098	0.025	0.018
17:1....g	0.053	0.003	3	A	1		0.060	0.015	0.011
18:1 undifferentiated....g	5.947	0.345	3	AS	1		6.720	1.686	1.249
18:1 c....g	5.277	0.305	3	A	1		5.963	1.496	1.108
18:1 t....g	0.670	0.041	3	A	1		0.757	0.190	0.141
18:1-11 t (18:1t n-7)....g									
20:1....g	0.190	0.013	3	A	1		0.214	0.054	0.040
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.001	0.001	3	A	1		0.001	0.000	0.000
Fatty acids, total polyunsaturated....g	1.049		0	NC	4		1.186	0.297	0.220
18:2 undifferentiated....g	0.806	0.061	3	AS	1		0.911	0.228	0.169
18:2 n-6 c,c....g	0.630	0.049	3	A	1		0.712	0.179	0.132
18:2 CLAs....g	0.017	0.000	3	A	1		0.020	0.005	0.004
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.159	0.015	3	A	1		0.180	0.045	0.033
18:3 undifferentiated....g	0.123	0.010	3	AS	1		0.139	0.035	0.026
18:3 n-3 c,c,c (ALA)....g	0.121	0.009	3	A	1		0.136	0.034	0.025
18:3 n-6 c,c,c....g	0.002	0.000	3	A	1		0.003	0.001	0.000
18:3i....g									
18:4....g	0.007	0.001	3	A	1		0.008	0.002	0.001
20:2 n-6 c,c....g	0.008	0.001	3	A	1		0.009	0.002	0.002
20:3 undifferentiated....g	0.028	0.002	3	AS	1		0.032	0.008	0.006
20:3 n-3....g	0.002	0.001	3	A	1		0.002	0.000	0.000
20:3 n-6....g	0.027	0.002	3	A	1		0.030	0.008	0.006
20:4 undifferentiated....g	0.036	0.004	3	A	1		0.041	0.010	0.008
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008	0.004	3	A	1		0.009	0.002	0.002
21:5....g									
22:4....g	0.006	0.001	3	A	1		0.007	0.002	0.001
22:5 n-3 (DPA)....g	0.018	0.001	3	A	1		0.020	0.005	0.004

NDB No. 01046

Cheese food, pasteurized process, American, vitamin D fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.005	0.001	3	A	1		0.006	0.001	0.001
Fatty acids, total trans....g	0.917		0	NC	4		1.036	0.260	0.192
Fatty acids, total trans-monoenoic....g	0.758		0	NC	4		0.856	0.215	0.159
Fatty acids, total trans-polyenoic....g	0.159		0	NC	4		0.180	0.045	0.033
Cholesterol....mg	98		2	A	1		110	28	20
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0	A	1		0.273	0.068	0.051
Threonine....g	0.720		0	A	1		0.814	0.204	0.151
Isoleucine....g	0.858		0	A	1		0.970	0.243	0.180
Leucine....g	1.592		0	A	1		1.799	0.451	0.334
Lysine....g	1.302		0	A	1		1.471	0.369	0.273
Methionine....g	0.380		0	A	1		0.430	0.108	0.080
Cystine....g	0.174		0	A	1		0.197	0.049	0.037
Phenylalanine....g	0.829		0	A	1		0.937	0.235	0.174
Tyrosine....g	0.833		0	A	1		0.941	0.236	0.175
Valine....g	1.010		0	A	1		1.141	0.286	0.212
Arginine....g	0.613		0	A	1		0.693	0.174	0.129
Histidine....g	0.448		0	A	1		0.506	0.127	0.094
Alanine....g	0.518		0	A	1		0.586	0.147	0.109
Aspartic acid....g	1.191		0	A	1		1.346	0.338	0.250
Glutamic acid....g	3.495		0	A	1		3.949	0.991	0.734
Glycine....g	0.322		0	A	1		0.364	0.091	0.068
Proline....g	1.847		0	A	1		2.088	0.524	0.388
Serine....g	0.932		0	A	1		1.053	0.264	0.196
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 113g: 1 cup

Measure 2 = 28.35g: 1 oz

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01254

Cheese food, pasteurized process, American, without added vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	44.00	0.297	7	A	1		49.72	12.47	9.24
Energy ... kcal	330		0	NC	4		373	94	69
Energy ... kJ	1382		0	NC	4		1562	392	290
Protein (N x 6.38) ... g	16.86	0.327	7	A	1		19.05	4.78	3.54
Total lipid (fat) ... g	25.63	0.494	7	A	1		28.96	7.27	5.38
Ash ... g	4.96	0.334	7	A	1		5.60	1.41	1.04
Carbohydrate, by difference ... g	8.56		0	NC	4		9.67	2.43	1.80
Fiber, total dietary ... g	0.0		0		4		0.0	0.0	0.0
Sugars, total ... g	5.59	0.203	3	A	1		6.31	1.58	1.17
Sucrose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose) ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose ... g	5.41	0.187	3	A	1		6.11	1.53	1.14
Maltose ... g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose ... g	0.18	0.017	3	A	1		0.20	0.05	0.04
Starch ... g									
Minerals:									
Calcium, Ca ... mg	682	114.769	10	A	1		771	193	143
Iron, Fe ... mg	0.26	0.077	10	A	1		0.29	0.07	0.05
Magnesium, Mg ... mg	27	1.037	10	A	1		31	8	6
Phosphorus, P ... mg	438	46.213	10	A	1		495	124	92
Potassium, K ... mg	255	14.508	10	A	1		288	72	53
Sodium, Na ... mg	1441		0	NR	4		1628	409	303
Zinc, Zn ... mg	2.31	0.029	10	A	1		2.61	0.65	0.48
Copper, Cu ... mg	0.034	0.003	10	A	1		0.039	0.010	0.007
Manganese, Mn ... mg	0.025	0.003	10	A	1		0.029	0.007	0.005
Selenium, Se ... µg	19.6		2	A	1		22.2	5.6	4.1
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0		1		0.0	0.0	0.0
Thiamin ... mg	0.035		2	A	1		0.040	0.010	0.007
Riboflavin ... mg	0.360	0.020	3	A	1		0.407	0.102	0.076
Niacin ... mg	0.155		2	A	1		0.175	0.044	0.033
Pantothenic acid ... mg	0.855		2	A	1		0.966	0.242	0.180
Vitamin B-6 ... mg	0.102		1	A	1		0.115	0.029	0.021
Folate, total ... µg	7		0		4		8	2	2
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	7		0		4		8	2	2
Folate, DFE ... µg	7		0	NC	4		8	2	2
Choline, total ... mg	29.9		0	AS	1		33.8	8.5	6.3
Betaine ... mg	1.0		1	A	1		1.2	0.3	0.2
Vitamin B-12 ... µg	1.33	0.120	3	A	1		1.51	0.38	0.28
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	240		0	AS	1		272	68	50
Retinol ... µg	235		1	A	1		266	67	49
Carotene, beta ... µg	58		2	A	1		66	17	12
Carotene, alpha ... µg	1		2	A	1		1	0	0
Cryptoxanthin, beta ... µg	11		2	A	1		12	3	2
Vitamin A, IU ... IU	890		0	AS	1		1006	252	187
Lycopene ... µg	0		2	A	1		0	0	0
Lutein + zeaxanthin ... µg	23		2	A	1		26	6	5
Vitamin E (alpha-tocopherol) ... mg	0.63		2	A	1		0.71	0.18	0.13
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.06		2	A	1		0.07	0.02	0.01
Tocopherol, delta ... mg	0.01		2	A	1		0.01	0.00	0.00
Tocotrienol, alpha ... mg	0.02		2	A	1		0.03	0.01	0.00
Tocotrienol, beta ... mg	0.02		2	A	1		0.02	0.00	0.00

NDB No. 01254

Cheese food, pasteurized process, American, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.02		2	A	1		0.02	0.01	0.00
Tocotrienol, delta....mg	0.05		2	A	1		0.06	0.01	0.01
Vitamin D (D2 + D3)....µg	2.5		4	AS	1		2.9	0.7	0.5
Vitamin D2 (ergocalciferol)....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol)....µg	2.5		2	A	1		2.9	0.7	0.5
Vitamin D....IU	102		2	A	1		115	29	21
Vitamin K (phylloquinone)....µg	2.6		2	A	1		3.0	0.7	0.6
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg	8.9		2	A	1		10.1	2.5	1.9
Lipids:									
Fatty acids, total saturated....g	15.057		0	NC	4		17.014	4.269	3.162
4:0....g	0.515	0.029	3	A	1		0.582	0.146	0.108
6:0....g	0.444	0.002	3	A	1		0.502	0.126	0.093
8:0....g	0.276	0.011	3	A	1		0.312	0.078	0.058
10:0....g	0.664	0.027	3	A	1		0.750	0.188	0.139
12:0....g	0.743	0.039	3	A	1		0.840	0.211	0.156
13:0....g	0.025	0.001	3	A	1		0.028	0.007	0.005
14:0....g	2.473	0.127	3	A	1		2.794	0.701	0.519
15:0....g	0.263	0.014	3	A	1		0.298	0.075	0.055
16:0....g	6.837	0.380	3	A	1		7.726	1.938	1.436
17:0....g	0.161	0.008	3	A	1		0.182	0.046	0.034
18:0....g	2.601	0.134	3	A	1		2.939	0.737	0.546
20:0....g	0.039	0.003	3	A	1		0.044	0.011	0.008
22:0....g	0.018	0.002	3	A	1		0.020	0.005	0.004
24:0....g	0.008	0.001	3	A	1		0.009	0.002	0.002
Fatty acids, total monounsaturated....g	6.846		0	NC	4		7.736	1.941	1.438
14:1....g	0.210	0.012	3	A	1		0.237	0.060	0.044
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.445	0.026	3	AS	1		0.503	0.126	0.094
16:1 c....g	0.358	0.019	3	A	1		0.405	0.102	0.075
16:1 t....g	0.087	0.007	3	A	1		0.098	0.025	0.018
17:1....g	0.053	0.003	3	A	1		0.060	0.015	0.011
18:1 undifferentiated....g	5.947	0.345	3	AS	1		6.720	1.686	1.249
18:1 c....g	5.277	0.305	3	A	1		5.963	1.496	1.108
18:1 t....g	0.670	0.041	3	A	1		0.757	0.190	0.141
18:1-11 t (18:1t n-7)....g									
20:1....g	0.190	0.013	3	A	1		0.214	0.054	0.040
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.001	0.001	3	A	1		0.001	0.000	0.000
Fatty acids, total polyunsaturated....g	1.049		0	NC	4		1.186	0.297	0.220
18:2 undifferentiated....g	0.806	0.061	3	AS	1		0.911	0.228	0.169
18:2 n-6 c,c....g	0.630	0.049	3	A	1		0.712	0.179	0.132
18:2 CLAs....g	0.017	0.000	3	A	1		0.020	0.005	0.004
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.159	0.015	3	A	1		0.180	0.045	0.033
18:3 undifferentiated....g	0.123	0.010	3	AS	1		0.139	0.035	0.026
18:3 n-3 c,c,c (ALA)....g	0.121	0.009	3	A	1		0.136	0.034	0.025
18:3 n-6 c,c,c....g	0.002	0.000	3	A	1		0.003	0.001	0.000
18:3i....g									
18:4....g	0.007	0.001	3	A	1		0.008	0.002	0.001
20:2 n-6 c,c....g	0.008	0.001	3	A	1		0.009	0.002	0.002
20:3 undifferentiated....g	0.028	0.002	3	AS	1		0.032	0.008	0.006
20:3 n-3....g	0.002	0.001	3	A	1		0.002	0.000	0.000
20:3 n-6....g	0.027	0.002	3	A	1		0.030	0.008	0.006
20:4 undifferentiated....g	0.036	0.004	3	A	1		0.041	0.010	0.008
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008	0.004	3	A	1		0.009	0.002	0.002
21:5....g									
22:4....g	0.006	0.001	3	A	1		0.007	0.002	0.001
22:5 n-3 (DPA)....g	0.018	0.001	3	A	1		0.020	0.005	0.004

NDB No. 01254

Cheese food, pasteurized process, American, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.005	0.001	3	A	1		0.006	0.001	0.001
Fatty acids, total trans....g	0.917		0	NC	4		1.036	0.260	0.192
Fatty acids, total trans-monoenoic....g	0.758		0	NC	4		0.856	0.215	0.159
Fatty acids, total trans-polyenoic....g	0.159		0	NC	4		0.180	0.045	0.033
Cholesterol....mg	98		2	A	1		110	28	20
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0	A	1		0.273	0.068	0.051
Threonine....g	0.720		0	A	1		0.814	0.204	0.151
Isoleucine....g	0.858		0	A	1		0.970	0.243	0.180
Leucine....g	1.592		0	A	1		1.799	0.451	0.334
Lysine....g	1.302		0	A	1		1.471	0.369	0.273
Methionine....g	0.380		0	A	1		0.430	0.108	0.080
Cystine....g	0.174		0	A	1		0.197	0.049	0.037
Phenylalanine....g	0.829		0	A	1		0.937	0.235	0.174
Tyrosine....g	0.833		0	A	1		0.941	0.236	0.175
Valine....g	1.010		0	A	1		1.141	0.286	0.212
Arginine....g	0.613		0	A	1		0.693	0.174	0.129
Histidine....g	0.448		0	A	1		0.506	0.127	0.094
Alanine....g	0.518		0	A	1		0.586	0.147	0.109
Aspartic acid....g	1.191		0	A	1		1.346	0.338	0.250
Glutamic acid....g	3.495		0	A	1		3.949	0.991	0.734
Glycine....g	0.322		0	A	1		0.364	0.091	0.068
Proline....g	1.847		0	A	1		2.088	0.524	0.388
Serine....g	0.932		0	A	1		1.053	0.264	0.196
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 113g: 1 cup

Measure 2 = 28.35g: 1 oz

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01047
Cheese food, pasteurized process, swiss

Refuse: 0%

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

NDB No. 01047
Cheese food, pasteurized process, swiss

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.487		0		4		4.391	35.155	
4:0....g	0.787		0		4		0.223	1.786	
6:0....g	0.472		0		4		0.134	1.071	
8:0....g	0.265		0		4		0.075	0.602	
10:0....g	0.552		0		4		0.156	1.253	
12:0....g	0.546		0		4		0.155	1.239	
13:0....g									
14:0....g	2.695		0		4		0.764	6.118	
15:0....g									
16:0....g	6.938		0		4		1.967	15.749	
17:0....g									
18:0....g	2.511		0		4		0.712	5.700	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.801		0		4		1.928	15.438	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.653		0		4		0.185	1.482	
17:1....g									
18:1 undifferentiated....g	5.691		0		4		1.613	12.919	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.600		0		4		0.170	1.362	
18:2 undifferentiated....g	0.330		0		4		0.094	0.749	
18:3 undifferentiated....g	0.270		0		4		0.077	0.613	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	82		0		1		23	186	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.319		0		4		0.090	0.724	
Threonine....g	0.711		0		4		0.202	1.614	
Isoleucine....g	1.013		0		4		0.287	2.300	
Leucine....g	1.938		0		4		0.549	4.399	
Lysine....g	2.175		0		4		0.617	4.937	
Methionine....g	0.567		0		4		0.161	1.287	
Cystine....g	0.141		0		4		0.040	0.320	
Phenylalanine....g	1.113		0		4		0.316	2.527	
Tyrosine....g	1.199		0		4		0.340	2.722	
Valine....g	1.313		0		4		0.372	2.981	
Arginine....g	0.917		0		4		0.260	2.082	
Histidine....g	0.893		0		4		0.253	2.027	
Alanine....g	0.550		0		4		0.156	1.249	
Aspartic acid....g	1.346		0		4		0.382	3.055	
Glutamic acid....g	4.549		0		4		1.290	10.326	
Glycine....g	0.361		0		4		0.102	0.819	
Proline....g	2.230		0		4		0.632	5.062	
Serine....g	1.058		0		4		0.300	2.402	
Hydroxyproline....g									

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

NDB No. 01047

Cheese food, pasteurized process, swiss

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01215

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.80		0		4		10.88	9.84	
Energy....kcal	240		0		4		50	46	
Energy....kJ	1004		0		4		211	191	
Protein....g	17.60		0		4		3.70	3.34	
Total lipid (fat)....g	14.10		0		4		2.96	2.68	
Ash....g	5.90		0	T	4		1.24	1.12	
Carbohydrate, by difference....g	10.60		0		4		2.23	2.01	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	8.02		0	BFNN	4		1.68	1.52	
Starch....g									
Minerals:									
Calcium, Ca....mg	529		0		4		111	101	
Iron, Fe....mg	0.20		0		4		0.04	0.04	
Magnesium, Mg....mg	33		0		4		7	6	
Phosphorus, P....mg	829		0		4		174	158	
Potassium, K....mg	330		0		4		69	63	
Sodium, Na....mg	1201		0	NR	4		252	228	
Zinc, Zn....mg	2.36		0		4		0.50	0.45	
Copper, Cu....mg	0.030		0		4		0.006	0.006	
Manganese, Mn....mg									
Selenium, Se....µg	12.4		0	BFNN	4		2.6	2.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.070		0		4		0.015	0.013	
Riboflavin....mg	0.480		0		4		0.101	0.091	
Niacin....mg	0.180		0		4		0.038	0.034	
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0		4		0.017	0.015	
Folate, total....µg	18		0		4		4	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		4		4	3	
Folate, DFE....µg	18		0	NC	4		4	3	
Choline, total....mg	36.2		0	T	4		7.6	6.9	
Betaine....mg									
Vitamin B-12....µg	1.11		0		4		0.23	0.21	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	250		0	NC	4		52	47	
Retinol....µg	243		0	BFZN	4		51	46	
Carotene, beta....µg	80		0	BFZN	4		17	15	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	945		0	NC	4		198	179	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFZN	4		0.06	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	5.3		0	NR	4		1.1	1.0	
Vitamin D....IU	212		0	O	4		45	40	
Vitamin K (phylloquinone)....µg	2.6		0	BFZN	4		0.5	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01215

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.850		0		4		1.859	1.682	
4:0....g	0.460		0		4		0.097	0.087	
6:0....g	0.270		0		4		0.057	0.051	
8:0....g	0.210		0		4		0.044	0.040	
10:0....g	0.340		0		4		0.071	0.065	
12:0....g	0.420		0		4		0.088	0.080	
13:0....g									
14:0....g	1.450		0		4		0.305	0.276	
15:0....g									
16:0....g	3.930		0		4		0.825	0.747	
17:0....g									
18:0....g	1.610		0		4		0.338	0.306	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.130		0		4		0.867	0.785	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.370		0		4		0.078	0.070	
17:1....g									
18:1 undifferentiated....g	3.470		0		4		0.729	0.659	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0		4		0.086	0.078	
18:2 undifferentiated....g	0.270		0		4		0.057	0.051	
18:3 undifferentiated....g	0.150		0		4		0.032	0.029	
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	
21:5....g									
22:4....g									
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	53		0		4		11	10	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

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

Measure 2 = 19g: 1 slice 2/3 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 42258

Cheese product, pasteurized process, cheddar, 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	51.80		0		4		14.50		
Energy	kcal	240		0	NC	4		67		
Energy	kJ	1003		0	NC	4		281		
Protein	g	17.60		0		4		4.93		
Total lipid (fat)	g	14.10		0		4		3.95		
Ash	g	5.90		0	NR	4		1.65		
Carbohydrate, by difference	g	10.60		0		4		2.97		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	8.02		0	BFNN	4		2.25		
Starch	g									
Minerals:										
Calcium, Ca	mg	529		0		4		148		
Iron, Fe	mg	0.20		0		4		0.06		
Magnesium, Mg	mg	33		0		4		9		
Phosphorus, P	mg	829		0		4		232		
Potassium, K	mg	330		0		4		92		
Sodium, Na	mg	1587		0		4		444		
Zinc, Zn	mg	2.36		0		4		0.66		
Copper, Cu	mg	0.030		0		4		0.008		
Manganese, Mn	mg									
Selenium, Se	µg	12.4		0	BFNN	4		3.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.070		0		4		0.020		
Riboflavin	mg	0.480		0		4		0.134		
Niacin	mg	0.180		0		4		0.050		
Pantothenic acid	mg									
Vitamin B-6	mg	0.080		0		4		0.022		
Folate, total	µg	18		0		4		5		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	18		0	NR	4		5		
Folate, DFE	µg	18		0	NC	4		5		
Choline, total	mg	36.2		0	T	4		10.1		
Betaine	mg									
Vitamin B-12	µg	1.11		0		4		0.31		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	254		0	NC	4		71		
Retinol	µg	247		0	BFZN	4		69		
Carotene, beta	µg	82		0	BFZN	4		23		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	961		0	NC	4		269		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.27		0	BFZN	4		0.08		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.3		0	AS	1		0.1		
Vitamin D	IU	10		0	BFFN	4		3		
Vitamin K (phylloquinone)	µg	2.7		0	BFZN	4		0.7		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 42258

Cheese product, pasteurized process, cheddar, 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
Lipids:									
Fatty acids, total saturated....g	8.850		0		4		2.478		
4:0....g	0.460		0		4		0.129		
6:0....g	0.270		0		4		0.076		
8:0....g	0.210		0		4		0.059		
10:0....g	0.340		0		4		0.095		
12:0....g	0.420		0		4		0.118		
13:0....g									
14:0....g	1.450		0		4		0.406		
15:0....g									
16:0....g	3.930		0		4		1.100		
17:0....g									
18:0....g	1.610		0		4		0.451		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.130		0		4		1.156		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.370		0		4		0.104		
17:1....g									
18:1 undifferentiated....g	3.470		0		4		0.972		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0		4		0.115		
18:2 undifferentiated....g	0.270		0		4		0.076		
18:3 undifferentiated....g	0.150		0		4		0.042		
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		
21:5....g									
22:4....g									
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	53		0		4		15		
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 = 28g: 1 slice 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01164
Cheese sauce, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.86		0		1		20.06	162.47	
Energy....kcal	197		0	NC	4		59	478	
Energy....kJ	824		0	NC	4		247	2002	
Protein (N x 6.38)....g	10.33		0		1		3.10	25.10	
Total lipid (fat)....g	14.92		0		1		4.48	36.26	
Ash....g	2.41		0		1		0.72	5.86	
Carbohydrate, by difference....g	5.48		0	NC	4		1.64	13.32	
Fiber, total dietary....g	0.1		0		4		0.0	0.2	
Sugars, total....g	0.19		0	NR	4		0.06	0.47	
Sucrose....g	0.08		0	RA	4		0.02	0.18	
Glucose (dextrose)....g									
Fructose....g									
Lactose....g	0.07		0	RA	4		0.02	0.17	
Maltose....g	0.05		0	RA	4		0.01	0.11	
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	311		0		1		93	756	
Iron, Fe....mg	0.35		0		1		0.11	0.85	
Magnesium, Mg....mg	19		0		1		6	46	
Phosphorus, P....mg	229		0		1		69	556	
Potassium, K....mg	142		0		1		43	345	
Sodium, Na....mg	493		0		1		148	1198	
Zinc, Zn....mg	1.26		0		1		0.38	3.06	
Copper, Cu....mg	0.019		0		1		0.006	0.046	
Manganese, Mn....mg	0.040		0		1		0.012	0.097	
Selenium, Se....µg	6.6		0	RA	4		2.0	16.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.2	1.5	
Thiamin....mg	0.044		0		1		0.013	0.107	
Riboflavin....mg	0.243		0		1		0.073	0.590	
Niacin....mg	0.204		0		1		0.061	0.496	
Pantothenic acid....mg	0.233		0		1		0.070	0.566	
Vitamin B-6....mg	0.045		0		1		0.014	0.109	
Folate, total....µg	10		0	RA	4		3	24	
Folic acid....µg	2		0	NC	4		1	5	
Folate, food....µg	8		0		1		2	19	
Folate, DFE....µg	11		0	NC	4		3	28	
Choline, total....mg	5.1		0	T	4		1.5	12.4	
Betaine....mg									
Vitamin B-12....µg	0.35		0		1		0.11	0.85	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....µg	82		0	NC	4		25	200	
Retinol....µg	80		0	T	4		24	194	
Carotene, beta....µg	26		0	T	4		8	63	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	310		0	NC	4		93	753	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	0		0	RA	4		0	1	
Vitamin E (alpha-tocopherol)....mg	0.09		0	T	4		0.03	0.22	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 01164
Cheese sauce, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	RA	4		0.3	2.5	
Vitamin D....IU	41		0	RA	4		12	100	
Vitamin K (phylloquinone)....µg	0.9		0	T	4		0.3	2.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.034		0		1		2.410	19.523	
4:0....g	0.385		0		1		0.116	0.936	
6:0....g	0.199		0		1		0.060	0.484	
8:0....g	0.106		0		1		0.032	0.258	
10:0....g	0.230		0		1		0.069	0.559	
12:0....g	0.215		0		1		0.065	0.522	
13:0....g									
14:0....g	1.231		0		1		0.369	2.991	
15:0....g									
16:0....g	3.952		0		1		1.186	9.603	
17:0....g									
18:0....g	1.712		0		1		0.514	4.160	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.735		0		1		1.421	11.506	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.358		0		1		0.107	0.870	
17:1....g									
18:1 undifferentiated....g	4.375		0		1		1.313	10.631	
20:1....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.397		0		1		0.419	3.395	
18:2 undifferentiated....g	1.213		0		1		0.364	2.948	
18:3 undifferentiated....g	0.184		0		1		0.055	0.447	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	38		0		1		11	92	
Phytosterols....mg	11		0		1		3	27	
Amino Acids:									
Tryptophan....g	0.123		0		1		0.037	0.299	
Threonine....g	0.355		0		1		0.107	0.863	
Isoleucine....g	0.578		0		1		0.173	1.405	
Leucine....g	0.902		0		1		0.271	2.192	
Lysine....g	0.772		0		1		0.232	1.876	
Methionine....g	0.243		0		1		0.073	0.590	
Cystine....g	0.056		0		1		0.017	0.136	
Phenylalanine....g	0.484		0		1		0.145	1.176	
Tyrosine....g	0.452		0		1		0.136	1.098	
Valine....g	0.627		0		1		0.188	1.524	
Arginine....g	0.351		0		1		0.105	0.853	
Histidine....g	0.311		0		1		0.093	0.756	
Alanine....g	0.279		0		1		0.084	0.678	
Aspartic acid....g	0.628		0		1		0.188	1.526	
Glutamic acid....g	2.214		0		1		0.664	5.380	
Glycine....g	0.170		0		1		0.051	0.413	

NDB No. 01164
Cheese sauce, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline....g	1.021		0		1		0.306	2.481	
Serine....g	0.539		0		1		0.162	1.310	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 30g: 2 tbsp

Measure 2 = 243g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01259

Cheese spread, American or Cheddar cheese base, 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	61.82	2.812	10	A	1		12.98	349.90	
Energy....kcal	176		0	NC	4		37	998	
Energy....kJ	738		0	NC	4		155	4177	
Protein....g	13.41	1.172	10	A	1		2.82	75.90	
Total lipid (fat)....g	8.88	0.221	10	A	1		1.86	50.26	
Ash....g	5.18	0.437	10	A	1		1.09	29.32	
Carbohydrate, by difference....g	10.71		0	NC	4		2.25	60.62	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	7.06	0.399	4	A	1		1.48	39.94	
Starch....g									
Minerals:									
Calcium, Ca....mg	557	85.239	10	A	1		117	3151	
Iron, Fe....mg	0.36	0.062	10	A	1		0.08	2.03	
Magnesium, Mg....mg	27	2.662	10	A	1		6	152	
Phosphorus, P....mg	931	50.643	10	A	1		195	5267	
Potassium, K....mg	250	16.126	10	A	1		53	1416	
Sodium, Na....mg	1102	86.302	10	A	1		231	6235	
Zinc, Zn....mg	1.81	0.074	10	A	1		0.38	10.25	
Copper, Cu....mg	0.032	0.004	10	A	1		0.007	0.181	
Manganese, Mn....mg	0.026	0.004	10	A	1		0.005	0.145	
Selenium, Se....µg	15.5	1.335	6	A	1		3.3	87.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.038	0.004	6	A	1		0.008	0.217	
Riboflavin....mg	0.442	0.037	6	A	1		0.093	2.500	
Niacin....mg	0.153	0.007	6	A	1		0.032	0.868	
Pantothenic acid....mg	0.797	0.154	4	A	1		0.167	4.514	
Vitamin B-6....mg	0.099	0.012	6	A	1		0.021	0.563	
Folate, total....µg	0		0	Z	7		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0	Z	7		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	42.6		0	AS	1		8.9	241.0	
Betaine....mg									
Vitamin B-12....µg	1.17	0.289	6	A	1		0.25	6.64	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	185		0	AS	1		39	1049	
Retinol....µg	183		2	A	1		38	1036	
Carotene, beta....µg	27	8.497	4	A	1		6	155	
Carotene, alpha....µg	0	0.116	4	A	1		0	1	
Cryptoxanthin, beta....µg	1		2	A	1		0	5	
Vitamin A, IU....IU	656		0	AS	1		138	3715	
Lycopene....µg	0	0.220	4	A	1		0	2	
Lutein + zeaxanthin....µg	11	6.581	4	A	1		2	64	
Vitamin E (alpha-tocopherol)....mg	0.46	0.105	6	A	1		0.10	2.63	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01259

Cheese spread, American or Cheddar cheese base, 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
Lipids:									
Fatty acids, total saturated....g	5.647		0	NC	4		1.186	31.959	
4:0....g	0.205	0.004	6	A	1		0.043	1.161	
6:0....g	0.156	0.002	6	A	1		0.033	0.884	
8:0....g	0.104	0.004	6	A	1		0.022	0.587	
10:0....g	0.247	0.005	6	A	1		0.052	1.400	
12:0....g	0.280	0.006	6	A	1		0.059	1.585	
13:0....g									
14:0....g	0.906	0.017	6	A	1		0.190	5.126	
15:0....g	0.098	0.003	6	A	1		0.021	0.554	
16:0....g	2.610	0.071	6	A	1		0.548	14.775	
17:0....g	0.057	0.001	6	A	1		0.012	0.321	
18:0....g	0.962	0.035	6	A	1		0.202	5.444	
20:0....g	0.014	0.001	6	A	1		0.003	0.081	
22:0....g	0.004	0.000	6	A	1		0.001	0.024	
24:0....g	0.003	0.000	6	A	1		0.001	0.016	
Fatty acids, total monounsaturated....g	2.458		0	NC	4		0.516	13.914	
14:1....g	0.092	0.002	6	A	1		0.019	0.518	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.152	0.006	6	AS	1		0.032	0.862	
16:1 c....g	0.121	0.004	6	A	1		0.025	0.684	
16:1 t....g	0.031	0.002	6	A	1		0.007	0.177	
17:1....g	0.018	0.000	6	A	1		0.004	0.102	
18:1 undifferentiated....g	2.173	0.080	6	AS	1		0.456	12.299	
18:1 c....g	1.938	0.069	6	A	1		0.407	10.970	
18:1 t....g	0.235	0.011	6	A	1		0.049	1.329	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.019	0.001	6	A	1		0.004	0.108	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.005	0.001	6	A	1		0.001	0.025	
Fatty acids, total polyunsaturated....g	0.415		0	NC	4		0.087	2.348	
18:2 undifferentiated....g	0.331	0.013	6	AS	1		0.070	1.876	
18:2 n-6 c,c....g	0.226	0.010	6	A	1		0.047	1.278	
18:2 CLAs....g	0.045	0.003	6	A	1		0.010	0.257	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.060	0.002	6	A	1		0.013	0.340	
18:3 undifferentiated....g	0.039	0.002	6	AS	1		0.008	0.223	
18:3 n-3 c,c,c (ALA)....g	0.039	0.002	6	A	1		0.008	0.220	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g	0.001	0.000	6	A	1		0.000	0.003	
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.001	6	A	1		0.000	0.009	
20:3 undifferentiated....g	0.011	0.000	6	AS	1		0.002	0.062	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.011	0.000	6	A	1		0.002	0.062	
20:4 undifferentiated....g	0.017	0.001	6	A	1		0.004	0.095	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	6	A	1		0.001	0.024	
21:5....g									
22:4....g	0.003	0.001	6	A	1		0.001	0.019	
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.001	0.037	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.327		0	NC	4		0.069	1.849	
Fatty acids, total trans-monoenoic....g	0.266		0	NC	4		0.056	1.506	
Fatty acids, total trans-polyenoic....g	0.061		0	NC	4		0.013	0.343	
Cholesterol....mg	38	3.349	6	A	1		8	216	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01259

Cheese spread, American or Cheddar cheese base, 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
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 = 21g: 1 piece

Measure 2 = 566g: 1 package

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43276
Cheese spread, cream cheese base

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.50		1		1		16.58	140.40	
Energy....kcal	295		0		1		84	708	
Energy....kJ	1234		0		1		350	2962	
Protein....g	7.10		1		1		2.01	17.04	
Total lipid (fat)....g	28.60		1		1		8.11	68.64	
Ash....g	2.30		0	NR	4		0.65	5.52	
Carbohydrate, by difference....g	3.50		0	NC	4		0.99	8.40	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	3.50		0	NR	4		0.99	8.40	
Starch....g									
Minerals:									
Calcium, Ca....mg	71		1		1		20	170	
Iron, Fe....mg	1.13		0		4		0.32	2.71	
Magnesium, Mg....mg	6		0		4		2	14	
Phosphorus, P....mg	91		1		1		26	218	
Potassium, K....mg	112		0		4		32	269	
Sodium, Na....mg	436		0	NR	4		124	1046	
Zinc, Zn....mg	0.51		0		4		0.14	1.22	
Copper, Cu....mg	0.015		0		4		0.004	0.036	
Manganese, Mn....mg									
Selenium, Se....µg	2.7		0	BFNN	4		0.8	6.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.020		0		4		0.006	0.048	
Riboflavin....mg	0.190		0		4		0.054	0.456	
Niacin....mg	0.950		0		4		0.269	2.280	
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0		4		0.011	0.096	
Folate, total....µg	12		0		4		3	29	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		0		4		3	29	
Folate, DFE....µg	12		0	NC	4		3	29	
Choline, total....mg	27.2		0	BFZN	4		7.7	65.3	
Betaine....mg									
Vitamin B-12....µg	0.40		0		4		0.11	0.96	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	302		0	NC	4		85	724	
Retinol....µg	300		0	BFFN	4		85	720	
Carotene, beta....µg	19		0	T	4		5	46	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	1031		0	NC	4		292	2475	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.77		0	NR	4		0.22	1.85	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.1	1.3	
Vitamin D....IU	21		0	BFFN	4		6	50	
Vitamin K (phylloquinone)....µg	2.4		0	BFFN	4		0.7	5.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43276
Cheese spread, cream cheese base

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	18.020		0		4		5.109	43.248	
4:0....g	0.820		0		4		0.232	1.968	
6:0....g	0.238		0		4		0.067	0.571	
8:0....g	0.279		0		4		0.079	0.670	
10:0....g	0.550		0		4		0.156	1.320	
12:0....g	0.377		0		4		0.107	0.905	
13:0....g									
14:0....g	2.953		0		4		0.837	7.087	
15:0....g									
16:0....g	8.645		0		4		2.451	20.748	
17:0....g									
18:0....g	3.314		0		4		0.940	7.954	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.071		0		4		2.288	19.370	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.804		0		4		0.228	1.930	
17:1....g									
18:1 undifferentiated....g	6.874		0		4		1.949	16.498	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.033		0		4		0.293	2.479	
18:2 undifferentiated....g	0.632		0		4		0.179	1.517	
18:3 undifferentiated....g	0.402		0		4		0.114	0.965	
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	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	90		0		4		26	216	
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 = 240g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01048
Cheese spread, pasteurized process, American

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.65	0.517	31		1		66.71	116.27	60.99
Energy....kcal	290		0	NC	4		407	709	372
Energy....kJ	1215		0		4		1701	2965	1556
Protein (N x 6.38)....g	16.41	0.449	23		1		22.97	40.04	21.00
Total lipid (fat)....g	21.23	0.382	28		1		29.72	51.80	27.17
Ash....g	5.98	0.109	19		1		8.37	14.59	7.65
Carbohydrate, by difference....g	8.73		0	NC	4		12.22	21.30	11.17
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	7.32		0	BFNN	4		10.25	17.86	9.37
Starch....g									
Minerals:									
Calcium, Ca....mg	562	14.121	9		1		787	1371	719
Iron, Fe....mg	0.33	0.028	4		1		0.46	0.81	0.42
Magnesium, Mg....mg	29	2.799	4		1		40	70	37
Phosphorus, P....mg	875		0	BFZN	4		1225	2135	1120
Potassium, K....mg	242	66.976	4		1		339	590	310
Sodium, Na....mg	1625		0	BFZN	4		2275	3965	2080
Zinc, Zn....mg	2.59	0.170	5		1		3.63	6.32	3.32
Copper, Cu....mg	0.033		0		1		0.046	0.081	0.042
Manganese, Mn....mg	0.020		0		1		0.028	0.049	0.026
Selenium, Se....µg	11.3	1.073	9	A	1		15.8	27.6	14.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.048	0.002	9		1		0.067	0.117	0.061
Riboflavin....mg	0.431	0.023	11		1		0.603	1.052	0.552
Niacin....mg	0.131	0.011	32		1		0.183	0.320	0.168
Pantothenic acid....mg	0.686		15		1		0.960	1.674	0.878
Vitamin B-6....mg	0.117	0.004	24		1		0.164	0.285	0.150
Folate, total....µg	7	0.585	3		1		10	17	9
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	7	0.585	3		1		10	17	9
Folate, DFE....µg	7		0	NC	4		10	17	9
Choline, total....mg	36.2		0	T	4		50.7	88.3	46.3
Betaine....mg									
Vitamin B-12....µg	0.40		1		1		0.56	0.98	0.51
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	173		0	NC	4		242	421	221
Retinol....µg	168		0	BFFN	4		235	410	215
Carotene, beta....µg	55		0	BFFN	4		78	135	71
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	653		0	NC	4		914	1593	835
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFFN	4		0.26	0.45	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.5	1.0	0.5
Vitamin D....IU	16		0	BFFN	4		22	38	20
Vitamin K (phylloquinone)....µg	1.8		0	BFFN	4		2.5	4.4	2.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01048
Cheese spread, pasteurized process, American

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	13.327		0		1		18.658	32.518	17.059
4:0....g	0.688		0		1		0.963	1.679	0.881
6:0....g	0.408		0		1		0.571	0.996	0.522
8:0....g	0.311		1		1		0.435	0.759	0.398
10:0....g	0.513		2		1		0.718	1.252	0.657
12:0....g	0.632	0.044	4		1		0.885	1.542	0.809
13:0....g									
14:0....g	2.181	0.077	4		1		3.053	5.322	2.792
15:0....g									
16:0....g	5.908	0.137	4		1		8.271	14.416	7.562
17:0....g									
18:0....g	2.434	0.108	4		1		3.408	5.939	3.116
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.219		0		1		8.707	15.174	7.960
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.560	0.044	4		1		0.784	1.366	0.717
17:1....g									
18:1 undifferentiated....g	5.221	0.179	4		1		7.309	12.739	6.683
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.624		0		1		0.874	1.523	0.799
18:2 undifferentiated....g	0.400	0.040	4		1		0.560	0.976	0.512
18:3 undifferentiated....g	0.223	0.027	3		1		0.312	0.544	0.285
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	55		0		1		77	135	71
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.239		0		4		0.335	0.583	0.306
Threonine....g	0.628		0		1		0.879	1.532	0.804
Isoleucine....g	0.833		0		1		1.166	2.033	1.066
Leucine....g	1.780		0		1		2.492	4.343	2.278
Lysine....g	1.507		0		1		2.110	3.677	1.929
Methionine....g	0.538		0		1		0.753	1.313	0.689
Cystine....g	0.105		0		4		0.147	0.256	0.134
Phenylalanine....g	0.931		0		1		1.303	2.272	1.192
Tyrosine....g	0.890		0		1		1.246	2.172	1.139
Valine....g	1.366		0		1		1.912	3.333	1.748
Arginine....g	0.545		0		1		0.763	1.330	0.698
Histidine....g	0.509		0		1		0.713	1.242	0.652
Alanine....g	0.602		0		1		0.843	1.469	0.771
Aspartic acid....g	1.103		0		1		1.544	2.691	1.412
Glutamic acid....g	3.475		0		1		4.865	8.479	4.448
Glycine....g	0.311		0		1		0.435	0.759	0.398
Proline....g	2.320		0		1		3.248	5.661	2.970
Serine....g	1.037		0		1		1.452	2.530	1.327
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01048
Cheese spread, pasteurized process, American

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

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

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 244g: 1 cup

Measure 3 = 128g: 1 jar (5 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01161
Cheese substitute, mozzarella

Refuse: 0%

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

NDB No. 01161
Cheese substitute, mozzarella

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.711		0		1		4.193	1.052	0.668
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.012		1		1		0.014	0.003	0.002
10:0....g	0.012		1		1		0.014	0.003	0.002
12:0....g	0.048		1		1		0.054	0.014	0.009
13:0....g									
14:0....g	0.049		1		1		0.055	0.014	0.009
15:0....g									
16:0....g	2.369		1		1		2.677	0.672	0.426
17:0....g									
18:0....g	1.222		1		1		1.381	0.346	0.220
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.243		0		1		7.055	1.770	1.124
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	6.243		1		1		7.055	1.770	1.124
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.738		0		1		1.964	0.493	0.313
18:2 undifferentiated....g	1.664		1		1		1.880	0.472	0.300
18:3 undifferentiated....g	0.074		1		1		0.084	0.021	0.013
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	4		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.151		0		1		0.171	0.043	0.027
Threonine....g	0.397		0		1		0.449	0.113	0.071
Isoleucine....g	0.570		0		1		0.644	0.162	0.103
Leucine....g	0.924		0		1		1.044	0.262	0.166
Lysine....g	0.793		0		1		0.896	0.225	0.143
Methionine....g	0.282		0		1		0.319	0.080	0.051
Cystine....g	0.050		0		1		0.057	0.014	0.009
Phenylalanine....g	0.525		0		1		0.593	0.149	0.095
Tyrosine....g	0.572		0		1		0.646	0.162	0.103
Valine....g	0.680		0		1		0.768	0.193	0.122
Arginine....g	0.388		0		1		0.438	0.110	0.070
Histidine....g	0.286		0		1		0.323	0.081	0.051
Alanine....g	0.273		0		1		0.308	0.077	0.049
Aspartic acid....g	0.682		0		1		0.771	0.193	0.123
Glutamic acid....g	2.172		0		1		2.454	0.616	0.391
Glycine....g	0.167		0		1		0.189	0.047	0.030
Proline....g	1.036		0		1		1.171	0.294	0.186
Serine....g	0.532		0		1		0.601	0.151	0.096
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01161
Cheese substitute, mozzarella

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

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

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 28.35g: 1 oz

Measure 3 = 18g: 1 cubic inch

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01061
Cheese, American, nonfat or fat free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.47		0	NC	4		12.44		
Energy....kcal	126		0	NC	4		24		
Energy....kJ	529		0	NC	4		101		
Protein (N x 6.25)....g	21.05		0	LC	8		4.00		
Total lipid (fat)....g	0.00		0	LC	8		0.00		
Ash....g	2.95		0	O	4		0.56		
Carbohydrate, by difference....g	10.53		0	LC	8		2.00		
Fiber, total dietary....g	0.0		0	LC	8		0.0		
Sugars, total....g	5.26		0	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	789		0	LC	8		150		
Iron, Fe....mg	0.00		0	LC	8		0.00		
Magnesium, Mg....mg	115		0	FLC	4		22		
Phosphorus, P....mg	316		0	FLC	4		60		
Potassium, K....mg	393		0	FLC	4		75		
Sodium, Na....mg	1316		0	LC	8		250		
Zinc, Zn....mg	4.11		0	FLC	4		0.78		
Copper, Cu....mg	0.559		0	FLC	4		0.106		
Manganese, Mn....mg									
Selenium, Se....µg	14.6		0	FLC	4		2.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.412		0	FLC	4		0.078		
Riboflavin....mg	0.545		0	FLC	4		0.104		
Niacin....mg	5.560		0	FLC	4		1.056		
Pantothenic acid....mg									
Vitamin B-6....mg	0.567		0	FLC	4		0.108		
Folate, total....µg	9		0	BFZN	4		2		
Folic acid....µg	0		0	BFZN	4		0		
Folate, food....µg	9		0	BFZN	4		2		
Folate, DFE....µg	9		0	NC	4		2		
Choline, total....mg	38.4		0	FLC	4		7.3		
Betaine....mg									
Vitamin B-12....µg	1.85		0	FLC	4		0.35		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	56		0	NC	4		11		
Retinol....µg	55		0	BFZN	4		11		
Carotene, beta....µg	3		0	FLC	4		0		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	189		0	NC	4		36		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFZN	4		0.05		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	BFZN	4		0.0		
Vitamin D....IU	5		0	BFZN	4		1		
Vitamin K (phylloquinone)....µg	0.2		0	FLC	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01061
Cheese, American, nonfat or 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
Lipids:									
Fatty acids, total saturated....g	0.000		0	LC	8		0.000		
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		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated....g	0.000		0	FLC	4		0.000		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
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	LC	8		0.000		
Cholesterol....mg	26		0	LC	8		5		
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 = 19g: 1 serving

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01251
Cheese, Mexican blend

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.48		0	RA	4		11.90		
Energy....kcal	358		0	RA	4		100		
Energy....kJ	1497		0	RA	4		419		
Protein....g	23.54		0	RA	4		6.59		
Total lipid (fat)....g	28.51		0	RA	4		7.98		
Ash....g	3.72		0	RA	4		1.04		
Carbohydrate, by difference....g	1.75		0	RA	4		0.49		
Fiber, total dietary....g	0.0		0	RA	4		0.0		
Sugars, total....g	1.23		0	RA	4		0.34		
Sucrose....g	0.07		0	RA	4		0.02		
Glucose (dextrose)....g	0.14		0	RA	4		0.04		
Fructose....g	0.04		0	RA	4		0.01		
Lactose....g	0.08		0	RA	4		0.02		
Maltose....g	0.06		0	RA	4		0.02		
Galactose....g	0.04		0	RA	4		0.01		
Starch....g									
Minerals:									
Calcium, Ca....mg	659		0	RA	4		184		
Iron, Fe....mg	0.59		0	RA	4		0.16		
Magnesium, Mg....mg	25		0	RA	4		7		
Phosphorus, P....mg	438		0	RA	4		123		
Potassium, K....mg	85		0	RA	4		24		
Sodium, Na....mg	338		0	NR	4		95		
Zinc, Zn....mg	3.01		0	RA	4		0.84		
Copper, Cu....mg	0.025		0	RA	4		0.007		
Manganese, Mn....mg	0.022		0	RA	4		0.006		
Selenium, Se....µg	15.0		0	RA	4		4.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.023		0	RA	4		0.006		
Riboflavin....mg	0.318		0	RA	4		0.089		
Niacin....mg	0.114		0	RA	4		0.032		
Pantothenic acid....mg	0.249		0	RA	4		0.070		
Vitamin B-6....mg	0.061		0	RA	4		0.017		
Folate, total....µg	13		0	RA	4		4		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	13		0	RA	4		4		
Folate, DFE....µg	13		0	NC	4		4		
Choline, total....mg	15.7		0	RA	4		4.4		
Betaine....mg	0.2		0	RA	4		0.0		
Vitamin B-12....µg	1.23		0	RA	4		0.35		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....µg	174		0	RA	4		49		
Retinol....µg	170		0	RA	4		48		
Carotene, beta....µg	56		0	RA	4		16		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	659		0	RA	4		185		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.25		0	RA	4		0.07		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg	0.00		0	RA	4		0.00		
Tocopherol, delta....mg	0.00		0	RA	4		0.00		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 01251
Cheese, Mexican blend

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	RA	4		0.1		
Vitamin D....IU	21		0	RA	4		6		
Vitamin K (phylloquinone)....µg	2.5		0	RA	4		0.7		
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	17.027		0	RA	4		4.768		
4:0....g	0.922		0	RA	4		0.258		
6:0....g	0.417		0	RA	4		0.117		
8:0....g	0.271		0	RA	4		0.076		
10:0....g	0.568		0	RA	4		0.159		
12:0....g	0.527		0	RA	4		0.148		
13:0....g									
14:0....g	3.026		0	RA	4		0.847		
15:0....g									
16:0....g	7.925		0	RA	4		2.219		
17:0....g									
18:0....g	3.372		0	RA	4		0.944		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.871		0	RA	4		2.204		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.857		0	RA	4		0.240		
17:1....g									
18:1 undifferentiated....g	7.015		0	RA	4		1.964		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.864		0	RA	4		0.242		
18:2 undifferentiated....g	0.532		0	RA	4		0.149		
18:3 undifferentiated....g	0.332		0	RA	4		0.093		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	95		0	RA	4		26		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.355		0	RA	4		0.099		
Threonine....g	0.869		0	RA	4		0.243		
Isoleucine....g	1.356		0	RA	4		0.380		
Leucine....g	2.170		0	RA	4		0.607		
Lysine....g	1.655		0	RA	4		0.464		
Methionine....g	0.600		0	RA	4		0.168		
Cystine....g	0.117		0	RA	4		0.033		
Phenylalanine....g	1.200		0	RA	4		0.336		
Tyrosine....g	1.122		0	RA	4		0.314		
Valine....g	1.511		0	RA	4		0.423		
Arginine....g	0.785		0	RA	4		0.220		
Histidine....g	0.735		0	RA	4		0.206		
Alanine....g	0.650		0	RA	4		0.182		
Aspartic acid....g	1.570		0	RA	4		0.440		
Glutamic acid....g	5.403		0	RA	4		1.513		

NDB No. 01251
Cheese, Mexican blend

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.403		0	RA	4		0.113		
Proline.....g	2.580		0	RA	4		0.722		
Serine.....g	1.198		0	RA	4		0.335		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		

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

Common Measures:

Measure 1 = 28g: .25 cup shredded

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.20		1	A	1		13.66	13.50	
Energy....kcal	282		2	LC	8		80	79	
Energy....kJ	1180		2	LC	8		335	330	
Protein....g	24.69		2	LC	8		7.00	6.91	
Total lipid (fat)....g	19.40		2	LC	8		5.50	5.43	
Ash....g	4.30		1	A	1		1.22	1.20	
Carbohydrate, by difference....g	3.41		0	NC	4		0.97	0.95	
Fiber, total dietary....g	0.0		2	LC	8		0.0	0.0	
Sugars, total....g	0.56		0	BFNN	4		0.16	0.16	
Starch....g									
Minerals:									
Calcium, Ca....mg	1146		2	LC	8		325	321	
Iron, Fe....mg	0.13		1	A	1		0.04	0.04	
Magnesium, Mg....mg	35		1	A	1		10	10	
Phosphorus, P....mg	583		1	A	1		165	163	
Potassium, K....mg	93		1	A	1		26	26	
Sodium, Na....mg	776		2	LC	8		220	217	
Zinc, Zn....mg	4.30		1	A	1		1.22	1.20	
Copper, Cu....mg	0.021		0	BFZN	4		0.006	0.006	
Manganese, Mn....mg									
Selenium, Se....µg	15.5		0	BFNN	4		4.4	4.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.030		1	A	1		0.009	0.008	
Riboflavin....mg	0.300		1	A	1		0.085	0.084	
Niacin....mg	0.060		1	A	1		0.017	0.017	
Pantothenic acid....mg									
Vitamin B-6....mg	0.084		1	A	1		0.024	0.024	
Folate, total....µg	20		0	BFNN	4		6	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	20		0	BFNN	4		6	5	
Folate, DFE....µg	20		0	NC	4		6	5	
Choline, total....mg	13.5		0	BFSN	4		3.8	3.8	
Betaine....mg									
Vitamin B-12....µg	1.66		1	A	1		0.47	0.46	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	155		0	NC	4		44	43	
Retinol....µg	151		0	BFFN	4		43	42	
Carotene, beta....µg	50		0	BFFN	4		14	14	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	586		0	NC	4		166	164	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFFN	4		0.05	0.05	
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.1	0.1	
Vitamin D....IU	14		0	BFFN	4		4	4	
Vitamin K (phylloquinone)....µg	1.6		0	BFFN	4		0.5	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01209
Cheese, Mexican, blend, 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
Lipids:									
Fatty acids, total saturated....g	11.580		1	A	1		3.283	3.242	
4:0....g	0.720		1	A	1		0.204	0.202	
6:0....g	0.420		1	A	1		0.119	0.118	
8:0....g	0.240		1	A	1		0.068	0.067	
10:0....g	0.520		1	A	1		0.147	0.146	
12:0....g	0.560		1	A	1		0.159	0.157	
13:0....g									
14:0....g	1.880		1	A	1		0.533	0.526	
15:0....g									
16:0....g	5.020		1	A	1		1.423	1.406	
17:0....g									
18:0....g	2.240		1	A	1		0.635	0.627	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.020		1	A	1		1.423	1.406	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.300		1	A	1		0.085	0.084	
17:1....g									
18:1 undifferentiated....g	4.470		1	A	1		1.267	1.252	
20:1....g	0.040		1	A	1		0.011	0.011	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		1	A	1		0.213	0.210	
18:2 undifferentiated....g	0.570		1	A	1		0.162	0.160	
18:3 undifferentiated....g	0.130		1	A	1		0.037	0.036	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		1	A	1		0.009	0.008	
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	62		2	LC	8		18	17	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: .25 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01266
Cheese, Swiss, nonfat or 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	63.60		0	NR	4		17.81		
Energy	kcal	127		0	NC	4		36		
Energy	kJ	532		0	NC	4		149		
Protein	g	28.40		0	BFZN	4		7.95		
Total lipid (fat)	g	0.00		0	NR	4		0.00		
Ash	g	4.50		0	NR	4		1.26		
Carbohydrate, by difference	g	3.40		0	BFZN	4		0.95		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	1.33		0	BFZN	4		0.37		
Starch	g									
Minerals:										
Calcium, Ca	mg	961		0	BFZN	4		269		
Iron, Fe	mg	0.17		0	BFZN	4		0.05		
Magnesium, Mg	mg	36		0	BFZN	4		10		
Phosphorus, P	mg	605		0	BFZN	4		169		
Potassium, K	mg	111		0	BFZN	4		31		
Sodium, Na	mg	1000		0	BFZN	4		280		
Zinc, Zn	mg	3.90		0	BFZN	4		1.09		
Copper, Cu	mg	0.027		0	BFZN	4		0.008		
Manganese, Mn	mg									
Selenium, Se	µg	12.7		0	BFZN	4		3.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0		
Thiamin	mg	0.020		0	BFZN	4		0.006		
Riboflavin	mg	0.360		0	BFZN	4		0.101		
Niacin	mg	0.090		0	BFZN	4		0.025		
Pantothenic acid	mg									
Vitamin B-6	mg	0.080		0	BFZN	4		0.022		
Folate, total	µg	6		0	BFZN	4		2		
Folic acid	µg	0		0	BFZN	4		0		
Folate, food	µg	6		0	BFZN	4		2		
Folate, DFE	µg	6		0	NC	4		2		
Choline, total	mg	15.4		0	BFZN	4		4.3		
Betaine	mg									
Vitamin B-12	µg	1.68		0	BFZN	4		0.47		
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE	µg	40		0	BFZN	4		11		
Retinol	µg	39		0	BFZN	4		11		
Carotene, beta	µg	13		0	BFZN	4		4		
Carotene, alpha	µg	0		0	BFZN	4		0		
Cryptoxanthin, beta	µg	0		0	BFZN	4		0		
Vitamin A, IU	IU	152		0	NC	4		43		
Lycopene	µg	0		0	BFZN	4		0		
Lutein + zeaxanthin	µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.07		0	BFZN	4		0.02		
Vitamin E, added	mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	BFZN	4		0.0		
Vitamin D	IU	4		0	NR	4		1		
Vitamin K (phylloquinone)	µg	0.5		0	BFZN	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01266
Cheese, Swiss, nonfat or 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
Lipids:									
Fatty acids, total saturated....g	0.000		0	Z	7		0.000		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.000		0	Z	7		0.000		
15:0....g									
16:0....g	0.000		0	Z	7		0.000		
17:0....g									
18:0....g	0.000		0	Z	7		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	Z	7		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	Z	7		0.000		
20:1....g	0.000		0	Z	7		0.000		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	Z	7		0.000		
18:2 undifferentiated....g	0.000		0	Z	7		0.000		
18:3 undifferentiated....g	0.000		0	Z	7		0.000		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	18		0	BFZN	4		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 28g: 1 serving

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43278
Cheese, american cheddar, imitation

Refuse: 0%

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

NDB No. 43278
Cheese, american cheddar, imitation

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.790		0		4		1.846	1.582	19.690
4:0....g	0.455		0		4		0.096	0.082	1.019
6:0....g	0.270		0		4		0.057	0.049	0.605
8:0....g	0.204		0		4		0.043	0.037	0.457
10:0....g	0.336		0		4		0.071	0.060	0.753
12:0....g	0.415		0		4		0.087	0.075	0.930
13:0....g									
14:0....g	1.438		0		4		0.302	0.259	3.221
15:0....g									
16:0....g	3.897		0		4		0.818	0.701	8.729
17:0....g									
18:0....g	1.603		0		4		0.337	0.289	3.591
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.102		0		4		0.861	0.738	9.188
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.369		0		4		0.077	0.066	0.827
17:1....g									
18:1 undifferentiated....g	3.442		0		4		0.723	0.620	7.710
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.409		0		4		0.086	0.074	0.916
18:2 undifferentiated....g	0.264		0		4		0.055	0.048	0.591
18:3 undifferentiated....g	0.145		0		4		0.030	0.026	0.325
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	36		0		4		8	6	81
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 = 21g: 1 slice

Measure 2 = 18g: 1 cubic inch

Measure 3 = 224g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01004
Cheese, blue

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.41	0.649	29		1		12.02	7.21	57.25
Energy....kcal	353		0	NC	4		100	60	477
Energy....kJ	1477		0	NC	4		419	251	1994
Protein (N x 6.38)....g	21.40	0.339	19		1		6.07	3.64	28.89
Total lipid (fat)....g	28.74	0.399	20		1		8.15	4.89	38.80
Ash....g	5.11	0.138	15		1		1.45	0.87	6.90
Carbohydrate, by difference....g	2.34		0	NC	4		0.66	0.40	3.16
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.50		0	BFNN	4		0.14	0.09	0.68
Starch....g									
Minerals:									
Calcium, Ca....mg	528	21.680	17		1		150	90	712
Iron, Fe....mg	0.31	0.010	4		1		0.09	0.05	0.42
Magnesium, Mg....mg	23	0.724	11		1		7	4	31
Phosphorus, P....mg	387	8.294	12		1		110	66	523
Potassium, K....mg	256	41.094	12		1		73	44	346
Sodium, Na....mg	1146		0	NR	4		325	195	1547
Zinc, Zn....mg	2.66	0.065	4		1		0.75	0.45	3.59
Copper, Cu....mg	0.040		0		1		0.011	0.007	0.054
Manganese, Mn....mg	0.009		0		1		0.003	0.002	0.012
Selenium, Se....µg	14.5		0	CAZN	4		4.1	2.5	19.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.029	0.006	11		1		0.008	0.005	0.039
Riboflavin....mg	0.382	0.022	16		1		0.108	0.065	0.516
Niacin....mg	1.016	0.097	44		1		0.288	0.173	1.372
Pantothenic acid....mg	1.729	0.178	16		1		0.490	0.294	2.334
Vitamin B-6....mg	0.166	0.012	32		1		0.047	0.028	0.224
Folate, total....µg	36	0.892	34		1		10	6	49
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	36	0.892	34		1		10	6	49
Folate, DFE....µg	36		0	NC	4		10	6	49
Choline, total....mg	15.4		0	T	4		4.4	2.6	20.8
Betaine....mg									
Vitamin B-12....µg	1.22	0.113	22		1		0.35	0.21	1.64
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	198		0	NC	4		56	34	267
Retinol....µg	192		0	NC	4		54	33	259
Carotene, beta....µg	74		0	BFFN	4		21	13	100
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	721	54.691	13		1		204	123	973
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFFN	4		0.07	0.04	0.33
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.1	0.1	0.7
Vitamin D....IU	21		0	BFFN	4		6	4	28
Vitamin K (phylloquinone)....µg	2.4		0	BFFN	4		0.7	0.4	3.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01004
Cheese, blue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	18.669		0		1		5.293	3.174	25.203
4:0....g	0.658		2		1		0.187	0.112	0.888
6:0....g	0.361		2		1		0.102	0.061	0.487
8:0....g	0.247	0.020	10		1		0.070	0.042	0.333
10:0....g	0.601	0.035	10		1		0.170	0.102	0.811
12:0....g	0.491	0.074	10		1		0.139	0.083	0.663
13:0....g									
14:0....g	3.301	0.102	10		1		0.936	0.561	4.456
15:0....g									
16:0....g	9.153	0.296	10		1		2.595	1.556	12.357
17:0....g									
18:0....g	3.235	0.152	10		1		0.917	0.550	4.367
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.778		0		1		2.205	1.322	10.500
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.816	0.103	10		1		0.231	0.139	1.102
17:1....g									
18:1 undifferentiated....g	6.622	0.175	10		1		1.877	1.126	8.940
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.800		0		1		0.227	0.136	1.080
18:2 undifferentiated....g	0.536	0.056	10		1		0.152	0.091	0.724
18:3 undifferentiated....g	0.264	0.030	9		1		0.075	0.045	0.356
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	75	5.349	4		1		21	13	102
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.312		0		1		0.088	0.053	0.421
Threonine....g	0.785		0		1		0.223	0.133	1.060
Isoleucine....g	1.124		0		1		0.319	0.191	1.517
Leucine....g	1.919		0		1		0.544	0.326	2.591
Lysine....g	1.852		0		1		0.525	0.315	2.500
Methionine....g	0.584		0		1		0.166	0.099	0.788
Cystine....g	0.107		0		1		0.030	0.018	0.144
Phenylalanine....g	1.087		0		1		0.308	0.185	1.467
Tyrosine....g	1.295		0		1		0.367	0.220	1.748
Valine....g	1.556		0		1		0.441	0.265	2.101
Arginine....g	0.711		0		1		0.202	0.121	0.960
Histidine....g	0.758		0		1		0.215	0.129	1.023
Alanine....g	0.644		0		1		0.183	0.109	0.869
Aspartic acid....g	1.436		0		1		0.407	0.244	1.939
Glutamic acid....g	5.179		0		1		1.468	0.880	6.992
Glycine....g	0.406		0		1		0.115	0.069	0.548
Proline....g	2.100		0		1		0.595	0.357	2.835
Serine....g	1.120		0		1		0.318	0.190	1.512
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01004
Cheese, blue

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

Measure 2 = 17g: 1 cubic inch

Measure 3 = 135g: 1 cup, crumbled, not packed

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01005
Cheese, brick

Refuse: 0%

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

NDB No. 01005
Cheese, brick

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	18.764		0		1		24.768	21.203	5.320
4:0....g	0.914		2		1		1.206	1.033	0.259
6:0....g	0.373		2		1		0.492	0.421	0.106
8:0....g	0.299	0.011	7		1		0.395	0.338	0.085
10:0....g	0.585	0.022	7		1		0.772	0.661	0.166
12:0....g	0.482	0.071	7		1		0.636	0.545	0.137
13:0....g									
14:0....g	3.227	0.147	7		1		4.260	3.647	0.915
15:0....g									
16:0....g	8.655	0.366	7		1		11.425	9.780	2.454
17:0....g									
18:0....g	3.455	0.138	7		1		4.561	3.904	0.979
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.598		0		1		11.349	9.716	2.438
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.817	0.070	7		1		1.078	0.923	0.232
17:1....g									
18:1 undifferentiated....g	7.401	0.245	7		1		9.769	8.363	2.098
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.784		0		1		1.035	0.886	0.222
18:2 undifferentiated....g	0.491	0.051	7		1		0.648	0.555	0.139
18:3 undifferentiated....g	0.293	0.040	7		1		0.387	0.331	0.083
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	94		0		1		125	107	27
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.324		0		1		0.428	0.366	0.092
Threonine....g	0.882		0		1		1.164	0.997	0.250
Isoleucine....g	1.137		0		1		1.501	1.285	0.322
Leucine....g	2.244		0		1		2.962	2.536	0.636
Lysine....g	2.124		0		1		2.804	2.400	0.602
Methionine....g	0.565		0		1		0.746	0.638	0.160
Cystine....g	0.131		0		1		0.173	0.148	0.037
Phenylalanine....g	1.231		0		1		1.625	1.391	0.349
Tyrosine....g	1.115		0		1		1.472	1.260	0.316
Valine....g	1.472		0		1		1.943	1.663	0.417
Arginine....g	0.874		0		1		1.154	0.988	0.248
Histidine....g	0.823		0		1		1.086	0.930	0.233
Alanine....g	0.670		0		1		0.884	0.757	0.190
Aspartic acid....g	1.588		0		1		2.096	1.794	0.450
Glutamic acid....g	5.515		0		1		7.280	6.232	1.564
Glycine....g	0.437		0		1		0.577	0.494	0.124
Proline....g	2.575		0		1		3.399	2.910	0.730
Serine....g	1.289		0		1		1.701	1.457	0.365
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01005
Cheese, brick

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

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01006
Cheese, brie

Refuse: 0%

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

NDB No. 01006
Cheese, brie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.410		0		4		4.936	25.070	41.784
4:0....g	0.564		0		4		0.160	0.812	1.354
6:0....g	0.323		0		4		0.092	0.465	0.775
8:0....g	0.297		0		4		0.084	0.428	0.713
10:0....g	0.673		0		4		0.191	0.969	1.615
12:0....g	0.504		0		4		0.143	0.726	1.210
13:0....g									
14:0....g	3.065		0		4		0.869	4.414	7.356
15:0....g									
16:0....g	8.246		0		4		2.338	11.874	19.790
17:0....g									
18:0....g	2.880		0		4		0.816	4.147	6.912
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.013		0		4		2.272	11.539	19.231
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.007		0		4		0.285	1.450	2.417
17:1....g									
18:1 undifferentiated....g	6.563		0		4		1.861	9.451	15.751
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.826		0		4		0.234	1.189	1.982
18:2 undifferentiated....g	0.513		0		4		0.145	0.739	1.231
18:3 undifferentiated....g	0.313		0		4		0.089	0.451	0.751
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	100		1		1		28	144	240
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.322		0		1		0.091	0.464	0.773
Threonine....g	0.751		0		1		0.213	1.081	1.802
Isoleucine....g	1.015		0		1		0.288	1.462	2.436
Leucine....g	1.929		0		1		0.547	2.778	4.630
Lysine....g	1.851		0		1		0.525	2.665	4.442
Methionine....g	0.592		0		1		0.168	0.852	1.421
Cystine....g	0.114		0		1		0.032	0.164	0.274
Phenylalanine....g	1.158		0		1		0.328	1.668	2.779
Tyrosine....g	1.200		0		1		0.340	1.728	2.880
Valine....g	1.340		0		1		0.380	1.930	3.216
Arginine....g	0.735		0		1		0.208	1.058	1.764
Histidine....g	0.716		0		1		0.203	1.031	1.718
Alanine....g	0.859		0		1		0.244	1.237	2.062
Aspartic acid....g	1.350		0		1		0.383	1.944	3.240
Glutamic acid....g	4.387		0		1		1.244	6.317	10.529
Glycine....g	0.397		0		1		0.113	0.572	0.953
Proline....g	2.459		0		1		0.697	3.541	5.902
Serine....g	1.168		0		1		0.331	1.682	2.803
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01006
Cheese, brie

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

Measure 2 = 144g: 1 cup, sliced

Measure 3 = 240g: 1 cup, melted

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01007
Cheese, camembert

Refuse: 0%

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

NDB No. 01007
Cheese, camembert

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	15.259		0		1		4.326	37.537	2.594
4:0....g	0.494		2		1		0.140	1.215	0.084
6:0....g	0.283		2		1		0.080	0.696	0.048
8:0....g	0.260	0.018	7		1		0.074	0.640	0.044
10:0....g	0.590	0.020	7		1		0.167	1.451	0.100
12:0....g	0.442	0.063	7		1		0.125	1.087	0.075
13:0....g									
14:0....g	2.686	0.086	7		1		0.761	6.608	0.457
15:0....g									
16:0....g	7.227	0.341	7		1		2.049	17.778	1.229
17:0....g									
18:0....g	2.524	0.166	7		1		0.716	6.209	0.429
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.023		0		1		1.991	17.277	1.194
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.883	0.056	7		1		0.250	2.172	0.150
17:1....g									
18:1 undifferentiated....g	5.752	0.302	7		1		1.631	14.150	0.978
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.724		0		1		0.205	1.781	0.123
18:2 undifferentiated....g	0.450	0.041	7		1		0.128	1.107	0.077
18:3 undifferentiated....g	0.274	0.022	7		1		0.078	0.674	0.047
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	72	4.445	4		1		20	177	12
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.307		0		1		0.087	0.755	0.052
Threonine....g	0.717		0		1		0.203	1.764	0.122
Isoleucine....g	0.968		0		1		0.274	2.381	0.165
Leucine....g	1.840		0		1		0.522	4.526	0.313
Lysine....g	1.766		0		1		0.501	4.344	0.300
Methionine....g	0.565		0		1		0.160	1.390	0.096
Cystine....g	0.109		0		1		0.031	0.268	0.019
Phenylalanine....g	1.105		0		1		0.313	2.718	0.188
Tyrosine....g	1.145		0		1		0.325	2.817	0.195
Valine....g	1.279		0		1		0.363	3.146	0.217
Arginine....g	0.701		0		1		0.199	1.724	0.119
Histidine....g	0.683		0		1		0.194	1.680	0.116
Alanine....g	0.819		0		1		0.232	2.015	0.139
Aspartic acid....g	1.288		0		1		0.365	3.168	0.219
Glutamic acid....g	4.187		0		1		1.187	10.300	0.712
Glycine....g	0.379		0		1		0.107	0.932	0.064
Proline....g	2.346		0		1		0.665	5.771	0.399
Serine....g	1.114		0		1		0.316	2.740	0.189
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01007
Cheese, camembert

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

Measure 2 = 246g: 1 cup

Measure 3 = 17g: 1 cubic inch

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01008
Cheese, caraway

Refuse: 0%

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

NDB No. 01008
Cheese, caraway

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	18.584		0		4		5.269		
4:0....g	0.922		0		4		0.261		
6:0....g	0.466		0		4		0.132		
8:0....g	0.246		0		4		0.070		
10:0....g	0.529		0		4		0.150		
12:0....g	0.477		0		4		0.135		
13:0....g									
14:0....g	2.934		0		4		0.832		
15:0....g									
16:0....g	8.638		0		4		2.449		
17:0....g									
18:0....g	3.531		0		4		1.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.275		0		4		2.346		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.885		0		4		0.251		
17:1....g									
18:1 undifferentiated....g	6.965		0		4		1.975		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.830		0		4		0.235		
18:2 undifferentiated....g	0.508		0		4		0.144		
18:3 undifferentiated....g	0.322		0		4		0.091		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	93		0		4		26		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.324		0		4		0.092		
Threonine....g	0.896		0		4		0.254		
Isoleucine....g	1.563		0		4		0.443		
Leucine....g	2.412		0		4		0.684		
Lysine....g	2.095		0		4		0.594		
Methionine....g	0.659		0		4		0.187		
Cystine....g	0.126		0		4		0.036		
Phenylalanine....g	1.326		0		4		0.376		
Tyrosine....g	1.216		0		4		0.345		
Valine....g	1.682		0		4		0.477		
Arginine....g	0.952		0		4		0.270		
Histidine....g	0.884		0		4		0.251		
Alanine....g	0.711		0		4		0.202		
Aspartic acid....g	1.618		0		4		0.459		
Glutamic acid....g	6.160		0		4		1.746		
Glycine....g	0.439		0		4		0.124		
Proline....g	2.838		0		4		0.805		
Serine....g	1.472		0		4		0.417		
Hydroxyproline....g									

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

NDB No. 01008
Cheese, caraway

Common Measures:
Measure 1 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01009
Cheese, cheddar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.10	0.280	24	A	1		48.98	90.53	41.93
Energy....kcal	406		0	NC	4		536	990	459
Energy....kJ	1698		0	NC	4		2241	4143	1919
Protein....g	24.04	0.230	24	A	1		31.73	58.66	27.17
Total lipid (fat)....g	33.82	0.102	18	A	1		44.64	82.52	38.22
Ash....g	3.71	0.049	24	A	1		4.90	9.05	4.19
Carbohydrate, by difference....g	1.33		0	NC	4		1.75	3.24	1.50
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.28		4	A	1		0.37	0.69	0.32
Sucrose....g	0.00		4	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		4	A	1		0.00	0.00	0.00
Fructose....g	0.00		4	A	1		0.00	0.00	0.00
Lactose....g	0.18		4	A	1		0.24	0.45	0.21
Maltose....g	0.00		4	A	1		0.00	0.00	0.00
Galactose....g	0.10		4	A	1		0.13	0.24	0.11
Starch....g									
Minerals:									
Calcium, Ca....mg	675	5.257	24	A	1		891	1647	763
Iron, Fe....mg	0.16	0.008	18	A	1		0.21	0.39	0.18
Magnesium, Mg....mg	27	0.323	24	A	1		35	65	30
Phosphorus, P....mg	473	4.559	24	A	1		624	1153	534
Potassium, K....mg	76	4.993	18	A	1		100	184	85
Sodium, Na....mg	644	11.977	18	A	1		850	1572	728
Zinc, Zn....mg	3.43	0.028	24	A	1		4.52	8.36	3.87
Copper, Cu....mg	0.056	0.004	24	A	1		0.074	0.136	0.063
Manganese, Mn....mg	0.033	0.006	24	A	1		0.044	0.081	0.038
Selenium, Se....µg	28.3	0.586	9	A	1		37.4	69.1	32.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.027	0.003	9	A	1		0.035	0.065	0.030
Riboflavin....mg	0.434	0.022	9	A	1		0.573	1.059	0.490
Niacin....mg	0.039	0.004	9	A	1		0.051	0.095	0.044
Pantothenic acid....mg	0.481	0.004	6	A	1		0.635	1.173	0.543
Vitamin B-6....mg	0.049	0.002	12	A	1		0.065	0.120	0.055
Folate, total....µg	26	1.136	7	A	1		35	64	30
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	26	1.136	7	A	1		35	64	30
Folate, DFE....µg	26		0	NC	4		35	64	30
Choline, total....mg	16.5		0	AS	1		21.8	40.3	18.6
Betaine....mg	0.7		1	A	1		0.9	1.6	0.8
Vitamin B-12....µg	0.88	0.039	9	A	1		1.17	2.16	1.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	263		0	AS	1		347	641	297
Retinol....µg	256		3	A	1		337	624	289
Carotene, beta....µg	85		2	A	1		112	207	96
Carotene, alpha....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta....µg	0		2	A	1		0	0	0
Vitamin A, IU....IU	994		0	AS	1		1312	2425	1123
Lycopene....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin....µg	0		2	A	1		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.78	0.013	9	A	1		1.03	1.91	0.88
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.06	0.005	9	A	1		0.08	0.14	0.06
Tocopherol, delta....mg	0.00	0.000	9	A	1		0.00	0.00	0.00

NDB No. 01009
Cheese, cheddar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, alpha....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.6		0	NR	4		0.8	1.5	0.7
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFFN	4		0.8	1.5	0.7
Vitamin D....IU	24		0	BFFN	4		32	59	27
Vitamin K (phylloquinone)....µg	2.9	0.078	4	A	1		3.9	7.2	3.3
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg	8.6		2	A	1		11.4	21.1	9.8
Lipids:									
Fatty acids, total saturated....g	19.368		0	NC	4		25.566	47.258	21.886
4:0....g	0.675	0.009	18	A	1		0.891	1.647	0.763
6:0....g	0.565	0.013	18	A	1		0.746	1.380	0.639
8:0....g	0.361	0.006	18	A	1		0.476	0.880	0.408
10:0....g	0.857	0.015	18	A	1		1.131	2.090	0.968
12:0....g	0.967	0.013	18	A	1		1.276	2.359	1.093
13:0....g									
14:0....g	3.103	0.035	18	A	1		4.096	7.571	3.506
15:0....g	0.322	0.004	18	A	1		0.425	0.786	0.364
16:0....g	8.705	0.091	18	A	1		11.490	21.240	9.836
17:0....g	0.195	0.004	18	A	1		0.258	0.477	0.221
18:0....g	3.547	0.116	18	A	1		4.682	8.654	4.008
20:0....g	0.049	0.001	18	A	1		0.065	0.120	0.055
22:0....g	0.014	0.001	18	A	1		0.018	0.033	0.015
24:0....g	0.009	0.000	18	A	1		0.011	0.021	0.010
Fatty acids, total monounsaturated....g	8.428		0	NC	4		11.125	20.564	9.524
14:1....g	0.305	0.009	18	A	1		0.403	0.745	0.345
15:1....g	0.000	0.000	18	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.492	0.017	18	AS	1		0.650	1.201	0.556
16:1 c....g	0.388	0.015	18	A	1		0.513	0.948	0.439
16:1 t....g	0.104	0.002	18	A	1		0.137	0.253	0.117
17:1....g	0.059	0.003	18	A	1		0.078	0.144	0.067
18:1 undifferentiated....g	7.509	0.098	18	AS	1		9.912	18.323	8.486
18:1 c....g	6.667	0.088	18	A	1		8.801	16.268	7.534
18:1 t....g	0.842	0.013	18	A	1		1.112	2.055	0.952
18:1-11 t (18:1t n-7)....g									
20:1....g	0.061	0.001	18	A	1		0.080	0.148	0.069
22:1 undifferentiated....g	0.001	0.000	18	AS	1		0.002	0.003	0.001
22:1 c....g	0.001	0.000	18	A	1		0.002	0.003	0.001
22:1 t....g	0.000	0.000	18	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	18	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.433		0	NC	4		1.892	3.497	1.620
18:2 undifferentiated....g	1.179	0.017	18	AS	1		1.557	2.878	1.333
18:2 n-6 c,c....g	0.775	0.019	18	A	1		1.023	1.892	0.876
18:2 CLAs....g	0.174	0.004	18	A	1		0.230	0.425	0.197
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.230	0.005	18	A	1		0.303	0.561	0.260
18:3 undifferentiated....g	0.122	0.011	18	AS	1		0.161	0.297	0.138
18:3 n-3 c,c,c (ALA)....g	0.117	0.011	18	A	1		0.155	0.286	0.133
18:3 n-6 c,c,c....g	0.001	0.001	18	A	1		0.001	0.002	0.001
18:3i....g	0.003	0.000	18	A	1		0.004	0.008	0.004
18:4....g	0.000	0.000	18	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.007	0.000	18	A	1		0.009	0.017	0.008
20:3 undifferentiated....g	0.037	0.001	18	AS	1		0.049	0.091	0.042
20:3 n-3....g	0.002	0.000	18	A	1		0.002	0.004	0.002
20:3 n-6....g	0.036	0.001	18	A	1		0.047	0.087	0.040
20:4 undifferentiated....g	0.050	0.001	18	A	1		0.067	0.123	0.057
20:4 n-6....g									

NDB No. 01009
Cheese, cheddar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:5 n-3 (EPA)....g	0.010	0.001	18	A	1		0.013	0.025	0.012
21:5....g									
22:4....g	0.008	0.001	18	A	1		0.011	0.020	0.009
22:5 n-3 (DPA)....g	0.017	0.001	18	A	1		0.023	0.042	0.019
22:6 n-3 (DHA)....g	0.000	0.000	18	A	1		0.001	0.001	0.001
Fatty acids, total trans....g	1.179		0	NC	4		1.557	2.877	1.333
Fatty acids, total trans-monoenoic....g	0.946		0	NC	4		1.249	2.308	1.069
Fatty acids, total trans-polyenoic....g	0.233		0	NC	4		0.308	0.569	0.264
Cholesterol....mg	102	4.172	12	A	1		134	248	115
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.558		0	A	1		0.737	1.362	0.631
Threonine....g	1.066		0	A	1		1.407	2.601	1.205
Isoleucine....g	1.231		0	A	1		1.625	3.004	1.391
Leucine....g	1.980		0	A	1		2.614	4.831	2.237
Lysine....g	1.046		0	A	1		1.381	2.553	1.182
Methionine....g	0.558		0	A	1		0.737	1.362	0.631
Cystine....g	0.125		0	A	1		0.165	0.305	0.141
Phenylalanine....g	1.096		0	A	1		1.447	2.674	1.239
Tyrosine....g	1.131		0	A	1		1.493	2.760	1.278
Valine....g	1.433		0	A	1		1.892	3.497	1.620
Arginine....g	0.558		0	A	1		0.737	1.362	0.631
Histidine....g	0.558		0	A	1		0.737	1.362	0.631
Alanine....g	0.767		0	A	1		1.012	1.870	0.866
Aspartic acid....g	1.770		0	A	1		2.337	4.320	2.000
Glutamic acid....g	4.834		0	A	1		6.381	11.795	5.463
Glycine....g	0.558		0	A	1		0.737	1.362	0.631
Proline....g	2.549		0	A	1		3.365	6.220	2.881
Serine....g	0.796		0	A	1		1.051	1.943	0.900
Hydroxyproline....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 244g: 1 cup, melted

Measure 3 = 113g: 1 cup, shredded

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01265
Cheese, cheddar, nonfat or 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	57.00		0	NR	4		15.96		
Energy	kcal	157		0	NC	4		44		
Energy	kJ	657		0	NC	4		184		
Protein (N x 6.25)	g	32.14		0		8		9.00		
Total lipid (fat)	g	0.00		0		8		0.00		
Ash	g	3.64		0	BFZN	4		1.02		
Carbohydrate, by difference	g	7.14		0		8		2.00		
Fiber, total dietary	g	0.0		0		8		0.0		
Sugars, total	g	0.00		0		8		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	893		0		8		250		
Iron, Fe	mg	0.00		0		8		0.00		
Magnesium, Mg	mg	16		0	BFZN	4		4		
Phosphorus, P	mg	484		0	BFZN	4		136		
Potassium, K	mg	66		0	BFZN	4		18		
Sodium, Na	mg	1000		0		8		280		
Zinc, Zn	mg	1.82		0	BFZN	4		0.51		
Copper, Cu	mg	0.021		0	BFZN	4		0.006		
Manganese, Mn	mg									
Selenium, Se	µg	14.5		0	BFZN	4		4.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		8		0.0		
Thiamin	mg	0.012		0	BFZN	4		0.003		
Riboflavin	mg	0.221		0	BFZN	4		0.062		
Niacin	mg	0.051		0	BFZN	4		0.014		
Pantothenic acid	mg									
Vitamin B-6	mg	0.045		0	BFZN	4		0.013		
Folate, total	µg	11		0	BFZN	4		3		
Folic acid	µg	0		0	BFZN	4		0		
Folate, food	µg	11		0	BFZN	4		3		
Folate, DFE	µg	11		0	NC	4		3		
Choline, total	mg	15.4		0	BFZN	4		4.3		
Betaine	mg									
Vitamin B-12	µg	0.49		0	BFZN	4		0.14		
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE	µg	60		0	NC	4		17		
Retinol	µg	60		0	BFZN	4		17		
Carotene, beta	µg	4		0	BFZN	4		1		
Carotene, alpha	µg	0		0	BFZN	4		0		
Cryptoxanthin, beta	µg	0		0	BFZN	4		0		
Vitamin A, IU	IU	207		0	NC	4		58		
Lycopene	µg	0		0	BFZN	4		0		
Lutein + zeaxanthin	µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.06		0	BFZN	4		0.02		
Vitamin E, added	mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	BFZN	4		0.0		
Vitamin D	IU	5		0	NR	4		1		
Vitamin K (phylloquinone)	µg	0.6		0	BFZN	4		0.2		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01265
Cheese, cheddar, nonfat or 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
Lipids:									
Fatty acids, total saturated....g	0.000		0		8		0.000		
4:0....g	0.000		0	BFFN	4		0.000		
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	0.000		0	BFFN	4		0.000		
17:0....g									
18:0....g	0.000		0	BFFN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFFN	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFFN	4		0.000		
18:2 undifferentiated....g	0.000		0	BFFN	4		0.000		
18:3 undifferentiated....g	0.000		0	BFFN	4		0.000		
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		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.000		0		8		0.000		
Cholesterol....mg	18		0		8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 28g: 1 serving

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01260
Cheese, cheddar, 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	44.29	0.195	5	A	1		9.30		
Energy....kcal	309		0	NC	4		65		
Energy....kJ	1294		0	NC	4		272		
Protein....g	27.35	0.166	5	A	1		5.74		
Total lipid (fat)....g	20.41	0.207	5	A	1		4.29		
Ash....g	3.89	0.053	5	A	1		0.82		
Carbohydrate, by difference....g	4.06		0	NC	4		0.85		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g	0.26		1	A	1		0.05		
Sucrose....g	0.00		1	A	1		0.00		
Glucose (dextrose)....g	0.00		1	A	1		0.00		
Fructose....g	0.00		1	A	1		0.00		
Lactose....g	0.18		1	A	1		0.04		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.07		1	A	1		0.02		
Starch....g									
Minerals:									
Calcium, Ca....mg	761	12.472	5	A	1		160		
Iron, Fe....mg	0.12	0.011	5	A	1		0.02		
Magnesium, Mg....mg	27	0.773	5	A	1		6		
Phosphorus, P....mg	520	5.170	5	A	1		109		
Potassium, K....mg	63	3.709	5	A	1		13		
Sodium, Na....mg	628	4.284	5	A	1		132		
Zinc, Zn....mg	4.44	0.091	5	A	1		0.93		
Copper, Cu....mg	0.043	0.002	5	A	1		0.009		
Manganese, Mn....mg	0.031	0.001	5	A	1		0.007		
Selenium, Se....µg	35.8	1.133	4	A	1		7.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0		
Thiamin....mg	0.021	0.000	4	A	1		0.004		
Riboflavin....mg	0.397	0.002	4	A	1		0.083		
Niacin....mg	0.145	0.000	4	A	1		0.030		
Pantothenic acid....mg	0.389		2	A	1		0.082		
Vitamin B-6....mg	0.084	0.002	4	A	1		0.018		
Folate, total....µg	20		0	BFZN	4		4		
Folic acid....µg	0		0	BFZN	4		0		
Folate, food....µg	20		0	BFZN	4		4		
Folate, DFE....µg	20		0	NC	4		4		
Choline, total....mg	15.4		0	BFZN	4		3.2		
Betaine....mg									
Vitamin B-12....µg	1.41	0.000	4	A	1		0.30		
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....µg	145		0	NC	4		30		
Retinol....µg	142		0	BFZN	4		30		
Carotene, beta....µg	28		2	A	1		6		
Carotene, alpha....µg	0		2	A	1		0		
Cryptoxanthin, beta....µg	1		2	A	1		0		
Vitamin A, IU....IU	522		0	NC	4		110		
Lycopene....µg	0		2	A	1		0		
Lutein + zeaxanthin....µg	4		2	A	1		1		
Vitamin E (alpha-tocopherol)....mg	0.48	0.030	4	A	1		0.10		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg	0.00	0.000	4	A	1		0.00		
Tocopherol, gamma....mg	0.08	0.001	4	A	1		0.02		
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, alpha....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, beta....mg	0.00	0.000	4	A	1		0.00		

NDB No. 01260
Cheese, cheddar, 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
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.3		0	BFZN	4		0.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	13		0	NR	4		3		
Vitamin K (phylloquinone)....µg	1.5		0	BFZN	4		0.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	12.602		0	NC	4		2.646		
4:0....g	0.439	0.005	4	A	1		0.092		
6:0....g	0.361	0.003	4	A	1		0.076		
8:0....g	0.228	0.002	4	A	1		0.048		
10:0....g	0.563	0.002	4	A	1		0.118		
12:0....g	0.641	0.004	4	A	1		0.135		
13:0....g									
14:0....g	2.050	0.019	4	A	1		0.431		
15:0....g	0.227	0.002	4	A	1		0.048		
16:0....g	5.759	0.055	4	A	1		1.209		
17:0....g	0.128	0.001	4	A	1		0.027		
18:0....g	2.159	0.001	4	A	1		0.453		
20:0....g	0.031	0.000	4	A	1		0.007		
22:0....g	0.009	0.000	4	A	1		0.002		
24:0....g	0.007	0.000	4	A	1		0.001		
Fatty acids, total monounsaturated....g	5.304		0	NC	4		1.114		
14:1....g	0.201	0.003	4	A	1		0.042		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.327	0.005	4	AS	1		0.069		
16:1 c....g	0.260	0.004	4	A	1		0.055		
16:1 t....g	0.068	0.001	4	A	1		0.014		
17:1....g	0.038	0.000	4	A	1		0.008		
18:1 undifferentiated....g	4.689	0.028	4	AS	1		0.985		
18:1 c....g	4.175	0.025	4	A	1		0.877		
18:1 t....g	0.514	0.004	4	A	1		0.108		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.040	0.001	4	A	1		0.008		
22:1 undifferentiated....g	0.002	0.001	4	AS	1		0.000		
22:1 c....g	0.002	0.001	4	A	1		0.000		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.007	0.000	4	A	1		0.001		
Fatty acids, total polyunsaturated....g	0.893		0	NC	4		0.188		
18:2 undifferentiated....g	0.743	0.006	4	AS	1		0.156		
18:2 n-6 c,c....g	0.495	0.004	4	A	1		0.104		
18:2 CLAs....g	0.099	0.001	4	A	1		0.021		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.149	0.000	4	A	1		0.031		
18:3 undifferentiated....g	0.064	0.002	4	AS	1		0.014		
18:3 n-3 c,c,c (ALA)....g	0.061	0.001	4	A	1		0.013		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g	0.003	0.000	4	A	1		0.001		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.003	0.001	4	A	1		0.001		
20:3 undifferentiated....g	0.025	0.000	4	AS	1		0.005		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.025	0.000	4	A	1		0.005		
20:4 undifferentiated....g	0.035	0.000	4	A	1		0.007		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.000	4	A	1		0.001		
21:5....g									
22:4....g	0.006	0.000	4	A	1		0.001		
22:5 n-3 (DPA)....g	0.010	0.000	4	A	1		0.002		

NDB No. 01260
Cheese, cheddar, 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
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	0.733		0	NC	4		0.154		
Fatty acids, total trans-monoenoic....g	0.581		0	NC	4		0.122		
Fatty acids, total trans-polyenoic....g	0.152		0	NC	4		0.032		
Cholesterol....mg	76	0.041	4	A	1		16		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 21g: 1 slice

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01270
Cheese, cheddar, sharp, sliced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.15	0.504	18	A	1		6.87	7.59	10.12
Energy....kcal	410		0	NC	4		78	86	115
Energy....kJ	1715		0	NC	4		326	360	480
Protein....g	24.25	0.387	18	A	1		4.61	5.09	6.79
Total lipid (fat)....g	33.82	0.102	18	A	1		6.43	7.10	9.47
Ash....g	3.66	0.052	18	A	1		0.69	0.77	1.02
Carbohydrate, by difference....g	2.13		0	NC	4		0.40	0.45	0.60
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.27		3	A	1		0.05	0.06	0.08
Sucrose....g	0.00		3	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		3	A	1		0.00	0.00	0.00
Fructose....g	0.00		3	A	1		0.00	0.00	0.00
Lactose....g	0.18		3	A	1		0.04	0.04	0.05
Maltose....g	0.00		3	A	1		0.00	0.00	0.00
Galactose....g	0.08		3	A	1		0.02	0.02	0.02
Starch....g									
Minerals:									
Calcium, Ca....mg	711	4.596	18	A	1		135	149	199
Iron, Fe....mg	0.16	0.008	18	A	1		0.03	0.03	0.05
Magnesium, Mg....mg	27	0.376	18	A	1		5	6	8
Phosphorus, P....mg	460	5.295	18	A	1		87	97	129
Potassium, K....mg	76	4.994	18	A	1		14	16	21
Sodium, Na....mg	644	11.980	18	A	1		122	135	180
Zinc, Zn....mg	3.74	0.028	18	A	1		0.71	0.79	1.05
Copper, Cu....mg	0.035	0.001	18	A	1		0.007	0.007	0.010
Manganese, Mn....mg	0.024	0.002	18	A	1		0.005	0.005	0.007
Selenium, Se....µg	28.3	0.585	9	A	1		5.4	5.9	7.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.027	0.003	9	A	1		0.005	0.006	0.007
Riboflavin....mg	0.434	0.022	9	A	1		0.082	0.091	0.122
Niacin....mg	0.039	0.004	9	A	1		0.007	0.008	0.011
Pantothenic acid....mg	0.481	0.004	6	A	1		0.091	0.101	0.135
Vitamin B-6....mg	0.075	0.003	9	A	1		0.014	0.016	0.021
Folate, total....µg	27		4	A	1		5	6	8
Folic acid....µg	0		0	NR	4		0	0	0
Folate, food....µg	27		0	NR	4		5	6	8
Folate, DFE....µg	27		0	NC	4		5	6	8
Choline, total....mg	16.5		0	NR	4		3.1	3.5	4.6
Betaine....mg									
Vitamin B-12....µg	0.88	0.039	9	A	1		0.17	0.19	0.25
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	263		0	NC	4		50	55	74
Retinol....µg	256		3	A	1		49	54	72
Carotene, beta....µg	85		0	NR	4		16	18	24
Carotene, alpha....µg	0		0	NR	4		0	0	0
Cryptoxanthin, beta....µg	0		0	NR	4		0	0	0
Vitamin A, IU....IU	994		0	NC	4		189	209	278
Lycopene....µg	0		0	NR	4		0	0	0
Lutein + zeaxanthin....µg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.78	0.013	9	A	1		0.15	0.16	0.22
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.06	0.005	9	A	1		0.01	0.01	0.02
Tocopherol, delta....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00	0.000	9	A	1		0.00	0.00	0.00

NDB No. 01270
Cheese, cheddar, sharp, sliced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	1.0		0	NR	4		0.2	0.2	0.3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	NR	4		0.2	0.2	0.3
Vitamin D....IU	41		1	LC	8		8	9	11
Vitamin K (phylloquinone)....µg	2.4		2	A	1		0.5	0.5	0.7
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg	8.6		2	A	1		1.6	1.8	2.4
Lipids:									
Fatty acids, total saturated....g	19.368		0	NC	4		3.680	4.067	5.423
4:0....g	0.675	0.009	18	A	1		0.128	0.142	0.189
6:0....g	0.565	0.013	18	A	1		0.107	0.119	0.158
8:0....g	0.361	0.006	18	A	1		0.069	0.076	0.101
10:0....g	0.857	0.015	18	A	1		0.163	0.180	0.240
12:0....g	0.967	0.013	18	A	1		0.184	0.203	0.271
13:0....g									
14:0....g	3.103	0.035	18	A	1		0.590	0.652	0.869
15:0....g	0.322	0.004	18	A	1		0.061	0.068	0.090
16:0....g	8.705	0.091	18	A	1		1.654	1.828	2.437
17:0....g	0.195	0.004	18	A	1		0.037	0.041	0.055
18:0....g	3.547	0.116	18	A	1		0.674	0.745	0.993
20:0....g	0.049	0.001	18	A	1		0.009	0.010	0.014
22:0....g	0.014	0.001	18	A	1		0.003	0.003	0.004
24:0....g	0.009	0.000	18	A	1		0.002	0.002	0.002
Fatty acids, total monounsaturated....g	8.428		0	NC	4		1.601	1.770	2.360
14:1....g	0.305	0.009	18	A	1		0.058	0.064	0.085
15:1....g	0.000	0.000	18	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.492	0.017	18	AS	1		0.094	0.103	0.138
16:1 c....g	0.388	0.015	18	A	1		0.074	0.082	0.109
16:1 t....g	0.104	0.002	18	A	1		0.020	0.022	0.029
17:1....g	0.059	0.003	18	A	1		0.011	0.012	0.017
18:1 undifferentiated....g	7.509	0.098	18	AS	1		1.427	1.577	2.103
18:1 c....g	6.667	0.088	18	A	1		1.267	1.400	1.867
18:1 t....g	0.842	0.013	18	A	1		0.160	0.177	0.236
18:1-11 t (18:1t n-7)....g									
20:1....g	0.061	0.001	18	A	1		0.012	0.013	0.017
22:1 undifferentiated....g	0.001	0.000	18	AS	1		0.000	0.000	0.000
22:1 c....g	0.001	0.000	18	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	18	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	18	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.433		0	NC	4		0.272	0.301	0.401
18:2 undifferentiated....g	1.179	0.017	18	AS	1		0.224	0.248	0.330
18:2 n-6 c,c....g	0.775	0.019	18	A	1		0.147	0.163	0.217
18:2 CLAs....g	0.174	0.004	18	A	1		0.033	0.037	0.049
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.230	0.005	18	A	1		0.044	0.048	0.064
18:3 undifferentiated....g	0.122	0.011	18	AS	1		0.023	0.026	0.034
18:3 n-3 c,c,c (ALA)....g	0.117	0.011	18	A	1		0.022	0.025	0.033
18:3 n-6 c,c,c....g	0.001	0.001	18	A	1		0.000	0.000	0.000
18:3i....g	0.003	0.000	18	A	1		0.001	0.001	0.001
18:4....g	0.000	0.000	18	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.007	0.000	18	A	1		0.001	0.001	0.002
20:3 undifferentiated....g	0.037	0.001	18	AS	1		0.007	0.008	0.010
20:3 n-3....g	0.002	0.000	18	A	1		0.000	0.000	0.000
20:3 n-6....g	0.036	0.001	18	A	1		0.007	0.007	0.010
20:4 undifferentiated....g	0.050	0.001	18	A	1		0.010	0.011	0.014
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.010	0.001	18	A	1		0.002	0.002	0.003
21:5....g									
22:4....g	0.008	0.001	18	A	1		0.002	0.002	0.002
22:5 n-3 (DPA)....g	0.017	0.001	18	A	1		0.003	0.004	0.005

NDB No. 01270
Cheese, cheddar, sharp, sliced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.001	0.000	18	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	1.179		0	NC	4		0.224	0.248	0.330
Fatty acids, total trans-monoenoic....g	0.946		0	NC	4		0.180	0.199	0.265
Fatty acids, total trans-polyenoic....g	0.233		0	NC	4		0.044	0.049	0.065
Cholesterol....mg	99	0.621	9	A	1		19	21	28
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0	A	1		0.061	0.067	0.090
Threonine....g	1.091		0	A	1		0.207	0.229	0.305
Isoleucine....g	1.289		0	A	1		0.245	0.271	0.361
Leucine....g	2.434		0	A	1		0.462	0.511	0.681
Lysine....g	2.037		0	A	1		0.387	0.428	0.570
Methionine....g	0.587		0	A	1		0.112	0.123	0.164
Cystine....g	0.144		0	A	1		0.027	0.030	0.040
Phenylalanine....g	1.259		0	A	1		0.239	0.264	0.352
Tyrosine....g	1.317		0	A	1		0.250	0.276	0.369
Valine....g	1.631		0	A	1		0.310	0.342	0.457
Arginine....g	1.084		0	A	1		0.206	0.228	0.304
Histidine....g	0.710		0	A	1		0.135	0.149	0.199
Alanine....g	0.838		0	A	1		0.159	0.176	0.235
Aspartic acid....g	1.973		0	A	1		0.375	0.414	0.552
Glutamic acid....g	5.675		0	A	1		1.078	1.192	1.589
Glycine....g	0.484		0	A	1		0.092	0.102	0.136
Proline....g	2.680		0	A	1		0.509	0.563	0.750
Serine....g	1.394		0	A	1		0.265	0.293	0.390
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 19g: 1 slice 2/3 oz. slice

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

Measure 3 = 28g: 1 slice 1 oz. slice

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01010
Cheese, cheshire

Refuse: 0%

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

NDB No. 01010
Cheese, cheshire

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	19.475		0		4		5.521		
4:0....g	0.966		0		4		0.274		
6:0....g	0.488		0		4		0.138		
8:0....g	0.258		0		4		0.073		
10:0....g	0.554		0		4		0.157		
12:0....g	0.500		0		4		0.142		
13:0....g									
14:0....g	3.075		0		4		0.872		
15:0....g									
16:0....g	9.052		0		4		2.566		
17:0....g									
18:0....g	3.700		0		4		1.049		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.671		0		4		2.458		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.927		0		4		0.263		
17:1....g									
18:1 undifferentiated....g	7.299		0		4		2.069		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.870		0		4		0.247		
18:2 undifferentiated....g	0.533		0		4		0.151		
18:3 undifferentiated....g	0.337		0		4		0.096		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	103		1		1		29		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.300		0		1		0.085		
Threonine....g	0.832		0		1		0.236		
Isoleucine....g	1.451		0		1		0.411		
Leucine....g	2.238		0		1		0.634		
Lysine....g	1.945		0		1		0.551		
Methionine....g	0.612		0		1		0.174		
Cystine....g	0.117		0		1		0.033		
Phenylalanine....g	1.231		0		1		0.349		
Tyrosine....g	1.128		0		1		0.320		
Valine....g	1.560		0		1		0.442		
Arginine....g	0.883		0		1		0.250		
Histidine....g	0.821		0		1		0.233		
Alanine....g	0.659		0		1		0.187		
Aspartic acid....g	1.502		0		1		0.426		
Glutamic acid....g	5.718		0		1		1.621		
Glycine....g	0.403		0		1		0.114		
Proline....g	2.634		0		1		0.747		
Serine....g	1.366		0		1		0.387		
Hydroxyproline....g									

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

NDB No. 01010
Cheese, cheshire

Common Measures:
Measure 1 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01011
Cheese, colby

Refuse: 0%

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

NDB No. 01011
Cheese, colby

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	20.218		0		1		26.688	22.846	5.732
4:0....g	1.041		1		1		1.374	1.176	0.295
6:0....g	0.259	0.020	8		1		0.342	0.293	0.073
8:0....g	0.324	0.024	8		1		0.428	0.366	0.092
10:0....g	0.597	0.042	8		1		0.788	0.675	0.169
12:0....g	0.422	0.016	8		1		0.557	0.477	0.120
13:0....g									
14:0....g	3.831	0.149	8		1		5.057	4.329	1.086
15:0....g									
16:0....g	8.232	0.361	8		1		10.866	9.302	2.334
17:0....g									
18:0....g	3.630	0.277	8		1		4.792	4.102	1.029
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.280		0		1		12.250	10.486	2.631
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.979	0.050	8		1		1.292	1.106	0.278
17:1....g									
18:1 undifferentiated....g	7.813	0.335	8		1		10.313	8.829	2.215
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.953		0		1		1.258	1.077	0.270
18:2 undifferentiated....g	0.676	0.071	8		1		0.892	0.764	0.192
18:3 undifferentiated....g	0.277	0.049	8		1		0.366	0.313	0.079
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	95	2.962	4		1		125	107	27
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.305		0		1		0.403	0.345	0.086
Threonine....g	0.845		0		1		1.115	0.955	0.240
Isoleucine....g	1.475		0		1		1.947	1.667	0.418
Leucine....g	2.275		0		1		3.003	2.571	0.645
Lysine....g	1.978		0		1		2.611	2.235	0.561
Methionine....g	0.622		0		1		0.821	0.703	0.176
Cystine....g	0.119		0		1		0.157	0.134	0.034
Phenylalanine....g	1.251		0		1		1.651	1.414	0.355
Tyrosine....g	1.147		0		1		1.514	1.296	0.325
Valine....g	1.586		0		1		2.094	1.792	0.450
Arginine....g	0.898		0		1		1.185	1.015	0.255
Histidine....g	0.834		0		1		1.101	0.942	0.236
Alanine....g	0.670		0		1		0.884	0.757	0.190
Aspartic acid....g	1.527		0		1		2.016	1.726	0.433
Glutamic acid....g	5.813		0		1		7.673	6.569	1.648
Glycine....g	0.410		0		1		0.541	0.463	0.116
Proline....g	2.678		0		1		3.535	3.026	0.759
Serine....g	1.389		0		1		1.833	1.570	0.394
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01011
Cheese, colby

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

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01012

Cheese, cottage, creamed, large or small curd

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.1	0.2	0.2
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.1		0	BFFN	4		0.1	0.2	0.2
Vitamin D....IU	3		0	BFFN	4		4	7	7
Vitamin K (phylloquinone)....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.9	0.230	3	A	1		1.0	1.9	2.1
Lipids:									
Fatty acids, total saturated....g	1.718		0	NC	4		1.941	3.607	3.865
4:0....g	0.109		0	BFFN	4		0.123	0.229	0.245
6:0....g	0.025		0	BFFN	4		0.028	0.052	0.055
8:0....g	0.023		0	BFFN	4		0.026	0.049	0.052
10:0....g	0.064		0	BFFN	4		0.073	0.135	0.144
12:0....g	0.070		0	BFFN	4		0.079	0.147	0.158
13:0....g									
14:0....g	0.263		0	BFFN	4		0.297	0.553	0.592
15:0....g	0.029		0	BFFN	4		0.033	0.061	0.065
16:0....g	0.778		0	BFFN	4		0.879	1.634	1.750
17:0....g	0.012		0	BFFN	4		0.013	0.024	0.026
18:0....g	0.345		0	BFFN	4		0.390	0.725	0.777
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.778		0	NC	4		0.879	1.633	1.750
14:1....g	0.017		0	BFFN	4		0.020	0.036	0.039
15:1....g									
16:1 undifferentiated....g	0.047		0	BFFN	4		0.053	0.098	0.105
17:1....g									
18:1 undifferentiated....g	0.714		0	BFFN	4		0.806	1.499	1.606
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.123		0	NC	4		0.139	0.258	0.276
18:2 undifferentiated....g	0.105		0	BFFN	4		0.119	0.221	0.237
18:3 undifferentiated....g	0.017		0	BFFN	4		0.020	0.036	0.039
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	17	0.208	3	A	1		20	36	39
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0	A	1		0.166	0.309	0.331
Threonine....g	0.500		0	A	1		0.565	1.051	1.126
Isoleucine....g	0.591		0	A	1		0.668	1.241	1.330
Leucine....g	1.116		0	A	1		1.261	2.344	2.511
Lysine....g	0.934		0	A	1		1.056	1.962	2.102
Methionine....g	0.269		0	A	1		0.304	0.565	0.606
Cystine....g	0.066		0	A	1		0.075	0.138	0.148
Phenylalanine....g	0.577		0	A	1		0.652	1.212	1.299
Tyrosine....g	0.604		0	A	1		0.682	1.268	1.359
Valine....g	0.748		0	A	1		0.845	1.571	1.683
Arginine....g	0.497		0	A	1		0.562	1.044	1.119
Histidine....g	0.326		0	A	1		0.368	0.684	0.733
Alanine....g	0.384		0	A	1		0.434	0.807	0.864

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.905		0	A	1		1.022	1.900	2.036
Glutamic acid....g	2.603		0	A	1		2.941	5.466	5.856
Glycine....g	0.222		0	A	1		0.251	0.466	0.500
Proline....g	1.229		0	A	1		1.389	2.581	2.766
Serine....g	0.639		0	A	1		0.722	1.343	1.439
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 113g: 4 oz

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

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01013
Cheese, cottage, creamed, with 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	79.64		0	RA	4		90.00	179.99	
Energy....kcal	97		0	NC	4		110	220	
Energy....kJ	407		0	NC	4		460	921	
Protein (N x 6.38)....g	10.69		0	RA	4		12.08	24.17	
Total lipid (fat)....g	3.85		0	RA	4		4.35	8.70	
Ash....g	1.20		0	RA	4		1.36	2.72	
Carbohydrate, by difference....g	4.61		0	RA	4		5.21	10.42	
Fiber, total dietary....g	0.2		0	RA	4		0.2	0.5	
Sugars, total....g	2.38		0	RA	4		2.69	5.39	
Starch....g									
Minerals:									
Calcium, Ca....mg	53		0	RA	4		60	121	
Iron, Fe....mg	0.16		0	RA	4		0.18	0.36	
Magnesium, Mg....mg	7		0	RA	4		8	15	
Phosphorus, P....mg	113		0	RA	4		128	255	
Potassium, K....mg	90		0	RA	4		102	204	
Sodium, Na....mg	344		0	RA	4		389	778	
Zinc, Zn....mg	0.33		0	RA	4		0.37	0.75	
Copper, Cu....mg	0.040		0	RA	4		0.045	0.090	
Manganese, Mn....mg	0.003		0	RA	4		0.003	0.006	
Selenium, Se....µg	7.7		0	RA	4		8.7	17.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		0	RA	4		1.6	3.2	
Thiamin....mg	0.033		0	RA	4		0.037	0.075	
Riboflavin....mg	0.142		0	RA	4		0.160	0.320	
Niacin....mg	0.150		0	RA	4		0.169	0.338	
Pantothenic acid....mg	0.181		0	RA	4		0.205	0.409	
Vitamin B-6....mg	0.068		0	RA	4		0.077	0.154	
Folate, total....µg	11		0	RA	4		13	25	
Folic acid....µg	0		0	RA	4		0	0	
Folate, food....µg	11		0	RA	4		13	25	
Folate, DFE....µg	11		0	NC	4		13	25	
Choline, total....mg	17.5		0	CAZN	4		19.8	39.6	
Betaine....mg									
Vitamin B-12....µg	0.53		0	RA	4		0.60	1.20	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	38		0	RA	4		43	85	
Retinol....µg	37		0	RA	4		41	83	
Carotene, beta....µg	14		0	RA	4		16	32	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	146		0	RA	4		165	329	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0	RA	4		0.04	0.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		0	RA	4		0.5	1.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.311		0	RA	4		2.611	5.222	
4:0....g	0.123		0	RA	4		0.139	0.279	
6:0....g	0.027		0	RA	4		0.031	0.061	
8:0....g	0.031		0	RA	4		0.035	0.069	
10:0....g	0.070		0	RA	4		0.079	0.158	
12:0....g	0.061		0	RA	4		0.069	0.138	
13:0....g									
14:0....g	0.401		0	RA	4		0.453	0.907	
15:0....g									
16:0....g	1.159		0	RA	4		1.310	2.620	
17:0....g									
18:0....g	0.438		0	RA	4		0.495	0.990	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.036		0	RA	4		1.171	2.342	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.137		0	RA	4		0.155	0.310	
17:1....g									
18:1 undifferentiated....g	0.899		0	RA	4		1.016	2.033	
20:1....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.124		0	RA	4		0.140	0.281	
18:2 undifferentiated....g	0.088		0	RA	4		0.099	0.198	
18:3 undifferentiated....g	0.037		0	RA	4		0.041	0.083	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	13		0	RA	4		14	29	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.118		0	RA	4		0.134	0.267	
Threonine....g	0.471		0	RA	4		0.532	1.064	
Isoleucine....g	0.624		0	RA	4		0.705	1.410	
Leucine....g	1.091		0	RA	4		1.233	2.467	
Lysine....g	0.859		0	RA	4		0.970	1.940	
Methionine....g	0.320		0	RA	4		0.361	0.722	
Cystine....g	0.099		0	RA	4		0.111	0.223	
Phenylalanine....g	0.572		0	RA	4		0.646	1.293	
Tyrosine....g	0.566		0	RA	4		0.640	1.279	
Valine....g	0.657		0	RA	4		0.742	1.485	
Arginine....g	0.485		0	RA	4		0.547	1.095	
Histidine....g	0.353		0	RA	4		0.399	0.797	
Alanine....g	0.551		0	RA	4		0.622	1.245	
Aspartic acid....g	0.719		0	RA	4		0.813	1.625	
Glutamic acid....g	2.300		0	RA	4		2.599	5.198	
Glycine....g	0.231		0	RA	4		0.261	0.523	
Proline....g	1.230		0	RA	4		1.390	2.780	
Serine....g	0.596		0	RA	4		0.673	1.347	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

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

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

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

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 226g: 1 cup (not packed)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.645		0		1		0.729	1.458	
4:0....g	0.033		1		1		0.037	0.075	
6:0....g	0.007		1		1		0.008	0.016	
8:0....g	0.008	0.001	7		1		0.009	0.018	
10:0....g	0.019	0.002	7		1		0.021	0.043	
12:0....g	0.016	0.003	7		1		0.018	0.036	
13:0....g									
14:0....g	0.107	0.011	7		1		0.121	0.242	
15:0....g									
16:0....g	0.308	0.030	7		1		0.348	0.696	
17:0....g									
18:0....g	0.116	0.012	7		1		0.131	0.262	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.291		0		1		0.329	0.658	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.036	0.005	7		1		0.041	0.081	
17:1....g									
18:1 undifferentiated....g	0.239	0.024	7		1		0.270	0.540	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		1		0.035	0.070	
18:2 undifferentiated....g	0.022	0.003	7		1		0.025	0.050	
18:3 undifferentiated....g	0.009	0.002	7		1		0.010	0.020	
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	
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	4		0		1		5	10	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0		1		0.156	0.312	
Threonine....g	0.550		0		1		0.622	1.243	
Isoleucine....g	0.728		0		1		0.823	1.645	
Leucine....g	1.274		0		1		1.440	2.879	
Lysine....g	1.002		0		1		1.132	2.265	
Methionine....g	0.373		0		1		0.421	0.843	
Cystine....g	0.115		0		1		0.130	0.260	
Phenylalanine....g	0.668		0		1		0.755	1.510	
Tyrosine....g	0.660		0		1		0.746	1.492	
Valine....g	0.767		0		1		0.867	1.733	
Arginine....g	0.565		0		1		0.638	1.277	
Histidine....g	0.412		0		1		0.466	0.931	
Alanine....g	0.643		0		1		0.727	1.453	
Aspartic acid....g	0.839		0		1		0.948	1.896	
Glutamic acid....g	2.684		0		1		3.033	6.066	
Glycine....g	0.270		0		1		0.305	0.610	
Proline....g	1.435		0		1		1.622	3.243	
Serine....g	0.695		0		1		0.785	1.571	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01016
Cheese, cottage, low fat, 1% milk fat

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

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

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 226g: 1 cup (not packed)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.50		0		1		93.23	187.28	
Energy....kcal	74		0		1		84	168	
Energy....kJ	310		0		1		350	703	
Protein....g	12.40		0		1		14.01	28.15	
Total lipid (fat)....g	1.00		0		1		1.13	2.27	
Ash....g	0.90		0	NR	4		1.02	2.04	
Carbohydrate, by difference....g	3.20		0	NC	4		3.62	7.26	
Fiber, total dietary....g	0.6		0		4		0.7	1.4	
Sugars, total....g	2.60		0	NR	4		2.94	5.90	
Starch....g									
Minerals:									
Calcium, Ca....mg	53		0		4		60	120	
Iron, Fe....mg	0.14		0		1		0.16	0.32	
Magnesium, Mg....mg	5		0		1		6	11	
Phosphorus, P....mg	134		0		1		151	304	
Potassium, K....mg	86		0		1		97	195	
Sodium, Na....mg	220		0		4		249	499	
Zinc, Zn....mg	0.38		0		1		0.43	0.86	
Copper, Cu....mg	0.028		0		4		0.032	0.064	
Manganese, Mn....mg									
Selenium, Se....µg	9.0		0	BFNN	4		10.2	20.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.020		0		1		0.023	0.045	
Riboflavin....mg	0.160		0		1		0.181	0.363	
Niacin....mg	0.130		0		1		0.147	0.295	
Pantothenic acid....mg									
Vitamin B-6....mg	0.070		0		1		0.079	0.159	
Folate, total....µg	12		0		1		14	27	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		0		1		14	27	
Folate, DFE....µg	12		0	NC	4		14	27	
Choline, total....mg	17.5		0	BFZN	4		19.8	39.7	
Betaine....mg									
Vitamin B-12....µg	0.63		0		1		0.71	1.43	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	11		0	NC	4		12	25	
Retinol....µg	11		0	BFFN	4		12	24	
Carotene, beta....µg	3		0	BFFN	4		3	6	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	40		0	NC	4		45	91	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFFN	4		0.01	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.1	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 42235

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.640		0		1		0.723	1.453	
4:0....g	0.030		0		1		0.034	0.068	
6:0....g	0.010		0		1		0.011	0.023	
8:0....g	0.010		0		1		0.011	0.023	
10:0....g	0.020		0		1		0.023	0.045	
12:0....g	0.020		0		1		0.023	0.045	
13:0....g									
14:0....g	0.110		0		1		0.124	0.250	
15:0....g									
16:0....g	0.310		0		1		0.350	0.704	
17:0....g									
18:0....g	0.120		0		1		0.136	0.272	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.290		0		1		0.328	0.658	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		1		0.045	0.091	
17:1....g									
18:1 undifferentiated....g	0.240		0		1		0.271	0.545	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		1		0.034	0.068	
18:2 undifferentiated....g	0.020		0		1		0.023	0.045	
18:3 undifferentiated....g	0.010		0		1		0.011	0.023	
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	
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	4		0		1		5	9	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 227g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43352
Cheese, cottage, lowfat, 1% milkfat, no sodium added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.50		0		4		94.36	188.71	
Energy....kcal	72		0		1		81	163	
Energy....kJ	301		0		1		340	681	
Protein....g	12.40		0		1		14.01	28.02	
Total lipid (fat)....g	1.00		0		1		1.13	2.26	
Ash....g	0.40		0	NR	4		0.45	0.90	
Carbohydrate, by difference....g	2.70		0	NC	4		3.05	6.10	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	2.70		0	NR	4		3.05	6.10	
Starch....g									
Minerals:									
Calcium, Ca....mg	61		0		1		69	138	
Iron, Fe....mg	0.14		0		1		0.16	0.32	
Magnesium, Mg....mg	5		0		1		6	11	
Phosphorus, P....mg	134		0		1		151	303	
Potassium, K....mg	86		0		1		97	194	
Sodium, Na....mg	13		0		1		15	29	
Zinc, Zn....mg	0.38		0		1		0.43	0.86	
Copper, Cu....mg	0.028		0		1		0.032	0.063	
Manganese, Mn....mg									
Selenium, Se....µg	8.4		0	BFNN	4		9.5	19.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.020		0		1		0.023	0.045	
Riboflavin....mg	0.160		0		1		0.181	0.362	
Niacin....mg	0.130		0		1		0.147	0.294	
Pantothenic acid....mg									
Vitamin B-6....mg	0.070		0		1		0.079	0.158	
Folate, total....µg	12		0		1		14	27	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		0		1		14	27	
Folate, DFE....µg	12		0	NC	4		14	27	
Choline, total....mg	17.5		0	BFZN	4		19.8	39.6	
Betaine....mg									
Vitamin B-12....µg	0.63		0		1		0.71	1.42	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	11		0	NC	4		12	25	
Retinol....µg	11		0	BFFN	4		12	24	
Carotene, beta....µg	3		0	BFFN	4		3	6	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	40		0	NC	4		45	91	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFFN	4		0.01	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.1	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43352

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.632		0		4		0.714	1.428	
4:0....g	0.031		0		4		0.035	0.070	
6:0....g	0.007		0		4		0.008	0.016	
8:0....g	0.009		0		4		0.010	0.020	
10:0....g	0.018		0		4		0.020	0.041	
12:0....g	0.016		0		4		0.018	0.036	
13:0....g									
14:0....g	0.104		0		4		0.118	0.235	
15:0....g									
16:0....g	0.302		0		4		0.341	0.683	
17:0....g									
18:0....g	0.115		0		4		0.130	0.260	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.284		0		4		0.321	0.642	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.036		0		4		0.041	0.081	
17:1....g									
18:1 undifferentiated....g	0.235		0		4		0.266	0.531	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		4		0.035	0.070	
18:2 undifferentiated....g	0.022		0		4		0.025	0.050	
18:3 undifferentiated....g	0.009		0		4		0.010	0.020	
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	
21:5....g									
22:4....g									
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	4		0		1		5	9	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 226g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43396

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.50		0		4		94.36	188.71	
Energy	kcal	67		0		4		76	151	
Energy	kJ	280		0		4		317	634	
Protein	g	10.90		0		4		12.32	24.63	
Total lipid (fat)	g	1.00		0		4		1.13	2.26	
Ash	g	1.60		0	NR	4		1.81	3.62	
Carbohydrate, by difference	g	3.00		0		4		3.39	6.78	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	3.00		0	NR	4		3.39	6.78	
Starch	g									
Minerals:										
Calcium, Ca	mg	56		0		4		63	127	
Iron, Fe	mg	0.10		0		4		0.11	0.23	
Magnesium, Mg	mg	4		0		4		5	9	
Phosphorus, P	mg	128		0		4		145	289	
Potassium, K	mg	86		0		4		97	194	
Sodium, Na	mg	403		0		4		455	911	
Zinc, Zn	mg	0.29		0		4		0.33	0.66	
Copper, Cu	mg	0.028		0		4		0.032	0.063	
Manganese, Mn	mg									
Selenium, Se	µg	4.5		0	BFNN	4		5.1	10.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		0		4		4.5	9.0	
Thiamin	mg	0.010		0		4		0.011	0.023	
Riboflavin	mg	0.130		0		4		0.147	0.294	
Niacin	mg	0.100		0		4		0.113	0.226	
Pantothenic acid	mg									
Vitamin B-6	mg	0.050		0		4		0.057	0.113	
Folate, total	µg	10		0		4		11	23	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	10		0		4		11	23	
Folate, DFE	µg	10		0	NC	4		11	23	
Choline, total	mg	17.5		0	BFZN	4		19.8	39.6	
Betaine	mg									
Vitamin B-12	µg	0.49		0		4		0.55	1.11	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	13		0	NC	4		14	28	
Retinol	µg	10		0	BFFN	4		11	22	
Carotene, beta	µg	34		0	BFFN	4		38	76	
Carotene, alpha	µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	µg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	89		0	NC	4		100	200	
Lycopene	µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	µg	16		0	BFZN	4		18	36	
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFFN	4		0.01	0.03	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.6		0	BFFN	4		3.0	5.9	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 43396

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.619		0		4		0.699	1.399	
4:0....g	0.029		0		4		0.033	0.066	
6:0....g	0.010		0		4		0.011	0.023	
8:0....g	0.010		0		4		0.011	0.023	
10:0....g	0.019		0		4		0.021	0.043	
12:0....g	0.019		0		4		0.021	0.043	
13:0....g									
14:0....g	0.106		0		4		0.120	0.240	
15:0....g									
16:0....g	0.302		0		4		0.341	0.683	
17:0....g									
18:0....g	0.116		0		4		0.131	0.262	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.282		0		4		0.319	0.637	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.039		0		4		0.044	0.088	
17:1....g									
18:1 undifferentiated....g	0.233		0		4		0.263	0.527	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.039		0		4		0.044	0.088	
18:2 undifferentiated....g	0.029		0		4		0.033	0.066	
18:3 undifferentiated....g	0.010		0		4		0.011	0.023	
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	
21:5....g									
22:4....g									
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		4		3	7	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 226g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.24	0.128	15	A	1		91.81	183.61	
Energy....kcal	81		0	NC	4		92	184	
Energy....kJ	340		0	NC	4		384	768	
Protein....g	10.45	0.291	15	A	1		11.81	23.62	
Total lipid (fat)....g	2.27	0.052	15	A	1		2.57	5.13	
Ash....g	1.27	0.026	15	A	1		1.44	2.88	
Carbohydrate, by difference....g	4.76		0	NC	4		5.38	10.76	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	4.00		2	A	1		4.52	9.04	
Sucrose....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	
Fructose....g	0.00		2	A	1		0.00	0.00	
Lactose....g	3.87		2	A	1		4.38	8.76	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.12		2	A	1		0.14	0.28	
Starch....g									
Minerals:									
Calcium, Ca....mg	111	6.589	15	A	1		125	251	
Iron, Fe....mg	0.13	0.008	15	A	1		0.15	0.30	
Magnesium, Mg....mg	9	0.242	15	A	1		10	20	
Phosphorus, P....mg	150	3.455	15	A	1		169	338	
Potassium, K....mg	125	5.396	15	A	1		141	282	
Sodium, Na....mg	308	4.229	15	A	1		348	697	
Zinc, Zn....mg	0.51	0.023	15	A	1		0.58	1.15	
Copper, Cu....mg	0.033	0.003	15	A	1		0.037	0.074	
Manganese, Mn....mg	0.015	0.000	15	A	1		0.017	0.033	
Selenium, Se....µg	11.9	0.105	8	A	1		13.5	27.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.020	0.000	8	A	1		0.022	0.045	
Riboflavin....mg	0.251	0.001	8	A	1		0.283	0.567	
Niacin....mg	0.103	0.000	8	A	1		0.116	0.232	
Pantothenic acid....mg	0.524	0.000	5	A	1		0.592	1.184	
Vitamin B-6....mg	0.057	0.000	8	A	1		0.064	0.129	
Folate, total....µg	8		2	A	1		9	18	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		2	A	1		9	18	
Folate, DFE....µg	8		0	NC	4		9	18	
Choline, total....mg	16.3		0	AS	1		18.4	36.7	
Betaine....mg	0.6		1	A	1		0.7	1.4	
Vitamin B-12....µg	0.47	0.027	8	A	1		0.53	1.06	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	68		0	AS	1		76	153	
Retinol....µg	68		2	A	1		76	153	
Carotene, beta....µg	6		0	BFFN	4		7	14	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	225		0	AS	1		255	510	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		2	A	1		0.09	0.18	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.235		0	NC	4		1.396	2.791	
4:0....g	0.040	0.001	15	A	1		0.045	0.090	
6:0....g	0.034	0.001	15	A	1		0.038	0.077	
8:0....g	0.027	0.000	15	A	1		0.030	0.060	
10:0....g	0.060	0.001	15	A	1		0.068	0.137	
12:0....g	0.061	0.001	15	A	1		0.069	0.138	
13:0....g									
14:0....g	0.199	0.003	15	A	1		0.225	0.449	
15:0....g	0.021	0.000	15	A	1		0.024	0.048	
16:0....g	0.561	0.008	15	A	1		0.634	1.268	
17:0....g	0.010	0.000	15	A	1		0.012	0.023	
18:0....g	0.218	0.005	15	A	1		0.246	0.492	
20:0....g	0.003	0.000	15	A	1		0.003	0.006	
22:0....g	0.001	0.000	15	A	1		0.001	0.001	
24:0....g	0.000	0.000	15	A	1		0.000	0.001	
Fatty acids, total monounsaturated....g	0.516		0	NC	4		0.583	1.166	
14:1....g	0.020	0.000	15	A	1		0.022	0.044	
15:1....g	0.000	0.000	15	A	1		0.000	0.000	
16:1 undifferentiated....g	0.030	0.000	15	AS	1		0.033	0.067	
16:1 c....g	0.025	0.000	15	A	1		0.028	0.057	
16:1 t....g	0.005	0.000	15	A	1		0.005	0.010	
17:1....g	0.004	0.000	15	A	1		0.004	0.008	
18:1 undifferentiated....g	0.460	0.008	15	AS	1		0.520	1.040	
18:1 c....g	0.410	0.007	15	A	1		0.464	0.928	
18:1 t....g	0.050	0.001	15	A	1		0.056	0.112	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003	0.000	15	A	1		0.003	0.007	
22:1 undifferentiated....g	0.000	0.000	15	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	15	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	15	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	15	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.083		0	NC	4		0.094	0.188	
18:2 undifferentiated....g	0.070	0.002	15	AS	1		0.079	0.157	
18:2 n-6 c,c....g	0.047	0.002	15	A	1		0.053	0.107	
18:2 CLAs....g	0.009	0.000	15	A	1		0.011	0.021	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.013	0.000	15	A	1		0.015	0.030	
18:3 undifferentiated....g	0.007	0.000	15	AS	1		0.008	0.016	
18:3 n-3 c,c,c (ALA)....g	0.007	0.000	15	A	1		0.008	0.016	
18:3 n-6 c,c,c....g	0.000	0.000	15	A	1		0.000	0.000	
18:3i....g	0.000	0.000	15	A	1		0.000	0.000	
18:4....g	0.000	0.000	15	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	15	A	1		0.000	0.000	
20:3 undifferentiated....g	0.002	0.000	15	AS	1		0.003	0.005	
20:3 n-3....g	0.000	0.000	15	A	1		0.000	0.000	
20:3 n-6....g	0.002	0.000	15	A	1		0.003	0.005	
20:4 undifferentiated....g	0.003	0.000	15	A	1		0.003	0.006	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	15	A	1		0.001	0.002	
21:5....g									
22:4....g	0.000	0.000	15	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.001	0.000	15	A	1		0.001	0.001	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	15	A	1		0.000	0.000	
Fatty acids, total trans....g	0.067		0	NC	4		0.076	0.152	
Fatty acids, total trans-monoenoic....g	0.054		0	NC	4		0.061	0.122	
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.015	0.030	
Cholesterol....mg	12	0.051	8	A	1		13	26	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0	A	1		0.156	0.312	
Threonine....g	0.470		0	A	1		0.531	1.063	
Isoleucine....g	0.556		0	A	1		0.628	1.256	
Leucine....g	1.049		0	A	1		1.185	2.371	
Lysine....g	0.878		0	A	1		0.992	1.985	
Methionine....g	0.253		0	A	1		0.286	0.572	
Cystine....g	0.062		0	A	1		0.070	0.140	
Phenylalanine....g	0.543		0	A	1		0.613	1.226	
Tyrosine....g	0.568		0	A	1		0.641	1.283	
Valine....g	0.703		0	A	1		0.794	1.589	
Arginine....g	0.467		0	A	1		0.528	1.056	
Histidine....g	0.306		0	A	1		0.346	0.692	
Alanine....g	0.409		0	A	1		0.462	0.924	
Aspartic acid....g	0.963		0	A	1		1.088	2.176	
Glutamic acid....g	2.446		0	A	1		2.764	5.528	
Glycine....g	0.209		0	A	1		0.236	0.472	
Proline....g	1.155		0	A	1		1.305	2.611	
Serine....g	0.601		0	A	1		0.679	1.358	
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 = 113g: 4 oz

Measure 2 = 226g: 1 cup (not packed)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01014

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.01	0.592	3	A	1		117.46	91.54	
Energy....kcal	72		0	NC	4		105	82	
Energy....kJ	303		0	NC	4		439	342	
Protein (N x 6.38)....g	10.34	0.603	3	A	1		14.99	11.68	
Total lipid (fat)....g	0.29	0.063	3	A	1		0.42	0.32	
Ash....g	1.71	0.127	3	A	1		2.48	1.93	
Carbohydrate, by difference....g	6.66		0	NC	4		9.65	7.52	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	1.85		0	NR	4		2.68	2.09	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.29	0.033	3	A	1		0.42	0.33	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	1.56	0.420	3	A	1		2.26	1.76	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	86		2	A	1		124	97	
Iron, Fe....mg	0.15	0.000	3	A	1		0.21	0.17	
Magnesium, Mg....mg	11	0.667	3	A	1		16	13	
Phosphorus, P....mg	190	26.458	3	A	1		276	215	
Potassium, K....mg	137	6.667	3	A	1		198	154	
Sodium, Na....mg	372		0	NR	4		539	420	
Zinc, Zn....mg	0.47	0.035	3	A	1		0.69	0.53	
Copper, Cu....mg	0.030	0.000	3	A	1		0.043	0.034	
Manganese, Mn....mg	0.022	0.014	3	A	1		0.031	0.024	
Selenium, Se....µg	9.4	1.325	3	A	1		13.7	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.023	0.004	3	A	1		0.033	0.026	
Riboflavin....mg	0.226	0.004	3	A	1		0.328	0.256	
Niacin....mg	0.144	0.013	3	A	1		0.209	0.163	
Pantothenic acid....mg	0.446	0.023	3	A	1		0.647	0.504	
Vitamin B-6....mg	0.016	0.000	3	A	1		0.023	0.018	
Folate, total....µg	9	1.491	3	A	1		12	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9	1.491	3	A	1		12	10	
Folate, DFE....µg	9		0	NC	4		12	10	
Choline, total....mg	17.9		0	AS	1		25.9	20.2	
Betaine....mg	0.9		1	A	1		1.3	1.0	
Vitamin B-12....µg	0.46	0.072	3	A	1		0.67	0.52	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		3	3	
Retinol....µg	2		0	BFFN	4		3	3	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0	NC	4		12	9	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01	0.000	3	A	1		0.02	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.01	0.007	3	A	1		0.02	0.01	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 01014

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.169		0	NC	4		0.245	0.191	
4:0....g	0.007		0	BFFN	4		0.011	0.008	
6:0....g	0.002		0	BFFN	4		0.002	0.002	
8:0....g	0.005	0.001	7		1		0.007	0.006	
10:0....g	0.009	0.001	7		1		0.013	0.010	
12:0....g	0.006	0.001	7		1		0.009	0.007	
13:0....g									
14:0....g	0.020	0.000	3	A	1		0.029	0.022	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	0.070	0.000	3	A	1		0.102	0.079	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.050	0.006	3	A	1		0.072	0.056	
20:0....g	0.000	0.000	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.079		0	NC	4		0.114	0.089	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012	0.002	7		1		0.017	0.014	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	0.067	0.003	3	A	1		0.097	0.075	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.003		0	NC	4		0.005	0.004	
18:2 undifferentiated....g	0.003	0.003	3	A	1		0.005	0.004	
18:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g	0.000	0.000	3	A	1		0.000	0.000	
22:4....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	7	0.285	3	A	1		10	8	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.137		0	A	1		0.198	0.154	
Threonine....g	0.465		0	A	1		0.674	0.525	
Isoleucine....g	0.549		0	A	1		0.796	0.621	
Leucine....g	1.037		0	A	1		1.504	1.172	
Lysine....g	0.868		0	A	1		1.259	0.981	
Methionine....g	0.250		0	A	1		0.363	0.283	
Cystine....g	0.061		0	A	1		0.089	0.069	
Phenylalanine....g	0.536		0	A	1		0.778	0.606	
Tyrosine....g	0.561		0	A	1		0.814	0.634	
Valine....g	0.695		0	A	1		1.008	0.785	
Arginine....g	0.462		0	A	1		0.670	0.522	
Histidine....g	0.303		0	A	1		0.439	0.342	
Alanine....g	0.357		0	A	1		0.518	0.403	

NDB No. 01014

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.841		0	A	1		1.219	0.950	
Glutamic acid.....g	2.419		0	A	1		3.507	2.733	
Glycine.....g	0.206		0	A	1		0.299	0.233	
Proline.....g	1.142		0	A	1		1.656	1.291	
Serine.....g	0.594		0	A	1		0.861	0.671	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

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

Measure 2 = 113g: 4 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43273
Cheese, cottage, with vegetables

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.30		0		1		90.74	181.48	
Energy	kcal	95		0		1		107	215	
Energy	kJ	397		0		1		449	898	
Protein	g	10.90		0		1		12.32	24.63	
Total lipid (fat)	g	4.20		0		1		4.75	9.49	
Ash	g	1.34		0	RA	4		1.52	3.03	
Carbohydrate, by difference	g	3.00		0	NC	4		3.39	6.78	
Fiber, total dietary	g	0.1		0	RA	4		0.1	0.3	
Sugars, total	g	0.37		0	RA	4		0.41	0.83	
Starch	g									
Minerals:										
Calcium, Ca	mg	56		0		1		63	127	
Iron, Fe	mg	0.10		0		1		0.11	0.23	
Magnesium, Mg	mg	4		0		1		5	9	
Phosphorus, P	mg	128		0		1		145	289	
Potassium, K	mg	86		0		1		97	194	
Sodium, Na	mg	403		0		1		455	911	
Zinc, Zn	mg	0.29		0		4		0.33	0.66	
Copper, Cu	mg	0.028		0		4		0.032	0.063	
Manganese, Mn	mg									
Selenium, Se	µg	4.5		0	BFNN	4		5.1	10.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		0		1		4.5	9.0	
Thiamin	mg	0.010		0		1		0.011	0.023	
Riboflavin	mg	0.130		0		4		0.147	0.294	
Niacin	mg	0.100		0		4		0.113	0.226	
Pantothenic acid	mg									
Vitamin B-6	mg	0.050		0		4		0.057	0.113	
Folate, total	µg	17		0	RA	4		19	38	
Folic acid	µg	0		0	RA	4		0	0	
Folate, food	µg	17		0	RA	4		19	38	
Folate, DFE	µg	17		0	NC	4		19	38	
Choline, total	mg	17.5		0	BFZN	4		19.8	39.6	
Betaine	mg									
Vitamin B-12	µg	0.49		0		4		0.55	1.11	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	53		0	NC	4		59	119	
Retinol	µg	41		0	RA	4		46	92	
Carotene, beta	µg	142		0	RA	4		160	320	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	
Vitamin A, IU	IU	372		0	NC	4		421	841	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	16		0	RA	4		18	36	
Vitamin E (alpha-tocopherol)	mg	0.05		0	RA	4		0.05	0.11	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	11.0		0	RA	4		12.4	24.8	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 43273
Cheese, cottage, with vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.646		0		4		2.990	5.980	
4:0....g	0.130		0		4		0.147	0.294	
6:0....g	0.028		0		4		0.032	0.063	
8:0....g	0.037		0		4		0.042	0.084	
10:0....g	0.074		0		4		0.084	0.167	
12:0....g	0.065		0		4		0.073	0.147	
13:0....g									
14:0....g	0.436		0		4		0.493	0.985	
15:0....g									
16:0....g	1.264		0		4		1.428	2.857	
17:0....g									
18:0....g	0.482		0		4		0.545	1.089	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.189		0		4		1.344	2.687	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.148		0		4		0.167	0.334	
17:1....g									
18:1 undifferentiated....g	0.985		0		4		1.113	2.226	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.140		0		4		0.158	0.316	
18:2 undifferentiated....g	0.103		0		4		0.116	0.233	
18:3 undifferentiated....g	0.037		0		4		0.042	0.084	
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	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	14		0	RA	4		16	32	
Phytosterols....mg	0		0	RA	4		1	1	
Amino Acids:									
Tryptophan....g	0.134		0	RA	4		0.151	0.303	
Threonine....g	0.533		0	RA	4		0.602	1.204	
Isoleucine....g	0.704		0	RA	4		0.796	1.592	
Leucine....g	1.230		0	RA	4		1.389	2.779	
Lysine....g	0.968		0	RA	4		1.093	2.187	
Methionine....g	0.359		0	RA	4		0.406	0.811	
Cystine....g	0.110		0	RA	4		0.125	0.249	
Phenylalanine....g	0.645		0	RA	4		0.728	1.457	
Tyrosine....g	0.637		0	RA	4		0.720	1.441	
Valine....g	0.742		0	RA	4		0.838	1.676	
Arginine....g	0.553		0	RA	4		0.625	1.251	
Histidine....g	0.397		0	RA	4		0.449	0.897	
Alanine....g	0.623		0	RA	4		0.704	1.408	
Aspartic acid....g	0.819		0	RA	4		0.925	1.851	
Glutamic acid....g	2.605		0	RA	4		2.943	5.886	
Glycine....g	0.267		0	RA	4		0.301	0.602	
Proline....g	1.385		0	RA	4		1.566	3.131	
Serine....g	0.673		0	RA	4		0.761	1.522	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 43273
Cheese, cottage, with vegetables

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

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

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 226g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01017
Cheese, cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.44		2	A	1		7.89	126.30	5.44
Energy....kcal	342		0	NC	4		50	793	34
Energy....kJ	1431		0	NC	4		207	3320	143
Protein (N x 6.38)....g	5.93		2	A	1		0.86	13.76	0.59
Total lipid (fat)....g	34.24		2	A	1		4.96	79.43	3.42
Ash....g	1.32		2	A	1		0.19	3.06	0.13
Carbohydrate, by difference....g	4.07		0	NC	4		0.59	9.45	0.41
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	3.21		2	A	1		0.47	7.45	0.32
Sucrose....g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	0.00
Fructose....g	0.00		2	A	1		0.00	0.00	0.00
Lactose....g	3.21		2	A	1		0.47	7.45	0.32
Maltose....g	0.00		2	A	1		0.00	0.00	0.00
Galactose....g	0.00		2	A	1		0.00	0.00	0.00
Starch....g	0.35		2	A	1		0.05	0.81	0.04
Minerals:									
Calcium, Ca....mg	98		2	A	1		14	227	10
Iron, Fe....mg	0.38		2	A	1		0.06	0.88	0.04
Magnesium, Mg....mg	9		2	A	1		1	21	1
Phosphorus, P....mg	106		2	A	1		15	245	11
Potassium, K....mg	138		2	A	1		20	319	14
Sodium, Na....mg	365		0	NR	4		53	847	37
Zinc, Zn....mg	0.51		2	A	1		0.07	1.17	0.05
Copper, Cu....mg	0.019		2	A	1		0.003	0.043	0.002
Manganese, Mn....mg	0.011		2	A	1		0.002	0.025	0.001
Selenium, Se....µg	2.4		2	A	1		0.3	5.6	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin....mg	0.020		2	A	1		0.003	0.046	0.002
Riboflavin....mg	0.125		2	A	1		0.018	0.290	0.012
Niacin....mg	0.145		2	A	1		0.021	0.336	0.014
Pantothenic acid....mg	0.570		2	A	1		0.083	1.322	0.057
Vitamin B-6....mg	0.035		2	A	1		0.005	0.081	0.003
Folate, total....µg	11		2	A	1		2	26	1
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	11		2	A	1		2	26	1
Folate, DFE....µg	11		0	NC	4		2	26	1
Choline, total....mg	27.2		0	AS	1		3.9	63.1	2.7
Betaine....mg	0.7		1	A	1		0.1	1.7	0.1
Vitamin B-12....µg	0.25		2	A	1		0.04	0.58	0.03
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	366		0	NC	4		53	850	37
Retinol....µg	359		0	NC	4		52	833	36
Carotene, beta....µg	88		0	BFFN	4		13	204	9
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	1343		0	NC	4		195	3116	134
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.29		0	BFFN	4		0.04	0.68	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.04		2	A	1		0.01	0.10	0.00
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.02		2	A	1		0.00	0.05	0.00
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 01017
Cheese, cream

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.1	1.5	0.1
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFFN	4		0.1	1.5	0.1
Vitamin D....IU	25		0	BFFN	4		4	58	3
Vitamin K (phylloquinone)....µg	2.9		0	BFFN	4		0.4	6.6	0.3
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg	19.7		2	A	1		2.9	45.8	2.0
Lipids:									
Fatty acids, total saturated....g	19.292		0	NC	4		2.797	44.758	1.929
4:0....g	0.998		1		1		0.145	2.315	0.100
6:0....g	0.294	0.037	4		1		0.043	0.682	0.029
8:0....g	0.356		2	A	1		0.052	0.826	0.036
10:0....g	0.825		2	A	1		0.120	1.913	0.082
12:0....g	0.919		2	A	1		0.133	2.132	0.092
13:0....g									
14:0....g	3.042		2	A	1		0.441	7.057	0.304
15:0....g	0.312		2	A	1		0.045	0.725	0.031
16:0....g	8.497		2	A	1		1.232	19.714	0.850
17:0....g	0.175		2	A	1		0.025	0.407	0.018
18:0....g	3.823		2	A	1		0.554	8.870	0.382
20:0....g	0.050		2	A	1		0.007	0.116	0.005
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	8.620		0	NC	4		1.250	19.999	0.862
14:1....g	0.249		2	A	1		0.036	0.579	0.025
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.448		2	A	1		0.065	1.039	0.045
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	7.923		2	A	1		1.149	18.381	0.792
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.437		0	NC	4		0.208	3.333	0.144
18:2 undifferentiated....g	1.032		2	A	1		0.150	2.395	0.103
18:3 undifferentiated....g	0.173		0	AS	1		0.025	0.401	0.017
18:3 n-3 c,c,c (ALA)....g	0.173		2	A	1		0.025	0.401	0.017
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.058		2	A	1		0.008	0.136	0.006
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	110		2	A	1		16	255	11
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0	A	1		0.010	0.159	0.007
Threonine....g	0.233		0	A	1		0.034	0.540	0.023
Isoleucine....g	0.324		0	A	1		0.047	0.753	0.032
Leucine....g	0.657		0	A	1		0.095	1.524	0.066
Lysine....g	0.567		0	A	1		0.082	1.316	0.057
Methionine....g	0.191		0	A	1		0.028	0.443	0.019
Cystine....g	0.042		0	A	1		0.006	0.097	0.004

NDB No. 01017
Cheese, cream

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.291		0	A	1		0.042	0.674	0.029
Tyrosine....g	0.303		0	A	1		0.044	0.704	0.030
Valine....g	0.395		0	A	1		0.057	0.916	0.039
Arginine....g	0.235		0	A	1		0.034	0.546	0.024
Histidine....g	0.175		0	A	1		0.025	0.407	0.018
Alanine....g	0.184		0	A	1		0.027	0.426	0.018
Aspartic acid....g	0.514		0	A	1		0.075	1.194	0.051
Glutamic acid....g	1.304		0	A	1		0.189	3.026	0.130
Glycine....g	0.142		0	A	1		0.021	0.328	0.014
Proline....g	0.665		0	A	1		0.096	1.544	0.067
Serine....g	0.374		0	A	1		0.054	0.868	0.037
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 14.5g: 1 tbsp

Measure 2 = 232g: 1 cup

Measure 3 = 10.0g: 1 tbsp, whipped

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01186
Cheese, cream, fat free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.87		2	A	1		12.94		
Energy....kcal	105		0	NC	4		19		
Energy....kJ	441		0	NC	4		79		
Protein (N x 6.38)....g	15.69		2	A	1		2.83		
Total lipid (fat)....g	1.00		2	A	1		0.18		
Ash....g	3.77		2	A	1		0.68		
Carbohydrate, by difference....g	7.66		0	NC	4		1.38		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	5.48		2	A	1		0.99		
Sucrose....g	0.64		2	A	1		0.12		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		2	A	1		0.00		
Lactose....g	4.84		2	A	1		0.87		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	1.05		2	A	1		0.19		
Minerals:									
Calcium, Ca....mg	351		2	A	1		63		
Iron, Fe....mg	0.19		2	A	1		0.03		
Magnesium, Mg....mg	22		2	A	1		4		
Phosphorus, P....mg	523		2	A	1		94		
Potassium, K....mg	278		2	A	1		50		
Sodium, Na....mg	702		2	A	1		126		
Zinc, Zn....mg	1.50		2	A	1		0.27		
Copper, Cu....mg	0.036		2	A	1		0.006		
Manganese, Mn....mg	0.017		2	A	1		0.003		
Selenium, Se....µg	4.9		0	BFNN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0		
Thiamin....mg	0.040		2	A	1		0.007		
Riboflavin....mg	0.265		2	A	1		0.048		
Niacin....mg	0.230		2	A	1		0.041		
Pantothenic acid....mg	0.840		2	A	1		0.151		
Vitamin B-6....mg	0.050		2	A	1		0.009		
Folate, total....µg	35		2	A	1		6		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	35		2	A	1		6		
Folate, DFE....µg	35		0	NC	4		6		
Choline, total....mg	65.2		0	BFNN	4		11.7		
Betaine....mg									
Vitamin B-12....µg	0.95		2	A	1		0.17		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	11		0	NC	4		2		
Retinol....µg	10		0	BFFN	4		2		
Carotene, beta....µg	11		2	A	1		2		
Carotene, alpha....µg	0		2	A	1		0		
Cryptoxanthin, beta....µg	0		2	A	1		0		
Vitamin A, IU....IU	53		0	NC	4		10		
Lycopene....µg	0		2	A	1		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.02		2	A	1		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.01		2	A	1		0.00		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Tocotrienol, alpha....mg	0.00		2	A	1		0.00		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		

NDB No. 01186
Cheese, cream, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.2		2	A	1		0.0		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg	0.1		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.644		0	NC	4		0.116		
4:0....g	0.056		2	A	1		0.010		
6:0....g	0.029		2	A	1		0.005		
8:0....g	0.041		2	A	1		0.007		
10:0....g	0.035		2	A	1		0.006		
12:0....g	0.025		2	A	1		0.005		
13:0....g									
14:0....g	0.083		2	A	1		0.015		
15:0....g	0.009		2	A	1		0.002		
16:0....g	0.242		2	A	1		0.043		
17:0....g	0.005		2	A	1		0.001		
18:0....g	0.115		2	A	1		0.021		
20:0....g	0.001		2	A	1		0.000		
22:0....g	0.002		2	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	0.250		0	NC	4		0.045		
14:1....g	0.006		2	A	1		0.001		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.011		2	A	1		0.002		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	0.233		2	A	1		0.042		
20:1....g	0.000		2	A	1		0.000		
22:1 undifferentiated....g	0.000		2	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.057		0	NC	4		0.010		
18:2 undifferentiated....g	0.042		2	A	1		0.008		
18:3 undifferentiated....g	0.006		0	AS	1		0.001		
18:3 n-3 c,c,c (ALA)....g	0.006		2	A	1		0.001		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
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	0.002		2	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	12		2	A	1		2		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.182		0	A	1		0.033		
Threonine....g	0.616		0	A	1		0.111		
Isoleucine....g	0.858		0	A	1		0.154		
Leucine....g	1.737		0	A	1		0.313		
Lysine....g	1.501		0	A	1		0.270		
Methionine....g	0.505		0	A	1		0.091		
Cystine....g	0.111		0	A	1		0.020		

NDB No. 01186
Cheese, cream, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.769		0	A	1		0.138		
Tyrosine....g	0.802		0	A	1		0.144		
Valine....g	1.045		0	A	1		0.188		
Arginine....g	0.622		0	A	1		0.112		
Histidine....g	0.464		0	A	1		0.083		
Alanine....g	0.486		0	A	1		0.087		
Aspartic acid....g	1.361		0	A	1		0.245		
Glutamic acid....g	3.450		0	A	1		0.621		
Glycine....g	0.374		0	A	1		0.067		
Proline....g	1.760		0	A	1		0.317		
Serine....g	0.990		0	A	1		0.178		
Hydroxyproline....g	0.030		2	A	1		0.005		
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 = 18g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43274
Cheese, cream, low fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.72		2	A	1		10.01	160.13	6.67
Energy....kcal	201		0	NC	4		30	483	20
Energy....kJ	843		0	NC	4		126	2023	84
Protein....g	7.85		2	A	1		1.18	18.83	0.78
Total lipid (fat)....g	15.28		2	A	1		2.29	36.66	1.53
Ash....g	2.03		2	A	1		0.30	4.87	0.20
Carbohydrate, by difference....g	8.13		0	NC	4		1.22	19.51	0.81
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	5.82		2	A	1		0.87	13.97	0.58
Sucrose....g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	0.00
Fructose....g	0.00		2	A	1		0.00	0.00	0.00
Lactose....g	5.82		2	A	1		0.87	13.97	0.58
Maltose....g	0.00		2	A	1		0.00	0.00	0.00
Galactose....g	0.00		2	A	1		0.00	0.00	0.00
Starch....g	1.35		2	A	1		0.20	3.24	0.14
Minerals:									
Calcium, Ca....mg	148		2	A	1		22	355	15
Iron, Fe....mg	0.17		2	A	1		0.03	0.40	0.02
Magnesium, Mg....mg	8		0		4		1	19	1
Phosphorus, P....mg	152		2	A	1		23	365	15
Potassium, K....mg	247		2	A	1		37	593	25
Sodium, Na....mg	359		0	NR	4		54	862	36
Zinc, Zn....mg	0.57		2	A	1		0.09	1.36	0.06
Copper, Cu....mg	0.032		2	A	1		0.005	0.077	0.003
Manganese, Mn....mg	0.011		2	A	1		0.002	0.026	0.001
Selenium, Se....µg	4.0		0	BFNN	4		0.6	9.6	0.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin....mg	0.040		2	A	1		0.006	0.096	0.004
Riboflavin....mg	0.185		2	A	1		0.028	0.444	0.018
Niacin....mg	0.125		2	A	1		0.019	0.300	0.012
Pantothenic acid....mg	0.845		2	A	1		0.127	2.028	0.084
Vitamin B-6....mg	0.045		2	A	1		0.007	0.108	0.004
Folate, total....µg	19		2	A	1		3	45	2
Folic acid....µg	0		0	BFZN	4		0	0	0
Folate, food....µg	19		2	A	1		3	45	2
Folate, DFE....µg	19		0	NC	4		3	45	2
Choline, total....mg	12.1		0	BFFN	4		1.8	29.1	1.2
Betaine....mg									
Vitamin B-12....µg	0.92		2	A	1		0.14	2.20	0.09
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	161		0	NC	4		24	387	16
Retinol....µg	160		0	BFFN	4		24	384	16
Carotene, beta....µg	11		2	A	1		2	27	1
Carotene, alpha....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta....µg	0		2	A	1		0	0	0
Vitamin A, IU....IU	552		0	NC	4		83	1326	55
Lycopene....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.27		2	A	1		0.04	0.64	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.02		2	A	1		0.00	0.05	0.00
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 43274
Cheese, cream, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.0	0.7	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	BFFN	4		0.0	0.7	0.0
Vitamin D....IU	11		0	BFFN	4		2	27	1
Vitamin K (phylloquinone)....µg	1.1		2	A	1		0.2	2.5	0.1
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg	5.4		2	A	1		0.8	13.0	0.5
Lipids:									
Fatty acids, total saturated....g	9.098		0	NC	4		1.365	21.835	0.910
4:0....g	0.505		0		4		0.076	1.212	0.051
6:0....g	0.146		0		4		0.022	0.350	0.015
8:0....g	0.175		2	A	1		0.026	0.419	0.017
10:0....g	0.396		2	A	1		0.059	0.951	0.040
12:0....g	0.440		2	A	1		0.066	1.057	0.044
13:0....g									
14:0....g	1.449		2	A	1		0.217	3.477	0.145
15:0....g	0.146		2	A	1		0.022	0.350	0.015
16:0....g	3.998		2	A	1		0.600	9.596	0.400
17:0....g	0.081		2	A	1		0.012	0.193	0.008
18:0....g	1.738		2	A	1		0.261	4.171	0.174
20:0....g	0.024		2	A	1		0.004	0.056	0.002
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	3.996		0	NC	4		0.599	9.591	0.400
14:1....g	0.119		2	A	1		0.018	0.287	0.012
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.211		2	A	1		0.032	0.507	0.021
17:1....g	0.018		2	A	1		0.003	0.043	0.002
18:1 undifferentiated....g	3.632		2	A	1		0.545	8.717	0.363
20:1....g	0.015		2	A	1		0.002	0.037	0.002
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.658		0	NC	4		0.099	1.580	0.066
18:2 undifferentiated....g	0.464		2	A	1		0.070	1.115	0.046
18:3 undifferentiated....g	0.083		0	AS	1		0.013	0.200	0.008
18:3 n-3 c,c,c (ALA)....g	0.083		2	A	1		0.013	0.200	0.008
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.027		2	A	1		0.004	0.065	0.003
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	54		2	A	1		8	130	5
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.091		0	A	1		0.014	0.218	0.009
Threonine....g	0.308		0	A	1		0.046	0.739	0.031
Isoleucine....g	0.429		0	A	1		0.064	1.030	0.043
Leucine....g	0.869		0	A	1		0.130	2.085	0.087
Lysine....g	0.750		0	A	1		0.113	1.801	0.075
Methionine....g	0.252		0	A	1		0.038	0.606	0.025
Cystine....g	0.055		0	A	1		0.008	0.133	0.006

NDB No. 43274
Cheese, cream, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.384		0	A	1		0.058	0.923	0.038
Tyrosine....g	0.401		0	A	1		0.060	0.963	0.040
Valine....g	0.522		0	A	1		0.078	1.254	0.052
Arginine....g	0.311		0	A	1		0.047	0.747	0.031
Histidine....g	0.232		0	A	1		0.035	0.556	0.023
Alanine....g	0.243		0	A	1		0.036	0.583	0.024
Aspartic acid....g	0.680		0	A	1		0.102	1.633	0.068
Glutamic acid....g	1.725		0	A	1		0.259	4.140	0.173
Glycine....g	0.187		0	A	1		0.028	0.449	0.019
Proline....g	0.880		0	A	1		0.132	2.112	0.088
Serine....g	0.495		0	A	1		0.074	1.188	0.049
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 240g: 1 cup

Measure 3 = 10.0g: 1 tbsp, whipped

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01227
Cheese, dry white, queso seco

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.17	1.057	6	A	1		40.90		
Energy....kcal	325		0	NC	4		316		
Energy....kJ	1361		0	NC	4		1320		
Protein....g	24.51	1.117	6	A	1		23.77		
Total lipid (fat)....g	24.35	0.424	6	A	1		23.62		
Ash....g	6.93	0.135	6	A	1		6.72		
Carbohydrate, by difference....g	2.04		0	NC	4		1.98		
Fiber, total dietary....g									
Sugars, total....g	0.55	0.199	6	A	1		0.54		
Sucrose....g	0.00	0.000	6	A	1		0.00		
Glucose (dextrose)....g	0.00	0.000	6	A	1		0.00		
Fructose....g	0.00	0.000	6	A	1		0.00		
Lactose....g	0.25	0.250	6	A	1		0.24		
Maltose....g	0.00	0.000	6	A	1		0.00		
Galactose....g	0.30	0.085	6	A	1		0.29		
Starch....g									
Minerals:									
Calcium, Ca....mg	661	53.541	6	A	1		641		
Iron, Fe....mg	0.18	0.009	6	A	1		0.18		
Magnesium, Mg....mg	27	2.276	6	A	1		26		
Phosphorus, P....mg	475	34.718	6	A	1		460		
Potassium, K....mg	116	4.445	6	A	1		112		
Sodium, Na....mg	1808	69.542	6	A	1		1754		
Zinc, Zn....mg	3.28	0.161	6	A	1		3.18		
Copper, Cu....mg	0.027	0.003	6	A	1		0.026		
Manganese, Mn....mg	0.018	0.000	6	A	1		0.017		
Selenium, Se....µg	22.4		2	A	1		21.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.038	0.005	6	A	1		0.037		
Riboflavin....mg	0.230	0.017	6	A	1		0.223		
Niacin....mg	0.083	0.014	6	A	1		0.081		
Pantothenic acid....mg	0.398	0.013	6	A	1		0.386		
Vitamin B-6....mg	0.091	0.008	6	A	1		0.088		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	18.4		0	AS	1		17.8		
Betaine....mg	0.4		1	A	1		0.3		
Vitamin B-12....µg	1.70	0.113	6	A	1		1.65		
Vitamin A, RAE....µg	226		0	AS	1		219		
Vitamin A, IU....IU	800		0	AS	1		776		
Lycopene....µg	0		2	A	1		0		
Lutein + zeaxanthin....µg	4		2	A	1		3		
Vitamin E (alpha-tocopherol)....mg	0.49	0.023	6	A	1		0.47		
Tocopherol, beta....mg	0.00	0.002	6	A	1		0.00		
Tocopherol, gamma....mg	0.04	0.002	6	A	1		0.04		
Tocopherol, delta....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, alpha....mg	0.06	0.049	6	A	1		0.06		
Tocotrienol, beta....mg	0.01	0.007	6	A	1		0.01		
Tocotrienol, gamma....mg	0.10	0.085	6	A	1		0.09		
Tocotrienol, delta....mg	0.03	0.028	6	A	1		0.03		
Vitamin D (D2 + D3)....µg	1.8		0	AS	1		1.8		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.8		1	A	1		1.8		
Vitamin D....IU	73		1	A	1		71		
Vitamin K (phylloquinone)....µg	1.5		2	A	1		1.5		
Dihydrophylloquinone....µg									

NDB No. 01227
Cheese, dry white, queso seco

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4....µg	5.9		2	A	1		5.7		
Lipids:									
Fatty acids, total saturated....g	13.718		0	NC	4		13.306		
4:0....g	0.507	0.023	6	A	1		0.492		
6:0....g	0.399	0.017	6	A	1		0.387		
8:0....g	0.253	0.008	6	A	1		0.245		
10:0....g	0.585	0.020	6	A	1		0.568		
12:0....g	0.662	0.023	6	A	1		0.642		
13:0....g									
14:0....g	2.179	0.078	6	A	1		2.114		
15:0....g	0.228	0.009	6	A	1		0.221		
16:0....g	6.095	0.154	6	A	1		5.912		
17:0....g	0.143	0.005	6	A	1		0.138		
18:0....g	2.593	0.051	6	A	1		2.515		
20:0....g	0.038	0.001	6	A	1		0.037		
22:0....g	0.013	0.000	6	A	1		0.013		
24:0....g	0.009	0.000	6	A	1		0.008		
Fatty acids, total monounsaturated....g	6.418		0	NC	4		6.225		
14:1....g	0.167	0.010	6	A	1		0.162		
15:1....g	0.003	0.000	6	A	1		0.002		
16:1 undifferentiated....g	0.411	0.022	6	AS	1		0.399		
16:1 c....g	0.336	0.019	6	A	1		0.326		
16:1 t....g	0.075	0.003	6	A	1		0.073		
17:1....g	0.046	0.002	6	A	1		0.044		
18:1 undifferentiated....g	5.744	0.084	6	AS	1		5.572		
18:1 c....g	5.109	0.077	6	A	1		4.956		
18:1 t....g	0.635	0.023	6	A	1		0.616		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041	0.001	6	A	1		0.040		
22:1 undifferentiated....g	0.003	0.000	6	AS	1		0.002		
22:1 c....g	0.003	0.000	6	A	1		0.002		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.003	0.000	6	A	1		0.003		
Fatty acids, total polyunsaturated....g	1.244		0	NC	4		1.207		
18:2 undifferentiated....g	1.006	0.031	6	AS	1		0.976		
18:2 n-6 c,c....g	0.705	0.035	6	A	1		0.684		
18:2 CLAs....g	0.134	0.007	6	A	1		0.130		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.167	0.005	6	A	1		0.162		
18:3 undifferentiated....g	0.119	0.007	6	AS	1		0.115		
18:3 n-3 c,c,c (ALA)....g	0.110	0.007	6	A	1		0.106		
18:3 n-6 c,c,c....g	0.009	0.000	6	A	1		0.009		
18:3i....g									
18:4....g	0.006	0.000	6	A	1		0.006		
20:2 n-6 c,c....g	0.007	0.000	6	A	1		0.007		
20:3 undifferentiated....g	0.030	0.001	6	AS	1		0.029		
20:3 n-3....g	0.002	0.000	6	A	1		0.002		
20:3 n-6....g	0.028	0.001	6	A	1		0.027		
20:4 undifferentiated....g	0.037	0.001	6	A	1		0.036		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.009	0.000	6	A	1		0.009		
21:5....g									
22:4....g	0.009	0.000	6	A	1		0.008		
22:5 n-3 (DPA)....g	0.017	0.001	6	A	1		0.016		
22:6 n-3 (DHA)....g	0.002	0.000	6	A	1		0.002		
Fatty acids, total trans....g	0.877		0	NC	4		0.851		
Fatty acids, total trans-monoenoic....g	0.710		0	NC	4		0.689		
Fatty acids, total trans-polyenoic....g	0.167		0	NC	4		0.162		
Cholesterol....mg	78	2.459	6	A	1		76		
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.

NDB No. 01227
Cheese, dry white, queso seco

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

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 97g: 1 cup grated

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01018
Cheese, edam

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.56	0.741	15		1		11.78	82.29	
Energy....kcal	357		0	NC	4		101	706	
Energy....kJ	1492		0		4		423	2954	
Protein (N x 6.38)....g	24.99	0.330	15		1		7.08	49.48	
Total lipid (fat)....g	27.80	0.565	19		1		7.88	55.04	
Ash....g	4.22	0.194	12		1		1.20	8.36	
Carbohydrate, by difference....g	1.43		0	NC	4		0.41	2.83	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	1.43		0	NR	4		0.41	2.83	
Starch....g									
Minerals:									
Calcium, Ca....mg	731	32.550	15		1		207	1447	
Iron, Fe....mg	0.44	0.097	4		1		0.12	0.87	
Magnesium, Mg....mg	30	1.705	9		1		8	59	
Phosphorus, P....mg	536	18.811	10		1		152	1060	
Potassium, K....mg	188	39.814	9		1		53	372	
Sodium, Na....mg	812		0	NR	4		230	1608	
Zinc, Zn....mg	3.75	0.542	4		1		1.06	7.43	
Copper, Cu....mg	0.036		0		1		0.010	0.071	
Manganese, Mn....mg	0.011		0		1		0.003	0.022	
Selenium, Se....µg	14.5		0	CAZN	4		4.1	28.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.037	0.008	11		1		0.010	0.073	
Riboflavin....mg	0.389	0.013	17		1		0.110	0.770	
Niacin....mg	0.082	0.030	16		1		0.023	0.162	
Pantothenic acid....mg	0.281	0.072	15		1		0.080	0.556	
Vitamin B-6....mg	0.076	0.004	29		1		0.022	0.150	
Folate, total....µg	16	1.468	41		1		5	32	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16	1.468	41		1		5	32	
Folate, DFE....µg	16		0	NC	4		5	32	
Choline, total....mg	15.4		0	T	4		4.4	30.5	
Betaine....mg									
Vitamin B-12....µg	1.54	0.129	15		1		0.44	3.04	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	243		0	NC	4		69	481	
Retinol....µg	242		0	T	4		69	479	
Carotene, beta....µg	11		0	NR	4		3	22	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	825		0	NC	4		234	1634	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFFN	4		0.07	0.47	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.1	1.0	
Vitamin D....IU	20		0	BFFN	4		6	40	
Vitamin K (phylloquinone)....µg	2.3		0	BFFN	4		0.7	4.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01018
Cheese, edam

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.572		0		1		4.982	34.793	
4:0....g	1.000		2		1		0.284	1.980	
6:0....g	0.461		2		1		0.131	0.913	
8:0....g	0.300	0.024	7		1		0.085	0.594	
10:0....g	0.589	0.061	7		1		0.167	1.166	
12:0....g	0.496	0.124	7		1		0.141	0.982	
13:0....g									
14:0....g	2.943	0.127	7		1		0.834	5.827	
15:0....g									
16:0....g	8.067	0.287	7		1		2.287	15.973	
17:0....g									
18:0....g	2.983	0.113	7		1		0.846	5.906	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.125		0		1		2.303	16.088	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.813	0.090	7		1		0.230	1.610	
17:1....g									
18:1 undifferentiated....g	6.911	0.298	7		1		1.959	13.684	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.665		0		1		0.189	1.317	
18:2 undifferentiated....g	0.418	0.031	7		1		0.119	0.828	
18:3 undifferentiated....g	0.247	0.029	7		1		0.070	0.489	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	89	1.301	4		1		25	177	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.352		0		4		0.100	0.697	
Threonine....g	0.932		0		1		0.264	1.845	
Isoleucine....g	1.308		0		1		0.371	2.590	
Leucine....g	2.570		0		1		0.729	5.089	
Lysine....g	2.660		0		1		0.754	5.267	
Methionine....g	0.721		0		1		0.204	1.428	
Cystine....g	0.255		0		4		0.072	0.505	
Phenylalanine....g	1.434		0		1		0.407	2.839	
Tyrosine....g	1.457		0		1		0.413	2.885	
Valine....g	1.810		0		1		0.513	3.584	
Arginine....g	0.964		0		1		0.273	1.909	
Histidine....g	1.034		0		1		0.293	2.047	
Alanine....g	0.764		0		1		0.217	1.513	
Aspartic acid....g	1.747		0		1		0.495	3.459	
Glutamic acid....g	6.150		0		1		1.744	12.177	
Glycine....g	0.486		0		1		0.138	0.962	
Proline....g	3.251		0		1		0.922	6.437	
Serine....g	1.547		0		1		0.439	3.063	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01018
Cheese, edam

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 package (7 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01019
Cheese, feta

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.22	1.126	23		1		82.83	15.65	9.39
Energy....kcal	264		0	NC	4		395	75	45
Energy....kJ	1103		0		4		1654	313	187
Protein (N x 6.38)....g	14.21	0.515	9		1		21.32	4.03	2.42
Total lipid (fat)....g	21.28	0.893	23		1		31.92	6.03	3.62
Ash....g	5.20		2		1		7.80	1.47	0.88
Carbohydrate, by difference....g	4.09		0	NC	4		6.14	1.16	0.70
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	4.09		0	NR	4		6.14	1.16	0.70
Starch....g									
Minerals:									
Calcium, Ca....mg	493	42.411	4		1		739	140	84
Iron, Fe....mg	0.65	0.148	4		1		0.98	0.18	0.11
Magnesium, Mg....mg	19	2.199	4		1		29	5	3
Phosphorus, P....mg	337	15.985	4		1		506	96	57
Potassium, K....mg	62	5.702	5		1		93	18	11
Sodium, Na....mg	917		0	NR	4		1376	260	156
Zinc, Zn....mg	2.88	0.202	4		1		4.32	0.82	0.49
Copper, Cu....mg	0.032		0		1		0.048	0.009	0.005
Manganese, Mn....mg	0.028		0		1		0.042	0.008	0.005
Selenium, Se....µg	15.0		2	A	1		22.5	4.3	2.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.154		0		4		0.231	0.044	0.026
Riboflavin....mg	0.844		0		4		1.266	0.239	0.143
Niacin....mg	0.991		0		4		1.487	0.281	0.168
Pantothenic acid....mg	0.967		0		4		1.451	0.274	0.164
Vitamin B-6....mg	0.424		0		4		0.636	0.120	0.072
Folate, total....µg	32		0		4		48	9	5
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	32		0		4		48	9	5
Folate, DFE....µg	32		0	NC	4		48	9	5
Choline, total....mg	15.4		0	T	4		23.1	4.4	2.6
Betaine....mg									
Vitamin B-12....µg	1.69		0		4		2.54	0.48	0.29
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	125		0	NC	4		188	36	21
Retinol....µg	125		0	T	4		188	35	21
Carotene, beta....µg	3		0	NR	4		5	1	1
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	422		0	NC	4		632	120	72
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFFN	4		0.27	0.05	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.6	0.1	0.1
Vitamin D....IU	16		0	BFFN	4		23	4	3
Vitamin K (phylloquinone)....µg	1.8		0	BFFN	4		2.7	0.5	0.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01019
Cheese, feta

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	14.946		0		1		22.419	4.237	2.541
4:0....g	0.775		1		1		1.163	0.220	0.132
6:0....g	0.573		1		1		0.860	0.162	0.097
8:0....g	0.546		1		1		0.819	0.155	0.093
10:0....g	1.977		1		1		2.966	0.560	0.336
12:0....g	1.159		1		1		1.739	0.329	0.197
13:0....g									
14:0....g	2.761		1		1		4.142	0.783	0.469
15:0....g									
16:0....g	5.151		1		1		7.727	1.460	0.876
17:0....g									
18:0....g	1.488		1		1		2.232	0.422	0.253
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.623		0		1		6.935	1.311	0.786
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.385		1		1		0.578	0.109	0.065
17:1....g									
18:1 undifferentiated....g	3.975		1		1		5.963	1.127	0.676
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.591		0		1		0.887	0.168	0.100
18:2 undifferentiated....g	0.326		1		1		0.489	0.092	0.055
18:3 undifferentiated....g	0.265		1		1		0.398	0.075	0.045
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	89		1		1		134	25	15
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0		4		0.300	0.057	0.034
Threonine....g	0.637		0		4		0.956	0.181	0.108
Isoleucine....g	0.803		0		4		1.205	0.228	0.137
Leucine....g	1.395		0		4		2.093	0.395	0.237
Lysine....g	1.219		0		4		1.829	0.346	0.207
Methionine....g	0.368		0		4		0.552	0.104	0.063
Cystine....g	0.083		0		4		0.125	0.024	0.014
Phenylalanine....g	0.675		0		4		1.013	0.191	0.115
Tyrosine....g	0.668		0		4		1.002	0.189	0.114
Valine....g	1.065		0		4		1.598	0.302	0.181
Arginine....g	0.470		0		4		0.705	0.133	0.080
Histidine....g	0.397		0		4		0.596	0.113	0.067
Alanine....g	0.639		0		4		0.959	0.181	0.109
Aspartic acid....g	0.779		0		4		1.169	0.221	0.132
Glutamic acid....g	2.421		0		4		3.632	0.686	0.412
Glycine....g	0.097		0		4		0.146	0.027	0.016
Proline....g	1.378		0		4		2.067	0.391	0.234
Serine....g	1.169		0		4		1.754	0.331	0.199
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01019
Cheese, feta

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 150g: 1 cup, crumbled

Measure 2 = 28.35g: 1 oz

Measure 3 = 17g: 1 cubic inch

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01020
Cheese, fontina

Refuse: 0%

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

NDB No. 01020
Cheese, fontina

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	19.196		0		1		25.339	20.732	5.442
4:0....g	0.715		2		1		0.944	0.772	0.203
6:0....g	0.489		2		1		0.645	0.528	0.139
8:0....g	0.314		2		1		0.414	0.339	0.089
10:0....g	0.651		2		1		0.859	0.703	0.185
12:0....g	0.804		2		1		1.061	0.868	0.228
13:0....g									
14:0....g	2.964		2		1		3.912	3.201	0.840
15:0....g									
16:0....g	8.458		2		1		11.165	9.135	2.398
17:0....g									
18:0....g	2.655		2		1		3.505	2.867	0.753
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.687		0		1		11.467	9.382	2.463
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.890		2		1		1.175	0.961	0.252
17:1....g									
18:1 undifferentiated....g	7.100		2		1		9.372	7.668	2.013
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.654		0		1		2.183	1.786	0.469
18:2 undifferentiated....g	0.864		2		1		1.140	0.933	0.245
18:3 undifferentiated....g	0.790		2		1		1.043	0.853	0.224
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	116		1		1		153	125	33
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.361		0		4		0.477	0.390	0.102
Threonine....g	0.935		0		4		1.234	1.010	0.265
Isoleucine....g	1.384		0		4		1.827	1.495	0.392
Leucine....g	2.664		0		4		3.516	2.877	0.755
Lysine....g	2.328		0		4		3.073	2.514	0.660
Methionine....g	0.706		0		4		0.932	0.762	0.200
Cystine....g	0.261		0		4		0.345	0.282	0.074
Phenylalanine....g	1.497		0		4		1.976	1.617	0.424
Tyrosine....g	1.524		0		4		2.012	1.646	0.432
Valine....g	1.926		0		4		2.542	2.080	0.546
Arginine....g	0.835		0		4		1.102	0.902	0.237
Histidine....g	0.959		0		4		1.266	1.036	0.272
Alanine....g	0.823		0		4		1.086	0.889	0.233
Aspartic acid....g	1.413		0		4		1.865	1.526	0.401
Glutamic acid....g	5.136		0		4		6.780	5.547	1.456
Glycine....g	0.457		0		4		0.603	0.494	0.130
Proline....g	3.323		0		4		4.386	3.589	0.942
Serine....g	1.477		0		4		1.950	1.595	0.419
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01020
Cheese, fontina

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

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 108g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01228
Cheese, fresh, queso fresco

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.42	0.896	6	A	1		62.74		
Energy....kcal	299		0	NC	4		364		
Energy....kJ	1250		0	NC	4		1525		
Protein....g	18.09	0.213	6	A	1		22.07		
Total lipid (fat)....g	23.82	0.978	6	A	1		29.06		
Ash....g	3.68	0.175	6	A	1		4.49		
Carbohydrate, by difference....g	2.98		0	NC	4		3.64		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g	2.32	0.062	6	A	1		2.84		
Sucrose....g	0.00	0.000	6	A	1		0.00		
Glucose (dextrose)....g	0.00	0.000	6	A	1		0.00		
Fructose....g	0.00	0.000	6	A	1		0.00		
Lactose....g	2.32	0.062	6	A	1		2.84		
Maltose....g	0.00	0.000	6	A	1		0.00		
Galactose....g	0.00	0.000	6	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	566	11.035	6	A	1		690		
Iron, Fe....mg	0.20	0.010	6	A	1		0.24		
Magnesium, Mg....mg	24	0.460	6	A	1		30		
Phosphorus, P....mg	385	6.667	6	A	1		469		
Potassium, K....mg	129	3.212	6	A	1		157		
Sodium, Na....mg	751	62.925	6	A	1		916		
Zinc, Zn....mg	2.58	0.082	6	A	1		3.15		
Copper, Cu....mg	0.033	0.011	6	A	1		0.040		
Manganese, Mn....mg	0.014	0.002	6	A	1		0.017		
Selenium, Se....µg	19.3		2	A	1		23.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0		
Thiamin....mg	0.042	0.002	6	A	1		0.051		
Riboflavin....mg	0.173	0.011	6	A	1		0.211		
Niacin....mg	0.027	0.004	6	A	1		0.033		
Pantothenic acid....mg	0.358	0.007	6	A	1		0.437		
Vitamin B-6....mg	0.076	0.002	6	A	1		0.092		
Folate, total....µg	7		0	BFZN	4		9		
Folic acid....µg	0		0	BFZN	4		0		
Folate, food....µg	7		0	BFZN	4		9		
Folate, DFE....µg	7		0	NC	4		9		
Choline, total....mg	12.5		0	AS	1		15.2		
Betaine....mg	3.3		1	A	1		4.0		
Vitamin B-12....µg	1.68	0.079	6	A	1		2.05		
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....µg	224		0	AS	1		273		
Retinol....µg	221		2	A	1		269		
Carotene, beta....µg	41		2	A	1		50		
Carotene, alpha....µg	0		2	A	1		0		
Cryptoxanthin, beta....µg	2		2	A	1		3		
Vitamin A, IU....IU	806		0	AS	1		983		
Lycopene....µg	0		2	A	1		0		
Lutein + zeaxanthin....µg	3		2	A	1		4		
Vitamin E (alpha-tocopherol)....mg	0.37	0.031	6	A	1		0.45		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg	0.00	0.000	6	A	1		0.00		
Tocopherol, gamma....mg	0.04	0.001	6	A	1		0.04		
Tocopherol, delta....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, alpha....mg	0.03	0.016	6	A	1		0.04		
Tocotrienol, beta....mg	0.00	0.001	6	A	1		0.00		

NDB No. 01228
Cheese, fresh, queso fresco

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.04	0.027	6	A	1		0.05		
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3)....µg	2.7		0	AS	1		3.3		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	2.7		1	A	1		3.3		
Vitamin D....IU	110		1	A	1		134		
Vitamin K (phylloquinone)....µg	1.0		2	A	1		1.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg	3.6		2	A	1		4.4		
Lipids:									
Fatty acids, total saturated....g	12.940		0	NC	4		15.787		
4:0....g	0.486	0.017	6	A	1		0.592		
6:0....g	0.387	0.018	6	A	1		0.472		
8:0....g	0.244	0.012	6	A	1		0.298		
10:0....g	0.569	0.030	6	A	1		0.695		
12:0....g	0.651	0.037	6	A	1		0.794		
13:0....g									
14:0....g	2.127	0.107	6	A	1		2.595		
15:0....g	0.222	0.012	6	A	1		0.271		
16:0....g	5.646	0.236	6	A	1		6.888		
17:0....g	0.136	0.006	6	A	1		0.165		
18:0....g	2.405	0.097	6	A	1		2.935		
20:0....g	0.033	0.001	6	A	1		0.041		
22:0....g	0.012	0.001	6	A	1		0.015		
24:0....g	0.008	0.000	6	A	1		0.010		
Fatty acids, total monounsaturated....g	5.966		0	NC	4		7.279		
14:1....g	0.169	0.012	6	A	1		0.206		
15:1....g	0.003	0.000	6	A	1		0.003		
16:1 undifferentiated....g	0.408	0.024	6	AS	1		0.498		
16:1 c....g	0.335	0.021	6	A	1		0.408		
16:1 t....g	0.073	0.004	6	A	1		0.089		
17:1....g	0.044	0.002	6	A	1		0.054		
18:1 undifferentiated....g	5.298	0.271	6	AS	1		6.463		
18:1 c....g	4.697	0.242	6	A	1		5.730		
18:1 t....g	0.601	0.029	6	A	1		0.733		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.038	0.001	6	A	1		0.047		
22:1 undifferentiated....g	0.003	0.000	6	AS	1		0.003		
22:1 c....g	0.003	0.000	6	A	1		0.003		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.003	0.000	6	A	1		0.004		
Fatty acids, total polyunsaturated....g	1.106		0	NC	4		1.350		
18:2 undifferentiated....g	0.887	0.031	6	AS	1		1.082		
18:2 n-6 c,c....g	0.591	0.022	6	A	1		0.722		
18:2 CLAs....g	0.135	0.008	6	A	1		0.165		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.160	0.007	6	A	1		0.196		
18:3 undifferentiated....g	0.108	0.005	6	AS	1		0.132		
18:3 n-3 c,c,c (ALA)....g	0.099	0.005	6	A	1		0.121		
18:3 n-6 c,c,c....g	0.009	0.000	6	A	1		0.011		
18:3i....g									
18:4....g	0.006	0.000	6	A	1		0.007		
20:2 n-6 c,c....g	0.006	0.000	6	A	1		0.008		
20:3 undifferentiated....g	0.027	0.001	6	AS	1		0.034		
20:3 n-3....g	0.002	0.000	6	A	1		0.002		
20:3 n-6....g	0.025	0.001	6	A	1		0.031		
20:4 undifferentiated....g	0.035	0.002	6	A	1		0.043		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008	0.000	6	A	1		0.010		
21:5....g									
22:4....g	0.008	0.001	6	A	1		0.010		
22:5 n-3 (DPA)....g	0.015	0.001	6	A	1		0.019		

NDB No. 01228
Cheese, fresh, queso fresco

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.003	0.000	6	A	1		0.003		
Fatty acids, total trans....g	0.834		0	NC	4		1.018		
Fatty acids, total trans-monoenoic....g	0.674		0	NC	4		0.823		
Fatty acids, total trans-polyenoic....g	0.160		0	NC	4		0.196		
Cholesterol....mg	69	2.853	6	A	1		85		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 122g: 1 cup crumbled

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01021
Cheese, gjetost

Refuse: 0%

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

NDB No. 01021
Cheese, gjetost

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	19.160		0		1		5.432	43.493	
4:0....g	0.957		1		1		0.271	2.172	
6:0....g	0.566		1		1		0.160	1.285	
8:0....g	0.330		1		1		0.094	0.749	
10:0....g	0.576		1		1		0.163	1.308	
12:0....g	0.831		1		1		0.236	1.886	
13:0....g									
14:0....g	3.270		1		1		0.927	7.423	
15:0....g									
16:0....g	8.662		1		1		2.456	19.663	
17:0....g									
18:0....g	3.477		1		1		0.986	7.893	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.879		0		1		2.234	17.885	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.534		1		1		0.151	1.212	
17:1....g									
18:1 undifferentiated....g	6.955		1		1		1.972	15.788	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.938		0		1		0.266	2.129	
18:2 undifferentiated....g	0.508		1		1		0.144	1.153	
18:3 undifferentiated....g	0.429		1		1		0.122	0.974	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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	94		0		4		27	213	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.135		0		1		0.038	0.306	
Threonine....g	0.393		0		1		0.111	0.892	
Isoleucine....g	0.519		0		1		0.147	1.178	
Leucine....g	0.992		0		1		0.281	2.252	
Lysine....g	0.814		0		1		0.231	1.848	
Methionine....g	0.318		0		1		0.090	0.722	
Cystine....g	0.057		0		1		0.016	0.129	
Phenylalanine....g	0.540		0		1		0.153	1.226	
Tyrosine....g	0.541		0		1		0.153	1.228	
Valine....g	0.765		0		1		0.217	1.737	
Arginine....g	0.330		0		1		0.094	0.749	
Histidine....g	0.293		0		1		0.083	0.665	
Alanine....g	0.325		0		1		0.092	0.738	
Aspartic acid....g	0.709		0		1		0.201	1.609	
Glutamic acid....g	1.987		0		1		0.563	4.510	
Glycine....g	0.189		0		1		0.054	0.429	
Proline....g	1.180		0		1		0.335	2.679	
Serine....g	0.470		0		1		0.133	1.067	
Hydroxyproline....g									

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

NDB No. 01021
Cheese, gjetost

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01156
Cheese, goat, hard type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.01	1.211	7		1		8.22		
Energy....kcal	452		0	NC	4		128		
Energy....kJ	1891		0		4		536		
Protein (N x 6.38)....g	30.52	0.771	7		1		8.65		
Total lipid (fat)....g	35.59	1.008	7		1		10.09		
Ash....g	3.72	0.099	6		1		1.05		
Carbohydrate, by difference....g	2.17		0	NC	4		0.62		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	2.17		0	NR	4		0.62		
Starch....g									
Minerals:									
Calcium, Ca....mg	895	117.856	7		1		254		
Iron, Fe....mg	1.88	0.709	6		1		0.53		
Magnesium, Mg....mg	54	4.849	7		1		15		
Phosphorus, P....mg	729	5.713	6		1		207		
Potassium, K....mg	48	15.479	6		1		14		
Sodium, Na....mg	423		0	NR	4		120		
Zinc, Zn....mg	1.59	0.562	4		1		0.45		
Copper, Cu....mg	0.627	0.035	6		1		0.178		
Manganese, Mn....mg	0.252	0.148	6		1		0.071		
Selenium, Se....µg	5.5		0	BFNN	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.140		1		1		0.040		
Riboflavin....mg	1.190		1		1		0.337		
Niacin....mg	2.400		1		1		0.680		
Pantothenic acid....mg	0.410		0		1		0.116		
Vitamin B-6....mg	0.080		0		1		0.023		
Folate, total....µg	4		0		1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		0		1		1		
Folate, DFE....µg	4		0	NC	4		1		
Choline, total....mg	15.4		0	T	4		4.4		
Betaine....mg									
Vitamin B-12....µg	0.12		0		1		0.03		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	486		0	NC	4		138		
Retinol....µg	478		0	T	4		136		
Carotene, beta....µg	91		0	BFFN	4		26		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	1745		0	NC	4		495		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.31		0	BFFN	4		0.09		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		0.2		
Vitamin D....IU	26		0	BFFN	4		7		
Vitamin K (phylloquinone)....µg	3.0		0	BFFN	4		0.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01156
Cheese, goat, hard type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	24.609		0		1		6.977		
4:0....g	1.784		20		1		0.506		
6:0....g	0.782		20		1		0.222		
8:0....g	0.961		20		1		0.272		
10:0....g	3.432		20		1		0.973		
12:0....g	1.572		20		1		0.446		
13:0....g									
14:0....g	3.609		20		1		1.023		
15:0....g									
16:0....g	9.312		20		1		2.640		
17:0....g									
18:0....g	3.158		20		1		0.895		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.117		0		1		2.301		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.846		20		1		0.240		
17:1....g									
18:1 undifferentiated....g	7.272		20		1		2.062		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.845		0		1		0.240		
18:2 undifferentiated....g	0.845		20		1		0.240		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	105		1		1		30		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0		1		0.091		
Threonine....g	1.139		0		1		0.323		
Isoleucine....g	1.263		0		1		0.358		
Leucine....g	2.631		0		1		0.746		
Lysine....g	2.191		0		1		0.621		
Methionine....g	0.813		0		1		0.230		
Cystine....g	0.139		0		1		0.039		
Phenylalanine....g	1.215		0		1		0.344		
Tyrosine....g	1.191		0		1		0.338		
Valine....g	2.100		0		1		0.595		
Arginine....g	0.904		0		1		0.256		
Histidine....g	0.832		0		1		0.236		
Alanine....g	0.526		0		1		0.149		
Aspartic acid....g	1.517		0		1		0.430		
Glutamic acid....g	5.688		0		1		1.613		
Glycine....g	0.344		0		1		0.098		
Proline....g	3.693		0		1		1.047		
Serine....g	1.172		0		1		0.332		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 01156
Cheese, goat, hard type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01157
Cheese, goat, semisoft type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.52	0.438	464		1		12.90		
Energy....kcal	364		0	NC	4		103		
Energy....kJ	1523		0		4		432		
Protein (N x 6.38)....g	21.58	0.920	26		1		6.12		
Total lipid (fat)....g	29.84	0.419	464		1		8.46		
Ash....g	2.94	0.157	11		1		0.83		
Carbohydrate, by difference....g	0.12		0	NC	4		0.03		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	0.12		0	NR	4		0.03		
Starch....g									
Minerals:									
Calcium, Ca....mg	298	54.499	29		1		84		
Iron, Fe....mg	1.62	0.616	6		1		0.46		
Magnesium, Mg....mg	29	3.355	24		1		8		
Phosphorus, P....mg	375	27.884	16		1		106		
Potassium, K....mg	158	13.493	11		1		45		
Sodium, Na....mg	415		0	NR	4		118		
Zinc, Zn....mg	0.66	0.088	21		1		0.19		
Copper, Cu....mg	0.564	0.026	9		1		0.160		
Manganese, Mn....mg	0.093	0.004	9		1		0.026		
Selenium, Se....µg	3.8		0	BFNN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.072	0.009	14		1		0.020		
Riboflavin....mg	0.676	0.049	14		1		0.192		
Niacin....mg	1.148	0.126	14		1		0.325		
Pantothenic acid....mg	0.190		0		1		0.054		
Vitamin B-6....mg	0.060		0		1		0.017		
Folate, total....µg	2		0		1		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		0		1		1		
Folate, DFE....µg	2		0	NC	4		1		
Choline, total....mg	15.4		0	T	4		4.4		
Betaine....mg									
Vitamin B-12....µg	0.22		0		1		0.06		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	407		0	NC	4		115		
Retinol....µg	401		0	T	4		114		
Carotene, beta....µg	77		0	BFFN	4		22		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	1464		0	NC	4		415		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFFN	4		0.07		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.2		
Vitamin D....IU	22		0	BFFN	4		6		
Vitamin K (phylloquinone)....µg	2.5		0	BFFN	4		0.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01157
Cheese, goat, semisoft type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	20.639		0		1		5.851		
4:0....g	1.496		20		1		0.424		
6:0....g	0.656		20		1		0.186		
8:0....g	0.806		20		1		0.229		
10:0....g	2.879		20		1		0.816		
12:0....g	1.318		20		1		0.374		
13:0....g									
14:0....g	3.026		20		1		0.858		
15:0....g									
16:0....g	7.809		20		1		2.214		
17:0....g									
18:0....g	2.648		20		1		0.751		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.808		0		1		1.930		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.709		20		1		0.201		
17:1....g									
18:1 undifferentiated....g	6.099		20		1		1.729		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.709		0		1		0.201		
18:2 undifferentiated....g	0.709		20		1		0.201		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	79	2.040	7		1		22		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0		1		0.064		
Threonine....g	0.805		0		1		0.228		
Isoleucine....g	0.893		0		1		0.253		
Leucine....g	1.861		0		1		0.528		
Lysine....g	1.549		0		1		0.439		
Methionine....g	0.575		0		1		0.163		
Cystine....g	0.098		0		1		0.028		
Phenylalanine....g	0.859		0		1		0.244		
Tyrosine....g	0.842		0		1		0.239		
Valine....g	1.485		0		1		0.421		
Arginine....g	0.639		0		1		0.181		
Histidine....g	0.589		0		1		0.167		
Alanine....g	0.372		0		1		0.105		
Aspartic acid....g	1.072		0		1		0.304		
Glutamic acid....g	4.022		0		1		1.140		
Glycine....g	0.244		0		1		0.069		
Proline....g	2.612		0		1		0.741		
Serine....g	0.829		0		1		0.235		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 01157
Cheese, goat, semisoft type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01159
Cheese, goat, soft type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.75	0.738	83		1		17.22		
Energy....kcal	264		0	NC	4		75		
Energy....kJ	1106		0	NC	4		314		
Protein (N x 6.38)....g	18.52	0.614	69		1		5.25		
Total lipid (fat)....g	21.08	0.527	83		1		5.98		
Ash....g	1.58	0.093	65		1		0.45		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	140	15.343	69		1		40		
Iron, Fe....mg	1.90	0.245	65		1		0.54		
Magnesium, Mg....mg	16	0.584	69		1		5		
Phosphorus, P....mg	256	10.853	65		1		73		
Potassium, K....mg	26	3.238	65		1		7		
Sodium, Na....mg	459		0	NR	4		130		
Zinc, Zn....mg	0.92	0.086	69		1		0.26		
Copper, Cu....mg	0.732	0.041	65		1		0.208		
Manganese, Mn....mg	0.100	0.003	65		1		0.028		
Selenium, Se....µg	2.8		0	BFNN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.070	0.005	4		1		0.020		
Riboflavin....mg	0.380	3.400	4		1		0.108		
Niacin....mg	0.430	0.163	4		1		0.122		
Pantothenic acid....mg	0.680		0		1		0.193		
Vitamin B-6....mg	0.250		0		1		0.071		
Folate, total....µg	12		0		1		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	12		0		1		3		
Folate, DFE....µg	12		0	NC	4		3		
Choline, total....mg	15.4		0	T	4		4.4		
Betaine....mg									
Vitamin B-12....µg	0.19		0		1		0.05		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	288		0	NC	4		82		
Retinol....µg	283		0	T	4		80		
Carotene, beta....µg	54		0	BFFN	4		15		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	1033		0	NC	4		293		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFFN	4		0.05		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.1		
Vitamin D....IU	15		0	BFFN	4		4		
Vitamin K (phylloquinone)....µg	1.8		0	BFFN	4		0.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01159
Cheese, goat, soft type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	14.575		0		1		4.132		
4:0....g	1.057		20		1		0.300		
6:0....g	0.463		20		1		0.131		
8:0....g	0.569		20		1		0.161		
10:0....g	2.033		20		1		0.576		
12:0....g	0.931		20		1		0.264		
13:0....g									
14:0....g	2.137		20		1		0.606		
15:0....g									
16:0....g	5.515		20		1		1.564		
17:0....g									
18:0....g	1.870		20		1		0.530		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.807		0		1		1.363		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.501		20		1		0.142		
17:1....g									
18:1 undifferentiated....g	4.307		20		1		1.221		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.501		0		1		0.142		
18:2 undifferentiated....g	0.501		20		1		0.142		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	46		1		1		13		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.195		0		1		0.055		
Threonine....g	0.691		0		1		0.196		
Isoleucine....g	0.766		0		1		0.217		
Leucine....g	1.597		0		1		0.453		
Lysine....g	1.330		0		1		0.377		
Methionine....g	0.494		0		1		0.140		
Cystine....g	0.084		0		1		0.024		
Phenylalanine....g	0.737		0		1		0.209		
Tyrosine....g	0.723		0		1		0.205		
Valine....g	1.274		0		1		0.361		
Arginine....g	0.549		0		1		0.156		
Histidine....g	0.505		0		1		0.143		
Alanine....g	0.319		0		1		0.090		
Aspartic acid....g	0.920		0		1		0.261		
Glutamic acid....g	3.452		0		1		0.979		
Glycine....g	0.209		0		1		0.059		
Proline....g	2.241		0		1		0.635		
Serine....g	0.711		0		1		0.202		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 01159
Cheese, goat, soft type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01022
Cheese, gouda

Refuse: 0%

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

NDB No. 01022
Cheese, gouda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.614		0		1		4.994	34.876	
4:0....g	0.999		1		1		0.283	1.978	
6:0....g	0.640		1		1		0.181	1.267	
8:0....g	0.427		1		1		0.121	0.845	
10:0....g	0.918		1		1		0.260	1.818	
12:0....g	1.211		1		1		0.343	2.398	
13:0....g									
14:0....g	3.040		1		1		0.862	6.019	
15:0....g									
16:0....g	6.851		1		1		1.942	13.565	
17:0....g									
18:0....g	2.918		1		1		0.827	5.778	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.747		0		1		2.196	15.339	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.889		1		1		0.252	1.760	
17:1....g									
18:1 undifferentiated....g	6.388		1		1		1.811	12.648	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.657		0		1		0.186	1.301	
18:2 undifferentiated....g	0.263		1		1		0.075	0.521	
18:3 undifferentiated....g	0.394		1		1		0.112	0.780	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	114		1		1		32	226	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.352		0		4		0.100	0.697	
Threonine....g	0.930		0		1		0.264	1.841	
Isoleucine....g	1.306		0		1		0.370	2.586	
Leucine....g	2.564		0		1		0.727	5.077	
Lysine....g	2.654		0		1		0.752	5.255	
Methionine....g	0.719		0		1		0.204	1.424	
Cystine....g	0.254		0		4		0.072	0.503	
Phenylalanine....g	1.431		0		1		0.406	2.833	
Tyrosine....g	1.454		0		1		0.412	2.879	
Valine....g	1.806		0		1		0.512	3.576	
Arginine....g	0.962		0		1		0.273	1.905	
Histidine....g	1.032		0		1		0.293	2.043	
Alanine....g	0.762		0		1		0.216	1.509	
Aspartic acid....g	1.743		0		1		0.494	3.451	
Glutamic acid....g	6.137		0		1		1.740	12.151	
Glycine....g	0.485		0		1		0.137	0.960	
Proline....g	3.245		0		1		0.920	6.425	
Serine....g	1.544		0		1		0.438	3.057	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01022
Cheese, gouda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 package (7 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01023
Cheese, gruyere

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.19	0.598	12		1		9.41	9.29	4.98
Energy....kcal	413		0	NC	4		117	116	62
Energy....kJ	1728		0		4		490	484	259
Protein (N x 6.38)....g	29.81	0.292	7		1		8.45	8.35	4.47
Total lipid (fat)....g	32.34		5		1		9.17	9.06	4.85
Ash....g	4.30		1		1		1.22	1.20	0.65
Carbohydrate, by difference....g	0.36		0	NC	4		0.10	0.10	0.05
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.36		0	NR	4		0.10	0.10	0.05
Starch....g									
Minerals:									
Calcium, Ca....mg	1011	48.952	3		1		287	283	152
Iron, Fe....mg	0.17		0		4		0.05	0.05	0.03
Magnesium, Mg....mg	36		0		4		10	10	5
Phosphorus, P....mg	605	52.818	3		1		172	169	91
Potassium, K....mg	81		1		1		23	23	12
Sodium, Na....mg	714		0	NR	4		202	200	107
Zinc, Zn....mg	3.90		0		4		1.11	1.09	0.59
Copper, Cu....mg	0.032		0		1		0.009	0.009	0.005
Manganese, Mn....mg	0.017		0		1		0.005	0.005	0.003
Selenium, Se....µg	14.5		0	CAZN	4		4.1	4.1	2.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.060		2		1		0.017	0.017	0.009
Riboflavin....mg	0.279	0.042	3		1		0.079	0.078	0.042
Niacin....mg	0.106	0.013	10		1		0.030	0.030	0.016
Pantothenic acid....mg	0.562	0.056	6		1		0.159	0.157	0.084
Vitamin B-6....mg	0.081	0.002	46		1		0.023	0.023	0.012
Folate, total....µg	10	1.218	51		1		3	3	2
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	10	1.218	51		1		3	3	2
Folate, DFE....µg	10		0	NC	4		3	3	2
Choline, total....mg	15.4		0	T	4		4.4	4.3	2.3
Betaine....mg									
Vitamin B-12....µg	1.60	0.559	12		1		0.45	0.45	0.24
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	271		0	NC	4		77	76	41
Retinol....µg	268		0	T	4		76	75	40
Carotene, beta....µg	33		0	NR	4		9	9	5
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	948		0	NC	4		269	266	142
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFFN	4		0.08	0.08	0.04
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.2	0.2	0.1
Vitamin D....IU	24		0	BFFN	4		7	7	4
Vitamin K (phylloquinone)....µg	2.7		0	BFFN	4		0.8	0.8	0.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01023
Cheese, gruyere

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	18.913		0		1		5.362	5.296	2.837
4:0....g	1.049		1		1		0.297	0.294	0.157
6:0....g	0.621		1		1		0.176	0.174	0.093
8:0....g	0.355		1		1		0.101	0.099	0.053
10:0....g	0.751		1		1		0.213	0.210	0.113
12:0....g	0.911		1		1		0.258	0.255	0.137
13:0....g									
14:0....g	3.369		1		1		0.955	0.943	0.505
15:0....g									
16:0....g	8.753		1		1		2.481	2.451	1.313
17:0....g									
18:0....g	2.324		1		1		0.659	0.651	0.349
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.043		0		1		2.847	2.812	1.506
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.724		1		1		0.205	0.203	0.109
17:1....g									
18:1 undifferentiated....g	8.582		1		1		2.433	2.403	1.287
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.733		0		1		0.491	0.485	0.260
18:2 undifferentiated....g	1.300		1		1		0.369	0.364	0.195
18:3 undifferentiated....g	0.433		1		1		0.123	0.121	0.065
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	110		0		1		31	31	17
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.421		0		1		0.119	0.118	0.063
Threonine....g	1.089		0		1		0.309	0.305	0.163
Isoleucine....g	1.612		0		1		0.457	0.451	0.242
Leucine....g	3.102		0		1		0.879	0.869	0.465
Lysine....g	2.710		0		1		0.768	0.759	0.407
Methionine....g	0.822		0		1		0.233	0.230	0.123
Cystine....g	0.304		0		1		0.086	0.085	0.046
Phenylalanine....g	1.743		0		1		0.494	0.488	0.261
Tyrosine....g	1.776		0		1		0.503	0.497	0.266
Valine....g	2.243		0		1		0.636	0.628	0.336
Arginine....g	0.972		0		1		0.276	0.272	0.146
Histidine....g	1.117		0		1		0.317	0.313	0.168
Alanine....g	0.958		0		1		0.272	0.268	0.144
Aspartic acid....g	1.645		0		1		0.466	0.461	0.247
Glutamic acid....g	5.981		0		1		1.696	1.675	0.897
Glycine....g	0.533		0		1		0.151	0.149	0.080
Proline....g	3.869		0		1		1.097	1.083	0.580
Serine....g	1.719		0		1		0.487	0.481	0.258
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01023
Cheese, gruyere

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

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

Measure 3 = 15.0g: 1 cubic inch

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01024
Cheese, limburger

Refuse: 0%

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

NDB No. 01024
Cheese, limburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	16.746		0		1		22.440	4.747	3.014
4:0....g	0.803		1		1		1.076	0.228	0.145
6:0....g	0.489		1		1		0.655	0.139	0.088
8:0....g	0.275		1		1		0.369	0.078	0.050
10:0....g	0.481		1		1		0.645	0.136	0.087
12:0....g	0.870		1		1		1.166	0.247	0.157
13:0....g									
14:0....g	2.787		1		1		3.735	0.790	0.502
15:0....g									
16:0....g	7.401		1		1		9.917	2.098	1.332
17:0....g									
18:0....g	3.054		1		1		4.092	0.866	0.550
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.606		0		1		11.532	2.440	1.549
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.013		1		1		1.357	0.287	0.182
17:1....g									
18:1 undifferentiated....g	7.179		1		1		9.620	2.035	1.292
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.495		0		1		0.663	0.140	0.089
18:2 undifferentiated....g	0.339		1		1		0.454	0.096	0.061
18:3 undifferentiated....g	0.156		1		1		0.209	0.044	0.028
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	90		1		1		121	26	16
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		0		1		0.387	0.082	0.052
Threonine....g	0.739		0		1		0.990	0.210	0.133
Isoleucine....g	1.219		0		1		1.633	0.346	0.219
Leucine....g	2.093		0		1		2.805	0.593	0.377
Lysine....g	1.675		0		1		2.245	0.475	0.302
Methionine....g	0.619		0		1		0.829	0.175	0.111
Cystine....g	0.110		0		4		0.147	0.031	0.020
Phenylalanine....g	1.116		0		1		1.495	0.316	0.201
Tyrosine....g	1.197		0		1		1.604	0.339	0.215
Valine....g	1.439		0		1		1.928	0.408	0.259
Arginine....g	0.698		0		1		0.935	0.198	0.126
Histidine....g	0.578		0		1		0.775	0.164	0.104
Alanine....g	0.666		0		1		0.892	0.189	0.120
Aspartic acid....g	1.477		0		1		1.979	0.419	0.266
Glutamic acid....g	4.510		0		1		6.043	1.279	0.812
Glycine....g	0.409		0		1		0.548	0.116	0.074
Proline....g	2.439		0		1		3.268	0.691	0.439
Serine....g	1.144		0		1		1.533	0.324	0.206
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01024
Cheese, limburger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 134g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 18g: 1 cubic inch

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.10		0		1		83.29	71.30	17.89
Energy....kcal	173		0	NC	4		228	195	49
Energy....kJ	724		0		4		955	818	205
Protein (N x 6.38)....g	24.35	0.256	62		1		32.14	27.52	6.90
Total lipid (fat)....g	7.00		0		1		9.24	7.91	1.98
Ash....g	3.64	0.111	95		1		4.80	4.11	1.03
Carbohydrate, by difference....g	1.91		0	NC	4		2.52	2.16	0.54
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.52		0	BFNN	4		0.69	0.59	0.15
Starch....g									
Minerals:									
Calcium, Ca....mg	415		0		1		548	469	118
Iron, Fe....mg	0.42		0		1		0.55	0.47	0.12
Magnesium, Mg....mg	16		0		1		21	18	5
Phosphorus, P....mg	484	9.869	35		1		639	547	137
Potassium, K....mg	66		0		1		87	75	19
Sodium, Na....mg	873		0	NR	4		1152	986	247
Zinc, Zn....mg	1.82		0		1		2.40	2.06	0.52
Copper, Cu....mg	0.021		0		1		0.028	0.024	0.006
Manganese, Mn....mg	0.006		0		1		0.008	0.007	0.002
Selenium, Se....µg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.012		0		1		0.016	0.014	0.003
Riboflavin....mg	0.221		0		1		0.292	0.250	0.063
Niacin....mg	0.051		0		1		0.067	0.058	0.014
Pantothenic acid....mg	0.183		0		1		0.242	0.207	0.052
Vitamin B-6....mg	0.045		0		1		0.059	0.051	0.013
Folate, total....µg	11		0		1		15	12	3
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	11		0		1		15	12	3
Folate, DFE....µg	11		0	NC	4		15	12	3
Choline, total....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine....mg									
Vitamin B-12....µg	0.49		0		1		0.65	0.55	0.14
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	60		0	NC	4		80	68	17
Retinol....µg	60		0	T	4		79	68	17
Carotene, beta....µg	4		0	NR	4		5	5	1
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	207		0	NC	4		273	234	59
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.06		0	BFFN	4		0.08	0.07	0.02
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.2	0.1	0.0
Vitamin D....IU	5		0	BFFN	4		7	6	1
Vitamin K (phylloquinone)....µg	0.6		0	BFFN	4		0.8	0.7	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.342		0		1		5.731	4.906	1.231
4:0....g	0.222		0		1		0.293	0.251	0.063
6:0....g	0.063		0		1		0.083	0.071	0.018
8:0....g	0.072		0		1		0.095	0.081	0.020
10:0....g	0.137		0		1		0.181	0.155	0.039
12:0....g	0.101		0		1		0.133	0.114	0.029
13:0....g									
14:0....g	0.889		0		1		1.173	1.005	0.252
15:0....g									
16:0....g	1.984		0		1		2.619	2.242	0.562
17:0....g									
18:0....g	0.873		0		1		1.152	0.986	0.247
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.082		0		1		2.748	2.353	0.590
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.231		0		1		0.305	0.261	0.065
17:1....g									
18:1 undifferentiated....g	1.851		0		1		2.443	2.092	0.525
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.222		0		1		0.293	0.251	0.063
18:2 undifferentiated....g	0.156		0		1		0.206	0.176	0.044
18:3 undifferentiated....g	0.067		0		1		0.088	0.076	0.019
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	21		0		1		28	24	6
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.286		0		1		0.378	0.323	0.081
Threonine....g	0.798		0		1		1.053	0.902	0.226
Isoleucine....g	1.389		0		1		1.833	1.570	0.394
Leucine....g	2.145		0		1		2.831	2.424	0.608
Lysine....g	1.866		0		1		2.463	2.109	0.529
Methionine....g	0.588		0		1		0.776	0.664	0.167
Cystine....g	0.111		0		1		0.147	0.125	0.031
Phenylalanine....g	1.179		0		1		1.556	1.332	0.334
Tyrosine....g	1.080		0		1		1.426	1.220	0.306
Valine....g	1.496		0		1		1.975	1.690	0.424
Arginine....g	0.847		0		1		1.118	0.957	0.240
Histidine....g	0.786		0		1		1.038	0.888	0.223
Alanine....g	0.633		0		1		0.836	0.715	0.179
Aspartic acid....g	1.439		0		1		1.899	1.626	0.408
Glutamic acid....g	5.480		0		1		7.234	6.192	1.554
Glycine....g	0.385		0		1		0.508	0.435	0.109
Proline....g	2.526		0		1		3.334	2.854	0.716
Serine....g	1.309		0		1		1.728	1.479	0.371
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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

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

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	20.768		0		1		27.414	23.468	5.888
4:0....g	1.079		0		1		1.424	1.219	0.306
6:0....g	0.546		0		1		0.721	0.617	0.155
8:0....g	0.288		0		1		0.380	0.325	0.082
10:0....g	0.619		0		1		0.817	0.699	0.175
12:0....g	0.558		0		1		0.737	0.631	0.158
13:0....g									
14:0....g	3.435		0		1		4.534	3.882	0.974
15:0....g									
16:0....g	10.111		0		1		13.347	11.425	2.866
17:0....g									
18:0....g	4.133		0		1		5.456	4.670	1.172
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.189		0		1		12.129	10.384	2.605
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.036		0		1		1.368	1.171	0.294
17:1....g									
18:1 undifferentiated....g	8.153		0		1		10.762	9.213	2.311
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.972		0		1		1.283	1.098	0.276
18:2 undifferentiated....g	0.595		0		1		0.785	0.672	0.169
18:3 undifferentiated....g	0.376		0		1		0.496	0.425	0.107
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	100	1.687	13		1		132	113	28
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.286		0		1		0.378	0.323	0.081
Threonine....g	0.798		0		1		1.053	0.902	0.226
Isoleucine....g	1.389		0		1		1.833	1.570	0.394
Leucine....g	2.145		0		1		2.831	2.424	0.608
Lysine....g	1.866		0		1		2.463	2.109	0.529
Methionine....g	0.588		0		1		0.776	0.664	0.167
Cystine....g	0.111		0		1		0.147	0.125	0.031
Phenylalanine....g	1.179		0		1		1.556	1.332	0.334
Tyrosine....g	1.080		0		1		1.426	1.220	0.306
Valine....g	1.496		0		1		1.975	1.690	0.424
Arginine....g	0.847		0		1		1.118	0.957	0.240
Histidine....g	0.786		0		1		1.038	0.888	0.223
Alanine....g	0.633		0		1		0.836	0.715	0.179
Aspartic acid....g	1.439		0		1		1.899	1.626	0.408
Glutamic acid....g	5.480		0		1		7.234	6.192	1.554
Glycine....g	0.385		0		1		0.508	0.435	0.109
Proline....g	2.526		0		1		3.334	2.854	0.716
Serine....g	1.309		0		1		1.728	1.479	0.371
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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

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

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01165
Cheese, mexican, queso anejo

Refuse: 0%

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

NDB No. 01165
Cheese, mexican, queso anejo

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	19.033		0		1		25.124	5.396	
4:0....g	0.907		0		1		1.197	0.257	
6:0....g	0.474		0		1		0.626	0.134	
8:0....g	0.256		0		1		0.338	0.073	
10:0....g	0.557		0		1		0.735	0.158	
12:0....g	0.508		0		1		0.671	0.144	
13:0....g									
14:0....g	3.153		0		1		4.162	0.894	
15:0....g									
16:0....g	9.340		0		1		12.329	2.648	
17:0....g									
18:0....g	3.838		0		1		5.066	1.088	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.528		0		1		11.257	2.418	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.957		0		1		1.263	0.271	
17:1....g									
18:1 undifferentiated....g	7.571		0		1		9.994	2.146	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.901		0		1		1.189	0.255	
18:2 undifferentiated....g	0.552		0		1		0.729	0.156	
18:3 undifferentiated....g	0.349		0		1		0.461	0.099	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	105		1		1		139	30	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.215		0		1		0.284	0.061	
Threonine....g	0.731		0		1		0.965	0.207	
Isoleucine....g	1.054		0		1		1.391	0.299	
Leucine....g	2.017		0		1		2.662	0.572	
Lysine....g	1.452		0		1		1.917	0.412	
Methionine....g	0.541		0		1		0.714	0.153	
Cystine....g	0.084		0		1		0.111	0.024	
Phenylalanine....g	1.119		0		1		1.477	0.317	
Tyrosine....g	1.190		0		1		1.571	0.337	
Valine....g	1.338		0		1		1.766	0.379	
Arginine....g	0.699		0		1		0.923	0.198	
Histidine....g	0.679		0		1		0.896	0.192	
Alanine....g	0.618		0		1		0.816	0.175	
Aspartic acid....g	1.334		0		1		1.761	0.378	
Glutamic acid....g	4.769		0		1		6.295	1.352	
Glycine....g	0.296		0		1		0.391	0.084	
Proline....g	2.151		0		1		2.839	0.610	
Serine....g	1.160		0		1		1.531	0.329	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01165
Cheese, mexican, queso anejo

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 132g: 1 cup, crumbled

Measure 2 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01166
Cheese, mexican, queso asadero

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	42.16		2		1		55.65	47.64	11.95
Energy....kcal	356		0	NC	4		470	402	101
Energy....kJ	1490		0		4		1966	1683	422
Protein (N x 6.38)....g	22.60		2		1		29.83	25.54	6.41
Total lipid (fat)....g	28.26		2		1		37.30	31.93	8.01
Ash....g	4.11		2		1		5.43	4.64	1.17
Carbohydrate, by difference....g	2.87		0	NC	4		3.79	3.24	0.81
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	2.87		0	NR	4		3.79	3.24	0.81
Starch....g									
Minerals:									
Calcium, Ca....mg	661		2		1		873	747	187
Iron, Fe....mg	0.51		2		1		0.67	0.58	0.14
Magnesium, Mg....mg	26		2		1		34	29	7
Phosphorus, P....mg	443		2		1		585	501	126
Potassium, K....mg	86		2		1		114	97	24
Sodium, Na....mg	705		0	O	4		931	797	200
Zinc, Zn....mg	3.02		2		1		3.99	3.41	0.86
Copper, Cu....mg	0.026		2		1		0.034	0.029	0.007
Manganese, Mn....mg	0.036		2		1		0.048	0.041	0.010
Selenium, Se....µg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.021		2		1		0.028	0.024	0.006
Riboflavin....mg	0.223		2		1		0.294	0.252	0.063
Niacin....mg	0.181		2		1		0.239	0.205	0.051
Pantothenic acid....mg	0.231		2		1		0.305	0.261	0.065
Vitamin B-6....mg	0.053		2		1		0.070	0.060	0.015
Folate, total....µg	8		2		1		11	9	2
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	8		2		1		11	9	2
Folate, DFE....µg	8		0	NC	4		11	9	2
Choline, total....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine....mg									
Vitamin B-12....µg	1.00		2		1		1.32	1.13	0.28
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	55		0	NC	4		73	63	16
Retinol....µg	55		0	T	4		73	62	16
Carotene, beta....µg	4		0	NR	4		5	5	1
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	190		0	NC	4		251	215	54
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFFN	4		0.32	0.27	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.7	0.6	0.1
Vitamin D....IU	21		0	BFFN	4		27	23	6
Vitamin K (phylloquinone)....µg	2.4		0	BFFN	4		3.1	2.7	0.7
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01166
Cheese, mexican, queso asadero

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.939		0		1		23.679	20.271	5.086
4:0....g	0.855		0		1		1.129	0.966	0.242
6:0....g	0.447		0		1		0.590	0.505	0.127
8:0....g	0.241		0		1		0.318	0.272	0.068
10:0....g	0.525		0		1		0.693	0.593	0.149
12:0....g	0.479		0		1		0.632	0.541	0.136
13:0....g									
14:0....g	2.972		0		1		3.923	3.358	0.843
15:0....g									
16:0....g	8.804		0		1		11.621	9.949	2.496
17:0....g									
18:0....g	3.617		0		1		4.774	4.087	1.025
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.038		0		1		10.610	9.083	2.279
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.902		0		1		1.191	1.019	0.256
17:1....g									
18:1 undifferentiated....g	7.136		0		1		9.420	8.064	2.023
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.850		0		1		1.122	0.961	0.241
18:2 undifferentiated....g	0.520		0		1		0.686	0.588	0.147
18:3 undifferentiated....g	0.329		0		1		0.434	0.372	0.093
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	105		1		1		139	119	30
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.269		0		1		0.355	0.304	0.076
Threonine....g	0.737		0		1		0.973	0.833	0.209
Isoleucine....g	1.225		0		1		1.617	1.384	0.347
Leucine....g	2.123		0		1		2.802	2.399	0.602
Lysine....g	1.548		0		1		2.043	1.749	0.439
Methionine....g	0.593		0		1		0.783	0.670	0.168
Cystine....g	0.103		0		1		0.136	0.116	0.029
Phenylalanine....g	1.190		0		1		1.571	1.345	0.337
Tyrosine....g	1.061		0		1		1.401	1.199	0.301
Valine....g	1.426		0		1		1.882	1.611	0.404
Arginine....g	0.760		0		1		1.003	0.859	0.215
Histidine....g	0.694		0		1		0.916	0.784	0.197
Alanine....g	0.501		0		1		0.661	0.566	0.142
Aspartic acid....g	1.475		0		1		1.947	1.667	0.418
Glutamic acid....g	5.072		0		1		6.695	5.731	1.438
Glycine....g	0.246		0		1		0.325	0.278	0.070
Proline....g	2.403		0		1		3.172	2.715	0.681
Serine....g	1.169		0		1		1.543	1.321	0.331
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01166
Cheese, mexican, queso asadero

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

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01167
Cheese, mexican, queso chihuahua

Refuse: 0%

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

NDB No. 01167
Cheese, mexican, queso chihuahua

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	18.843		0		1		24.873	21.293	5.342
4:0....g	0.898		0		1		1.185	1.015	0.255
6:0....g	0.470		0		1		0.620	0.531	0.133
8:0....g	0.253		0		1		0.334	0.286	0.072
10:0....g	0.552		0		1		0.729	0.624	0.156
12:0....g	0.503		0		1		0.664	0.568	0.143
13:0....g									
14:0....g	3.121		0		1		4.120	3.527	0.885
15:0....g									
16:0....g	9.247		0		1		12.206	10.449	2.622
17:0....g									
18:0....g	3.800		0		1		5.016	4.294	1.077
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.443		0		1		11.145	9.541	2.394
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.947		0		1		1.250	1.070	0.268
17:1....g									
18:1 undifferentiated....g	7.496		0		1		9.895	8.470	2.125
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.892		0		1		1.177	1.008	0.253
18:2 undifferentiated....g	0.547		0		1		0.722	0.618	0.155
18:3 undifferentiated....g	0.346		0		1		0.457	0.391	0.098
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	105		1		1		139	119	30
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.198		0		1		0.261	0.224	0.056
Threonine....g	0.818		0		1		1.080	0.924	0.232
Isoleucine....g	1.076		0		1		1.420	1.216	0.305
Leucine....g	2.017		0		1		2.662	2.279	0.572
Lysine....g	1.536		0		1		2.028	1.736	0.435
Methionine....g	0.608		0		1		0.803	0.687	0.172
Cystine....g	0.144		0		1		0.190	0.163	0.041
Phenylalanine....g	1.037		0		1		1.369	1.172	0.294
Tyrosine....g	1.019		0		1		1.345	1.151	0.289
Valine....g	1.266		0		1		1.671	1.431	0.359
Arginine....g	0.777		0		1		1.026	0.878	0.220
Histidine....g	0.598		0		1		0.789	0.676	0.170
Alanine....g	0.821		0		1		1.084	0.928	0.233
Aspartic acid....g	1.397		0		1		1.844	1.579	0.396
Glutamic acid....g	4.503		0		1		5.944	5.088	1.277
Glycine....g	0.384		0		1		0.507	0.434	0.109
Proline....g	2.249		0		1		2.969	2.541	0.638
Serine....g	1.115		0		1		1.472	1.260	0.316
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01167
Cheese, mexican, queso chihuahua

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

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01025
Cheese, monterey

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	41.01	0.765	10		1		54.13	46.34	11.63
Energy....kcal	373		0	NC	4		493	422	106
Energy....kJ	1562		0	NC	4		2062	1765	443
Protein (N x 6.38)....g	24.48	0.559	4		1		32.31	27.66	6.94
Total lipid (fat)....g	30.28	0.361	10		1		39.97	34.22	8.58
Ash....g	3.55	0.102	4		1		4.69	4.01	1.01
Carbohydrate, by difference....g	0.68		0	NC	4		0.90	0.77	0.19
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.50		0	BFNN	4		0.66	0.56	0.14
Starch....g									
Minerals:									
Calcium, Ca....mg	746	21.376	6		1		985	843	212
Iron, Fe....mg	0.72	0.102	4		1		0.95	0.81	0.20
Magnesium, Mg....mg	27	1.914	4		1		36	31	8
Phosphorus, P....mg	444	9.206	4		1		586	502	126
Potassium, K....mg	81	11.148	4		1		107	91	23
Sodium, Na....mg	600		0	O	4		792	678	170
Zinc, Zn....mg	3.00	0.071	4		1		3.96	3.39	0.85
Copper, Cu....mg	0.032		0		1		0.042	0.036	0.009
Manganese, Mn....mg	0.011		0		1		0.015	0.012	0.003
Selenium, Se....µg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.015		0		4		0.020	0.017	0.004
Riboflavin....mg	0.390		2		1		0.515	0.441	0.111
Niacin....mg	0.093		0		4		0.123	0.105	0.026
Pantothenic acid....mg	0.210		0		4		0.277	0.237	0.060
Vitamin B-6....mg	0.079		0		4		0.104	0.089	0.022
Folate, total....µg	18		0		4		24	21	5
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	18		0		4		24	21	5
Folate, DFE....µg	18		0	NC	4		24	21	5
Choline, total....mg	15.4		0	T	4		20.3	17.4	4.4
Betaine....mg									
Vitamin B-12....µg	0.83		0		4		1.09	0.93	0.23
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	198		0	NC	4		262	224	56
Retinol....µg	192		0	T	4		253	217	54
Carotene, beta....µg	78		0	BFFN	4		103	88	22
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	769		0	NC	4		1016	869	218
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFFN	4		0.34	0.29	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.7	0.6	0.2
Vitamin D....IU	22		0	BFFN	4		29	25	6
Vitamin K (phylloquinone)....µg	2.5		0	BFFN	4		3.3	2.9	0.7
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01025
Cheese, monterey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	19.066		0		4		25.167	21.545	5.405
4:0....g	0.982		0		4		1.296	1.110	0.278
6:0....g	0.244		0		4		0.322	0.276	0.069
8:0....g	0.306		0		4		0.404	0.346	0.087
10:0....g	0.563		0		4		0.743	0.636	0.160
12:0....g	0.398		0		4		0.525	0.450	0.113
13:0....g									
14:0....g	3.613		0		4		4.769	4.083	1.024
15:0....g									
16:0....g	7.763		0		4		10.247	8.772	2.201
17:0....g									
18:0....g	3.423		0		4		4.518	3.868	0.970
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.751		0		4		11.551	9.889	2.481
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.923		0		4		1.218	1.043	0.262
17:1....g									
18:1 undifferentiated....g	7.368		0		4		9.726	8.326	2.089
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.899		0		4		1.187	1.016	0.255
18:2 undifferentiated....g	0.637		0		4		0.841	0.720	0.181
18:3 undifferentiated....g	0.261		0		4		0.345	0.295	0.074
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	89		0		4		117	101	25
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.315		0		1		0.416	0.356	0.089
Threonine....g	0.871		0		1		1.150	0.984	0.247
Isoleucine....g	1.519		0		1		2.005	1.716	0.431
Leucine....g	2.344		0		1		3.094	2.649	0.665
Lysine....g	2.037		0		1		2.689	2.302	0.577
Methionine....g	0.641		0		1		0.846	0.724	0.182
Cystine....g	0.123		0		1		0.162	0.139	0.035
Phenylalanine....g	1.289		0		1		1.701	1.457	0.365
Tyrosine....g	1.182		0		1		1.560	1.336	0.335
Valine....g	1.635		0		1		2.158	1.848	0.464
Arginine....g	0.925		0		1		1.221	1.045	0.262
Histidine....g	0.859		0		1		1.134	0.971	0.244
Alanine....g	0.691		0		1		0.912	0.781	0.196
Aspartic acid....g	1.573		0		1		2.076	1.777	0.446
Glutamic acid....g	5.990		0		1		7.907	6.769	1.698
Glycine....g	0.422		0		1		0.557	0.477	0.120
Proline....g	2.759		0		1		3.642	3.118	0.782
Serine....g	1.431		0		1		1.889	1.617	0.406
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01025
Cheese, monterey

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

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 42155
Cheese, monterey, low fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.00		0		4		60.72	51.98	7.82
Energy....kcal	313		0		8		413	354	53
Energy....kJ	1310		0		8		1729	1480	223
Protein....g	28.20		0		8		37.22	31.87	4.79
Total lipid (fat)....g	21.60		0		8		28.51	24.41	3.67
Ash....g	3.50		0	NR	4		4.62	3.96	0.60
Carbohydrate, by difference....g	0.70		0		4		0.92	0.79	0.12
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.56		0	BFNN	4		0.74	0.64	0.10
Starch....g									
Minerals:									
Calcium, Ca....mg	705		0		8		931	797	120
Iron, Fe....mg	0.72		0		4		0.95	0.81	0.12
Magnesium, Mg....mg	27		0		4		36	31	5
Phosphorus, P....mg	444		0		4		586	502	75
Potassium, K....mg	81		0		4		107	92	14
Sodium, Na....mg	781		0	NR	4		1031	883	133
Zinc, Zn....mg	3.00		0		4		3.96	3.39	0.51
Copper, Cu....mg	0.032		0		4		0.042	0.036	0.005
Manganese, Mn....mg									
Selenium, Se....µg	14.5		0	CAZN	4		19.1	16.4	2.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	0.0
Thiamin....mg	0.020		0		4		0.026	0.023	0.003
Riboflavin....mg	0.360		0		8		0.475	0.407	0.061
Niacin....mg	0.090		0		4		0.119	0.102	0.015
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0		4		0.106	0.090	0.014
Folate, total....µg	18		0		4		24	20	3
Folic acid....µg	0		0	BFNN	4		0	0	0
Folate, food....µg	18		0		4		24	20	3
Folate, DFE....µg	18		0	NC	4		24	20	3
Choline, total....mg	15.4		0	T	4		20.3	17.4	2.6
Betaine....mg									
Vitamin B-12....µg	0.83		0		4		1.10	0.94	0.14
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	142		0	NC	4		187	160	24
Retinol....µg	137		0	BFFN	4		181	155	23
Carotene, beta....µg	55		0	BFFN	4		73	63	9
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	549		0	NC	4		725	620	93
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFFN	4		0.25	0.21	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.5	0.4	0.1
Vitamin D....IU	16		0	BFFN	4		21	18	3
Vitamin K (phylloquinone)....µg	1.8		0	BFFN	4		2.4	2.0	0.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 42155
Cheese, monterey, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	14.040		0		8		18.533	15.865	2.387
4:0....g	1.080		0		4		1.426	1.220	0.184
6:0....g	0.120		0		4		0.158	0.136	0.020
8:0....g	0.240		0		4		0.317	0.271	0.041
10:0....g	0.480		0		4		0.634	0.542	0.082
12:0....g	0.360		0		4		0.475	0.407	0.061
13:0....g									
14:0....g	2.040		0		4		2.693	2.305	0.347
15:0....g									
16:0....g	6.360		0		4		8.395	7.187	1.081
17:0....g									
18:0....g	2.280		0		4		3.010	2.576	0.388
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.640		0		8		7.445	6.373	0.959
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.840		0		4		1.109	0.949	0.143
17:1....g									
18:1 undifferentiated....g	4.560		0		4		6.019	5.153	0.775
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.840		0		8		1.109	0.949	0.143
18:2 undifferentiated....g	0.600		0		4		0.792	0.678	0.102
18:3 undifferentiated....g	0.240		0		4		0.317	0.271	0.041
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	65		0		8		86	73	11
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 17g: 1 cubic inch

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.54	0.269	21	A	1		60.11	51.46	12.91
Energy....kcal	301		0	NC	4		398	340	85
Energy....kJ	1260		0	NC	4		1663	1424	357
Protein....g	24.58	0.310	21	A	1		32.45	27.78	6.97
Total lipid (fat)....g	19.72	0.364	18	A	1		26.03	22.29	5.59
Ash....g	3.80	0.069	21	A	1		5.01	4.29	1.08
Carbohydrate, by difference....g	6.36		0	NC	4		8.40	7.19	1.80
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total....g	2.24		2	A	1		2.95	2.53	0.63
Sucrose....g	0.00		3	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	0.00
Fructose....g	0.00		3	A	1		0.00	0.00	0.00
Lactose....g	1.45		3	A	1		1.91	1.64	0.41
Maltose....g	0.00		3	A	1		0.00	0.00	0.00
Galactose....g	0.75		3	A	1		0.99	0.84	0.21
Starch....g									
Minerals:									
Calcium, Ca....mg	716	16.248	18	A	1		945	809	203
Iron, Fe....mg	0.23	0.031	18	A	1		0.30	0.26	0.07
Magnesium, Mg....mg	29	1.040	18	A	1		38	32	8
Phosphorus, P....mg	537	12.611	18	A	1		709	607	152
Potassium, K....mg	131	6.751	18	A	1		172	148	37
Sodium, Na....mg	682	24.176	18	A	1		900	771	193
Zinc, Zn....mg	3.61	0.081	18	A	1		4.77	4.08	1.02
Copper, Cu....mg	0.034	0.001	18	A	1		0.044	0.038	0.010
Manganese, Mn....mg	0.041	0.004	18	A	1		0.054	0.047	0.012
Selenium, Se....µg	26.8	1.077	9	A	1		35.4	30.3	7.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	0.0
Thiamin....mg	0.059	0.010	11	A	1		0.078	0.067	0.017
Riboflavin....mg	0.348	0.022	11	A	1		0.459	0.393	0.099
Niacin....mg	0.144	0.020	11	A	1		0.190	0.162	0.041
Pantothenic acid....mg	0.415	0.007	7	A	1		0.548	0.469	0.118
Vitamin B-6....mg	0.111	0.001	9	A	1		0.146	0.125	0.031
Folate, total....µg	27	1.616	4	A	1		35	30	8
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	27	1.616	4	A	1		35	30	8
Folate, DFE....µg	27		0	NC	4		35	30	8
Choline, total....mg	14.2		0	AS	1		18.8	16.1	4.0
Betaine....mg	0.7		1	A	1		1.0	0.8	0.2
Vitamin B-12....µg	1.82	0.139	11	A	1		2.40	2.06	0.52
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	254		0	AS	1		335	287	72
Retinol....µg	254		3	A	1		335	287	72
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	846		0	AS	1		1116	956	240
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.43	0.034	11	A	1		0.57	0.49	0.12
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	11	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.05	0.029	11	A	1		0.07	0.06	0.01
Tocopherol, delta....mg	0.00	0.000	11	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00	0.000	11	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00	0.000	11	A	1		0.00	0.00	0.00

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	11	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	11	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.4		0	NR	4		0.5	0.4	0.1
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFFN	4		0.5	0.4	0.1
Vitamin D....IU	15		0	BFFN	4		19	17	4
Vitamin K (phylloquinone)....µg	1.3	0.226	4	A	1		1.7	1.4	0.4
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg	4.1		2	A	1		5.4	4.6	1.2
Lipids:									
Fatty acids, total saturated....g	11.473		0	NC	4		15.144	12.964	3.253
4:0....g	0.396	0.004	18	A	1		0.522	0.447	0.112
6:0....g	0.335	0.003	18	A	1		0.443	0.379	0.095
8:0....g	0.209	0.003	18	A	1		0.276	0.236	0.059
10:0....g	0.503	0.010	18	A	1		0.663	0.568	0.142
12:0....g	0.573	0.013	18	A	1		0.756	0.647	0.162
13:0....g									
14:0....g	1.842	0.030	18	A	1		2.432	2.082	0.522
15:0....g	0.192	0.003	18	A	1		0.253	0.217	0.054
16:0....g	5.201	0.067	18	A	1		6.866	5.878	1.475
17:0....g	0.116	0.002	18	A	1		0.153	0.131	0.033
18:0....g	2.066	0.058	18	A	1		2.728	2.335	0.586
20:0....g	0.028	0.001	18	A	1		0.037	0.032	0.008
22:0....g	0.007	0.000	18	A	1		0.009	0.008	0.002
24:0....g	0.005	0.000	18	A	1		0.006	0.005	0.001
Fatty acids, total monounsaturated....g	5.104		0	NC	4		6.737	5.768	1.447
14:1....g	0.181	0.006	18	A	1		0.239	0.204	0.051
15:1....g	0.000	0.000	18	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.292	0.013	18	AS	1		0.385	0.330	0.083
16:1 c....g	0.238	0.008	18	A	1		0.314	0.269	0.067
16:1 t....g	0.054	0.007	18	A	1		0.071	0.061	0.015
17:1....g	0.037	0.001	18	A	1		0.048	0.041	0.010
18:1 undifferentiated....g	4.558	0.062	18	AS	1		6.017	5.151	1.292
18:1 c....g	4.043	0.050	18	A	1		5.337	4.569	1.146
18:1 t....g	0.515	0.014	18	A	1		0.680	0.582	0.146
18:1-11 t (18:1t n-7)....g									
20:1....g	0.036	0.001	18	A	1		0.048	0.041	0.010
22:1 undifferentiated....g	0.000	0.000	18	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	18	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	18	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	18	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.861		0	NC	4		1.137	0.973	0.244
18:2 undifferentiated....g	0.706	0.013	18	AS	1		0.933	0.798	0.200
18:2 n-6 c,c....g	0.471	0.012	18	A	1		0.622	0.532	0.134
18:2 CLAs....g	0.097	0.002	18	A	1		0.128	0.110	0.028
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.138	0.002	18	A	1		0.182	0.156	0.039
18:3 undifferentiated....g	0.076	0.004	18	AS	1		0.100	0.085	0.021
18:3 n-3 c,c,c (ALA)....g	0.073	0.004	18	A	1		0.097	0.083	0.021
18:3 n-6 c,c,c....g	0.000	0.000	18	A	1		0.000	0.000	0.000
18:3i....g	0.002	0.000	18	A	1		0.003	0.002	0.001
18:4....g	0.000	0.000	18	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.005	0.000	18	A	1		0.006	0.005	0.001
20:3 undifferentiated....g	0.022	0.001	18	AS	1		0.029	0.024	0.006
20:3 n-3....g	0.000	0.000	18	A	1		0.001	0.001	0.000
20:3 n-6....g	0.021	0.001	18	A	1		0.028	0.024	0.006
20:4 undifferentiated....g	0.030	0.002	18	A	1		0.040	0.034	0.009
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.000	18	A	1		0.008	0.007	0.002
21:5....g									
22:4....g	0.006	0.000	18	A	1		0.008	0.006	0.002
22:5 n-3 (DPA)....g	0.011	0.000	18	A	1		0.015	0.013	0.003

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	18	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.709		0	NC	4		0.936	0.801	0.201
Fatty acids, total trans-monoenoic....g	0.569		0	NC	4		0.751	0.643	0.161
Fatty acids, total trans-polyenoic....g	0.140		0	NC	4		0.185	0.159	0.040
Cholesterol....mg	65	1.414	9	A	1		86	74	18
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.571		0	A	1		0.753	0.645	0.162
Threonine....g	1.090		0	A	1		1.439	1.232	0.309
Isoleucine....g	1.259		0	A	1		1.661	1.422	0.357
Leucine....g	2.024		0	A	1		2.672	2.288	0.574
Lysine....g	1.070		0	A	1		1.412	1.209	0.303
Methionine....g	0.571		0	A	1		0.753	0.645	0.162
Cystine....g	0.128		0	A	1		0.169	0.145	0.036
Phenylalanine....g	1.121		0	A	1		1.479	1.266	0.318
Tyrosine....g	1.156		0	A	1		1.527	1.307	0.328
Valine....g	1.465		0	A	1		1.934	1.656	0.415
Arginine....g	0.571		0	A	1		0.753	0.645	0.162
Histidine....g	0.571		0	A	1		0.753	0.645	0.162
Alanine....g	0.784		0	A	1		1.035	0.886	0.222
Aspartic acid....g	1.810		0	A	1		2.389	2.045	0.513
Glutamic acid....g	4.943		0	A	1		6.524	5.585	1.401
Glycine....g	0.571		0	A	1		0.753	0.645	0.162
Proline....g	2.607		0	A	1		3.441	2.945	0.739
Serine....g	0.814		0	A	1		1.075	0.920	0.231
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01271

Cheese, mozzarella, low moisture, part-skim, shredded

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.81	0.340	18	A	1		38.54		
Energy....kcal	304		0	NC	4		262		
Energy....kJ	1273		0	NC	4		1095		
Protein....g	23.63	0.408	18	A	1		20.32		
Total lipid (fat)....g	19.72	0.364	18	A	1		16.96		
Ash....g	3.78	0.092	18	A	1		3.25		
Carbohydrate, by difference....g	8.06		0	NC	4		6.93		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	2.24		2	A	1		1.92		
Sucrose....g	0.00		3	A	1		0.00		
Glucose (dextrose)....g	0.00		2	A	1		0.00		
Fructose....g	0.00		3	A	1		0.00		
Lactose....g	1.45		3	A	1		1.25		
Maltose....g	0.00		3	A	1		0.00		
Galactose....g	0.75		3	A	1		0.64		
Starch....g									
Minerals:									
Calcium, Ca....mg	716	16.257	18	A	1		616		
Iron, Fe....mg	0.23	0.031	18	A	1		0.20		
Magnesium, Mg....mg	29	1.040	18	A	1		25		
Phosphorus, P....mg	537	12.619	18	A	1		462		
Potassium, K....mg	131	6.755	18	A	1		112		
Sodium, Na....mg	682	24.192	18	A	1		587		
Zinc, Zn....mg	3.61	0.081	18	A	1		3.11		
Copper, Cu....mg	0.034	0.001	18	A	1		0.029		
Manganese, Mn....mg	0.041	0.004	18	A	1		0.035		
Selenium, Se....µg	26.8	1.078	9	A	1		23.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.029	0.000	9	A	1		0.025		
Riboflavin....mg	0.367	0.037	9	A	1		0.315		
Niacin....mg	0.151	0.040	9	A	1		0.130		
Pantothenic acid....mg	0.508	0.013	6	A	1		0.437		
Vitamin B-6....mg	0.111	0.001	9	A	1		0.095		
Folate, total....µg	27	1.616	4	A	1		23		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	27	1.616	4	A	1		23		
Folate, DFE....µg	27		0	NC	4		23		
Choline, total....mg	14.2		0	AS	1		12.2		
Betaine....mg	0.7		1	A	1		0.6		
Vitamin B-12....µg	1.33	0.274	9	A	1		1.14		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	254		0	AS	1		218		
Retinol....µg	254		3	A	1		218		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	846		0	AS	1		727		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.49	0.022	9	A	1		0.42		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00	0.000	9	A	1		0.00		
Tocopherol, gamma....mg	0.02	0.016	9	A	1		0.02		
Tocopherol, delta....mg	0.00	0.000	9	A	1		0.00		
Tocotrienol, alpha....mg	0.00	0.000	9	A	1		0.00		
Tocotrienol, beta....mg	0.00	0.000	9	A	1		0.00		

NDB No. 01271

Cheese, mozzarella, low moisture, part-skim, shredded

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	9	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	9	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.3		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFFN	4		0.3		
Vitamin D....IU	14		0	BFFN	4		12		
Vitamin K (phylloquinone)....µg	1.3		2	A	1		1.1		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg	4.1		2	A	1		3.5		
Lipids:									
Fatty acids, total saturated....g	11.472		0	NC	4		9.866		
4:0....g	0.396	0.004	18	A	1		0.340		
6:0....g	0.335	0.003	18	A	1		0.288		
8:0....g	0.209	0.003	18	A	1		0.180		
10:0....g	0.503	0.010	18	A	1		0.432		
12:0....g	0.573	0.013	18	A	1		0.493		
13:0....g									
14:0....g	1.842	0.030	18	A	1		1.584		
15:0....g	0.192	0.003	18	A	1		0.165		
16:0....g	5.201	0.067	18	A	1		4.473		
17:0....g	0.116	0.002	18	A	1		0.099		
18:0....g	2.066	0.058	18	A	1		1.777		
20:0....g	0.028	0.001	18	A	1		0.024		
22:0....g	0.007	0.000	18	A	1		0.006		
24:0....g	0.005	0.000	18	A	1		0.004		
Fatty acids, total monounsaturated....g	5.104		0	NC	4		4.390		
14:1....g	0.181	0.006	18	A	1		0.156		
15:1....g	0.000	0.000	18	A	1		0.000		
16:1 undifferentiated....g	0.292	0.013	18	AS	1		0.251		
16:1 c....g	0.238	0.008	18	A	1		0.205		
16:1 t....g	0.054	0.007	18	A	1		0.046		
17:1....g	0.037	0.001	18	A	1		0.031		
18:1 undifferentiated....g	4.558	0.062	18	AS	1		3.920		
18:1 c....g	4.043	0.050	18	A	1		3.477		
18:1 t....g	0.515	0.014	18	A	1		0.443		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.036	0.001	18	A	1		0.031		
22:1 undifferentiated....g	0.000	0.000	18	AS	1		0.000		
22:1 c....g	0.000	0.000	18	A	1		0.000		
22:1 t....g	0.000	0.000	18	A	1		0.000		
24:1 c....g	0.000	0.000	18	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.861		0	NC	4		0.741		
18:2 undifferentiated....g	0.706	0.013	18	AS	1		0.608		
18:2 n-6 c,c....g	0.471	0.012	18	A	1		0.405		
18:2 CLAs....g	0.097	0.002	18	A	1		0.084		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.138	0.002	18	A	1		0.119		
18:3 undifferentiated....g	0.076	0.004	18	AS	1		0.065		
18:3 n-3 c,c,c (ALA)....g	0.073	0.004	18	A	1		0.063		
18:3 n-6 c,c,c....g	0.000	0.000	18	A	1		0.000		
18:3i....g	0.002	0.000	18	A	1		0.002		
18:4....g	0.000	0.000	18	A	1		0.000		
20:2 n-6 c,c....g	0.005	0.000	18	A	1		0.004		
20:3 undifferentiated....g	0.022	0.001	18	AS	1		0.019		
20:3 n-3....g	0.000	0.000	18	A	1		0.000		
20:3 n-6....g	0.021	0.001	18	A	1		0.018		
20:4 undifferentiated....g	0.030	0.002	18	A	1		0.026		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.000	18	A	1		0.005		
21:5....g									
22:4....g	0.006	0.000	18	A	1		0.005		
22:5 n-3 (DPA)....g	0.011	0.000	18	A	1		0.010		

NDB No. 01271

Cheese, mozzarella, low moisture, part-skim, shredded

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	18	A	1		0.000		
Fatty acids, total trans....g	0.709		0	NC	4		0.610		
Fatty acids, total trans-monoenoic....g	0.569		0	NC	4		0.489		
Fatty acids, total trans-polyenoic....g	0.140		0	NC	4		0.121		
Cholesterol....mg	65	1.415	9	A	1		56		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.312		0	A	1		0.269		
Threonine....g	1.063		0	A	1		0.914		
Isoleucine....g	1.256		0	A	1		1.080		
Leucine....g	2.372		0	A	1		2.040		
Lysine....g	1.985		0	A	1		1.707		
Methionine....g	0.572		0	A	1		0.492		
Cystine....g	0.140		0	A	1		0.120		
Phenylalanine....g	1.227		0	A	1		1.055		
Tyrosine....g	1.283		0	A	1		1.103		
Valine....g	1.589		0	A	1		1.367		
Arginine....g	1.056		0	A	1		0.909		
Histidine....g	0.692		0	A	1		0.595		
Alanine....g	0.816		0	A	1		0.702		
Aspartic acid....g	1.923		0	A	1		1.653		
Glutamic acid....g	5.530		0	A	1		4.756		
Glycine....g	0.472		0	A	1		0.406		
Proline....g	2.612		0	A	1		2.246		
Serine....g	1.358		0	A	1		1.168		
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 = 86g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43597
Cheese, mozzarella, low sodium

Refuse: 0%

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

NDB No. 43597
Cheese, mozzarella, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.867		0		4		14.344	12.280	1.956
4:0....g	0.559		0		4		0.738	0.632	0.101
6:0....g	0.110		0		4		0.145	0.124	0.020
8:0....g	0.120		0		4		0.158	0.136	0.022
10:0....g	0.270		0		4		0.356	0.305	0.049
12:0....g	0.180		0		4		0.238	0.203	0.032
13:0....g									
14:0....g	1.718		0		4		2.268	1.941	0.309
15:0....g									
16:0....g	5.214		0		4		6.882	5.892	0.939
17:0....g									
18:0....g	2.078		0		4		2.743	2.348	0.374
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.844		0		4		6.394	5.474	0.872
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.469		0		4		0.619	0.530	0.084
17:1....g									
18:1 undifferentiated....g	4.165		0		4		5.498	4.706	0.750
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.509		0		4		0.672	0.575	0.092
18:2 undifferentiated....g	0.360		0		4		0.475	0.407	0.065
18:3 undifferentiated....g	0.150		0		4		0.198	0.170	0.027
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	54		1		1		71	61	10
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 42304
Cheese, mozzarella, nonfat

Refuse: 0%

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

NDB No. 42304
Cheese, mozzarella, 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
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		0.000		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.000		0		4		0.000		
17:0....g									
18:0....g	0.000		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		7		0.000		
18:2 undifferentiated....g	0.000		0		4		0.000		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	18		0		4		20		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 113g: 1 cup, shredded

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01028
Cheese, mozzarella, part skim milk

Refuse: 0%

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

NDB No. 01028
Cheese, mozzarella, part skim milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.114		0		1		2.867		
4:0....g	0.516		1		1		0.146		
6:0....g	0.100	0.020	5		1		0.028		
8:0....g	0.117	0.027	5		1		0.033		
10:0....g	0.251	0.044	5		1		0.071		
12:0....g	0.164	0.054	5		1		0.046		
13:0....g									
14:0....g	1.598	0.088	5		1		0.453		
15:0....g									
16:0....g	4.855	0.327	5		1		1.376		
17:0....g									
18:0....g	1.937	0.169	5		1		0.549		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.510		0		1		1.279		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.440	0.059	5		1		0.125		
17:1....g									
18:1 undifferentiated....g	3.874	0.245	5		1		1.098		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.472		0		1		0.134		
18:2 undifferentiated....g	0.335	0.057	5		1		0.095		
18:3 undifferentiated....g	0.137	0.019	5		1		0.039		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	64		1		1		18		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.339		0		4		0.096		
Threonine....g	0.924		0		1		0.262		
Isoleucine....g	1.164		0		1		0.330		
Leucine....g	2.365		0		1		0.670		
Lysine....g	2.464		0		1		0.699		
Methionine....g	0.677		0		1		0.192		
Cystine....g	0.144		0		1		0.041		
Phenylalanine....g	1.266		0		1		0.359		
Tyrosine....g	1.403		0		1		0.398		
Valine....g	1.517		0		1		0.430		
Arginine....g	1.042		0		1		0.295		
Histidine....g	0.913		0		1		0.259		
Alanine....g	0.741		0		1		0.210		
Aspartic acid....g	1.757		0		1		0.498		
Glutamic acid....g	5.677		0		1		1.609		
Glycine....g	0.464		0		1		0.132		
Proline....g	2.498		0		1		0.708		
Serine....g	1.415		0		1		0.401		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 01028
Cheese, mozzarella, part skim milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01026
Cheese, mozzarella, whole milk

Refuse: 0%

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

NDB No. 01026
Cheese, mozzarella, whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.5	0.1	0.7
Vitamin D....IU	16		0	BFFN	4		18	5	28
Vitamin K (phylloquinone)....µg	2.3		2	A	1		2.6	0.7	3.9
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.152		0		1		14.730	3.729	22.358
4:0....g	0.805		1		1		0.902	0.228	1.369
6:0....g	0.446		1		1		0.500	0.126	0.758
8:0....g	0.257		1		1		0.288	0.073	0.437
10:0....g	0.582		1		1		0.652	0.165	0.989
12:0....g	0.690		1		1		0.773	0.196	1.173
13:0....g									
14:0....g	2.189		1		1		2.452	0.621	3.721
15:0....g									
16:0....g	5.331		1		1		5.971	1.511	9.063
17:0....g									
18:0....g	2.442		1		1		2.735	0.692	4.151
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.573		0		1		7.362	1.863	11.174
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.597		1		1		0.669	0.169	1.015
17:1....g									
18:1 undifferentiated....g	5.649		1		1		6.327	1.601	9.603
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.765		0		1		0.857	0.217	1.301
18:2 undifferentiated....g	0.393		1		1		0.440	0.111	0.668
18:3 undifferentiated....g	0.372		1		1		0.417	0.105	0.632
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	79	3.649	6	A	1		89	22	135
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.515		0	A	1		0.576	0.146	0.875
Threonine....g	0.983		0	A	1		1.101	0.279	1.671
Isoleucine....g	1.135		0	A	1		1.271	0.322	1.930
Leucine....g	1.826		0	A	1		2.045	0.518	3.104
Lysine....g	0.965		0	A	1		1.081	0.274	1.640
Methionine....g	0.515		0	A	1		0.576	0.146	0.875
Cystine....g	0.115		0	A	1		0.129	0.033	0.196
Phenylalanine....g	1.011		0	A	1		1.132	0.287	1.718
Tyrosine....g	1.043		0	A	1		1.168	0.296	1.773
Valine....g	1.322		0	A	1		1.480	0.375	2.247
Arginine....g	0.515		0	A	1		0.576	0.146	0.875
Histidine....g	0.515		0	A	1		0.576	0.146	0.875
Alanine....g	0.707		0	A	1		0.792	0.200	1.202
Aspartic acid....g	1.633		0	A	1		1.829	0.463	2.775
Glutamic acid....g	4.458		0	A	1		4.993	1.264	7.579
Glycine....g	0.515		0	A	1		0.576	0.146	0.875

NDB No. 01026
Cheese, mozzarella, whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline....g	2.351		0	A	1		2.633	0.667	3.997
Serine....g	0.735		0	A	1		0.823	0.208	1.249
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 112g: 1 cup, shredded

Measure 2 = 28.35g: 1 oz

Measure 3 = 170g: 6 slices

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.38		18		1		13.72	8.71	
Energy....kcal	318		0	NC	4		90	57	
Energy....kJ	1332		0		4		378	240	
Protein (N x 6.38)....g	21.60		0		1		6.12	3.89	
Total lipid (fat)....g	24.64	1.386	4		1		6.99	4.44	
Ash....g	2.91		0		1		0.82	0.52	
Carbohydrate, by difference....g	2.47		0	NC	4		0.70	0.44	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	1.01		0	BFNN	4		0.29	0.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	575		0		1		163	103	
Iron, Fe....mg	0.20		0		1		0.06	0.04	
Magnesium, Mg....mg	21		0		1		6	4	
Phosphorus, P....mg	412		0		1		117	74	
Potassium, K....mg	75		0		1		21	13	
Sodium, Na....mg	710		0	NR	4		201	128	
Zinc, Zn....mg	2.46		0		1		0.70	0.44	
Copper, Cu....mg	0.022		0		1		0.006	0.004	
Manganese, Mn....mg	0.009		0		1		0.003	0.002	
Selenium, Se....µg	16.1		0	BFNN	4		4.6	2.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.016		0		1		0.005	0.003	
Riboflavin....mg	0.270		0		1		0.077	0.049	
Niacin....mg	0.094		0		1		0.027	0.017	
Pantothenic acid....mg	0.071		0		1		0.020	0.013	
Vitamin B-6....mg	0.062		0		1		0.018	0.011	
Folate, total....µg	8		0		1		2	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		1		2	1	
Folate, DFE....µg	8		0	NC	4		2	1	
Choline, total....mg	15.0		0	BFNN	4		4.3	2.7	
Betaine....mg									
Vitamin B-12....µg	0.73		0		1		0.21	0.13	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	197		0	NC	4		56	35	
Retinol....µg	192		0	BFFN	4		54	35	
Carotene, beta....µg	63		0	BFFN	4		18	11	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	745		0	NC	4		211	134	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFFN	4		0.06	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.1	0.1	
Vitamin D....IU	18		0	BFFN	4		5	3	
Vitamin K (phylloquinone)....µg	2.5		0	BFFN	4		0.7	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	15.561		0		1		4.412	2.801	
4:0....g	0.844		1		1		0.239	0.152	
6:0....g	0.177		1		1		0.050	0.032	
8:0....g	0.203		1		1		0.058	0.037	
10:0....g	0.412		1		1		0.117	0.074	
12:0....g	0.255		1		1		0.072	0.046	
13:0....g									
14:0....g	2.683		1		1		0.761	0.483	
15:0....g									
16:0....g	7.491		1		1		2.124	1.348	
17:0....g									
18:0....g	2.880		1		1		0.816	0.518	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.027		0		1		1.992	1.265	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.822		1		1		0.233	0.148	
17:1....g									
18:1 undifferentiated....g	5.925		1		1		1.680	1.067	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.778		0		1		0.221	0.140	
18:2 undifferentiated....g	0.566		1		1		0.160	0.102	
18:3 undifferentiated....g	0.212		1		1		0.060	0.038	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	89		0		1		25	16	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.302		0		4		0.086	0.054	
Threonine....g	0.823		0		1		0.233	0.148	
Isoleucine....g	1.036		0		1		0.294	0.186	
Leucine....g	2.106		0		1		0.597	0.379	
Lysine....g	2.194		0		1		0.622	0.395	
Methionine....g	0.603		0		1		0.171	0.109	
Cystine....g	0.129		0		1		0.037	0.023	
Phenylalanine....g	1.127		0		1		0.320	0.203	
Tyrosine....g	1.249		0		1		0.354	0.225	
Valine....g	1.351		0		1		0.383	0.243	
Arginine....g	0.928		0		1		0.263	0.167	
Histidine....g	0.813		0		1		0.230	0.146	
Alanine....g	0.660		0		1		0.187	0.119	
Aspartic acid....g	1.564		0		1		0.443	0.282	
Glutamic acid....g	5.055		0		1		1.433	0.910	
Glycine....g	0.413		0		1		0.117	0.074	
Proline....g	2.224		0		1		0.631	0.400	
Serine....g	1.259		0		1		0.357	0.227	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01030
Cheese, muenster

Refuse: 0%

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

NDB No. 01030
Cheese, muenster

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	19.113		0		1		25.229	21.598	5.419
4:0....g	1.042	0.113	6		1		1.375	1.177	0.295
6:0....g	0.243	0.019	6		1		0.321	0.275	0.069
8:0....g	0.275	0.031	6		1		0.363	0.311	0.078
10:0....g	0.586	0.032	6		1		0.774	0.662	0.166
12:0....g	0.367	0.021	6		1		0.484	0.415	0.104
13:0....g									
14:0....g	3.072	0.085	6		1		4.055	3.471	0.871
15:0....g									
16:0....g	9.218	0.219	6		1		12.168	10.416	2.613
17:0....g									
18:0....g	3.569	0.091	6		1		4.711	4.033	1.012
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.711		0		1		11.499	9.843	2.470
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.973	0.049	6		1		1.284	1.099	0.276
17:1....g									
18:1 undifferentiated....g	7.338	0.182	6		1		9.686	8.292	2.080
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.661		0		1		0.873	0.747	0.187
18:2 undifferentiated....g	0.431	0.027	6		1		0.569	0.487	0.122
18:3 undifferentiated....g	0.230	0.015	6		1		0.304	0.260	0.065
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	96	3.402	4		1		126	108	27
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.327		0		1		0.432	0.370	0.093
Threonine....g	0.888		0		1		1.172	1.003	0.252
Isoleucine....g	1.145		0		1		1.511	1.294	0.325
Leucine....g	2.260		0		1		2.983	2.554	0.641
Lysine....g	2.139		0		1		2.823	2.417	0.606
Methionine....g	0.569		0		1		0.751	0.643	0.161
Cystine....g	0.132		0		1		0.174	0.149	0.037
Phenylalanine....g	1.240		0		1		1.637	1.401	0.352
Tyrosine....g	1.123		0		1		1.482	1.269	0.318
Valine....g	1.482		0		1		1.956	1.675	0.420
Arginine....g	0.881		0		1		1.163	0.996	0.250
Histidine....g	0.829		0		1		1.094	0.937	0.235
Alanine....g	0.675		0		1		0.891	0.763	0.191
Aspartic acid....g	1.600		0		1		2.112	1.808	0.454
Glutamic acid....g	5.555		0		1		7.333	6.277	1.575
Glycine....g	0.440		0		1		0.581	0.497	0.125
Proline....g	2.594		0		1		3.424	2.931	0.735
Serine....g	1.299		0		1		1.715	1.468	0.368
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01030
Cheese, muenster

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

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 42303
Cheese, muenster, low fat

Refuse: 0%

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

NDB No. 42303
Cheese, muenster, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.950		0		4		12.374	1.971	3.066
4:0....g	0.571		0		4		0.645	0.103	0.160
6:0....g	0.337		0		4		0.381	0.061	0.094
8:0....g	0.197		0		4		0.223	0.035	0.055
10:0....g	0.442		0		4		0.499	0.080	0.124
12:0....g	0.494		0		4		0.558	0.089	0.138
13:0....g									
14:0....g	1.769		0		4		1.999	0.318	0.495
15:0....g									
16:0....g	4.622		0		4		5.223	0.832	1.294
17:0....g									
18:0....g	2.136		0		4		2.414	0.384	0.598
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.090		0		4		5.752	0.916	1.425
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.394		0		4		0.445	0.071	0.110
17:1....g									
18:1 undifferentiated....g	4.421		0		4		4.996	0.796	1.238
20:1....g	0.265		0		4		0.299	0.048	0.074
22:1 undifferentiated....g	0.000		0		7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.650		0		4		0.735	0.117	0.182
18:2 undifferentiated....g	0.397		0		4		0.449	0.071	0.111
18:3 undifferentiated....g	0.257		0		4		0.290	0.046	0.072
18:4....g	0.000		0		7		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		7		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		7		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		7		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	63		0		4		71	11	18
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 18g: 1 cubic inch

Measure 3 = 28g: 1 slice

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01031
Cheese, neufchatel

Refuse: 0%

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

NDB No. 01031
Cheese, neufchatel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	1.7		2	A	1		0.5	1.5	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	9.3		2	A	1		2.6	7.9	
Lipids:									
Fatty acids, total saturated....g	12.790		0	NC	4		3.626	10.871	
4:0....g	0.609	0.067	6		1		0.173	0.518	
6:0....g	0.210	0.009	6		1		0.060	0.179	
8:0....g	0.242		2	A	1		0.069	0.206	
10:0....g	0.548		2	A	1		0.155	0.466	
12:0....g	0.607		2	A	1		0.172	0.516	
13:0....g									
14:0....g	2.025		2	A	1		0.574	1.721	
15:0....g	0.209		2	A	1		0.059	0.178	
16:0....g	5.633		2	A	1		1.597	4.788	
17:0....g	0.119		2	A	1		0.034	0.101	
18:0....g	2.555		2	A	1		0.724	2.171	
20:0....g	0.033		2	A	1		0.009	0.028	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	5.784		0	NC	4		1.640	4.916	
14:1....g	0.161		2	A	1		0.046	0.137	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.297		2	A	1		0.084	0.252	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	5.326		2	A	1		1.510	4.527	
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.970		0	NC	4		0.275	0.824	
18:2 undifferentiated....g	0.696		2	A	1		0.197	0.592	
18:3 undifferentiated....g	0.117		0	AS	1		0.033	0.100	
18:3 n-3 c,c,c (ALA)....g	0.117		2	A	1		0.033	0.100	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.039		2	A	1		0.011	0.033	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	74		2	A	1		21	63	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0	A	1		0.030	0.090	
Threonine....g	0.359		0	A	1		0.102	0.306	
Isoleucine....g	0.501		0	A	1		0.142	0.425	
Leucine....g	1.013		0	A	1		0.287	0.861	
Lysine....g	0.875		0	A	1		0.248	0.744	
Methionine....g	0.294		0	A	1		0.083	0.250	
Cystine....g	0.064		0	A	1		0.018	0.055	
Phenylalanine....g	0.448		0	A	1		0.127	0.381	
Tyrosine....g	0.468		0	A	1		0.133	0.398	

NDB No. 01031
Cheese, neufchatel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.609		0	A	1		0.173	0.518	
Arginine....g	0.363		0	A	1		0.103	0.309	
Histidine....g	0.270		0	A	1		0.077	0.230	
Alanine....g	0.283		0	A	1		0.080	0.241	
Aspartic acid....g	0.794		0	A	1		0.225	0.675	
Glutamic acid....g	2.013		0	A	1		0.571	1.711	
Glycine....g	0.218		0	A	1		0.062	0.186	
Proline....g	1.027		0	A	1		0.291	0.873	
Serine....g	0.577		0	A	1		0.164	0.491	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	13.317		0		1		13.317	0.666	3.775
4:0....g	1.054		1		1		1.054	0.053	0.299
6:0....g	0.395		1		1		0.395	0.020	0.112
8:0....g	0.211		1		1		0.211	0.011	0.060
10:0....g	0.526		1		1		0.526	0.026	0.149
12:0....g	0.709		1		1		0.709	0.035	0.201
13:0....g									
14:0....g	2.362		1		1		2.362	0.118	0.670
15:0....g									
16:0....g	5.653		1		1		5.653	0.283	1.603
17:0....g									
18:0....g	1.868		1		1		1.868	0.093	0.530
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.098		0		1		6.098	0.305	1.729
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.320		1		1		0.320	0.016	0.091
17:1....g									
18:1 undifferentiated....g	5.402		1		1		5.402	0.270	1.531
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.462		0		1		0.462	0.023	0.131
18:2 undifferentiated....g	0.221		1		1		0.221	0.011	0.063
18:3 undifferentiated....g	0.241		1		1		0.241	0.012	0.068
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	88	6.080	3	A	1		88	4	25
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.240		0	LC	8		0.240	0.012	0.068
Threonine....g	1.519		0	LC	8		1.519	0.076	0.431
Isoleucine....g	1.200		0	LC	8		1.200	0.060	0.340
Leucine....g	2.983		0	LC	8		2.983	0.149	0.846
Lysine....g	2.459		0	LC	8		2.459	0.123	0.697
Methionine....g	0.369		0	LC	8		0.369	0.018	0.105
Cystine....g	0.028		0	LC	8		0.028	0.001	0.008
Phenylalanine....g	1.604		0	LC	8		1.604	0.080	0.455
Tyrosine....g	1.968		0	LC	8		1.968	0.098	0.558
Valine....g	1.498		0	LC	8		1.498	0.075	0.425
Arginine....g	1.324		0	LC	8		1.324	0.066	0.375
Histidine....g	0.752		0	LC	8		0.752	0.038	0.213
Alanine....g	0.956		0	LC	8		0.956	0.048	0.271
Aspartic acid....g	1.963		0	LC	8		1.963	0.098	0.557
Glutamic acid....g	7.279		0	LC	8		7.279	0.364	2.064
Glycine....g	0.598		0	LC	8		0.598	0.030	0.170
Proline....g	3.231		0	LC	8		3.231	0.162	0.916
Serine....g	1.614		0	LC	8		1.614	0.081	0.457
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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

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

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

Common Measures:

Measure 1 = 100g: 1 cup

Measure 2 = 5.0g: 1 tbsp

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01032
Cheese, parmesan, grated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.65	0.454	11	A	1		22.65	1.13	6.42
Energy....kcal	420		0	NC	4		420	21	119
Energy....kJ	1757		0	NC	4		1757	88	498
Protein (N x 6.38)....g	28.42	1.940	11	A	1		28.42	1.42	8.06
Total lipid (fat)....g	27.84	1.131	11	A	1		27.84	1.39	7.89
Ash....g	7.18	0.216	11	A	1		7.18	0.36	2.04
Carbohydrate, by difference....g	13.91		0	NC	4		13.91	0.70	3.94
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.07		0	AS	1		0.07	0.00	0.02
Sucrose....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		1	A	1		0.00	0.00	0.00
Fructose....g	0.00		1	A	1		0.00	0.00	0.00
Lactose....g	0.00		1	A	1		0.00	0.00	0.00
Maltose....g	0.00		1	A	1		0.00	0.00	0.00
Galactose....g	0.07		1	A	1		0.07	0.00	0.02
Starch....g									
Minerals:									
Calcium, Ca....mg	853	56.673	11	A	1		853	43	242
Iron, Fe....mg	0.49	0.073	11	A	1		0.49	0.02	0.14
Magnesium, Mg....mg	34	1.326	11	A	1		34	2	10
Phosphorus, P....mg	627	32.990	11	A	1		627	31	178
Potassium, K....mg	180	9.294	11	A	1		180	9	51
Sodium, Na....mg	1804	82.631	11	A	1		1804	90	511
Zinc, Zn....mg	4.20	0.309	11	A	1		4.20	0.21	1.19
Copper, Cu....mg	0.040	0.002	11	A	1		0.040	0.002	0.011
Manganese, Mn....mg	0.071	0.011	11	A	1		0.071	0.004	0.020
Selenium, Se....µg	34.4	3.910	5	A	1		34.4	1.7	9.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.026	0.004	5	A	1		0.026	0.001	0.007
Riboflavin....mg	0.358	0.028	5	A	1		0.358	0.018	0.101
Niacin....mg	0.080	0.016	5	A	1		0.080	0.004	0.023
Pantothenic acid....mg	0.450	0.018	3	A	1		0.450	0.022	0.128
Vitamin B-6....mg	0.081	0.005	5	A	1		0.081	0.004	0.023
Folate, total....µg	6		1	A	1		6	0	2
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	6		1	A	1		6	0	2
Folate, DFE....µg	6		0	NC	4		6	0	2
Choline, total....mg	14.1		0	AS	1		14.1	0.7	4.0
Betaine....mg	0.2		1	A	1		0.2	0.0	0.0
Vitamin B-12....µg	1.40	0.162	5	A	1		1.40	0.07	0.40
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	262		0	NC	4		262	13	74
Retinol....µg	255		1	A	1		255	13	72
Carotene, beta....µg	73		0	BFFN	4		73	4	21
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	974		0	NC	4		974	49	276
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.53	0.030	5	A	1		0.53	0.03	0.15
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.01	0.010	5	A	1		0.01	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

NDB No. 01032
Cheese, parmesan, grated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, beta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.5	0.0	0.1
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFFN	4		0.5	0.0	0.1
Vitamin D....IU	21		0	BFFN	4		21	1	6
Vitamin K (phylloquinone)....µg	1.7		2	A	1		1.7	0.1	0.5
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg	7.1		2	A	1		7.1	0.4	2.0
Lipids:									
Fatty acids, total saturated....g	15.371		0	NC	4		15.371	0.769	4.358
4:0....g	0.493	0.039	11	A	1		0.493	0.025	0.140
6:0....g	0.422	0.034	11	A	1		0.422	0.021	0.120
8:0....g	0.265	0.021	11	A	1		0.265	0.013	0.075
10:0....g	0.632	0.051	11	A	1		0.632	0.032	0.179
12:0....g	0.726	0.057	11	A	1		0.726	0.036	0.206
13:0....g									
14:0....g	2.333	0.176	11	A	1		2.333	0.117	0.661
15:0....g	0.240	0.019	11	A	1		0.240	0.012	0.068
16:0....g	7.481	0.261	11	A	1		7.481	0.374	2.121
17:0....g	0.148	0.011	11	A	1		0.148	0.007	0.042
18:0....g	2.565	0.130	11	A	1		2.565	0.128	0.727
20:0....g	0.046	0.003	11	A	1		0.046	0.002	0.013
22:0....g	0.012	0.000	11	A	1		0.012	0.001	0.003
24:0....g	0.009	0.001	11	A	1		0.009	0.000	0.003
Fatty acids, total monounsaturated....g	7.130		0	NC	4		7.130	0.357	2.021
14:1....g	0.229	0.020	11	A	1		0.229	0.011	0.065
15:1....g	0.000	0.000	11	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.365	0.029	11	AS	1		0.365	0.018	0.104
16:1 c....g	0.287	0.022	11	A	1		0.287	0.014	0.082
16:1 t....g	0.078	0.007	11	A	1		0.078	0.004	0.022
17:1....g	0.045	0.003	11	A	1		0.045	0.002	0.013
18:1 undifferentiated....g	6.441	0.279	11	AS	1		6.441	0.322	1.826
18:1 c....g	5.815	0.294	11	A	1		5.815	0.291	1.648
18:1 t....g	0.626	0.041	11	A	1		0.626	0.031	0.178
18:1-11 t (18:1t n-7)....g									
20:1....g	0.049	0.003	11	A	1		0.049	0.002	0.014
22:1 undifferentiated....g	0.001	0.000	11	AS	1		0.001	0.000	0.000
22:1 c....g	0.001	0.000	11	A	1		0.001	0.000	0.000
22:1 t....g	0.000	0.000	11	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	11	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.386		0	NC	4		1.386	0.069	0.393
18:2 undifferentiated....g	1.175	0.090	11	AS	1		1.175	0.059	0.333
18:2 n-6 c,c....g	0.870	0.108	11	A	1		0.870	0.043	0.247
18:2 CLAs....g	0.136	0.010	11	A	1		0.136	0.007	0.039
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.169	0.013	11	A	1		0.169	0.008	0.048
18:3 undifferentiated....g	0.106	0.006	11	AS	1		0.106	0.005	0.030
18:3 n-3 c,c,c (ALA)....g	0.102	0.006	11	A	1		0.102	0.005	0.029
18:3 n-6 c,c,c....g	0.002	0.001	11	A	1		0.002	0.000	0.000
18:3i....g	0.003	0.000	11	A	1		0.003	0.000	0.001
18:4....g	0.000	0.000	11	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.006	0.001	11	A	1		0.006	0.000	0.002
20:3 undifferentiated....g	0.027	0.002	11	AS	1		0.027	0.001	0.008
20:3 n-3....g	0.002	0.001	11	A	1		0.002	0.000	0.000
20:3 n-6....g	0.026	0.002	11	A	1		0.026	0.001	0.007
20:4 undifferentiated....g	0.040	0.003	11	A	1		0.040	0.002	0.011
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									

NDB No. 01032
Cheese, parmesan, grated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:4 ....g	0.007	0.001	11	A	1		0.007	0.000	0.002
22:5 n-3 (DPA) ....g	0.015	0.001	11	A	1		0.015	0.001	0.004
22:6 n-3 (DHA) ....g	0.000	0.000	11	A	1		0.000	0.000	0.000
Fatty acids, total trans ....g	0.876		0	NC	4		0.876	0.044	0.248
Fatty acids, total trans-monoenoic ....g	0.704		0	NC	4		0.704	0.035	0.200
Fatty acids, total trans-polyenoic ....g	0.172		0	NC	4		0.172	0.009	0.049
Cholesterol ....mg	86	5.260	5	A	1		86	4	25
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.383		0	A	1		0.383	0.019	0.109
Threonine ....g	1.075		0	A	1		1.075	0.054	0.305
Isoleucine ....g	1.455		0	A	1		1.455	0.073	0.412
Leucine ....g	2.747		0	A	1		2.747	0.137	0.779
Lysine ....g	2.201		0	A	1		2.201	0.110	0.624
Methionine ....g	0.751		0	A	1		0.751	0.038	0.213
Cystine ....g	0.090		0	A	1		0.090	0.005	0.026
Phenylalanine ....g	1.538		0	A	1		1.538	0.077	0.436
Tyrosine ....g	1.720		0	A	1		1.720	0.086	0.488
Valine ....g	1.865		0	A	1		1.865	0.093	0.529
Arginine ....g	1.157		0	A	1		1.157	0.058	0.328
Histidine ....g	0.806		0	A	1		0.806	0.040	0.229
Alanine ....g	0.859		0	A	1		0.859	0.043	0.244
Aspartic acid ....g	1.975		0	A	1		1.975	0.099	0.560
Glutamic acid ....g	6.425		0	A	1		6.425	0.321	1.821
Glycine ....g	0.560		0	A	1		0.560	0.028	0.159
Proline ....g	3.415		0	A	1		3.415	0.171	0.968
Serine ....g	1.694		0	A	1		1.694	0.085	0.480
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	0.0
Caffeine ....mg	0		0	Z	7		0	0	0
Theobromine ....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 100g: 1 cup

Measure 2 = 5.0g: 1 tbsp

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01033
Cheese, parmesan, hard

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.16	0.623	10		1		8.27	3.00	41.41
Energy....kcal	392		0	NC	4		111	40	557
Energy....kJ	1641		0		4		465	169	2330
Protein (N x 6.38)....g	35.75	0.793	13		1		10.14	3.68	50.77
Total lipid (fat)....g	25.83	0.726	24		1		7.32	2.66	36.68
Ash....g	6.04	0.314	8		1		1.71	0.62	8.58
Carbohydrate, by difference....g	3.22		0	NC	4		0.91	0.33	4.57
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.80		0	BFNN	4		0.23	0.08	1.14
Starch....g									
Minerals:									
Calcium, Ca....mg	1184	29.713	23		1		336	122	1681
Iron, Fe....mg	0.82	0.193	4		1		0.23	0.08	1.16
Magnesium, Mg....mg	44	0.872	4		1		12	5	62
Phosphorus, P....mg	694	20.997	19		1		197	72	986
Potassium, K....mg	92	5.964	4		1		26	9	131
Sodium, Na....mg	1376		0	O	4		390	142	1954
Zinc, Zn....mg	2.75	0.043	4		1		0.78	0.28	3.91
Copper, Cu....mg	0.032		0		1		0.009	0.003	0.045
Manganese, Mn....mg	0.020		0		1		0.006	0.002	0.028
Selenium, Se....µg	22.5		0	BFNN	4		6.4	2.3	32.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.039		1		1		0.011	0.004	0.055
Riboflavin....mg	0.332	0.016	4		1		0.094	0.034	0.471
Niacin....mg	0.271	0.047	12		1		0.077	0.028	0.385
Pantothenic acid....mg	0.453		1		1		0.128	0.047	0.643
Vitamin B-6....mg	0.091	0.003	15		1		0.026	0.009	0.129
Folate, total....µg	7	0.737	20		1		2	1	10
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	7	0.737	20		1		2	1	10
Folate, DFE....µg	7		0	NC	4		2	1	10
Choline, total....mg	15.4		0	T	4		4.4	1.6	21.9
Betaine....mg									
Vitamin B-12....µg	1.20		0		4		0.34	0.12	1.70
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	207		0	NC	4		59	21	293
Retinol....µg	201		0	BFFN	4		57	21	286
Carotene, beta....µg	66		0	BFFN	4		19	7	94
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	781		0	NC	4		221	80	1109
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFFN	4		0.06	0.02	0.32
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.1	0.0	0.7
Vitamin D....IU	19		0	BFFN	4		5	2	27
Vitamin K (phylloquinone)....µg	1.7		0	BFFN	4		0.5	0.2	2.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01033
Cheese, parmesan, hard

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	16.410		0		1		4.652	1.690	23.302
4:0....g	1.299		1		1		0.368	0.134	1.845
6:0....g	0.487		1		1		0.138	0.050	0.692
8:0....g	0.260		1		1		0.074	0.027	0.369
10:0....g	0.648		1		1		0.184	0.067	0.920
12:0....g	0.873		1		1		0.247	0.090	1.240
13:0....g									
14:0....g	2.911		1		1		0.825	0.300	4.134
15:0....g									
16:0....g	6.966		1		1		1.975	0.717	9.892
17:0....g									
18:0....g	2.301		1		1		0.652	0.237	3.267
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.515		0		1		2.131	0.774	10.671
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.394		1		1		0.112	0.041	0.559
17:1....g									
18:1 undifferentiated....g	6.656		1		1		1.887	0.686	9.452
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.569		0		1		0.161	0.059	0.808
18:2 undifferentiated....g	0.272		1		1		0.077	0.028	0.386
18:3 undifferentiated....g	0.297		1		1		0.084	0.031	0.422
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	68	2.998	4		1		19	7	96
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.482		0		1		0.137	0.050	0.684
Threonine....g	1.317		0		1		0.373	0.136	1.870
Isoleucine....g	1.894		0		1		0.537	0.195	2.689
Leucine....g	3.452		0		1		0.979	0.356	4.902
Lysine....g	3.306		0		1		0.937	0.341	4.695
Methionine....g	0.958		0		1		0.272	0.099	1.360
Cystine....g	0.235		0		1		0.067	0.024	0.334
Phenylalanine....g	1.922		0		1		0.545	0.198	2.729
Tyrosine....g	1.995		0		1		0.566	0.205	2.833
Valine....g	2.454		0		1		0.696	0.253	3.485
Arginine....g	1.317		0		1		0.373	0.136	1.870
Histidine....g	1.384		0		1		0.392	0.143	1.965
Alanine....g	1.048		0		1		0.297	0.108	1.488
Aspartic acid....g	2.236		0		1		0.634	0.230	3.175
Glutamic acid....g	8.209		0		1		2.327	0.846	11.657
Glycine....g	0.622		0		1		0.176	0.064	0.883
Proline....g	4.180		0		1		1.185	0.431	5.936
Serine....g	2.068		0		1		0.586	0.213	2.937
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01033
Cheese, parmesan, hard

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

Measure 2 = 10.3g: 1 cubic inch

Measure 3 = 142g: 5 package (5 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43340
Cheese, parmesan, low sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.20		0		4		22.20	1.11	
Energy....kcal	451		0	NC	4		451	23	
Energy....kJ	1887		0	NC	4		1887	94	
Protein....g	41.60		0		1		41.60	2.08	
Total lipid (fat)....g	29.99		0		1		29.99	1.50	
Ash....g	2.51		0	NR	4		2.51	0.13	
Carbohydrate, by difference....g	3.70		0	NC	4		3.70	0.19	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	0.85		0	BFNN	4		0.85	0.04	
Starch....g									
Minerals:									
Calcium, Ca....mg	800		0	O	4		800	40	
Iron, Fe....mg	0.95		0		1		0.95	0.05	
Magnesium, Mg....mg	51		0		1		51	3	
Phosphorus, P....mg	807		0		1		807	40	
Potassium, K....mg	107		0		1		107	5	
Sodium, Na....mg	63		0		4		63	3	
Zinc, Zn....mg	3.19		0		1		3.19	0.16	
Copper, Cu....mg	0.037		0		1		0.037	0.002	
Manganese, Mn....mg									
Selenium, Se....µg	23.9		0	BFNN	4		23.9	1.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.040		0		1		0.040	0.002	
Riboflavin....mg	0.390		0		1		0.390	0.020	
Niacin....mg	0.320		0		1		0.320	0.016	
Pantothenic acid....mg									
Vitamin B-6....mg	0.100		0		1		0.100	0.005	
Folate, total....µg	10		0	NR	4		10	0	
Folic acid....µg	0		0	BFNN	4		0	0	
Folate, food....µg	10		0	BFNN	4		10	0	
Folate, DFE....µg	10		0	NC	4		10	0	
Choline, total....mg	15.4		0	T	4		15.4	0.8	
Betaine....mg									
Vitamin B-12....µg	1.40		0		1		1.40	0.07	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	125		0	NC	4		125	6	
Retinol....µg	123		0	BFFN	4		123	6	
Carotene, beta....µg	32		0	BFFN	4		32	2	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	463		0	NC	4		463	23	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFFN	4		0.27	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.6	0.0	
Vitamin D....IU	22		0	BFFN	4		22	1	
Vitamin K (phylloquinone)....µg	2.0		0	BFFN	4		2.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43340
Cheese, parmesan, low 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
Lipids:									
Fatty acids, total saturated....g	19.051		0		4		19.051	0.953	
4:0....g	1.509		0		4		1.509	0.075	
6:0....g	0.559		0		4		0.559	0.028	
8:0....g	0.300		0		4		0.300	0.015	
10:0....g	0.749		0		4		0.749	0.037	
12:0....g	1.019		0		4		1.019	0.051	
13:0....g									
14:0....g	3.377		0		4		3.377	0.169	
15:0....g									
16:0....g	8.092		0		4		8.092	0.405	
17:0....g									
18:0....g	2.677		0		4		2.677	0.134	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.721		0		4		8.721	0.436	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.460		0		4		0.460	0.023	
17:1....g									
18:1 undifferentiated....g	7.732		0		4		7.732	0.387	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.659		0		4		0.659	0.033	
18:2 undifferentiated....g	0.320		0		4		0.320	0.016	
18:3 undifferentiated....g	0.340		0		4		0.340	0.017	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	79		0		1		79	4	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 100g: 1 cup, grated

Measure 2 = 5.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01146
Cheese, parmesan, shredded

Refuse: 0%

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

NDB No. 01146
Cheese, parmesan, shredded

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.370		0		1		0.869		
4:0....g	1.375		1		1		0.069		
6:0....g	0.515		1		1		0.026		
8:0....g	0.275		1		1		0.014		
10:0....g	0.686		1		1		0.034		
12:0....g	0.920		1		1		0.046		
13:0....g									
14:0....g	3.079		1		1		0.154		
15:0....g									
16:0....g	7.378		1		1		0.369		
17:0....g									
18:0....g	2.432		1		1		0.122		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.734		0		1		0.437		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.458		1		1		0.023		
17:1....g									
18:1 undifferentiated....g	7.050		0		1		0.353		
20:1....g	0.177		0	BFZN	4		0.009		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.661		0		1		0.033		
18:2 undifferentiated....g	0.290		0		1		0.015		
18:3 undifferentiated....g	0.345		1		1		0.017		
18:4....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	72		0		1		4		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.560		0		1		0.028		
Threonine....g	1.531		0		1		0.077		
Isoleucine....g	2.202		0		1		0.110		
Leucine....g	4.013		0		1		0.201		
Lysine....g	3.843		0		1		0.192		
Methionine....g	1.114		0		1		0.056		
Cystine....g	0.274		0		1		0.014		
Phenylalanine....g	2.234		0		1		0.112		
Tyrosine....g	2.319		0		1		0.116		
Valine....g	2.853		0		1		0.143		
Arginine....g	1.531		0		1		0.077		
Histidine....g	1.609		0		1		0.080		
Alanine....g	1.218		0		1		0.061		
Aspartic acid....g	2.599		0		1		0.130		
Glutamic acid....g	9.543		0		1		0.477		
Glycine....g	0.723		0		1		0.036		
Proline....g	4.860		0		1		0.243		
Serine....g	2.404		0		1		0.120		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		

NDB No. 01146
Cheese, parmesan, shredded

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

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

Common Measures:

Measure 1 = 5.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01042

Cheese, pasteurized process, American, fortified with vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.61	0.105	13	A	1		11.23	11.09	8.32
Energy....kcal	366		0	NC	4		104	102	77
Energy....kJ	1531		0	NC	4		434	429	322
Protein (N x 6.38)....g	18.13	0.128	13	A	1		5.14	5.08	3.81
Total lipid (fat)....g	30.71	0.055	13	A	1		8.71	8.60	6.45
Ash....g	6.78	0.124	13	A	1		1.92	1.90	1.42
Carbohydrate, by difference....g	4.78		0	NC	4		1.35	1.34	1.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	2.26	0.092	5	A	1		0.64	0.63	0.48
Sucrose....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Lactose....g	2.15	0.092	5	A	1		0.61	0.60	0.45
Maltose....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose....g	0.11	0.000	5	A	1		0.03	0.03	0.02
Starch....g									
Minerals:									
Calcium, Ca....mg	1045	34.600	19	A	1		296	293	219
Iron, Fe....mg	0.63	0.027	19	A	1		0.18	0.18	0.13
Magnesium, Mg....mg	26	0.182	19	A	1		7	7	5
Phosphorus, P....mg	641	14.828	19	A	1		182	179	135
Potassium, K....mg	132	3.899	19	A	1		37	37	28
Sodium, Na....mg	1671	21.213	19	A	1		474	468	351
Zinc, Zn....mg	2.49	0.027	19	A	1		0.71	0.70	0.52
Copper, Cu....mg	0.046	0.005	19	A	1		0.013	0.013	0.010
Manganese, Mn....mg	0.041	0.001	19	A	1		0.012	0.012	0.009
Selenium, Se....µg	20.2		3	A	1		5.7	5.7	4.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.015		2	A	1		0.004	0.004	0.003
Riboflavin....mg	0.234	0.003	4	A	1		0.066	0.066	0.049
Niacin....mg	0.076		2	A	1		0.021	0.021	0.016
Pantothenic acid....mg	0.403		2	A	1		0.114	0.113	0.085
Vitamin B-6....mg	0.054		2	A	1		0.015	0.015	0.011
Folate, total....µg	8	0.235	26		1		2	2	2
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	8	0.235	26		1		2	2	2
Folate, DFE....µg	8		0	NC	4		2	2	2
Choline, total....mg	19.2		0	AS	1		5.4	5.4	4.0
Betaine....mg	2.7		1	A	1		0.8	0.7	0.6
Vitamin B-12....µg	1.50	0.030	4	A	1		0.42	0.42	0.31
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	317		0	AS	1		90	89	67
Retinol....µg	313		3	A	1		89	88	66
Carotene, beta....µg	49		3	A	1		14	14	10
Carotene, alpha....µg	0		3	A	1		0	0	0
Cryptoxanthin, beta....µg	7		3	A	1		2	2	1
Vitamin A, IU....IU	1131		0	AS	1		321	317	237
Lycopene....µg	0		3	A	1		0	0	0
Lutein + zeaxanthin....µg	21		3	A	1		6	6	4
Vitamin E (alpha-tocopherol)....mg	0.80		2	A	1		0.23	0.22	0.17
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.13		2	A	1		0.04	0.04	0.03
Tocopherol, delta....mg	0.04		2	A	1		0.01	0.01	0.01
Tocotrienol, alpha....mg	0.02		2	A	1		0.01	0.01	0.00
Tocotrienol, beta....mg	0.02		2	A	1		0.00	0.00	0.00

NDB No. 01042

Cheese, pasteurized process, American, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.03		2	A	1		0.01	0.01	0.01
Tocotrienol, delta....mg	0.08		2	A	1		0.02	0.02	0.02
Vitamin D (D2 + D3)....µg	7.5		2	AS	1		2.1	2.1	1.6
Vitamin D2 (ergocalciferol)....µg	0.0		1	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol)....µg	7.5		1	A	1		2.1	2.1	1.6
Vitamin D....IU	301		1	A	1		85	84	63
Vitamin K (phylloquinone)....µg	3.7		2	A	1		1.1	1.0	0.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg	14.1		2	A	1		4.0	3.9	3.0
Lipids:									
Fatty acids, total saturated....g	18.057		0	NC	4		5.119	5.056	3.792
4:0....g	0.615	0.012	5	A	1		0.174	0.172	0.129
6:0....g	0.509	0.004	5	A	1		0.144	0.143	0.107
8:0....g	0.332	0.004	5	A	1		0.094	0.093	0.070
10:0....g	0.802	0.006	5	A	1		0.227	0.225	0.168
12:0....g	0.884	0.013	5	A	1		0.251	0.247	0.186
13:0....g									
14:0....g	2.937	0.027	5	A	1		0.833	0.822	0.617
15:0....g	0.311	0.002	5	A	1		0.088	0.087	0.065
16:0....g	8.161	0.081	5	A	1		2.314	2.285	1.714
17:0....g	0.190	0.000	5	A	1		0.054	0.053	0.040
18:0....g	3.222	0.056	5	A	1		0.913	0.902	0.677
20:0....g	0.047	0.002	5	A	1		0.013	0.013	0.010
22:0....g	0.021	0.001	5	A	1		0.006	0.006	0.004
24:0....g	0.009	0.000	5	A	1		0.003	0.003	0.002
Fatty acids, total monounsaturated....g	8.236		0	NC	4		2.335	2.306	1.730
14:1....g	0.245	0.005	5	A	1		0.069	0.068	0.051
15:1....g	0.000	0.000	5	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.500	0.014	5	AS	1		0.142	0.140	0.105
16:1 c....g	0.394	0.014	5	A	1		0.112	0.110	0.083
16:1 t....g	0.106	0.000	5	A	1		0.030	0.030	0.022
17:1....g	0.061	0.001	5	A	1		0.017	0.017	0.013
18:1 undifferentiated....g	7.204	0.046	5	AS	1		2.042	2.017	1.513
18:1 c....g	6.360	0.047	5	A	1		1.803	1.781	1.336
18:1 t....g	0.844	0.005	5	A	1		0.239	0.236	0.177
18:1-11 t (18:1t n-7)....g									
20:1....g	0.224	0.006	5	A	1		0.064	0.063	0.047
22:1 undifferentiated....g	0.001	0.001	5	AS	1		0.000	0.000	0.000
22:1 c....g	0.001	0.001	5	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	5	A	1		0.000	0.000	0.000
24:1 c....g	0.001	0.001	5	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.286		0	NC	4		0.365	0.360	0.270
18:2 undifferentiated....g	1.003	0.022	5	AS	1		0.284	0.281	0.211
18:2 n-6 c,c....g	0.790	0.016	5	A	1		0.224	0.221	0.166
18:2 CLAs....g	0.018	0.001	5	A	1		0.005	0.005	0.004
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.194	0.006	5	A	1		0.055	0.054	0.041
18:3 undifferentiated....g	0.138	0.003	5	AS	1		0.039	0.039	0.029
18:3 n-3 c,c,c (ALA)....g	0.137	0.003	5	A	1		0.039	0.038	0.029
18:3 n-6 c,c,c....g	0.001	0.000	5	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.007	0.000	5	A	1		0.002	0.002	0.002
20:2 n-6 c,c....g	0.009	0.000	5	A	1		0.002	0.002	0.002
20:3 undifferentiated....g	0.034	0.001	5	AS	1		0.010	0.010	0.007
20:3 n-3....g									
20:3 n-6....g	0.033	0.001	5	A	1		0.009	0.009	0.007
20:4 undifferentiated....g	0.045	0.001	5	A	1		0.013	0.013	0.009
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012	0.001	5	A	1		0.003	0.003	0.002
21:5....g									
22:4....g	0.008	0.000	5	A	1		0.002	0.002	0.002
22:5 n-3 (DPA)....g	0.021	0.001	5	A	1		0.006	0.006	0.004

NDB No. 01042

Cheese, pasteurized process, American, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.006	0.001	5	A	1		0.002	0.002	0.001
Fatty acids, total trans....g	1.144		0	NC	4		0.324	0.320	0.240
Fatty acids, total trans-monoenoic....g	0.950		0	NC	4		0.269	0.266	0.200
Fatty acids, total trans-polyenoic....g	0.194		0	NC	4		0.055	0.054	0.041
Cholesterol....mg	100		3	A	1		28	28	21
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.232		0	A	1		0.066	0.065	0.049
Threonine....g	0.772		0	A	1		0.219	0.216	0.162
Isoleucine....g	0.938		0	A	1		0.266	0.263	0.197
Leucine....g	1.716		0	A	1		0.487	0.481	0.360
Lysine....g	1.516		0	A	1		0.430	0.425	0.318
Methionine....g	0.475		0	A	1		0.135	0.133	0.100
Cystine....g	0.110		0	A	1		0.031	0.031	0.023
Phenylalanine....g	0.939		0	A	1		0.266	0.263	0.197
Tyrosine....g	0.916		0	A	1		0.260	0.256	0.192
Valine....g	1.187		0	A	1		0.337	0.332	0.249
Arginine....g	0.518		0	A	1		0.147	0.145	0.109
Histidine....g	0.546		0	A	1		0.155	0.153	0.115
Alanine....g	0.613		0	A	1		0.174	0.172	0.129
Aspartic acid....g	1.551		0	A	1		0.440	0.434	0.326
Glutamic acid....g	4.073		0	A	1		1.155	1.140	0.855
Glycine....g	0.359		0	A	1		0.102	0.100	0.075
Proline....g	1.788		0	A	1		0.507	0.501	0.376
Serine....g	1.093		0	A	1		0.310	0.306	0.229
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43275

Cheese, pasteurized process, American, low fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.90		0		4		82.46	66.56	10.60
Energy....kcal	180		0		1		252	203	32
Energy....kJ	753		0		1		1054	851	136
Protein....g	24.60		0		1		34.44	27.80	4.43
Total lipid (fat)....g	7.00		0		1		9.80	7.91	1.26
Ash....g	6.00		0	NR	4		8.40	6.78	1.08
Carbohydrate, by difference....g	3.50		0	NC	4		4.90	3.96	0.63
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.59		0	BFNN	4		0.83	0.67	0.11
Starch....g									
Minerals:									
Calcium, Ca....mg	684		0		4		958	773	123
Iron, Fe....mg	0.43		0		4		0.60	0.49	0.08
Magnesium, Mg....mg	24		0		4		34	27	4
Phosphorus, P....mg	827		0		4		1158	935	149
Potassium, K....mg	180		0		4		252	203	32
Sodium, Na....mg	1789		0	O	4		2505	2022	322
Zinc, Zn....mg	3.32		0		4		4.65	3.75	0.60
Copper, Cu....mg	0.033		0		4		0.046	0.037	0.006
Manganese, Mn....mg									
Selenium, Se....µg	16.6		0	BFNN	4		23.2	18.8	3.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	0.0
Thiamin....mg	0.030		0		4		0.042	0.034	0.005
Riboflavin....mg	0.390		0		4		0.546	0.441	0.070
Niacin....mg	0.080		0		4		0.112	0.090	0.014
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0		4		0.112	0.090	0.014
Folate, total....µg	9		0	NR	4		13	10	2
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	9		0	BFNN	4		13	10	2
Folate, DFE....µg	9		0	NC	4		13	10	2
Choline, total....mg	36.2		0	T	4		50.7	40.9	6.5
Betaine....mg									
Vitamin B-12....µg	0.77		0		4		1.08	0.87	0.14
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	57		0	NC	4		80	64	10
Retinol....µg	55		0	BFFN	4		78	63	10
Carotene, beta....µg	18		0	BFFN	4		26	21	3
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	215		0	NC	4		301	243	39
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFZN	4		0.38	0.31	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.2	0.1	0.0
Vitamin D....IU	5		0	BFFN	4		7	6	1
Vitamin K (phylloquinone)....µg	2.7		0	BFZN	4		3.7	3.0	0.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43275

Cheese, pasteurized process, American, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.410		0		4		6.174	4.983	0.794
4:0....g	0.233		0		4		0.326	0.263	0.042
6:0....g	0.081		0		4		0.113	0.092	0.015
8:0....g	0.085		0		4		0.119	0.096	0.015
10:0....g	0.143		0		4		0.200	0.162	0.026
12:0....g	0.108		0		4		0.151	0.122	0.019
13:0....g									
14:0....g	0.719		0		4		1.007	0.812	0.129
15:0....g									
16:0....g	2.038		0		4		2.853	2.303	0.367
17:0....g									
18:0....g	0.851		0		4		1.191	0.962	0.153
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.005		0		4		2.807	2.266	0.361
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.231		0		4		0.323	0.261	0.042
17:1....g									
18:1 undifferentiated....g	1.682		0		4		2.355	1.901	0.303
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.222		0		4		0.311	0.251	0.040
18:2 undifferentiated....g	0.137		0		4		0.192	0.155	0.025
18:3 undifferentiated....g	0.085		0		4		0.119	0.096	0.015
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	35		0		1		49	40	6
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01253

Cheese, pasteurized process, American, without added vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.61	0.105	13	A	1		11.23	8.32	11.09
Energy	kcal	371		0	NC	4		105	78	104
Energy	kJ	1553		0	NC	4		440	326	435
Protein (N x 6.38)	g	18.13	0.128	13	A	1		5.14	3.81	5.08
Total lipid (fat)	g	31.79		1	A	1		9.01	6.67	8.90
Ash	g	6.78	0.124	13	A	1		1.92	1.42	1.90
Carbohydrate, by difference	g	3.70		0	NC	4		1.05	0.78	1.04
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	2.26	0.092	5	A	1		0.64	0.48	0.63
Sucrose	g	0.00	0.000	5	A	1		0.00	0.00	0.00
Glucose (dextrose)	g	0.00	0.000	5	A	1		0.00	0.00	0.00
Fructose	g	0.00	0.000	5	A	1		0.00	0.00	0.00
Lactose	g	2.15	0.092	5	A	1		0.61	0.45	0.60
Maltose	g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose	g	0.11	0.000	5	A	1		0.03	0.02	0.03
Starch	g									
Minerals:										
Calcium, Ca	mg	1045	34.600	19	A	1		296	219	293
Iron, Fe	mg	0.63	0.027	19	A	1		0.18	0.13	0.18
Magnesium, Mg	mg	26	0.182	19	A	1		7	5	7
Phosphorus, P	mg	641	14.828	19	A	1		182	135	179
Potassium, K	mg	132	3.899	19	A	1		37	28	37
Sodium, Na	mg	1671	21.213	19	A	1		474	351	468
Zinc, Zn	mg	2.49	0.027	19	A	1		0.71	0.52	0.70
Copper, Cu	mg	0.046	0.005	19	A	1		0.013	0.010	0.013
Manganese, Mn	mg	0.041	0.001	19	A	1		0.012	0.009	0.012
Selenium, Se	µg	20.2		3	A	1		5.7	4.2	5.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.015		2	A	1		0.004	0.003	0.004
Riboflavin	mg	0.234	0.003	4	A	1		0.066	0.049	0.066
Niacin	mg	0.076		2	A	1		0.021	0.016	0.021
Pantothenic acid	mg	0.403		2	A	1		0.114	0.085	0.113
Vitamin B-6	mg	0.054		2	A	1		0.015	0.011	0.015
Folate, total	µg	8	0.235	26		1		2	2	2
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	8	0.235	26		1		2	2	2
Folate, DFE	µg	8		0	NC	4		2	2	2
Choline, total	mg	36.2		0	T	4		10.3	7.6	10.1
Betaine	mg									
Vitamin B-12	µg	1.50	0.030	4	A	1		0.42	0.31	0.42
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	250		0	NC	4		71	52	70
Retinol	µg	243		0	BFFN	4		69	51	68
Carotene, beta	µg	80		0	BFFN	4		23	17	22
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	945		0	NC	4		268	198	264
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.80		2	A	1		0.23	0.17	0.22
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.13		2	A	1		0.04	0.03	0.04
Tocopherol, delta	mg	0.04		2	A	1		0.01	0.01	0.01
Tocotrienol, alpha	mg	0.02		2	A	1		0.01	0.00	0.01
Tocotrienol, beta	mg	0.02		2	A	1		0.00	0.00	0.00

NDB No. 01253

Cheese, pasteurized process, American, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.03		2	A	1		0.01	0.01	0.01
Tocotrienol, delta....mg	0.08		2	A	1		0.02	0.02	0.02
Vitamin D (D2 + D3)....µg	0.6		1	AS	1		0.2	0.1	0.2
Vitamin D2 (ergocalciferol)....µg	0.0		1	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol)....µg	0.6		0	BFFN	4		0.2	0.1	0.2
Vitamin D....IU	23		0	BFFN	4		7	5	6
Vitamin K (phylloquinone)....µg	2.6		0	BFFN	4		0.7	0.5	0.7
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	18.057		0	NC	4		5.119	3.792	5.056
4:0....g	0.615	0.012	5	A	1		0.174	0.129	0.172
6:0....g	0.509	0.004	5	A	1		0.144	0.107	0.143
8:0....g	0.332	0.004	5	A	1		0.094	0.070	0.093
10:0....g	0.802	0.006	5	A	1		0.227	0.168	0.225
12:0....g	0.884	0.013	5	A	1		0.251	0.186	0.247
13:0....g									
14:0....g	2.937	0.027	5	A	1		0.833	0.617	0.822
15:0....g	0.311	0.002	5	A	1		0.088	0.065	0.087
16:0....g	8.161	0.081	5	A	1		2.314	1.714	2.285
17:0....g	0.190	0.000	5	A	1		0.054	0.040	0.053
18:0....g	3.222	0.056	5	A	1		0.913	0.677	0.902
20:0....g	0.047	0.002	5	A	1		0.013	0.010	0.013
22:0....g	0.021	0.001	5	A	1		0.006	0.004	0.006
24:0....g	0.009	0.000	5	A	1		0.003	0.002	0.003
Fatty acids, total monounsaturated....g	8.236		0	NC	4		2.335	1.730	2.306
14:1....g	0.245	0.005	5	A	1		0.069	0.051	0.068
15:1....g	0.000	0.000	5	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.500	0.014	5	AS	1		0.142	0.105	0.140
16:1 c....g	0.394	0.014	5	A	1		0.112	0.083	0.110
16:1 t....g	0.106	0.000	5	A	1		0.030	0.022	0.030
17:1....g	0.061	0.001	5	A	1		0.017	0.013	0.017
18:1 undifferentiated....g	7.204	0.046	5	AS	1		2.042	1.513	2.017
18:1 c....g	6.360	0.047	5	A	1		1.803	1.336	1.781
18:1 t....g	0.844	0.005	5	A	1		0.239	0.177	0.236
18:1-11 t (18:1t n-7)....g									
20:1....g	0.224	0.006	5	A	1		0.064	0.047	0.063
22:1 undifferentiated....g	0.001	0.001	5	AS	1		0.000	0.000	0.000
22:1 c....g	0.001	0.001	5	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	5	A	1		0.000	0.000	0.000
24:1 c....g	0.001	0.001	5	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.286		0	NC	4		0.365	0.270	0.360
18:2 undifferentiated....g	1.003	0.022	5	AS	1		0.284	0.211	0.281
18:2 n-6 c,c....g	0.790	0.016	5	A	1		0.224	0.166	0.221
18:2 CLAs....g	0.018	0.001	5	A	1		0.005	0.004	0.005
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.194	0.006	5	A	1		0.055	0.041	0.054
18:3 undifferentiated....g	0.138	0.003	5	AS	1		0.039	0.029	0.039
18:3 n-3 c,c,c (ALA)....g	0.137	0.003	5	A	1		0.039	0.029	0.038
18:3 n-6 c,c,c....g	0.001	0.000	5	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.007	0.000	5	A	1		0.002	0.002	0.002
20:2 n-6 c,c....g	0.009	0.000	5	A	1		0.002	0.002	0.002
20:3 undifferentiated....g	0.034	0.001	5	AS	1		0.010	0.007	0.010
20:3 n-3....g	0.001	0.000	5	A	1		0.000	0.000	0.000
20:3 n-6....g	0.033	0.001	5	A	1		0.009	0.007	0.009
20:4 undifferentiated....g	0.045	0.001	5	A	1		0.013	0.009	0.013
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012	0.001	5	A	1		0.003	0.002	0.003
21:5....g									
22:4....g	0.008	0.000	5	A	1		0.002	0.002	0.002
22:5 n-3 (DPA)....g	0.021	0.001	5	A	1		0.006	0.004	0.006

NDB No. 01253

Cheese, pasteurized process, American, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.006	0.001	5	A	1		0.002	0.001	0.002
Fatty acids, total trans....g	1.144		0	NC	4		0.324	0.240	0.320
Fatty acids, total trans-monoenoic....g	0.950		0	NC	4		0.269	0.200	0.266
Fatty acids, total trans-polyenoic....g	0.194		0	NC	4		0.055	0.041	0.054
Cholesterol....mg	100		3	A	1		28	21	28
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.232		0	A	1		0.066	0.049	0.065
Threonine....g	0.772		0	A	1		0.219	0.162	0.216
Isoleucine....g	0.938		0	A	1		0.266	0.197	0.263
Leucine....g	1.716		0	A	1		0.487	0.360	0.481
Lysine....g	1.516		0	A	1		0.430	0.318	0.425
Methionine....g	0.475		0	A	1		0.135	0.100	0.133
Cystine....g	0.110		0	A	1		0.031	0.023	0.031
Phenylalanine....g	0.939		0	A	1		0.266	0.197	0.263
Tyrosine....g	0.916		0	A	1		0.260	0.192	0.256
Valine....g	1.187		0	A	1		0.337	0.249	0.332
Arginine....g	0.518		0	A	1		0.147	0.109	0.145
Histidine....g	0.546		0	A	1		0.155	0.115	0.153
Alanine....g	0.613		0	A	1		0.174	0.129	0.172
Aspartic acid....g	1.551		0	A	1		0.440	0.326	0.434
Glutamic acid....g	4.073		0	A	1		1.155	0.855	1.140
Glycine....g	0.359		0	A	1		0.102	0.075	0.100
Proline....g	1.788		0	A	1		0.507	0.376	0.501
Serine....g	1.093		0	A	1		0.310	0.229	0.306
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Measure 3 = 28g: 1 slice (1 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 42205

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

Refuse: 0%

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

NDB No. 42205

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.504		0		1		0.081	0.106	
4:0....g	0.027		0		4		0.004	0.006	
6:0....g	0.009		0		4		0.001	0.002	
8:0....g	0.010		0		4		0.002	0.002	
10:0....g	0.016		0		4		0.003	0.003	
12:0....g	0.012		0		4		0.002	0.003	
13:0....g									
14:0....g	0.082		0		4		0.013	0.017	
15:0....g									
16:0....g	0.233		0		4		0.037	0.049	
17:0....g									
18:0....g	0.097		0		4		0.016	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.229		0		1		0.037	0.048	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0		4		0.004	0.005	
17:1....g									
18:1 undifferentiated....g	0.192		0		4		0.031	0.040	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.025		0		1		0.004	0.005	
18:2 undifferentiated....g	0.016		0		4		0.003	0.003	
18:3 undifferentiated....g	0.010		0		4		0.002	0.002	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	11		0		1		2	2	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 16g: 1 cubic inch

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43398

Cheese, pasteurized process, cheddar or American, low sodium

Refuse: 0%

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

NDB No. 43398

Cheese, pasteurized process, cheddar or American, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	19.651		0		4		27.511	22.206	3.537
4:0....g	1.038		0		4		1.453	1.173	0.187
6:0....g	0.359		0		4		0.503	0.406	0.065
8:0....g	0.379		0		4		0.531	0.428	0.068
10:0....g	0.639		0		4		0.895	0.722	0.115
12:0....g	0.479		0		4		0.671	0.541	0.086
13:0....g									
14:0....g	3.204		0		4		4.486	3.621	0.577
15:0....g									
16:0....g	9.082		0		4		12.715	10.263	1.635
17:0....g									
18:0....g	3.792		0		4		5.309	4.285	0.683
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.932		0		4		12.505	10.093	1.608
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.028		0		4		1.439	1.162	0.185
17:1....g									
18:1 undifferentiated....g	7.495		0		4		10.493	8.469	1.349
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.988		0		4		1.383	1.116	0.178
18:2 undifferentiated....g	0.609		0		4		0.853	0.688	0.110
18:3 undifferentiated....g	0.379		0		4		0.531	0.428	0.068
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	94		0		4		132	106	17
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01043
Cheese, pasteurized process, pimento

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.08		0		1		54.71	95.36	44.16
Energy....kcal	375		0	NC	4		526	916	424
Energy....kJ	1571		0		4		2199	3833	1775
Protein (N x 6.38)....g	22.13		0		1		30.98	54.00	25.01
Total lipid (fat)....g	31.20		0		1		43.68	76.13	35.26
Ash....g	5.84		0		1		8.18	14.25	6.60
Carbohydrate, by difference....g	1.73		0	NC	4		2.42	4.22	1.95
Fiber, total dietary....g	0.1		0	RA	4		0.1	0.2	0.1
Sugars, total....g	0.62		0	RA	4		0.87	1.52	0.71
Starch....g									
Minerals:									
Calcium, Ca....mg	614		0		1		860	1499	694
Iron, Fe....mg	0.42		0		1		0.59	1.02	0.47
Magnesium, Mg....mg	22		0		1		31	54	25
Phosphorus, P....mg	744		0		1		1041	1815	840
Potassium, K....mg	162		0		1		226	395	183
Sodium, Na....mg	915		0	NR	4		1281	2233	1034
Zinc, Zn....mg	2.98		0		1		4.17	7.27	3.37
Copper, Cu....mg	0.033		0		1		0.046	0.081	0.037
Manganese, Mn....mg	0.016		0		1		0.022	0.039	0.018
Selenium, Se....µg	14.5		0	BFNN	4		20.3	35.4	16.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.3		0		4		3.2	5.5	2.5
Thiamin....mg	0.027		0		1		0.038	0.066	0.031
Riboflavin....mg	0.354		0		1		0.496	0.864	0.400
Niacin....mg	0.078		0		1		0.109	0.190	0.088
Pantothenic acid....mg	0.485		0		1		0.679	1.183	0.548
Vitamin B-6....mg	0.071		0		1		0.099	0.173	0.080
Folate, total....µg	8		0		1		11	19	9
Folic acid....µg	0		0	RA	4		0	0	0
Folate, food....µg	8		0	RA	4		11	19	9
Folate, DFE....µg	8		0	NC	4		11	19	9
Choline, total....mg	34.7		0	RA	4		48.6	84.7	39.2
Betaine....mg									
Vitamin B-12....µg	0.70		0		1		0.97	1.70	0.79
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	244		0	NC	4		342	596	276
Retinol....µg	231		0	RA	4		324	564	261
Carotene, beta....µg	150		0	RA	4		210	366	169
Carotene, alpha....µg	12		0	RA	4		17	29	13
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	0
Vitamin A, IU....IU	1030		0	NC	4		1442	2513	1164
Lycopene....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....µg	18		0	RA	4		26	45	21
Vitamin E (alpha-tocopherol)....mg	0.29		0	RA	4		0.41	0.71	0.33
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	RA	4		0.8	1.3	0.6
Vitamin D....IU	22		0	RA	4		30	53	25
Vitamin K (phylloquinone)....µg	2.9		0	RA	4		4.1	7.1	3.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01043
Cheese, pasteurized process, pimento

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	19.663		0		1		27.528	47.978	22.219
4:0....g	1.041		0		1		1.457	2.540	1.176
6:0....g	0.355		0		1		0.497	0.866	0.401
8:0....g	0.374		0		1		0.524	0.913	0.423
10:0....g	0.641		0		1		0.897	1.564	0.724
12:0....g	0.483		0		1		0.676	1.179	0.546
13:0....g									
14:0....g	3.206		0		1		4.488	7.823	3.623
15:0....g									
16:0....g	9.090		0		1		12.726	22.180	10.272
17:0....g									
18:0....g	3.790		0		1		5.306	9.248	4.283
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.937		0		1		12.512	21.806	10.099
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.026		0		1		1.436	2.503	1.159
17:1....g									
18:1 undifferentiated....g	7.499		0		1		10.499	18.298	8.474
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.988		0		1		1.383	2.411	1.116
18:2 undifferentiated....g	0.606		0		1		0.848	1.479	0.685
18:3 undifferentiated....g	0.382		0		1		0.535	0.932	0.432
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	94		0		1		132	230	106
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.323		0		1		0.452	0.788	0.365
Threonine....g	0.718		0		1		1.005	1.752	0.811
Isoleucine....g	1.023		0		1		1.432	2.496	1.156
Leucine....g	1.956		0		1		2.738	4.773	2.210
Lysine....g	2.196		0		1		3.074	5.358	2.481
Methionine....g	0.572		0		1		0.801	1.396	0.646
Cystine....g	0.142		0		1		0.199	0.346	0.160
Phenylalanine....g	1.124		0		1		1.574	2.743	1.270
Tyrosine....g	1.211		0		1		1.695	2.955	1.368
Valine....g	1.325		0		1		1.855	3.233	1.497
Arginine....g	0.926		0		1		1.296	2.259	1.046
Histidine....g	0.902		0		1		1.263	2.201	1.019
Alanine....g	0.555		0		1		0.777	1.354	0.627
Aspartic acid....g	1.360		0		1		1.904	3.318	1.537
Glutamic acid....g	4.592		0		1		6.429	11.204	5.189
Glycine....g	0.364		0		1		0.510	0.888	0.411
Proline....g	2.251		0		1		3.151	5.492	2.544
Serine....g	1.068		0		1		1.495	2.606	1.207
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01043
Cheese, pasteurized process, pimento

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

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

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 244g: 1 cup, melted

Measure 3 = 113g: 1 cup, shredded

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01044
Cheese, pasteurized process, swiss

Refuse: 0%

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

NDB No. 01044
Cheese, pasteurized process, swiss

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	16.045		0		1		22.463	18.131	4.549
4:0....g	0.815	0.020	5		1		1.141	0.921	0.231
6:0....g	0.489	0.014	5		1		0.685	0.553	0.139
8:0....g	0.275	0.014	11		1		0.385	0.311	0.078
10:0....g	0.572	0.032	12		1		0.801	0.646	0.162
12:0....g	0.566	0.072	12		1		0.792	0.640	0.160
13:0....g									
14:0....g	2.792	0.058	12		1		3.909	3.155	0.792
15:0....g									
16:0....g	7.188	0.210	12		1		10.063	8.122	2.038
17:0....g									
18:0....g	2.602	0.085	12		1		3.643	2.940	0.738
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.046		0		1		9.864	7.962	1.998
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.677	0.064	12		1		0.948	0.765	0.192
17:1....g									
18:1 undifferentiated....g	5.896	0.122	12		1		8.254	6.662	1.672
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.622		0		1		0.871	0.703	0.176
18:2 undifferentiated....g	0.342	0.033	12		1		0.479	0.386	0.097
18:3 undifferentiated....g	0.280	0.027	11		1		0.392	0.316	0.079
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	85		0		1		119	96	24
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.360		0		1		0.504	0.407	0.102
Threonine....g	0.802		0		1		1.123	0.906	0.227
Isoleucine....g	1.143		0		1		1.600	1.292	0.324
Leucine....g	2.186		0		1		3.060	2.470	0.620
Lysine....g	2.454		0		1		3.436	2.773	0.696
Methionine....g	0.640		0		1		0.896	0.723	0.181
Cystine....g	0.159		0		1		0.223	0.180	0.045
Phenylalanine....g	1.256		0		1		1.758	1.419	0.356
Tyrosine....g	1.353		0		1		1.894	1.529	0.384
Valine....g	1.481		0		1		2.073	1.674	0.420
Arginine....g	1.035		0		1		1.449	1.170	0.293
Histidine....g	1.008		0		1		1.411	1.139	0.286
Alanine....g	0.620		0		1		0.868	0.701	0.176
Aspartic acid....g	1.519		0		1		2.127	1.716	0.431
Glutamic acid....g	5.132		0		1		7.185	5.799	1.455
Glycine....g	0.407		0		1		0.570	0.460	0.115
Proline....g	2.516		0		1		3.522	2.843	0.713
Serine....g	1.194		0		1		1.672	1.349	0.338
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01044
Cheese, pasteurized process, swiss

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

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

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43379

Cheese, pasteurized process, swiss, low fat

Refuse: 0%

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

NDB No. 43379

Cheese, pasteurized process, swiss, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.303		0		4		4.624	3.732	0.595
4:0....g	0.204		0		4		0.286	0.231	0.037
6:0....g	0.091		0		4		0.127	0.103	0.016
8:0....g	0.054		0		4		0.076	0.061	0.010
10:0....g	0.115		0		4		0.161	0.130	0.021
12:0....g	0.097		0		4		0.136	0.110	0.017
13:0....g									
14:0....g	0.569		0		4		0.797	0.643	0.102
15:0....g									
16:0....g	1.447		0		4		2.026	1.635	0.260
17:0....g									
18:0....g	0.604		0		4		0.846	0.683	0.109
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.351		0		4		1.891	1.527	0.243
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.164		0		4		0.230	0.185	0.030
17:1....g									
18:1 undifferentiated....g	1.118		0		4		1.565	1.263	0.201
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.180		0		4		0.252	0.203	0.032
18:2 undifferentiated....g	0.115		0		4		0.161	0.130	0.021
18:3 undifferentiated....g	0.065		0		4		0.091	0.073	0.012
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	35		0		4		49	40	6
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01034
Cheese, port de salut

Refuse: 0%

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

NDB No. 01034
Cheese, port de salut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	16.691		0		1		22.032	18.861	4.732
4:0....g	1.027		1		1		1.356	1.161	0.291
6:0....g	0.556		1		1		0.734	0.628	0.158
8:0....g	0.336		1		1		0.444	0.380	0.095
10:0....g	0.681		1		1		0.899	0.770	0.193
12:0....g	0.768		1		1		1.014	0.868	0.218
13:0....g									
14:0....g	2.724		1		1		3.596	3.078	0.772
15:0....g									
16:0....g	6.638		1		1		8.762	7.501	1.882
17:0....g									
18:0....g	3.350		1		1		4.422	3.786	0.950
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.338		0		1		12.326	10.552	2.647
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.833		1		1		1.100	0.941	0.236
17:1....g									
18:1 undifferentiated....g	8.051		1		1		10.627	9.098	2.282
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.729		0		1		0.962	0.824	0.207
18:2 undifferentiated....g	0.378		1		1		0.499	0.427	0.107
18:3 undifferentiated....g	0.351		1		1		0.463	0.397	0.100
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	123		1		1		162	139	35
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0		1		0.453	0.388	0.097
Threonine....g	0.876		0		1		1.156	0.990	0.248
Isoleucine....g	1.446		0		1		1.909	1.634	0.410
Leucine....g	2.482		0		1		3.276	2.805	0.704
Lysine....g	1.987		0		1		2.623	2.245	0.563
Methionine....g	0.734		0		1		0.969	0.829	0.208
Cystine....g	0.134		0		4		0.177	0.151	0.038
Phenylalanine....g	1.323		0		1		1.746	1.495	0.375
Tyrosine....g	1.420		0		1		1.874	1.605	0.403
Valine....g	1.707		0		1		2.253	1.929	0.484
Arginine....g	0.827		0		1		1.092	0.935	0.234
Histidine....g	0.686		0		1		0.906	0.775	0.194
Alanine....g	0.790		0		1		1.043	0.893	0.224
Aspartic acid....g	1.752		0		1		2.313	1.980	0.497
Glutamic acid....g	5.349		0		1		7.061	6.044	1.516
Glycine....g	0.485		0		1		0.640	0.548	0.137
Proline....g	2.892		0		1		3.817	3.268	0.820
Serine....g	1.357		0		1		1.791	1.533	0.385
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01034
Cheese, port de salut

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

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01035
Cheese, provolone

Refuse: 0%

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

NDB No. 01035
Cheese, provolone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.078		0		1		22.543	4.842	2.903
4:0....g	0.981		2		1		1.295	0.278	0.167
6:0....g	0.370		2		1		0.488	0.105	0.063
8:0....g	0.256	0.022	10		1		0.338	0.073	0.044
10:0....g	0.482	0.034	10		1		0.636	0.137	0.082
12:0....g	0.355	0.061	10		1		0.469	0.101	0.060
13:0....g									
14:0....g	2.748	0.084	10		1		3.627	0.779	0.467
15:0....g									
16:0....g	8.159	0.190	10		1		10.770	2.313	1.387
17:0....g									
18:0....g	3.063	0.121	10		1		4.043	0.868	0.521
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.393		0		1		9.759	2.096	1.257
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.878	0.064	10		1		1.159	0.249	0.149
17:1....g									
18:1 undifferentiated....g	6.164	0.174	10		1		8.136	1.747	1.048
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.769		0		1		1.015	0.218	0.131
18:2 undifferentiated....g	0.494	0.050	10		1		0.652	0.140	0.084
18:3 undifferentiated....g	0.275	0.022	10		1		0.363	0.078	0.047
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	69	4.603	4		1		91	20	12
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.345		0		4		0.455	0.098	0.059
Threonine....g	0.982		0		1		1.296	0.278	0.167
Isoleucine....g	1.091		0		1		1.440	0.309	0.185
Leucine....g	2.297		0		1		3.032	0.651	0.390
Lysine....g	2.646		0		1		3.493	0.750	0.450
Methionine....g	0.686		0		1		0.906	0.194	0.117
Cystine....g	0.116		0		1		0.153	0.033	0.020
Phenylalanine....g	1.287		0		1		1.699	0.365	0.219
Tyrosine....g	1.520		0		1		2.006	0.431	0.258
Valine....g	1.640		0		1		2.165	0.465	0.279
Arginine....g	1.022		0		1		1.349	0.290	0.174
Histidine....g	1.115		0		1		1.472	0.316	0.190
Alanine....g	0.706		0		1		0.932	0.200	0.120
Aspartic acid....g	1.744		0		1		2.302	0.494	0.296
Glutamic acid....g	6.235		0		1		8.230	1.768	1.060
Glycine....g	0.433		0		1		0.572	0.123	0.074
Proline....g	2.766		0		1		3.651	0.784	0.470
Serine....g	1.471		0		1		1.942	0.417	0.250
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01035
Cheese, provolone

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

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 28.35g: 1 oz

Measure 3 = 17g: 1 cubic inch

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01208
Cheese, provolone, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.60		0		4		66.79	14.35	57.18
Energy....kcal	274		0		8		362	78	310
Energy....kJ	1146		0		8		1513	325	1295
Protein (N x 6.38)....g	24.70		0		8		32.60	7.00	27.91
Total lipid (fat)....g	17.60		0		8		23.23	4.99	19.89
Ash....g	3.60		0		4		4.75	1.02	4.07
Carbohydrate, by difference....g	3.50		0		8		4.62	0.99	3.96
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.55		0	BFNN	4		0.73	0.16	0.62
Starch....g									
Minerals:									
Calcium, Ca....mg	756	17.043	18		1		998	214	854
Iron, Fe....mg	0.52	0.065	5		1		0.69	0.15	0.59
Magnesium, Mg....mg	28	0.776	13		1		36	8	31
Phosphorus, P....mg	496	16.404	13		1		655	141	561
Potassium, K....mg	138	12.835	11		1		183	39	156
Sodium, Na....mg	615		0	NR	4		812	174	695
Zinc, Zn....mg	3.23	0.170	5		1		4.26	0.92	3.65
Copper, Cu....mg	0.026		0		1		0.034	0.007	0.029
Manganese, Mn....mg	0.010		0		1		0.013	0.003	0.011
Selenium, Se....µg	14.5		0	CAZN	4		19.1	4.1	16.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.019	0.004	9		1		0.025	0.005	0.021
Riboflavin....mg	0.321	0.015	13		1		0.424	0.091	0.363
Niacin....mg	0.156	0.023	18		1		0.206	0.044	0.176
Pantothenic acid....mg	0.476	0.154	6		1		0.628	0.135	0.538
Vitamin B-6....mg	0.073	0.006	28		1		0.096	0.021	0.082
Folate, total....µg	10	1.110	15		1		14	3	12
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	10	1.110	15		1		14	3	12
Folate, DFE....µg	10		0	NC	4		14	3	12
Choline, total....mg	12.9		0	BFSN	4		17.0	3.7	14.6
Betaine....mg									
Vitamin B-12....µg	1.46	0.136	8		1		1.93	0.41	1.65
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....µg	141		0	NC	4		186	40	159
Retinol....µg	137		0	BFFN	4		181	39	155
Carotene, beta....µg	45		0	BFFN	4		60	13	51
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	532		0	NC	4		702	151	601
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFFN	4		0.20	0.04	0.17
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.4	0.1	0.4
Vitamin D....IU	13		0	BFFN	4		17	4	15
Vitamin K (phylloquinone)....µg	1.5		0	BFFN	4		1.9	0.4	1.7
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01208
Cheese, provolone, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.300		0		4		14.916	3.204	12.769
4:0....g	0.650		0		4		0.858	0.184	0.735
6:0....g	0.240		0		4		0.317	0.068	0.271
8:0....g	0.170		0		4		0.224	0.048	0.192
10:0....g	0.320		0		4		0.422	0.091	0.362
12:0....g	0.230		0		4		0.304	0.065	0.260
13:0....g									
14:0....g	1.820		0		4		2.402	0.516	2.057
15:0....g									
16:0....g	5.400		0		4		7.128	1.531	6.102
17:0....g									
18:0....g	2.020		0		4		2.666	0.573	2.283
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.890		0		4		6.455	1.386	5.526
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.580		0		4		0.766	0.164	0.655
17:1....g									
18:1 undifferentiated....g	4.080		0		4		5.386	1.157	4.610
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.510		0		4		0.673	0.145	0.576
18:2 undifferentiated....g	0.330		0		4		0.436	0.094	0.373
18:3 undifferentiated....g	0.180		0		4		0.238	0.051	0.203
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	55		0		8		73	16	62
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.345		0		4		0.455	0.098	0.390
Threonine....g	0.982		0		1		1.296	0.278	1.110
Isoleucine....g	1.091		0		1		1.440	0.309	1.233
Leucine....g	2.297		0		1		3.032	0.651	2.596
Lysine....g	2.646		0		1		3.493	0.750	2.990
Methionine....g	0.686		0		1		0.906	0.194	0.775
Cystine....g	0.116		0		1		0.153	0.033	0.131
Phenylalanine....g	1.287		0		1		1.699	0.365	1.454
Tyrosine....g	1.520		0		1		2.006	0.431	1.718
Valine....g	1.640		0		1		2.165	0.465	1.853
Arginine....g	1.022		0		1		1.349	0.290	1.155
Histidine....g	1.115		0		1		1.472	0.316	1.260
Alanine....g	0.706		0		1		0.932	0.200	0.798
Aspartic acid....g	1.744		0		1		2.302	0.494	1.971
Glutamic acid....g	6.235		0		1		8.230	1.768	7.046
Glycine....g	0.433		0		1		0.572	0.123	0.489
Proline....g	2.766		0		1		3.651	0.784	3.126
Serine....g	1.471		0		1		1.942	0.417	1.662
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01208
Cheese, provolone, reduced fat

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

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 28.35g: 1 oz

Measure 3 = 113g: 1 cup, shredded

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01037
Cheese, ricotta, part skim milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.41	0.891	12		1		92.27	21.10	183.05
Energy	kcal	138		0	NC	4		171	39	340
Energy	kJ	578		0		4		716	164	1421
Protein (N x 6.38)	g	11.39	0.767	9		1		14.12	3.23	28.02
Total lipid (fat)	g	7.91	0.612	12		1		9.81	2.24	19.46
Ash	g	1.15	0.098	7		1		1.43	0.33	2.83
Carbohydrate, by difference	g	5.14		0	NC	4		6.37	1.46	12.64
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.31		0	BFNN	4		0.38	0.09	0.76
Starch	g									
Minerals:										
Calcium, Ca	mg	272	28.960	8		1		337	77	669
Iron, Fe	mg	0.44		2		1		0.55	0.12	1.08
Magnesium, Mg	mg	15	1.325	8		1		18	4	36
Phosphorus, P	mg	183	18.455	8		1		226	52	449
Potassium, K	mg	125	9.806	8		1		155	35	308
Sodium, Na	mg	99		0	NR	4		123	28	244
Zinc, Zn	mg	1.34		2		1		1.66	0.38	3.30
Copper, Cu	mg	0.034		0		1		0.042	0.010	0.084
Manganese, Mn	mg	0.010		0		1		0.012	0.003	0.025
Selenium, Se	µg	16.7		0	BFNN	4		20.7	4.7	41.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.021	0.003	7		1		0.026	0.006	0.052
Riboflavin	mg	0.185	0.013	7		1		0.229	0.052	0.455
Niacin	mg	0.078	0.014	6		1		0.097	0.022	0.192
Pantothenic acid	mg	0.242		0		4		0.300	0.069	0.595
Vitamin B-6	mg	0.020	0.002	6		1		0.025	0.006	0.049
Folate, total	µg	13		0		4		16	4	32
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	13		0		4		16	4	32
Folate, DFE	µg	13		0	NC	4		16	4	32
Choline, total	mg	16.3		0	CAZN	4		20.2	4.6	40.0
Betaine	mg									
Vitamin B-12	µg	0.29	0.038	5		1		0.36	0.08	0.72
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	107		0	NC	4		132	30	262
Retinol	µg	105		0	NC	4		130	30	258
Carotene, beta	µg	20		0	BFFN	4		25	6	50
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	384		0	NC	4		476	109	944
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.07		0	BFFN	4		0.08	0.02	0.17
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	AS	1		0.2	0.0	0.4
Vitamin D	IU	6		0	BFFN	4		7	2	14
Vitamin K (phylloquinone)	µg	0.7		0	BFFN	4		0.8	0.2	1.6
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01037
Cheese, ricotta, part skim milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.927		0		1		6.109	1.397	12.120
4:0....g	0.254		1		1		0.315	0.072	0.625
6:0....g	0.065		2		1		0.081	0.018	0.160
8:0....g	0.073	0.007	6		1		0.091	0.021	0.180
10:0....g	0.151	0.017	7		1		0.187	0.043	0.371
12:0....g	0.105	0.020	7		1		0.130	0.030	0.258
13:0....g									
14:0....g	0.808	0.063	7		1		1.002	0.229	1.988
15:0....g									
16:0....g	2.442	0.197	7		1		3.028	0.692	6.007
17:0....g									
18:0....g	0.866	0.069	7		1		1.074	0.246	2.130
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.314		0		1		2.869	0.656	5.692
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.277	0.031	7		1		0.343	0.079	0.681
17:1....g									
18:1 undifferentiated....g	1.920	0.152	7		1		2.381	0.544	4.723
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.260		0		1		0.322	0.074	0.640
18:2 undifferentiated....g	0.190	0.018	7		1		0.236	0.054	0.467
18:3 undifferentiated....g	0.070	0.009	6		1		0.087	0.020	0.172
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	31		0		1		38	9	76
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0		4		0.157	0.036	0.312
Threonine....g	0.523		0		1		0.649	0.148	1.287
Isoleucine....g	0.596		0		1		0.739	0.169	1.466
Leucine....g	1.235		0		1		1.531	0.350	3.038
Lysine....g	1.353		0		1		1.678	0.384	3.328
Methionine....g	0.284		0		1		0.352	0.081	0.699
Cystine....g	0.100		0		1		0.124	0.028	0.246
Phenylalanine....g	0.562		0		1		0.697	0.159	1.383
Tyrosine....g	0.596		0		1		0.739	0.169	1.466
Valine....g	0.700		0		1		0.868	0.198	1.722
Arginine....g	0.639		0		1		0.792	0.181	1.572
Histidine....g	0.464		0		1		0.575	0.132	1.141
Alanine....g	0.505		0		1		0.626	0.143	1.242
Aspartic acid....g	1.007		0		1		1.249	0.285	2.477
Glutamic acid....g	2.474		0		1		3.068	0.701	6.086
Glycine....g	0.298		0		1		0.370	0.084	0.733
Proline....g	1.078		0		1		1.337	0.306	2.652
Serine....g	0.582		0		1		0.722	0.165	1.432
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01037
Cheese, ricotta, part skim milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 124g: .5 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 246g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01036
Cheese, ricotta, whole milk

Refuse: 0%

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

NDB No. 01036
Cheese, ricotta, whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.295		0		1		10.286	20.406	
4:0....g	0.574	0.200	4		1		0.712	1.412	
6:0....g	0.093	0.008	4		1		0.115	0.229	
8:0....g	0.119	0.008	4		1		0.148	0.293	
10:0....g	0.229	0.020	4		1		0.284	0.563	
12:0....g	0.158	0.020	4		1		0.196	0.389	
13:0....g									
14:0....g	1.364	0.090	4		1		1.691	3.355	
15:0....g									
16:0....g	4.057	0.274	4		1		5.031	9.980	
17:0....g									
18:0....g	1.281	0.104	4		1		1.588	3.151	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.627		0		1		4.497	8.922	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.532	0.077	4		1		0.660	1.309	
17:1....g									
18:1 undifferentiated....g	2.872	0.225	4		1		3.561	7.065	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.385		0		1		0.477	0.947	
18:2 undifferentiated....g	0.273	0.038	4		1		0.339	0.672	
18:3 undifferentiated....g	0.112	0.022	4		1		0.139	0.276	
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	
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	51		0		1		63	124	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0		4		0.155	0.308	
Threonine....g	0.517		0		1		0.641	1.272	
Isoleucine....g	0.589		0		1		0.730	1.449	
Leucine....g	1.221		0		1		1.514	3.004	
Lysine....g	1.338		0		1		1.659	3.291	
Methionine....g	0.281		0		1		0.348	0.691	
Cystine....g	0.099		0		1		0.123	0.244	
Phenylalanine....g	0.556		0		1		0.689	1.368	
Tyrosine....g	0.589		0		1		0.730	1.449	
Valine....g	0.692		0		1		0.858	1.702	
Arginine....g	0.632		0		1		0.784	1.555	
Histidine....g	0.459		0		1		0.569	1.129	
Alanine....g	0.499		0		1		0.619	1.228	
Aspartic acid....g	0.995		0		1		1.234	2.448	
Glutamic acid....g	2.446		0		1		3.033	6.017	
Glycine....g	0.295		0		1		0.366	0.726	
Proline....g	1.066		0		1		1.322	2.622	
Serine....g	0.575		0		1		0.713	1.415	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01036
Cheese, ricotta, whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 124g: .5 cup

Measure 2 = 246g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01038
Cheese, romano

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.91	0.410	47		1		8.76	43.89	
Energy....kcal	387		0	NC	4		110	549	
Energy....kJ	1618		0		4		459	2297	
Protein (N x 6.38)....g	31.80	1.404	11		1		9.02	45.16	
Total lipid (fat)....g	26.94	0.969	7		1		7.64	38.25	
Ash....g	6.72	0.670	8		1		1.91	9.54	
Carbohydrate, by difference....g	3.63		0	NC	4		1.03	5.15	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.73		0	BFNN	4		0.21	1.04	
Starch....g									
Minerals:									
Calcium, Ca....mg	1064	64.972	6		1		302	1511	
Iron, Fe....mg	0.77		0		4		0.22	1.09	
Magnesium, Mg....mg	41		0		4		12	58	
Phosphorus, P....mg	760		2		1		215	1079	
Potassium, K....mg	86		0		4		24	123	
Sodium, Na....mg	1433		0	NR	4		406	2035	
Zinc, Zn....mg	2.58		0		4		0.73	3.66	
Copper, Cu....mg	0.030		0		1		0.009	0.043	
Manganese, Mn....mg	0.020		0		1		0.006	0.028	
Selenium, Se....µg	14.5		0	CAZN	4		4.1	20.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.037		0		4		0.010	0.053	
Riboflavin....mg	0.370	0.009	4		1		0.105	0.525	
Niacin....mg	0.077	0.017	10		1		0.022	0.109	
Pantothenic acid....mg	0.424		0		4		0.120	0.602	
Vitamin B-6....mg	0.085		0		4		0.024	0.121	
Folate, total....µg	7	1.000	24		1		2	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7	1.000	24		1		2	10	
Folate, DFE....µg	7		0	NC	4		2	10	
Choline, total....mg	15.4		0	T	4		4.4	21.9	
Betaine....mg									
Vitamin B-12....µg	1.12		0		4		0.32	1.60	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	96		0	NC	4		27	136	
Retinol....µg	90		0	T	4		26	128	
Carotene, beta....µg	69		0	BFFN	4		20	98	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	415		0	NC	4		118	590	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFFN	4		0.07	0.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.1	0.7	
Vitamin D....IU	20		0	BFFN	4		6	28	
Vitamin K (phylloquinone)....µg	2.2		0	BFFN	4		0.6	3.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01038
Cheese, romano

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.115		0		4		4.852	24.303	
4:0....g	1.355		0		4		0.384	1.924	
6:0....g	0.508		0		4		0.144	0.721	
8:0....g	0.271		0		4		0.077	0.385	
10:0....g	0.671		0		4		0.190	0.953	
12:0....g	0.911		0		4		0.258	1.294	
13:0....g									
14:0....g	3.036		0		4		0.861	4.311	
15:0....g									
16:0....g	7.265		0		4		2.060	10.316	
17:0....g									
18:0....g	2.400		0		4		0.680	3.408	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.838		0		4		2.222	11.130	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.411		0		4		0.117	0.584	
17:1....g									
18:1 undifferentiated....g	6.942		0		4		1.968	9.858	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.593		0		4		0.168	0.842	
18:2 undifferentiated....g	0.284		0		4		0.081	0.403	
18:3 undifferentiated....g	0.310		0		4		0.088	0.440	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	104		1		1		29	148	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.429		0		4		0.122	0.609	
Threonine....g	1.171		0		4		0.332	1.663	
Isoleucine....g	1.685		0		4		0.478	2.393	
Leucine....g	3.071		0		4		0.871	4.361	
Lysine....g	2.941		0		4		0.834	4.176	
Methionine....g	0.852		0		4		0.242	1.210	
Cystine....g	0.209		0		4		0.059	0.297	
Phenylalanine....g	1.710		0		4		0.485	2.428	
Tyrosine....g	1.775		0		4		0.503	2.521	
Valine....g	2.183		0		4		0.619	3.100	
Arginine....g	1.171		0		4		0.332	1.663	
Histidine....g	1.231		0		4		0.349	1.748	
Alanine....g	0.932		0		4		0.264	1.323	
Aspartic acid....g	1.989		0		4		0.564	2.824	
Glutamic acid....g	7.302		0		4		2.070	10.369	
Glycine....g	0.553		0		4		0.157	0.785	
Proline....g	3.718		0		4		1.054	5.280	
Serine....g	1.840		0		4		0.522	2.613	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01038
Cheese, romano

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 142g: 5 package (5 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01039
Cheese, roquefort

Refuse: 0%

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

NDB No. 01039
Cheese, roquefort

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	19.263		0		1		5.461	16.374	
4:0....g	0.877		1		1		0.249	0.745	
6:0....g	0.660		1		1		0.187	0.561	
8:0....g	0.674		1		1		0.191	0.573	
10:0....g	2.163		1		1		0.613	1.839	
12:0....g	1.295		1		1		0.367	1.101	
13:0....g									
14:0....g	3.250		1		1		0.921	2.763	
15:0....g									
16:0....g	6.570		1		1		1.863	5.585	
17:0....g									
18:0....g	3.141		1		1		0.890	2.670	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.474		0		1		2.402	7.203	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.730		1		1		0.207	0.621	
17:1....g									
18:1 undifferentiated....g	7.456		1		1		2.114	6.338	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.320		0		1		0.374	1.122	
18:2 undifferentiated....g	0.616		1		1		0.175	0.524	
18:3 undifferentiated....g	0.704		1		1		0.200	0.598	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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	90		1		1		26	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.303		0		4		0.086	0.258	
Threonine....g	0.965		0		4		0.274	0.820	
Isoleucine....g	1.217		0		4		0.345	1.034	
Leucine....g	2.114		0		4		0.599	1.797	
Lysine....g	1.848		0		4		0.524	1.571	
Methionine....g	0.558		0		4		0.158	0.474	
Cystine....g	0.126		0		4		0.036	0.107	
Phenylalanine....g	1.023		0		4		0.290	0.870	
Tyrosine....g	1.012		0		4		0.287	0.860	
Valine....g	1.614		0		4		0.458	1.372	
Arginine....g	0.713		0		4		0.202	0.606	
Histidine....g	0.602		0		4		0.171	0.512	
Alanine....g	0.969		0		4		0.275	0.824	
Aspartic acid....g	1.181		0		4		0.335	1.004	
Glutamic acid....g	3.670		0		4		1.040	3.120	
Glycine....g	0.148		0		4		0.042	0.126	
Proline....g	2.089		0		4		0.592	1.776	
Serine....g	1.772		0		4		0.502	1.506	
Hydroxyproline....g									

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

NDB No. 01039
Cheese, roquefort

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01040
Cheese, swiss

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.12	0.793	6	A	1		49.00	90.58	40.09
Energy....kcal	380		0	NC	4		502	928	411
Energy....kJ	1591		0	NC	4		2100	3882	1718
Protein (N x 6.38)....g	26.93	0.552	6	A	1		35.55	65.71	29.08
Total lipid (fat)....g	27.80	0.956	6	A	1		36.70	67.84	30.03
Ash....g	2.77	0.061	6	A	1		3.65	6.76	2.99
Carbohydrate, by difference....g	5.38		0	NC	4		7.10	13.12	5.81
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	1.32		2		1		1.74	3.22	1.43
Sucrose....g	0.14		2		1		0.18	0.34	0.15
Glucose (dextrose)....g	0.48		2		1		0.63	1.17	0.52
Fructose....g									
Lactose....g	0.06		3		1		0.07	0.14	0.06
Maltose....g	0.62		2		1		0.82	1.51	0.67
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	791	39.355	17	A	1		1045	1931	855
Iron, Fe....mg	0.20	0.012	18	A	1		0.26	0.48	0.21
Magnesium, Mg....mg	38	0.409	18	A	1		50	92	41
Phosphorus, P....mg	567	8.387	18	A	1		749	1384	613
Potassium, K....mg	77	1.061	18	A	1		102	188	83
Sodium, Na....mg	70		0	NR	4		92	171	76
Zinc, Zn....mg	4.36	0.067	18	A	1		5.75	10.63	4.71
Copper, Cu....mg	0.043	0.007	18	A	1		0.057	0.105	0.047
Manganese, Mn....mg	0.005	0.003	18	A	1		0.006	0.011	0.005
Selenium, Se....µg	18.2	1.475	18	A	1		24.0	44.4	19.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.063	0.033	3	A	1		0.083	0.153	0.068
Riboflavin....mg	0.296	0.003	3	A	1		0.391	0.723	0.320
Niacin....mg	0.092	0.044	16		1		0.121	0.224	0.099
Pantothenic acid....mg	0.429	0.019	15		1		0.566	1.047	0.463
Vitamin B-6....mg	0.083	0.005	41		1		0.110	0.203	0.090
Folate, total....µg	6	0.255	26		1		8	16	7
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	6	0.255	26		1		8	16	7
Folate, DFE....µg	6		0	NC	4		8	16	7
Choline, total....mg	15.5		0	AS	1		20.5	37.8	16.7
Betaine....mg	0.6		1	A	1		0.8	1.4	0.6
Vitamin B-12....µg	3.34	0.295	3	A	1		4.40	8.14	3.60
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	220		0	NC	4		290	536	237
Retinol....µg	214		0	BFFN	4		282	521	231
Carotene, beta....µg	70		0	BFFN	4		93	172	76
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	830		0	NC	4		1095	2024	896
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.38	0.021	3	A	1		0.50	0.93	0.41
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.03	0.002	5	JO	11		0.03	0.06	0.03
Tocopherol, delta....mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

NDB No. 01040
Cheese, swiss

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.7	1.2	0.6
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	BFFN	4		0.7	1.2	0.6
Vitamin D....IU	20		0	BFFN	4		27	50	22
Vitamin K (phylloquinone)....µg	2.5	0.033	3	A	1		3.3	6.0	2.7
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	17.779		0		1		23.468	43.381	19.201
4:0....g	1.102	0.182	3		1		1.455	2.689	1.190
6:0....g	0.488	0.159	3		1		0.644	1.191	0.527
8:0....g	0.289	0.054	10		1		0.381	0.705	0.312
10:0....g	0.625	0.076	11		1		0.825	1.525	0.675
12:0....g	0.521	0.092	11		1		0.688	1.271	0.563
13:0....g									
14:0....g	3.062	0.092	11		1		4.042	7.471	3.307
15:0....g									
16:0....g	7.790	0.259	11		1		10.283	19.008	8.413
17:0....g									
18:0....g	3.248	0.350	11		1		4.287	7.925	3.508
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.274		0		1		9.602	17.749	7.856
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.879	0.063	10		1		1.160	2.145	0.949
17:1....g									
18:1 undifferentiated....g	6.017	0.253	11		1		7.942	14.681	6.498
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.972		0		1		1.283	2.372	1.050
18:2 undifferentiated....g	0.620	0.074	11		1		0.818	1.513	0.670
18:3 undifferentiated....g	0.352	0.087	10		1		0.465	0.859	0.380
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	92	3.839	10		1		121	224	99
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.401		0		1		0.529	0.978	0.433
Threonine....g	1.038		0		1		1.370	2.533	1.121
Isoleucine....g	1.537		0		1		2.029	3.750	1.660
Leucine....g	2.959		0		1		3.906	7.220	3.196
Lysine....g	2.585		0		1		3.412	6.307	2.792
Methionine....g	0.784		0		1		1.035	1.913	0.847
Cystine....g	0.290		0		1		0.383	0.708	0.313
Phenylalanine....g	1.662		0		1		2.194	4.055	1.795
Tyrosine....g	1.693		0		1		2.235	4.131	1.828
Valine....g	2.139		0		1		2.823	5.219	2.310
Arginine....g	0.927		0		1		1.224	2.262	1.001
Histidine....g	1.065		0		1		1.406	2.599	1.150
Alanine....g	0.914		0		1		1.206	2.230	0.987

NDB No. 01040
Cheese, swiss

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	1.569		0		1		2.071	3.828	1.695
Glutamic acid....g	5.704		0		1		7.529	13.918	6.160
Glycine....g	0.508		0		1		0.671	1.240	0.549
Proline....g	3.690		0		1		4.871	9.004	3.985
Serine....g	1.640		0		1		2.165	4.002	1.771
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 244g: 1 cup, melted

Measure 3 = 108g: 1 cup, shredded

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43589
Cheese, swiss, low fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.60		0		4		16.69	8.94	64.37
Energy	kcal	179		0		4		50	27	193
Energy	kJ	749		0		4		210	112	809
Protein	g	28.40		0		4		7.95	4.26	30.67
Total lipid (fat)	g	5.10		0		4		1.43	0.77	5.51
Ash	g	3.50		0	NR	4		0.98	0.53	3.78
Carbohydrate, by difference	g	3.40		0		4		0.95	0.51	3.67
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	1.33		0	BFNN	4		0.37	0.20	1.43
Starch	g									
Minerals:										
Calcium, Ca	mg	961		0		4		269	144	1038
Iron, Fe	mg	0.17		0		4		0.05	0.03	0.18
Magnesium, Mg	mg	36		0		4		10	5	39
Phosphorus, P	mg	605		0		4		169	91	653
Potassium, K	mg	111		0		4		31	17	120
Sodium, Na	mg	199		0	NR	4		56	30	215
Zinc, Zn	mg	3.90		0		4		1.09	0.59	4.21
Copper, Cu	mg	0.027		0		4		0.008	0.004	0.029
Manganese, Mn	mg									
Selenium, Se	µg	12.7		0	BFNN	4		3.6	1.9	13.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	0.0
Thiamin	mg	0.020		0		4		0.006	0.003	0.022
Riboflavin	mg	0.360		0		4		0.101	0.054	0.389
Niacin	mg	0.090		0		4		0.025	0.014	0.097
Pantothenic acid	mg									
Vitamin B-6	mg	0.080		0		4		0.022	0.012	0.086
Folate, total	µg	6		0		4		2	1	6
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	6		0		4		2	1	6
Folate, DFE	µg	6		0	NC	4		2	1	6
Choline, total	mg	15.4		0	T	4		4.3	2.3	16.6
Betaine	mg									
Vitamin B-12	µg	1.68		0		4		0.47	0.25	1.81
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	40		0	NC	4		11	6	44
Retinol	µg	39		0	BFFN	4		11	6	42
Carotene, beta	µg	13		0	BFFN	4		4	2	14
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	152		0	NC	4		43	23	164
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.07		0	BFFN	4		0.02	0.01	0.08
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	AS	1		0.0	0.0	0.1
Vitamin D	IU	4		0	BFFN	4		1	1	4
Vitamin K (phylloquinone)	µg	0.5		0	BFFN	4		0.1	0.1	0.5
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 43589
Cheese, swiss, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.304		0		4		0.925	0.496	3.568
4:0....g	0.204		0		4		0.057	0.031	0.220
6:0....g	0.091		0		4		0.025	0.014	0.098
8:0....g	0.054		0		4		0.015	0.008	0.058
10:0....g	0.115		0		4		0.032	0.017	0.124
12:0....g	0.097		0		4		0.027	0.015	0.105
13:0....g									
14:0....g	0.569		0		4		0.159	0.085	0.615
15:0....g									
16:0....g	1.447		0		4		0.405	0.217	1.563
17:0....g									
18:0....g	0.604		0		4		0.169	0.091	0.652
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.351		0		4		0.378	0.203	1.459
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.164		0		4		0.046	0.025	0.177
17:1....g									
18:1 undifferentiated....g	1.119		0		4		0.313	0.168	1.209
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.180		0		4		0.050	0.027	0.194
18:2 undifferentiated....g	0.115		0		4		0.032	0.017	0.124
18:3 undifferentiated....g	0.065		0		4		0.018	0.010	0.070
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	35		0		4		10	5	38
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 = 28g: 1 slice (1 oz)

Measure 2 = 15.0g: 1 cubic inch

Measure 3 = 108g: 1 cup, shredded

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43405
Cheese, swiss, low sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.80		0		4		10.58	5.67	40.82
Energy....kcal	374		0	NC	4		105	56	404
Energy....kJ	1564		0	NC	4		438	235	1689
Protein....g	28.40		1		1		7.95	4.26	30.67
Total lipid (fat)....g	27.40		1		1		7.67	4.11	29.59
Ash....g	3.01		0	NR	4		0.84	0.45	3.25
Carbohydrate, by difference....g	3.40		0	NC	4		0.95	0.51	3.67
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	1.31		0	BFNN	4		0.37	0.20	1.41
Starch....g									
Minerals:									
Calcium, Ca....mg	961		1		1		269	144	1038
Iron, Fe....mg	0.17		1		1		0.05	0.03	0.18
Magnesium, Mg....mg	36		1		1		10	5	39
Phosphorus, P....mg	605		1		1		169	91	653
Potassium, K....mg	111		1		1		31	17	120
Sodium, Na....mg	14		0		4		4	2	15
Zinc, Zn....mg	3.90		1		1		1.09	0.59	4.21
Copper, Cu....mg	0.032		1		1		0.009	0.005	0.035
Manganese, Mn....mg									
Selenium, Se....µg	12.5		0	BFNN	4		3.5	1.9	13.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	0.0
Thiamin....mg	0.020		1		1		0.006	0.003	0.022
Riboflavin....mg	0.370		1		1		0.104	0.056	0.400
Niacin....mg	0.090		1		1		0.025	0.014	0.097
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		1		1		0.022	0.012	0.086
Folate, total....µg	6		1		1		2	1	6
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	6		1		1		2	1	6
Folate, DFE....µg	6		0	NC	4		2	1	6
Choline, total....mg	15.4		0	T	4		4.3	2.3	16.6
Betaine....mg									
Vitamin B-12....µg	1.68		1		1		0.47	0.25	1.81
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	216		0	NC	4		61	32	234
Retinol....µg	211		0	BFFN	4		59	32	227
Carotene, beta....µg	69		0	BFFN	4		19	10	75
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	818		0	NC	4		229	123	883
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.37		0	BFFN	4		0.10	0.06	0.40
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.1	0.1	0.5
Vitamin D....IU	20		0	BFFN	4		6	3	22
Vitamin K (phylloquinone)....µg	2.4		0	BFFN	4		0.7	0.4	2.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43405
Cheese, swiss, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.744		0		4		4.968	2.662	19.164
4:0....g	1.098		0		4		0.307	0.165	1.186
6:0....g	0.489		0		4		0.137	0.073	0.528
8:0....g	0.289		0		4		0.081	0.043	0.312
10:0....g	0.619		0		4		0.173	0.093	0.669
12:0....g	0.519		0		4		0.145	0.078	0.561
13:0....g									
14:0....g	3.054		0		4		0.855	0.458	3.298
15:0....g									
16:0....g	7.774		0		4		2.177	1.166	8.396
17:0....g									
18:0....g	3.244		0		4		0.908	0.487	3.504
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.256		0		4		2.032	1.088	7.836
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.878		0		4		0.246	0.132	0.948
17:1....g									
18:1 undifferentiated....g	6.008		0		4		1.682	0.901	6.489
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.968		0		4		0.271	0.145	1.045
18:2 undifferentiated....g	0.619		0		4		0.173	0.093	0.669
18:3 undifferentiated....g	0.349		0		4		0.098	0.052	0.377
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	92		1		1		26	14	99
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 = 28g: 1 slice

Measure 2 = 15.0g: 1 cubic inch

Measure 3 = 108g: 1 cup, shredded

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01041
Cheese, tilsit

Refuse: 0%

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

NDB No. 01041
Cheese, tilsit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	16.775		0		1		4.756	28.518	
4:0....g	0.878		1		1		0.249	1.493	
6:0....g	0.536		1		1		0.152	0.911	
8:0....g	0.381		1		1		0.108	0.648	
10:0....g	0.748		1		1		0.212	1.272	
12:0....g	1.073		1		1		0.304	1.824	
13:0....g									
14:0....g	2.608		1		1		0.739	4.434	
15:0....g									
16:0....g	7.675		1		1		2.176	13.048	
17:0....g									
18:0....g	2.190		1		1		0.621	3.723	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.136		0		1		2.023	12.131	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.668		1		1		0.189	1.136	
17:1....g									
18:1 undifferentiated....g	6.073		1		1		1.722	10.324	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.721		0		1		0.204	1.226	
18:2 undifferentiated....g	0.398		1		1		0.113	0.677	
18:3 undifferentiated....g	0.323		1		1		0.092	0.549	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	102		1		1		29	173	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.352		0		1		0.100	0.598	
Threonine....g	0.899		0		1		0.255	1.528	
Isoleucine....g	1.484		0		1		0.421	2.523	
Leucine....g	2.548		0		1		0.722	4.332	
Lysine....g	2.039		0		1		0.578	3.466	
Methionine....g	0.754		0		1		0.214	1.282	
Cystine....g	0.138		0		4		0.039	0.235	
Phenylalanine....g	1.358		0		1		0.385	2.309	
Tyrosine....g	1.458		0		1		0.413	2.479	
Valine....g	1.752		0		1		0.497	2.978	
Arginine....g	0.849		0		1		0.241	1.443	
Histidine....g	0.704		0		1		0.200	1.197	
Alanine....g	0.811		0		1		0.230	1.379	
Aspartic acid....g	1.798		0		1		0.510	3.057	
Glutamic acid....g	5.490		0		1		1.556	9.333	
Glycine....g	0.497		0		1		0.141	0.845	
Proline....g	2.969		0		1		0.842	5.047	
Serine....g	1.393		0		1		0.395	2.368	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 01041
Cheese, tilsit

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package (6 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01229
Cheese, white, queso blanco

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.70	1.760	6	A	1		57.47		
Energy....kcal	310		0	NC	4		366		
Energy....kJ	1299		0	NC	4		1533		
Protein....g	20.38	0.678	6	A	1		24.05		
Total lipid (fat)....g	24.31	1.741	6	A	1		28.69		
Ash....g	4.07	0.235	6	A	1		4.80		
Carbohydrate, by difference....g	2.53		0	NC	4		2.99		
Fiber, total dietary....g									
Sugars, total....g	1.76	0.457	6	A	1		2.08		
Sucrose....g	0.00	0.000	6	A	1		0.00		
Glucose (dextrose)....g	0.00	0.000	6	A	1		0.00		
Fructose....g	0.00	0.000	6	A	1		0.00		
Lactose....g	1.60	0.548	6	A	1		1.89		
Maltose....g	0.00	0.000	6	A	1		0.00		
Galactose....g	0.16	0.104	6	A	1		0.19		
Starch....g									
Minerals:									
Calcium, Ca....mg	690	20.775	6	A	1		814		
Iron, Fe....mg	0.18	0.011	6	A	1		0.21		
Magnesium, Mg....mg	29	1.087	6	A	1		34		
Phosphorus, P....mg	467	11.785	6	A	1		551		
Potassium, K....mg	126	13.541	6	A	1		149		
Sodium, Na....mg	704	67.985	6	A	1		831		
Zinc, Zn....mg	3.06	0.167	6	A	1		3.61		
Copper, Cu....mg	0.025	0.002	6	A	1		0.029		
Manganese, Mn....mg	0.021	0.004	6	A	1		0.025		
Selenium, Se....µg	13.8		2	A	1		16.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.048	0.004	6	A	1		0.057		
Riboflavin....mg	0.230	0.012	6	A	1		0.271		
Niacin....mg	0.035	0.005	6	A	1		0.041		
Pantothenic acid....mg	0.397	0.020	6	A	1		0.468		
Vitamin B-6....mg	0.086	0.005	6	A	1		0.101		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	15.4		0	AS	1		18.1		
Betaine....mg	0.9		1	A	1		1.1		
Vitamin B-12....µg	1.75	0.145	6	A	1		2.06		
Vitamin A, RAE....µg	157		0	AS	1		185		
Vitamin A, IU....IU	555		0	AS	1		655		
Lycopene....µg	0		2	A	1		0		
Lutein + zeaxanthin....µg	3		2	A	1		4		
Vitamin E (alpha-tocopherol)....mg	0.47	0.022	6	A	1		0.56		
Tocopherol, beta....mg	0.00	0.000	6	A	1		0.00		
Tocopherol, gamma....mg	0.04	0.003	6	A	1		0.05		
Tocopherol, delta....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, alpha....mg	0.01	0.001	6	A	1		0.01		
Tocotrienol, beta....mg	0.00	0.001	6	A	1		0.00		
Tocotrienol, gamma....mg	0.01	0.001	6	A	1		0.01		
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		0.8		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		1	A	1		0.8		
Vitamin D....IU	27		1	A	1		31		
Vitamin K (phylloquinone)....µg	1.6		2	A	1		1.9		
Dihydrophylloquinone....µg									

NDB No. 01229
Cheese, white, queso blanco

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Menaquinone-4....µg	5.8		2	A	1		6.8		
Lipids:									
Fatty acids, total saturated....g	13.661		0	NC	4		16.120		
4:0....g	0.518	0.037	6	A	1		0.612		
6:0....g	0.421	0.034	6	A	1		0.497		
8:0....g	0.250	0.021	6	A	1		0.295		
10:0....g	0.574	0.049	6	A	1		0.677		
12:0....g	0.650	0.057	6	A	1		0.768		
13:0....g									
14:0....g	2.195	0.182	6	A	1		2.590		
15:0....g	0.226	0.019	6	A	1		0.267		
16:0....g	6.048	0.490	6	A	1		7.137		
17:0....g	0.144	0.013	6	A	1		0.170		
18:0....g	2.567	0.189	6	A	1		3.030		
20:0....g	0.035	0.003	6	A	1		0.041		
22:0....g	0.012	0.001	6	A	1		0.014		
24:0....g	0.008	0.001	6	A	1		0.009		
Fatty acids, total monounsaturated....g	6.459		0	NC	4		7.622		
14:1....g	0.177	0.014	6	A	1		0.208		
15:1....g	0.003	0.000	6	A	1		0.003		
16:1 undifferentiated....g	0.444	0.033	6	AS	1		0.524		
16:1 c....g	0.366	0.028	6	A	1		0.432		
16:1 t....g	0.078	0.005	6	A	1		0.092		
17:1....g	0.049	0.005	6	A	1		0.058		
18:1 undifferentiated....g	5.741	0.396	6	AS	1		6.774		
18:1 c....g	5.099	0.359	6	A	1		6.017		
18:1 t....g	0.642	0.042	6	A	1		0.757		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041	0.003	6	A	1		0.048		
22:1 undifferentiated....g	0.003	0.000	6	AS	1		0.003		
22:1 c....g	0.003	0.000	6	A	1		0.003		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.003	0.000	6	A	1		0.003		
Fatty acids, total polyunsaturated....g	1.149		0	NC	4		1.356		
18:2 undifferentiated....g	0.922	0.057	6	AS	1		1.088		
18:2 n-6 c,c....g	0.610	0.046	6	A	1		0.720		
18:2 CLAs....g	0.142	0.008	6	A	1		0.167		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.170	0.011	6	A	1		0.201		
18:3 undifferentiated....g	0.113	0.015	6	AS	1		0.134		
18:3 n-3 c,c,c (ALA)....g	0.105	0.015	6	A	1		0.123		
18:3 n-6 c,c,c....g	0.009	0.001	6	A	1		0.010		
18:3i....g									
18:4....g	0.006	0.000	6	A	1		0.007		
20:2 n-6 c,c....g	0.007	0.000	6	A	1		0.008		
20:3 undifferentiated....g	0.028	0.002	6	AS	1		0.033		
20:3 n-3....g	0.002	0.000	6	A	1		0.003		
20:3 n-6....g	0.026	0.002	6	A	1		0.030		
20:4 undifferentiated....g	0.036	0.003	6	A	1		0.043		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.009	0.001	6	A	1		0.010		
21:5....g									
22:4....g	0.008	0.001	6	A	1		0.009		
22:5 n-3 (DPA)....g	0.016	0.002	6	A	1		0.019		
22:6 n-3 (DHA)....g	0.002	0.000	6	A	1		0.003		
Fatty acids, total trans....g	0.890		0	NC	4		1.050		
Fatty acids, total trans-monoenoic....g	0.719		0	NC	4		0.849		
Fatty acids, total trans-polyenoic....g	0.170		0	NC	4		0.201		
Cholesterol....mg	70	4.516	6	A	1		83		
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.

NDB No. 01229
Cheese, white, queso blanco

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

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 cup crumbled

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01205
Cream substitute, flavored, liquid

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.06		0	RA	4		7.51		
Energy	kcal	251		0	RA	4		38		
Energy	kJ	1049		0	RA	4		157		
Protein	g	0.69		0	RA	4		0.10		
Total lipid (fat)	g	13.50		0	RA	4		2.02		
Ash	g	0.55		0	RA	4		0.08		
Carbohydrate, by difference	g	35.07		0	RA	4		5.26		
Fiber, total dietary	g	1.1		0	RA	4		0.2		
Sugars, total	g	33.04		0	RA	4		4.96		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	RA	4		1		
Iron, Fe	mg	0.59		0	RA	4		0.09		
Magnesium, Mg	mg	19		0	RA	4		3		
Phosphorus, P	mg	28		0	RA	4		4		
Potassium, K	mg	96		0	RA	4		14		
Sodium, Na	mg	67		0	O	4		10		
Zinc, Zn	mg	0.25		0	RA	4		0.04		
Copper, Cu	mg	0.142		0	RA	4		0.021		
Manganese, Mn	mg	0.142		0	RA	4		0.021		
Selenium, Se	µg	0.7		0	RA	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0		
Thiamin	mg	0.004		0	RA	4		0.001		
Riboflavin	mg	0.024		0	RA	4		0.004		
Niacin	mg	0.091		0	RA	4		0.014		
Pantothenic acid	mg	0.010		0	RA	4		0.001		
Vitamin B-6	mg	0.004		0	RA	4		0.001		
Folate, total	µg	1		0	RA	4		0		
Folic acid	µg	0		0	RA	4		0		
Folate, food	µg	1		0	RA	4		0		
Folate, DFE	µg	1		0	NC	4		0		
Choline, total	mg	0.5		0	RA	4		0.1		
Betaine	mg	0.0		0	RA	4		0.0		
Vitamin B-12	µg	0.00		0	RA	4		0.00		
Vitamin B-12, added	µg	0.00		0	RA	4		0.00		
Vitamin A, RAE	µg	0		0	RA	4		0		
Retinol	µg	0		0	RA	4		0		
Carotene, beta	µg	0		0	RA	4		0		
Carotene, alpha	µg	0		0	RA	4		0		
Cryptoxanthin, beta	µg	0		0	RA	4		0		
Vitamin A, IU	IU	0		0	RA	4		0		
Lycopene	µg	0		0	RA	4		0		
Lutein + zeaxanthin	µg	1		0	RA	4		0		
Vitamin E (alpha-tocopherol)	mg	1.58		0	RA	4		0.24		
Vitamin E, added	mg	0.00		0	RA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	3.3		0	RA	4		0.5		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01205
Cream substitute, flavored, liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.635		0	RA	4		0.395		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.000		0	RA	4		0.000		
10:0....g	0.000		0	RA	4		0.000		
12:0....g	0.000		0	RA	4		0.000		
13:0....g									
14:0....g	0.040		0	RA	4		0.006		
15:0....g									
16:0....g	1.955		0	RA	4		0.293		
17:0....g									
18:0....g	0.636		0	RA	4		0.095		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.002		0	RA	4		0.600		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0	RA	4		0.004		
17:1....g									
18:1 undifferentiated....g	3.976		0	RA	4		0.596		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.269		0	RA	4		0.940		
18:2 undifferentiated....g	5.905		0	RA	4		0.886		
18:3 undifferentiated....g	0.364		0	RA	4		0.055		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RA	4		0		
Phytosterols....mg	20		0	RA	4		3		
Amino Acids:									
Tryptophan....g	0.010		0	RA	4		0.002		
Threonine....g	0.027		0	RA	4		0.004		
Isoleucine....g	0.027		0	RA	4		0.004		
Leucine....g	0.042		0	RA	4		0.006		
Lysine....g	0.034		0	RA	4		0.005		
Methionine....g	0.007		0	RA	4		0.001		
Cystine....g	0.008		0	RA	4		0.001		
Phenylalanine....g	0.033		0	RA	4		0.005		
Tyrosine....g	0.026		0	RA	4		0.004		
Valine....g	0.041		0	RA	4		0.006		
Arginine....g	0.039		0	RA	4		0.006		
Histidine....g	0.012		0	RA	4		0.002		
Alanine....g	0.032		0	RA	4		0.005		
Aspartic acid....g	0.068		0	RA	4		0.010		
Glutamic acid....g	0.103		0	RA	4		0.016		
Glycine....g	0.031		0	RA	4		0.005		
Proline....g	0.029		0	RA	4		0.004		
Serine....g	0.030		0	RA	4		0.004		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	3		0	RA	4		0		

NDB No. 01205
Cream substitute, flavored, liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	100		0	RA	4		15		

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01206
Cream substitute, flavored, powdered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.52		0	RA	4		0.18		
Energy	kcal	482		0	RA	4		58		
Energy	kJ	2018		0	RA	4		242		
Protein (N x 6.38)	g	0.68		0	RA	4		0.08		
Total lipid (fat)	g	21.47		0	RA	4		2.58		
Ash	g	0.79		0	RA	4		0.09		
Carbohydrate, by difference	g	75.42		0	RA	4		9.05		
Fiber, total dietary	g	1.2		0	RA	4		0.1		
Sugars, total	g	58.01		0	RA	4		6.96		
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0	RA	4		1		
Iron, Fe	mg	0.63		0	RA	4		0.08		
Magnesium, Mg	mg	17		0	RA	4		2		
Phosphorus, P	mg	28		0	RA	4		3		
Potassium, K	mg	90		0	RA	4		11		
Sodium, Na	mg	123		0	NR	4		15		
Zinc, Zn	mg	0.23		0	RA	4		0.03		
Copper, Cu	mg	0.135		0	RA	4		0.016		
Manganese, Mn	mg	0.140		0	RA	4		0.017		
Selenium, Se	µg	1.3		0	RA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0		
Thiamin	mg	0.004		0	RA	4		0.000		
Riboflavin	mg	0.027		0	RA	4		0.003		
Niacin	mg	0.084		0	RA	4		0.010		
Pantothenic acid	mg	0.009		0	RA	4		0.001		
Vitamin B-6	mg	0.004		0	RA	4		0.000		
Folate, total	µg	1		0	RA	4		0		
Folic acid	µg	0		0	RA	4		0		
Folate, food	µg	1		0	RA	4		0		
Folate, DFE	µg	1		0	NC	4		0		
Choline, total	mg	0.5		0	RA	4		0.1		
Betaine	mg	0.0		0	RA	4		0.0		
Vitamin B-12	µg	0.00		0	RA	4		0.00		
Vitamin B-12, added	µg	0.00		0	RA	4		0.00		
Vitamin A, RAE	µg	0		0	RA	4		0		
Retinol	µg	0		0	RA	4		0		
Carotene, beta	µg	0		0	RA	4		0		
Carotene, alpha	µg	0		0	RA	4		0		
Cryptoxanthin, beta	µg	0		0	RA	4		0		
Vitamin A, IU	IU	0		0	RA	4		0		
Lycopene	µg	0		0	RA	4		0		
Lutein + zeaxanthin	µg	1		0	RA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.41		0	RA	4		0.05		
Vitamin E, added	mg	0.00		0	RA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	9.1		0	RA	4		1.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01206
Cream substitute, flavored, powdered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	19.446		0	RA	4		2.334		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.903		0	RA	4		0.108		
10:0....g	0.903		0	RA	4		0.108		
12:0....g	7.518		0	RA	4		0.902		
13:0....g									
14:0....g	3.025		0	RA	4		0.363		
15:0....g									
16:0....g	2.373		0	RA	4		0.285		
17:0....g									
18:0....g	4.742		0	RA	4		0.569		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.618		0	RA	4		0.074		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.618		0	RA	4		0.074		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.229		0	RA	4		0.027		
18:2 undifferentiated....g	0.229		0	RA	4		0.027		
18:3 undifferentiated....g	0.000		0	RA	4		0.000		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RA	4		0		
Phytosterols....mg	18		0	RA	4		2		
Amino Acids:									
Tryptophan....g	0.010		0	RA	4		0.001		
Threonine....g	0.027		0	RA	4		0.003		
Isoleucine....g	0.026		0	RA	4		0.003		
Leucine....g	0.045		0	RA	4		0.005		
Lysine....g	0.033		0	RA	4		0.004		
Methionine....g	0.008		0	RA	4		0.001		
Cystine....g	0.009		0	RA	4		0.001		
Phenylalanine....g	0.033		0	RA	4		0.004		
Tyrosine....g	0.025		0	RA	4		0.003		
Valine....g	0.040		0	RA	4		0.005		
Arginine....g	0.038		0	RA	4		0.005		
Histidine....g	0.012		0	RA	4		0.001		
Alanine....g	0.032		0	RA	4		0.004		
Aspartic acid....g	0.066		0	RA	4		0.008		
Glutamic acid....g	0.104		0	RA	4		0.013		
Glycine....g	0.030		0	RA	4		0.004		
Proline....g	0.031		0	RA	4		0.004		
Serine....g	0.029		0	RA	4		0.004		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	3		0	RA	4		0		

NDB No. 01206
Cream substitute, flavored, powdered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	92		0	RA	4		11		

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

Common Measures:

Measure 1 = 12.0g: 4 tsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 42141
Cream substitute, liquid, light

Refuse: 0%

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

NDB No. 42141
Cream substitute, liquid, light

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.896		0		1		0.269	2.168	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.018		0		4		0.005	0.044	
15:0....g									
16:0....g	0.455		0		4		0.137	1.101	
17:0....g									
18:0....g	0.424		0		4		0.127	1.026	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.030		0		1		0.609	4.913	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	2.030		0		4		0.609	4.913	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.420		0		1		0.126	1.016	
18:2 undifferentiated....g	0.399		0		4		0.120	0.966	
18:3 undifferentiated....g	0.021		0		4		0.006	0.051	
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	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 30.0g: 1 fl oz

Measure 2 = 242g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01067

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.27	1.107	11		1		11.59	23.18	185.45
Energy....kcal	136		0	NC	4		20	41	326
Energy....kJ	568		0		4		85	170	1362
Protein (N x 5.71)....g	1.00	0.118	14		1		0.15	0.30	2.40
Total lipid (fat)....g	9.97	0.276	42		1		1.50	2.99	23.93
Ash....g	0.38	0.091	6		1		0.06	0.11	0.91
Carbohydrate, by difference....g	11.38		0	NC	4		1.71	3.41	27.31
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	11.38		0	NR	4		1.71	3.41	27.31
Starch....g									
Minerals:									
Calcium, Ca....mg	9	2.463	8		1		1	3	22
Iron, Fe....mg	0.03	0.030	5		1		0.00	0.01	0.07
Magnesium, Mg....mg	0	0.333	3		1		0	0	1
Phosphorus, P....mg	64	13.333	8		1		10	19	154
Potassium, K....mg	191	39.601	6		1		29	57	457
Sodium, Na....mg	67		0	O	4		10	20	161
Zinc, Zn....mg	0.02		1		1		0.00	0.01	0.05
Copper, Cu....mg	0.000		0		1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		1		0.000	0.000	0.000
Selenium, Se....µg	1.1		0	BFNN	4		0.2	0.3	2.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.000		0		1		0.000	0.000	0.000
Riboflavin....mg	0.000		3		1		0.000	0.000	0.000
Niacin....mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		1		0.000	0.000	0.000
Folate, total....µg	0		0		1		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0		1		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	BFFN	4		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	1		0	NC	4		0	0	2
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	9		0	NR	4		1	3	22
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	15		0	NC	4		2	5	36
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.81		0	BFFN	4		0.12	0.24	1.94
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.5		0	BFFN	4		0.4	0.7	5.9
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01067

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.937		0		1		0.291	0.581	4.649
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.005	0.002	7		1		0.001	0.002	0.012
10:0....g	0.013	0.007	7		1		0.002	0.004	0.031
12:0....g	0.062	0.033	7		1		0.009	0.019	0.149
13:0....g									
14:0....g	0.019	0.006	7		1		0.003	0.006	0.046
15:0....g									
16:0....g	0.884	0.106	7		1		0.133	0.265	2.122
17:0....g									
18:0....g	0.976	0.056	7		1		0.146	0.293	2.342
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.551		0		1		1.133	2.265	18.122
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	7.559	0.243	7		1		1.134	2.268	18.142
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.027		0		1		0.004	0.008	0.065
18:2 undifferentiated....g	0.022	0.008	7		1		0.003	0.007	0.053
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg	13		0		4		2	4	31
Amino Acids:									
Tryptophan....g	0.015		0		1		0.002	0.005	0.036
Threonine....g	0.043		0		1		0.006	0.013	0.103
Isoleucine....g	0.056		0		1		0.008	0.017	0.134
Leucine....g	0.085		0		1		0.013	0.026	0.204
Lysine....g	0.068		0		1		0.010	0.020	0.163
Methionine....g	0.015		0		1		0.002	0.005	0.036
Cystine....g	0.018		0		1		0.003	0.005	0.043
Phenylalanine....g	0.055		0		1		0.008	0.017	0.132
Tyrosine....g	0.037		0		1		0.006	0.011	0.089
Valine....g	0.056		0		1		0.008	0.017	0.134
Arginine....g	0.080		0		1		0.012	0.024	0.192
Histidine....g	0.028		0		1		0.004	0.008	0.067
Alanine....g	0.047		0		1		0.007	0.014	0.113
Aspartic acid....g	0.125		0		1		0.019	0.038	0.300
Glutamic acid....g	0.201		0		1		0.030	0.060	0.482
Glycine....g	0.047		0		1		0.007	0.014	0.113
Proline....g	0.060		0		1		0.009	0.018	0.144
Serine....g	0.057		0		1		0.009	0.017	0.137
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01067

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 15.0g: 1 container, individual

Measure 2 = 30.0g: 1 fl oz

Measure 3 = 240g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01068

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

Refuse: 0%

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

NDB No. 01068

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.304		0		1		1.396	11.165	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.349	0.046	18		1		0.052	0.419	
10:0....g	0.277	0.039	18		1		0.042	0.332	
12:0....g	6.614	0.318	18		1		0.992	7.937	
13:0....g									
14:0....g	1.001	0.092	18		1		0.150	1.201	
15:0....g									
16:0....g	0.432	0.052	18		1		0.065	0.518	
17:0....g									
18:0....g	0.597	0.092	18		1		0.090	0.716	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.106		0		1		0.016	0.127	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.106	0.036	18		1		0.016	0.127	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.003		0		1		0.000	0.004	
18:2 undifferentiated....g	0.003	0.002	18		1		0.000	0.004	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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		0		1		0	0	
Phytosterols....mg	9		0		4		1	11	
Amino Acids:									
Tryptophan....g	0.014		0		1		0.002	0.017	
Threonine....g	0.042		0		1		0.006	0.050	
Isoleucine....g	0.061		0		1		0.009	0.073	
Leucine....g	0.099		0		1		0.015	0.119	
Lysine....g	0.080		0		1		0.012	0.096	
Methionine....g	0.030		0		1		0.005	0.036	
Cystine....g	0.004		0		1		0.001	0.005	
Phenylalanine....g	0.054		0		1		0.008	0.065	
Tyrosine....g	0.057		0		1		0.009	0.068	
Valine....g	0.072		0		1		0.011	0.086	
Arginine....g	0.040		0		1		0.006	0.048	
Histidine....g	0.030		0		1		0.005	0.036	
Alanine....g	0.031		0		1		0.005	0.037	
Aspartic acid....g	0.071		0		1		0.011	0.085	
Glutamic acid....g	0.227		0		1		0.034	0.272	
Glycine....g	0.020		0		1		0.003	0.024	
Proline....g	0.113		0		1		0.017	0.136	
Serine....g	0.062		0		1		0.009	0.074	
Hydroxyproline....g									

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

NDB No. 01068

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

Common Measures:

Measure 1 = 15.0g: 1 container, individual

Measure 2 = 120g: .5 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01069
Cream substitute, powdered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.21	0.137	25		1		2.08	0.04	0.07
Energy....kcal	545		0	NC	4		512	11	16
Energy....kJ	2279		0	NC	4		2142	46	68
Protein (N x 6.29)....g	4.79	0.179	26		1		4.50	0.10	0.14
Total lipid (fat)....g	35.48	0.420	40		1		33.35	0.71	1.06
Ash....g	2.64	0.091	23		1		2.48	0.05	0.08
Carbohydrate, by difference....g	54.88		0	NC	4		51.59	1.10	1.65
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	54.88		0	NR	4		51.59	1.10	1.65
Starch....g									
Minerals:									
Calcium, Ca....mg	22	3.338	16		1		21	0	1
Iron, Fe....mg	1.15	0.356	9		1		1.08	0.02	0.03
Magnesium, Mg....mg	4	1.112	8		1		4	0	0
Phosphorus, P....mg	422	29.420	19		1		397	8	13
Potassium, K....mg	812	41.384	18		1		763	16	24
Sodium, Na....mg	123		0	O	4		116	2	4
Zinc, Zn....mg	0.51		1		1		0.48	0.01	0.02
Copper, Cu....mg	0.115		0		1		0.108	0.002	0.003
Manganese, Mn....mg	0.220		0		1		0.207	0.004	0.007
Selenium, Se....µg	0.6	0.228	12	A	1		0.6	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.000		0		1		0.000	0.000	0.000
Riboflavin....mg	0.165	0.093	5		1		0.155	0.003	0.005
Niacin....mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		1		0.000	0.000	0.000
Folate, total....µg	0		0		1		0	0	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	0		0		1		0	0	0
Folate, DFE....µg	0		0	NC	4		0	0	0
Choline, total....mg	2.3	0.233	3	AS	1		2.1	0.0	0.1
Betaine....mg	0.1	0.012	3	A	1		0.1	0.0	0.0
Vitamin B-12....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	2		0	NC	4		2	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	20		0	NR	4		19	0	1
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	33		0	NC	4		31	1	1
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.59		1		1		0.55	0.01	0.02
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.47		1		1		0.44	0.01	0.01
Tocopherol, delta....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		1		1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	8.8		0	BFFN	4		8.3	0.2	0.3

NDB No. 01069
Cream substitute, powdered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	32.525		0		1		30.574	0.651	0.976
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	1.332	0.296	8		1		1.252	0.027	0.040
10:0....g	1.457	0.199	8		1		1.370	0.029	0.044
12:0....g	13.579	0.413	8		1		12.764	0.272	0.407
13:0....g									
14:0....g	5.987	0.328	8		1		5.628	0.120	0.180
15:0....g									
16:0....g	3.753	0.266	8		1		3.528	0.075	0.113
17:0....g									
18:0....g	6.339	0.931	8		1		5.959	0.127	0.190
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.968		0		1		0.910	0.019	0.029
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.969	0.163	8		1		0.911	0.019	0.029
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.014		0		1		0.013	0.000	0.000
18:2 undifferentiated....g	0.003	0.004	8		1		0.003	0.000	0.000
18:3 undifferentiated....g	0.010	0.009	8		1		0.009	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg	32		0		4		30	1	1
Amino Acids:									
Tryptophan....g	0.066		0		1		0.062	0.001	0.002
Threonine....g	0.203		0		1		0.191	0.004	0.006
Isoleucine....g	0.294		0		1		0.276	0.006	0.009
Leucine....g	0.473		0		1		0.445	0.009	0.014
Lysine....g	0.385		0		1		0.362	0.008	0.012
Methionine....g	0.145		0		1		0.136	0.003	0.004
Cystine....g	0.021		0		1		0.020	0.000	0.001
Phenylalanine....g	0.257		0		1		0.242	0.005	0.008
Tyrosine....g	0.274		0		1		0.258	0.005	0.008
Valine....g	0.343		0		1		0.322	0.007	0.010
Arginine....g	0.190		0		1		0.179	0.004	0.006
Histidine....g	0.142		0		1		0.133	0.003	0.004
Alanine....g	0.150		0		1		0.141	0.003	0.005
Aspartic acid....g	0.339		0		1		0.319	0.007	0.010
Glutamic acid....g	1.088		0		1		1.023	0.022	0.033
Glycine....g	0.096		0		1		0.090	0.002	0.003
Proline....g	0.540		0		1		0.508	0.011	0.016
Serine....g	0.295		0		1		0.277	0.006	0.009
Hydroxyproline....g									

NDB No. 01069
Cream substitute, powdered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 94g: 1 cup

Measure 2 = 2.0g: 1 tsp

Measure 3 = 3.0g: 1 packet

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 42136
Cream substitute, powdered, light

Refuse: 0%

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

NDB No. 42136
Cream substitute, powdered, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.800		0		1		3.572	0.114	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	1.115		0		4		1.048	0.033	
17:0....g									
18:0....g	2.690		0		4		2.529	0.081	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.500		0		1		10.810	0.345	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	11.500		0		4		10.810	0.345	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.198		0		1		0.186	0.006	
18:2 undifferentiated....g	0.198		0		4		0.186	0.006	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 94g: 1 cup

Measure 2 = 3.0g: 1 packet

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01049
Cream, fluid, half and half

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.57	0.233	7		1		24.33	12.09	194.98
Energy....kcal	130		0	NC	4		39	20	315
Energy....kJ	545		0	NC	4		165	82	1319
Protein (N x 6.38)....g	2.96	0.039	19		1		0.89	0.44	7.16
Total lipid (fat)....g	11.50	0.031	76		1		3.47	1.73	27.83
Ash....g	0.67		0		1		0.20	0.10	1.62
Carbohydrate, by difference....g	4.30		0	NC	4		1.30	0.65	10.41
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	4.30		0	NR	4		1.30	0.65	10.41
Starch....g									
Minerals:									
Calcium, Ca....mg	105	2.849	7		1		32	16	254
Iron, Fe....mg	0.07	0.009	4		1		0.02	0.01	0.17
Magnesium, Mg....mg	10	0.509	7		1		3	2	25
Phosphorus, P....mg	95	4.875	6		1		29	14	230
Potassium, K....mg	130	4.423	6		1		39	19	314
Sodium, Na....mg	41	1.124	7		1		12	6	98
Zinc, Zn....mg	0.51	0.067	14		1		0.15	0.08	1.23
Copper, Cu....mg	0.010		0		1		0.003	0.002	0.024
Manganese, Mn....mg	0.001		0		1		0.000	0.000	0.002
Selenium, Se....µg	1.8	0.422	11	A	1		0.5	0.3	4.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		0.3	0.1	2.1
Thiamin....mg	0.035		0		1		0.011	0.005	0.085
Riboflavin....mg	0.149		0		1		0.045	0.022	0.361
Niacin....mg	0.078		0		1		0.024	0.012	0.189
Pantothenic acid....mg	0.289		0		1		0.087	0.043	0.699
Vitamin B-6....mg	0.039		0		1		0.012	0.006	0.094
Folate, total....µg	3	0.252	3		1		1	0	6
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	3	0.252	3		1		1	0	6
Folate, DFE....µg	3		0	NC	4		1	0	6
Choline, total....mg	18.7		0	AS	1		5.6	2.8	45.3
Betaine....mg	0.7		1	A	1		0.2	0.1	1.6
Vitamin B-12....µg	0.33		0		1		0.10	0.05	0.80
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	97		0	NC	4		29	15	234
Retinol....µg	95		0	T	4		29	14	230
Carotene, beta....µg	22		0	BFFN	4		7	3	54
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	354		0	NC	4		107	53	856
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.33		0	BFFN	4		0.10	0.05	0.80
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.1	0.0	0.5
Vitamin D....IU	8		0	BFFN	4		3	1	20
Vitamin K (phylloquinone)....µg	1.3		1		1		0.4	0.2	3.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01049
Cream, fluid, half and half

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.158		0		1		2.162	1.074	17.322
4:0....g	0.373		0		1		0.113	0.056	0.903
6:0....g	0.221		0		1		0.067	0.033	0.535
8:0....g	0.129		0		1		0.039	0.019	0.312
10:0....g	0.288		0		1		0.087	0.043	0.697
12:0....g	0.323		0		1		0.098	0.048	0.782
13:0....g									
14:0....g	1.157		0		1		0.349	0.174	2.800
15:0....g									
16:0....g	3.025		0		1		0.914	0.454	7.321
17:0....g									
18:0....g	1.394		0		1		0.421	0.209	3.373
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.321		0		1		1.003	0.498	8.037
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.258		0		1		0.078	0.039	0.624
17:1....g									
18:1 undifferentiated....g	2.893		0		1		0.874	0.434	7.001
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.427		0		1		0.129	0.064	1.033
18:2 undifferentiated....g	0.260		0		1		0.079	0.039	0.629
18:3 undifferentiated....g	0.167		0		1		0.050	0.025	0.404
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	37		1		1		11	6	89
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		1		0.013	0.006	0.102
Threonine....g	0.134		0		1		0.040	0.020	0.324
Isoleucine....g	0.179		0		1		0.054	0.027	0.433
Leucine....g	0.290		0		1		0.088	0.044	0.702
Lysine....g	0.235		0		1		0.071	0.035	0.569
Methionine....g	0.074		0		1		0.022	0.011	0.179
Cystine....g	0.027		0		1		0.008	0.004	0.065
Phenylalanine....g	0.143		0		1		0.043	0.021	0.346
Tyrosine....g	0.143		0		1		0.043	0.021	0.346
Valine....g	0.198		0		1		0.060	0.030	0.479
Arginine....g	0.107		0		1		0.032	0.016	0.259
Histidine....g	0.080		0		1		0.024	0.012	0.194
Alanine....g	0.102		0		1		0.031	0.015	0.247
Aspartic acid....g	0.225		0		1		0.068	0.034	0.545
Glutamic acid....g	0.620		0		1		0.187	0.093	1.500
Glycine....g	0.063		0		1		0.019	0.009	0.152
Proline....g	0.287		0		1		0.087	0.043	0.695
Serine....g	0.161		0		1		0.049	0.024	0.390
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01049
Cream, fluid, half and half

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

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

Common Measures:

Measure 1 = 30.2g: 1 fl oz

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 242g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01053
Cream, fluid, heavy whipping

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.71	0.696	7		1		69.25	137.35	8.66
Energy....kcal	345		0	NC	4		414	821	52
Energy....kJ	1443		0	NC	4		1732	3434	216
Protein (N x 6.38)....g	2.05	0.048	11		1		2.46	4.88	0.31
Total lipid (fat)....g	37.00	0.587	10		1		44.40	88.06	5.55
Ash....g	0.45	0.015	8		1		0.54	1.07	0.07
Carbohydrate, by difference....g	2.79		0	NC	4		3.35	6.64	0.42
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	2.79		0	NR	4		3.35	6.64	0.42
Starch....g									
Minerals:									
Calcium, Ca....mg	65	6.787	3		1		78	154	10
Iron, Fe....mg	0.03		0		1		0.04	0.07	0.00
Magnesium, Mg....mg	7	1.033	3		1		8	17	1
Phosphorus, P....mg	62	1.832	4		1		75	149	9
Potassium, K....mg	75		2		1		90	179	11
Sodium, Na....mg	38	3.253	4		1		45	89	6
Zinc, Zn....mg	0.23		0		1		0.28	0.55	0.03
Copper, Cu....mg	0.006		0		1		0.007	0.014	0.001
Manganese, Mn....mg	0.001		0		1		0.001	0.002	0.000
Selenium, Se....µg	0.5		0	BFNN	4		0.6	1.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.7	1.4	0.1
Thiamin....mg	0.022	0.003	3		1		0.026	0.052	0.003
Riboflavin....mg	0.110		1		1		0.132	0.262	0.017
Niacin....mg	0.039		2		1		0.047	0.093	0.006
Pantothenic acid....mg	0.255		2		1		0.306	0.607	0.038
Vitamin B-6....mg	0.026		0		1		0.031	0.062	0.004
Folate, total....µg	4		0		1		4	9	1
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	4		0		1		4	9	1
Folate, DFE....µg	4		0	NC	4		4	9	1
Choline, total....mg	16.8		0	T	4		20.2	40.0	2.5
Betaine....mg									
Vitamin B-12....µg	0.18		1		1		0.22	0.43	0.03
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	411		0	NC	4		493	978	62
Retinol....µg	405		0	T	4		486	964	61
Carotene, beta....µg	72		0	BFFN	4		86	171	11
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	1470		0	NC	4		1764	3498	220
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	1.06		0	BFFN	4		1.27	2.52	0.16
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		0.8	1.6	0.1
Vitamin D....IU	27		0	BFFN	4		33	65	4
Vitamin K (phylloquinone)....µg	3.2		0	BFFN	4		3.8	7.6	0.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01053
Cream, fluid, heavy whipping

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	23.032		0		1		27.638	54.816	3.455
4:0....g	1.200		0		1		1.440	2.856	0.180
6:0....g	0.710		0		1		0.852	1.690	0.107
8:0....g	0.413		0		1		0.496	0.983	0.062
10:0....g	0.928		0		1		1.114	2.209	0.139
12:0....g	1.039		0		1		1.247	2.473	0.156
13:0....g									
14:0....g	3.721		0		1		4.465	8.856	0.558
15:0....g									
16:0....g	9.732		0		1		11.678	23.162	1.460
17:0....g									
18:0....g	4.484		0		1		5.381	10.672	0.673
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.686		0		1		12.823	25.433	1.603
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.829		0		1		0.995	1.973	0.124
17:1....g									
18:1 undifferentiated....g	9.308		0		1		11.170	22.153	1.396
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.374		0		1		1.649	3.270	0.206
18:2 undifferentiated....g	0.836		0		1		1.003	1.990	0.125
18:3 undifferentiated....g	0.538		0		1		0.646	1.280	0.081
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	137	2.421	4		1		165	326	21
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.035	0.069	0.004
Threonine....g	0.093		0		1		0.112	0.221	0.014
Isoleucine....g	0.124		0		1		0.149	0.295	0.019
Leucine....g	0.201		0		1		0.241	0.478	0.030
Lysine....g	0.163		0		1		0.196	0.388	0.024
Methionine....g	0.051		0		1		0.061	0.121	0.008
Cystine....g	0.019		0		1		0.023	0.045	0.003
Phenylalanine....g	0.099		0		1		0.119	0.236	0.015
Tyrosine....g	0.099		0		1		0.119	0.236	0.015
Valine....g	0.137		0		1		0.164	0.326	0.021
Arginine....g	0.074		0		1		0.089	0.176	0.011
Histidine....g	0.056		0		1		0.067	0.133	0.008
Alanine....g	0.071		0		1		0.085	0.169	0.011
Aspartic acid....g	0.156		0		1		0.187	0.371	0.023
Glutamic acid....g	0.429		0		1		0.515	1.021	0.064
Glycine....g	0.043		0		1		0.052	0.102	0.006
Proline....g	0.199		0		1		0.239	0.474	0.030
Serine....g	0.111		0		1		0.133	0.264	0.017
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01053
Cream, fluid, heavy whipping

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 120g: 1 cup, whipped

Measure 2 = 238g: 1 cup, fluid (yields 2 cups whipped)

Measure 3 = 15.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.75		10		1		22.13	11.06	177.00
Energy....kcal	195		0	NC	4		59	29	469
Energy....kJ	818		0	NC	4		245	123	1963
Protein (N x 6.38)....g	2.70	0.076	4		1		0.81	0.41	6.48
Total lipid (fat)....g	19.31	0.340	9		1		5.79	2.90	46.34
Ash....g	0.58	0.014	5		1		0.17	0.09	1.39
Carbohydrate, by difference....g	3.66		0	NC	4		1.10	0.55	8.78
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	3.66		0	NR	4		1.10	0.55	8.78
Starch....g									
Minerals:									
Calcium, Ca....mg	96	6.669	5		1		29	14	231
Iron, Fe....mg	0.04		0		1		0.01	0.01	0.10
Magnesium, Mg....mg	9	0.801	4		1		3	1	21
Phosphorus, P....mg	80	1.454	6		1		24	12	192
Potassium, K....mg	122	4.962	4		1		37	18	292
Sodium, Na....mg	40		0		1		12	6	95
Zinc, Zn....mg	0.27		1		1		0.08	0.04	0.65
Copper, Cu....mg	0.008		0		1		0.002	0.001	0.019
Manganese, Mn....mg	0.001		0		1		0.000	0.000	0.002
Selenium, Se....µg	0.6		1	A	1		0.2	0.1	1.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		0.2	0.1	1.8
Thiamin....mg	0.032	0.003	3		1		0.010	0.005	0.077
Riboflavin....mg	0.148	0.004	10		1		0.044	0.022	0.355
Niacin....mg	0.057	0.013	4		1		0.017	0.009	0.137
Pantothenic acid....mg	0.276		0		1		0.083	0.041	0.662
Vitamin B-6....mg	0.032	0.002	8		1		0.010	0.005	0.077
Folate, total....µg	2	0.116	3		1		1	0	6
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	2	0.116	3		1		1	0	6
Folate, DFE....µg	2		0	NC	4		1	0	6
Choline, total....mg	16.8		0	T	4		5.0	2.5	40.3
Betaine....mg									
Vitamin B-12....µg	0.22	0.020	3		1		0.07	0.03	0.53
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	181		0	NC	4		54	27	435
Retinol....µg	178		0	T	4		53	27	427
Carotene, beta....µg	37		0	BFFN	4		11	6	90
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	656		0	NC	4		197	98	1574
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.55		0	BFFN	4		0.17	0.08	1.33
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.1	0.1	0.9
Vitamin D....IU	14		0	BFFN	4		4	2	34
Vitamin K (phylloquinone)....µg	1.7		0	BFFN	4		0.5	0.2	4.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	12.020		0		1		3.606	1.803	28.848
4:0....g	0.626		0		1		0.188	0.094	1.502
6:0....g	0.371		0		1		0.111	0.056	0.890
8:0....g	0.216		0		1		0.065	0.032	0.518
10:0....g	0.484		0		1		0.145	0.073	1.162
12:0....g	0.542		0		1		0.163	0.081	1.301
13:0....g									
14:0....g	1.942		0		1		0.583	0.291	4.661
15:0....g									
16:0....g	5.079		0		1		1.524	0.762	12.190
17:0....g									
18:0....g	2.340		0		1		0.702	0.351	5.616
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.577		0		1		1.673	0.837	13.385
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.432		0		1		0.130	0.065	1.037
17:1....g									
18:1 undifferentiated....g	4.858		0		1		1.457	0.729	11.659
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.717		0		1		0.215	0.108	1.721
18:2 undifferentiated....g	0.436		0		1		0.131	0.065	1.046
18:3 undifferentiated....g	0.281		0		1		0.084	0.042	0.674
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	66	2.728	5		1		20	10	159
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0		1		0.011	0.006	0.091
Threonine....g	0.122		0		1		0.037	0.018	0.293
Isoleucine....g	0.163		0		1		0.049	0.024	0.391
Leucine....g	0.264		0		1		0.079	0.040	0.634
Lysine....g	0.214		0		1		0.064	0.032	0.514
Methionine....g	0.068		0		1		0.020	0.010	0.163
Cystine....g	0.025		0		1		0.008	0.004	0.060
Phenylalanine....g	0.130		0		1		0.039	0.020	0.312
Tyrosine....g	0.130		0		1		0.039	0.020	0.312
Valine....g	0.181		0		1		0.054	0.027	0.434
Arginine....g	0.098		0		1		0.029	0.015	0.235
Histidine....g	0.073		0		1		0.022	0.011	0.175
Alanine....g	0.093		0		1		0.028	0.014	0.223
Aspartic acid....g	0.205		0		1		0.062	0.031	0.492
Glutamic acid....g	0.565		0		1		0.170	0.085	1.356
Glycine....g	0.057		0		1		0.017	0.009	0.137
Proline....g	0.262		0		1		0.079	0.039	0.629
Serine....g	0.147		0		1		0.044	0.022	0.353
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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

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

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

Common Measures:

Measure 1 = 30.0g: 1 fl oz

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 240g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01052
Cream, fluid, light whipping

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.50	0.873	9		1		76.20	151.77	9.53
Energy....kcal	292		0	NC	4		351	699	44
Energy....kJ	1223		0	NC	4		1468	2923	183
Protein (N x 6.38)....g	2.17	0.046	9		1		2.60	5.19	0.33
Total lipid (fat)....g	30.91	0.498	8		1		37.09	73.87	4.64
Ash....g	0.46	0.028	5		1		0.55	1.10	0.07
Carbohydrate, by difference....g	2.96		0	NC	4		3.55	7.07	0.44
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	2.96		0	NR	4		3.55	7.07	0.44
Starch....g									
Minerals:									
Calcium, Ca....mg	69	4.267	9		1		83	166	10
Iron, Fe....mg	0.03		0		1		0.04	0.07	0.00
Magnesium, Mg....mg	7	0.337	6		1		9	17	1
Phosphorus, P....mg	61	3.359	8		1		73	146	9
Potassium, K....mg	97	7.582	8		1		116	231	15
Sodium, Na....mg	34	2.229	9		1		41	82	5
Zinc, Zn....mg	0.25		0		1		0.30	0.60	0.04
Copper, Cu....mg	0.007		0		1		0.008	0.017	0.001
Manganese, Mn....mg	0.001		0		1		0.001	0.002	0.000
Selenium, Se....µg	0.5		0	BFNN	4		0.6	1.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		0.7	1.5	0.1
Thiamin....mg	0.024	0.001	9		1		0.029	0.057	0.004
Riboflavin....mg	0.125	0.008	8		1		0.150	0.299	0.019
Niacin....mg	0.042		0		1		0.050	0.100	0.006
Pantothenic acid....mg	0.259		0		1		0.311	0.619	0.039
Vitamin B-6....mg	0.028	0.002	8		1		0.034	0.067	0.004
Folate, total....µg	4	0.265	3		1		4	9	1
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	4	0.265	3		1		4	9	1
Folate, DFE....µg	4		0	NC	4		4	9	1
Choline, total....mg	16.8		0	T	4		20.2	40.2	2.5
Betaine....mg									
Vitamin B-12....µg	0.20	0.009	6		1		0.23	0.47	0.03
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	279		0	NC	4		335	667	42
Retinol....µg	274		0	T	4		329	655	41
Carotene, beta....µg	60		0	BFFN	4		72	143	9
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	1013		0	NC	4		1216	2422	152
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.88		0	BFFN	4		1.06	2.11	0.13
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.7	1.4	0.1
Vitamin D....IU	23		0	BFFN	4		27	54	3
Vitamin K (phylloquinone)....µg	2.7		0	BFFN	4		3.2	6.4	0.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01052
Cream, fluid, light whipping

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	19.337		0		1		23.204	46.215	2.901
4:0....g	1.083		1		1		1.300	2.588	0.162
6:0....g	0.302	0.028	9		1		0.362	0.722	0.045
8:0....g	0.309	0.024	9		1		0.371	0.739	0.046
10:0....g	0.629	0.038	9		1		0.755	1.503	0.094
12:0....g	0.366	0.023	9		1		0.439	0.875	0.055
13:0....g									
14:0....g	3.290	0.191	9		1		3.948	7.863	0.494
15:0....g									
16:0....g	8.840	0.338	9		1		10.608	21.128	1.326
17:0....g									
18:0....g	3.370	0.175	9		1		4.044	8.054	0.506
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.093		0		1		10.912	21.732	1.364
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.010	0.042	9		1		1.212	2.414	0.152
17:1....g									
18:1 undifferentiated....g	7.658	0.292	9		1		9.190	18.303	1.149
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.884		0		1		1.061	2.113	0.133
18:2 undifferentiated....g	0.618	0.050	9		1		0.742	1.477	0.093
18:3 undifferentiated....g	0.266	0.015	9		1		0.319	0.636	0.040
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	111		0		1		133	265	17
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0		1		0.037	0.074	0.005
Threonine....g	0.098		0		1		0.118	0.234	0.015
Isoleucine....g	0.131		0		1		0.157	0.313	0.020
Leucine....g	0.213		0		1		0.256	0.509	0.032
Lysine....g	0.172		0		1		0.206	0.411	0.026
Methionine....g	0.054		0		1		0.065	0.129	0.008
Cystine....g	0.020		0		1		0.024	0.048	0.003
Phenylalanine....g	0.105		0		1		0.126	0.251	0.016
Tyrosine....g	0.105		0		1		0.126	0.251	0.016
Valine....g	0.145		0		1		0.174	0.347	0.022
Arginine....g	0.079		0		1		0.095	0.189	0.012
Histidine....g	0.059		0		1		0.071	0.141	0.009
Alanine....g	0.075		0		1		0.090	0.179	0.011
Aspartic acid....g	0.165		0		1		0.198	0.394	0.025
Glutamic acid....g	0.454		0		1		0.545	1.085	0.068
Glycine....g	0.046		0		1		0.055	0.110	0.007
Proline....g	0.210		0		1		0.252	0.502	0.032
Serine....g	0.118		0		1		0.142	0.282	0.018
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01052
Cream, fluid, light whipping

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 120g: 1 cup, whipped

Measure 2 = 239g: 1 cup, fluid (yields 2 cups whipped)

Measure 3 = 15.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.00		1	NC	4		24.94	416.24	
Energy....kcal	59		0	NC	4		17	286	
Energy....kJ	247		0	NC	4		72	1195	
Protein (N x 6.38)....g	2.60		1	LC	8		0.75	12.58	
Total lipid (fat)....g	1.40		1	LC	8		0.41	6.78	
Ash....g	1.00		1	NC	4		0.29	4.84	
Carbohydrate, by difference....g	9.00		1	LC	8		2.61	43.56	
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	
Sugars, total....g	5.00		1	LC	8		1.45	24.20	
Starch....g	0.00		0	Z	7		0.00	0.00	
Minerals:									
Calcium, Ca....mg	96		1	LC	8		28	465	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg	16		0	BFNN	4		5	78	
Phosphorus, P....mg	151		0	BFNN	4		44	732	
Potassium, K....mg	206		0	BFNN	4		60	997	
Sodium, Na....mg	100		0	O	4		29	484	
Zinc, Zn....mg	0.81		0	BFNN	4		0.23	3.92	
Copper, Cu....mg	0.016		0	BFNN	4		0.005	0.077	
Manganese, Mn....mg	0.002		0	BFNN	4		0.000	0.008	
Selenium, Se....µg	2.9		0	BFNN	4		0.8	13.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	LC	8		0.2	3.4	
Thiamin....mg	0.056		0	BFNN	4		0.016	0.269	
Riboflavin....mg	0.237		0	BFNN	4		0.069	1.146	
Niacin....mg	0.124		0	BFNN	4		0.036	0.600	
Pantothenic acid....mg	0.459		0	BFNN	4		0.133	2.222	
Vitamin B-6....mg	0.062		0	BFNN	4		0.018	0.300	
Folate, total....µg	4		0	NR	4		1	19	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0	BFNN	4		1	19	
Folate, DFE....µg	4		0	NC	4		1	19	
Choline, total....mg	15.0		0	AS	1		4.3	72.4	
Betaine....mg	0.7		1	A	1		0.2	3.4	
Vitamin B-12....µg	0.52		0	BFNN	4		0.15	2.53	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	12		0	NC	4		3	57	
Retinol....µg	12		0	BFFN	4		3	56	
Carotene, beta....µg	3		0	BFFN	4		1	13	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	43		0	NC	4		12	209	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0	BFFN	4		0.01	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.2		0	BFFN	4		0.0	0.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01199
Cream, half and half, 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
Lipids:									
Fatty acids, total saturated....g	0.841		0	NC	4		0.244	4.071	
4:0....g	0.045		0	BFFN	4		0.013	0.220	
6:0....g	0.027		0	BFFN	4		0.008	0.130	
8:0....g	0.016		0	BFFN	4		0.005	0.076	
10:0....g	0.035		0	BFFN	4		0.010	0.170	
12:0....g	0.039		0	BFFN	4		0.011	0.190	
13:0....g									
14:0....g	0.141		0	BFFN	4		0.041	0.682	
15:0....g									
16:0....g	0.368		0	BFFN	4		0.107	1.782	
17:0....g									
18:0....g	0.170		0	BFFN	4		0.049	0.821	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.384		0	NC	4		0.111	1.857	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0	BFFN	4		0.009	0.152	
17:1....g									
18:1 undifferentiated....g	0.352		0	BFFN	4		0.102	1.705	
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	0.052		0	NC	4		0.015	0.252	
18:2 undifferentiated....g	0.032		0	BFFN	4		0.009	0.153	
18:3 undifferentiated....g	0.020		0	BFFN	4		0.006	0.098	
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	
21:5....g									
22:4....g									
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	5		1	LC	8		1	24	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	LC	8		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 = 29g: 2 tbsp

Measure 2 = 484g: 1 pint

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01056
Cream, sour, cultured

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.46	0.968	3	A	1		8.94	171.26	
Energy....kcal	193		0	NC	4		23	445	
Energy....kJ	809		0	NC	4		97	1861	
Protein (N x 6.38)....g	2.07	0.155	3	A	1		0.25	4.76	
Total lipid (fat)....g	19.73	0.396	3	A	1		2.37	45.38	
Ash....g	0.85	0.063	3	A	1		0.10	1.97	
Carbohydrate, by difference....g	2.88		0	NC	4		0.35	6.63	
Fiber, total dietary....g	0.0	0.000	3	A	1		0.0	0.0	
Sugars, total....g	2.88		0	NR	4		0.35	6.63	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	2.88		0	NR	4		0.35	6.63	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	0.00	0.000	3	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	110	5.508	3	A	1		13	253	
Iron, Fe....mg	0.17	0.062	3	A	1		0.02	0.38	
Magnesium, Mg....mg	10	0.647	3	A	1		1	23	
Phosphorus, P....mg	115	12.323	3	A	1		14	265	
Potassium, K....mg	141	8.145	3	A	1		17	324	
Sodium, Na....mg	47		0	NR	4		6	108	
Zinc, Zn....mg	0.38	0.022	3	A	1		0.05	0.88	
Copper, Cu....mg	0.019	0.000	3	A	1		0.002	0.043	
Manganese, Mn....mg	0.011	0.000	3	A	1		0.001	0.026	
Selenium, Se....µg	2.6	0.388	3	A	1		0.3	6.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		0.1	2.0	
Thiamin....mg	0.036	0.007	3	A	1		0.004	0.082	
Riboflavin....mg	0.172	0.010	3	A	1		0.021	0.396	
Niacin....mg	0.109	0.005	3	A	1		0.013	0.251	
Pantothenic acid....mg	0.336	0.012	3	A	1		0.040	0.772	
Vitamin B-6....mg	0.057	0.012	3	A	1		0.007	0.132	
Folate, total....µg	7	1.654	3	A	1		1	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7	1.654	3	A	1		1	17	
Folate, DFE....µg	7		0	NC	4		1	17	
Choline, total....mg	19.2		0	AS	1		2.3	44.2	
Betaine....mg	0.6		2	A	1		0.1	1.4	
Vitamin B-12....µg	0.28	0.017	3	A	1		0.03	0.65	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	176		0	NC	4		21	405	
Retinol....µg	174		0	T	4		21	400	
Carotene, beta....µg	26	7.367	3	A	1		3	59	
Carotene, alpha....µg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta....µg	0	0.000	3	A	1		0	0	
Vitamin A, IU....IU	576		0	AS	1		69	1326	
Lycopene....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44	0.009	3	A	1		0.05	1.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.04	0.003	3	A	1		0.00	0.08	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.03	0.017	3	A	1		0.00	0.07	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 01056
Cream, sour, cultured

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.0	0.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	BFFN	4		0.0	0.8	
Vitamin D....IU	14		0	BFFN	4		2	33	
Vitamin K (phylloquinone)....µg	1.8	0.265	3	A	1		0.2	4.1	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.507		0	NC	4		1.381	26.467	
4:0....g	0.680		0		1		0.082	1.564	
6:0....g	0.402		0		1		0.048	0.925	
8:0....g	0.200	0.015	3	A	1		0.024	0.461	
10:0....g	0.447	0.038	3	A	1		0.054	1.027	
12:0....g	0.521	0.045	3	A	1		0.062	1.197	
13:0....g									
14:0....g	1.739	0.141	3	A	1		0.209	4.000	
15:0....g	0.167	0.013	3	A	1		0.020	0.385	
16:0....g	5.043	0.383	3	A	1		0.605	11.599	
17:0....g	0.096	0.008	3	A	1		0.012	0.221	
18:0....g	2.186	0.165	3	A	1		0.262	5.028	
20:0....g	0.026	0.002	3	A	1		0.003	0.060	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	5.068		0	NC	4		0.608	11.657	
14:1....g	0.142	0.012	3	A	1		0.017	0.327	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.298	0.027	3	A	1		0.036	0.686	
17:1....g	0.040	0.003	3	A	1		0.005	0.092	
18:1 undifferentiated....g	4.557	0.351	3	A	1		0.547	10.481	
20:1....g	0.031	0.002	3	A	1		0.004	0.072	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.840		0	NC	4		0.101	1.933	
18:2 undifferentiated....g	0.607	0.055	3	A	1		0.073	1.396	
18:3 undifferentiated....g	0.101	0.010	3	AS	1		0.012	0.232	
18:3 n-3 c,c,c (ALA)....g	0.083	0.007	3	A	1		0.010	0.192	
18:3 n-6 c,c,c....g	0.018	0.003	3	A	1		0.002	0.040	
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.032	0.003	3	A	1		0.004	0.073	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	52	0.524	3	A	1		6	121	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		0	A	1		0.004	0.081	
Threonine....g	0.120		0	A	1		0.014	0.276	
Isoleucine....g	0.138		0	A	1		0.017	0.318	
Leucine....g	0.273		0	A	1		0.033	0.627	
Lysine....g	0.233		0	A	1		0.028	0.535	
Methionine....g	0.066		0	A	1		0.008	0.152	
Cystine....g	0.025		0	A	1		0.003	0.057	

NDB No. 01056
Cream, sour, cultured

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.133		0	A	1		0.016	0.307	
Tyrosine....g	0.129		0	A	1		0.015	0.296	
Valine....g	0.165		0	A	1		0.020	0.380	
Arginine....g	0.099		0	A	1		0.012	0.227	
Histidine....g	0.078		0	A	1		0.009	0.180	
Alanine....g	0.098		0	A	1		0.012	0.226	
Aspartic acid....g	0.222		0	A	1		0.027	0.511	
Glutamic acid....g	0.570		0	A	1		0.068	1.311	
Glycine....g	0.064		0	A	1		0.008	0.148	
Proline....g	0.262		0	A	1		0.031	0.604	
Serine....g	0.161		0	A	1		0.019	0.371	
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 = 12.0g: 1 tbsp

Measure 2 = 230g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.14		0		1		12.02	193.94	
Energy....kcal	135		0	NC	4		20	326	
Energy....kJ	563		0	NC	4		84	1362	
Protein (N x 6.38)....g	2.94		0		1		0.44	7.11	
Total lipid (fat)....g	12.00		0		1		1.80	29.04	
Ash....g	0.66		0		1		0.10	1.60	
Carbohydrate, by difference....g	4.26		0	NC	4		0.64	10.31	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.16		0	BFNN	4		0.02	0.38	
Starch....g									
Minerals:									
Calcium, Ca....mg	104		0		1		16	253	
Iron, Fe....mg	0.07		0		1		0.01	0.17	
Magnesium, Mg....mg	10		0		1		2	24	
Phosphorus, P....mg	95		0		1		14	229	
Potassium, K....mg	129		0		1		19	312	
Sodium, Na....mg	89		0	O	4		13	215	
Zinc, Zn....mg	0.50		0		1		0.08	1.21	
Copper, Cu....mg	0.016		0		1		0.002	0.039	
Manganese, Mn....mg	0.003		0		1		0.000	0.007	
Selenium, Se....µg	2.1		0	BFNN	4		0.3	5.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		0.1	2.1	
Thiamin....mg	0.035		0		1		0.005	0.085	
Riboflavin....mg	0.149		0		1		0.022	0.361	
Niacin....mg	0.067		0		1		0.010	0.162	
Pantothenic acid....mg	0.363		0		1		0.054	0.878	
Vitamin B-6....mg	0.016		0		1		0.002	0.039	
Folate, total....µg	11		0		1		2	26	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		1		2	26	
Folate, DFE....µg	11		0	NC	4		2	26	
Choline, total....mg	19.2		0	T	4		2.9	46.5	
Betaine....mg									
Vitamin B-12....µg	0.30		0		1		0.05	0.73	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	102		0	NC	4		15	247	
Retinol....µg	100		0	T	4		15	242	
Carotene, beta....µg	23		0	BFFN	4		3	56	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	372		0	NC	4		56	901	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.34		0	BFFN	4		0.05	0.83	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.0	0.5	
Vitamin D....IU	9		0	BFFN	4		1	21	
Vitamin K (phylloquinone)....µg	0.6		0	BFFN	4		0.1	1.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.470		0		1		1.121	18.077	
4:0....g	0.389		0		1		0.058	0.941	
6:0....g	0.230		0		1		0.035	0.557	
8:0....g	0.134		0		1		0.020	0.324	
10:0....g	0.301		0		1		0.045	0.728	
12:0....g	0.337		0		1		0.051	0.816	
13:0....g									
14:0....g	1.207		0		1		0.181	2.921	
15:0....g									
16:0....g	3.156		0		1		0.473	7.638	
17:0....g									
18:0....g	1.454		0		1		0.218	3.519	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.466		0		1		0.520	8.388	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.269		0		1		0.040	0.651	
17:1....g									
18:1 undifferentiated....g	3.019		0		1		0.453	7.306	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.446		0		1		0.067	1.079	
18:2 undifferentiated....g	0.271		0		1		0.041	0.656	
18:3 undifferentiated....g	0.175		0		1		0.026	0.424	
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	
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	39		0		1		6	93	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0		4		0.006	0.099	
Threonine....g	0.133		0		4		0.020	0.322	
Isoleucine....g	0.178		0		4		0.027	0.431	
Leucine....g	0.288		0		4		0.043	0.697	
Lysine....g	0.233		0		4		0.035	0.564	
Methionine....g	0.074		0		4		0.011	0.179	
Cystine....g	0.027		0		4		0.004	0.065	
Phenylalanine....g	0.142		0		4		0.021	0.344	
Tyrosine....g	0.142		0		4		0.021	0.344	
Valine....g	0.197		0		4		0.030	0.477	
Arginine....g	0.106		0		4		0.016	0.257	
Histidine....g	0.080		0		4		0.012	0.194	
Alanine....g	0.101		0		4		0.015	0.244	
Aspartic acid....g	0.223		0		4		0.033	0.540	
Glutamic acid....g	0.616		0		4		0.092	1.491	
Glycine....g	0.063		0		4		0.009	0.152	
Proline....g	0.285		0		4		0.043	0.690	
Serine....g	0.160		0		4		0.024	0.387	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 15.0g: 1 tbsp

Measure 2 = 242g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.33	1.676	3		1		36.80	1.84	
Energy....kcal	257		0	NC	4		154	8	
Energy....kJ	1077		0	NC	4		646	32	
Protein (N x 6.38)....g	3.20	0.458	3		1		1.92	0.10	
Total lipid (fat)....g	22.22	1.936	3		1		13.33	0.67	
Ash....g	0.76	0.134	3		1		0.46	0.02	
Carbohydrate, by difference....g	12.49		0	NC	4		7.49	0.37	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	8.00		0	NR	4		4.80	0.24	
Starch....g									
Minerals:									
Calcium, Ca....mg	101	10.536	3		1		61	3	
Iron, Fe....mg	0.05		0		1		0.03	0.00	
Magnesium, Mg....mg	11		0		1		6	0	
Phosphorus, P....mg	89	15.070	3		1		54	3	
Potassium, K....mg	147		0		1		88	4	
Sodium, Na....mg	8		0	O	4		5	0	
Zinc, Zn....mg	0.37		0		1		0.22	0.01	
Copper, Cu....mg	0.010		0		1		0.006	0.000	
Manganese, Mn....mg	0.001		0		1		0.001	0.000	
Selenium, Se....µg	1.4		0	BFNN	4		0.8	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.037		0		1		0.022	0.001	
Riboflavin....mg	0.065		2		1		0.039	0.002	
Niacin....mg	0.070		0		1		0.042	0.002	
Pantothenic acid....mg	0.305		0		1		0.183	0.009	
Vitamin B-6....mg	0.041		0		1		0.025	0.001	
Folate, total....µg	3		0		4		2	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		4		2	0	
Folate, DFE....µg	3		0	NC	4		2	0	
Choline, total....mg	16.8		0	T	4		10.1	0.5	
Betaine....mg									
Vitamin B-12....µg	0.29		0		1		0.18	0.01	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	188		0	NC	4		113	6	
Retinol....µg	184		0	T	4		110	6	
Carotene, beta....µg	43		0	BFFN	4		26	1	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	685		0	NC	4		411	21	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.64		0	BFFN	4		0.38	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.4		0	AS	1		0.2	0.0	
Vitamin D....IU	16		0	BFFN	4		10	0	
Vitamin K (phylloquinone)....µg	1.9		0	BFFN	4		1.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	13.831		0		1		8.299	0.415	
4:0....g	0.721		0		1		0.433	0.022	
6:0....g	0.427		0		1		0.256	0.013	
8:0....g	0.248		0		1		0.149	0.007	
10:0....g	0.557		0		1		0.334	0.017	
12:0....g	0.624		0		1		0.374	0.019	
13:0....g									
14:0....g	2.235		0		1		1.341	0.067	
15:0....g									
16:0....g	5.844		0		1		3.506	0.175	
17:0....g									
18:0....g	2.693		0		1		1.616	0.081	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.418		0		1		3.851	0.193	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.498		0		1		0.299	0.015	
17:1....g									
18:1 undifferentiated....g	5.590		0		1		3.354	0.168	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.825		0		1		0.495	0.025	
18:2 undifferentiated....g	0.502		0		1		0.301	0.015	
18:3 undifferentiated....g	0.323		0		1		0.194	0.010	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	76		0		1		46	2	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.045		0		1		0.027	0.001	
Threonine....g	0.144		0		1		0.086	0.004	
Isoleucine....g	0.194		0		1		0.116	0.006	
Leucine....g	0.313		0		1		0.188	0.009	
Lysine....g	0.254		0		1		0.152	0.008	
Methionine....g	0.080		0		1		0.048	0.002	
Cystine....g	0.030		0		1		0.018	0.001	
Phenylalanine....g	0.154		0		1		0.092	0.005	
Tyrosine....g	0.154		0		1		0.092	0.005	
Valine....g	0.214		0		1		0.128	0.006	
Arginine....g	0.116		0		1		0.070	0.003	
Histidine....g	0.087		0		1		0.052	0.003	
Alanine....g	0.110		0		1		0.066	0.003	
Aspartic acid....g	0.243		0		1		0.146	0.007	
Glutamic acid....g	0.670		0		1		0.402	0.020	
Glycine....g	0.068		0		1		0.041	0.002	
Proline....g	0.310		0		1		0.186	0.009	
Serine....g	0.174		0		1		0.104	0.005	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 60g: 1 cup

Measure 2 = 3.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01252

Dairy, Cheese product, pasteurized process, American, vitamin D fortified

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.79	0.214	10	A	1		8.32	9.20	
Energy....kcal	308		0	NC	4		58	65	
Energy....kJ	1287		0	NC	4		245	270	
Protein....g	17.62	0.121	10	A	1		3.35	3.70	
Total lipid (fat)....g	22.49	0.094	10	A	1		4.27	4.72	
Ash....g	7.40	0.057	10	A	1		1.41	1.55	
Carbohydrate, by difference....g	8.70		0	NC	4		1.65	1.83	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	6.47	0.174	4	A	1		1.23	1.36	
Sucrose....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00	0.00	
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose....g	6.30	0.138	4	A	1		1.20	1.32	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.16	0.037	4	A	1		0.03	0.03	
Starch....g									
Minerals:									
Calcium, Ca....mg	1652	32.492	10	A	1		314	347	
Iron, Fe....mg	1.11	0.037	10	A	1		0.21	0.23	
Magnesium, Mg....mg	33	0.516	10	A	1		6	7	
Phosphorus, P....mg	948	13.644	10	A	1		180	199	
Potassium, K....mg	264	4.942	10	A	1		50	56	
Sodium, Na....mg	1304	15.272	10	A	1		248	274	
Zinc, Zn....mg	2.21	0.044	10	A	1		0.42	0.46	
Copper, Cu....mg	0.037	0.004	10	A	1		0.007	0.008	
Manganese, Mn....mg	0.057	0.001	10	A	1		0.011	0.012	
Selenium, Se....µg	17.3		2	A	1		3.3	3.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.040		2	A	1		0.008	0.008	
Riboflavin....mg	0.387	0.018	4	A	1		0.074	0.081	
Niacin....mg	0.170		1	A	1		0.032	0.036	
Pantothenic acid....mg	0.544		2	A	1		0.103	0.114	
Vitamin B-6....mg	0.124		1	A	1		0.024	0.026	
Folate, total....µg	18		0	BFZN	4		3	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0	BFZN	4		3	4	
Folate, DFE....µg	18		0	NC	4		3	4	
Choline, total....mg	35.8		0	AS	1		6.8	7.5	
Betaine....mg	1.2		1	A	1		0.2	0.3	
Vitamin B-12....µg	1.49	0.029	3	A	1		0.28	0.31	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	257		0	AS	1		49	54	
Retinol....µg	230		2	A	1		44	48	
Carotene, beta....µg	307		2	A	1		58	64	
Carotene, alpha....µg	0		2	A	1		0	0	
Cryptoxanthin, beta....µg	21		2	A	1		4	4	
Vitamin A, IU....IU	1297		0	AS	1		246	272	
Lycopene....µg	0		2	A	1		0	0	
Lutein + zeaxanthin....µg	60		2	A	1		11	13	
Vitamin E (alpha-tocopherol)....mg	1.13		2	A	1		0.22	0.24	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.04		2	A	1		0.01	0.01	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.01		2	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.01		2	A	1		0.00	0.00	

NDB No. 01252

Dairy, Cheese product, pasteurized process, American, vitamin D fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.01		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	6.9		2	AS	1		1.3	1.4	
Vitamin D2 (ergocalciferol)....µg	0.0		2	A	1		0.0	0.0	
Vitamin D3 (cholecalciferol)....µg	6.9		2	A	1		1.3	1.4	
Vitamin D....IU	274		2	A	1		52	58	
Vitamin K (phylloquinone)....µg	2.9		2	A	1		0.6	0.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg	4.7		2	A	1		0.9	1.0	
Lipids:									
Fatty acids, total saturated....g	13.248		0	NC	4		2.517	2.782	
4:0....g	0.461	0.005	4	A	1		0.088	0.097	
6:0....g	0.376	0.003	4	A	1		0.071	0.079	
8:0....g	0.257	0.003	4	A	1		0.049	0.054	
10:0....g	0.590	0.011	4	A	1		0.112	0.124	
12:0....g	0.662	0.007	4	A	1		0.126	0.139	
13:0....g									
14:0....g	2.149	0.012	4	A	1		0.408	0.451	
15:0....g	0.232	0.003	4	A	1		0.044	0.049	
16:0....g	5.911	0.027	4	A	1		1.123	1.241	
17:0....g	0.142	0.001	4	A	1		0.027	0.030	
18:0....g	2.399	0.007	4	A	1		0.456	0.504	
20:0....g	0.034	0.001	4	A	1		0.006	0.007	
22:0....g	0.015	0.000	4	A	1		0.003	0.003	
24:0....g	0.007	0.001	4	A	1		0.001	0.001	
Fatty acids, total monounsaturated....g	6.151		0	NC	4		1.169	1.292	
14:1....g	0.171	0.001	4	A	1		0.033	0.036	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.366	0.007	4	AS	1		0.070	0.077	
16:1 c....g	0.287	0.007	4	A	1		0.055	0.060	
16:1 t....g	0.079	0.001	4	A	1		0.015	0.016	
17:1....g	0.047	0.001	4	A	1		0.009	0.010	
18:1 undifferentiated....g	5.400	0.004	4	AS	1		1.026	1.134	
18:1 c....g	4.764	0.008	4	A	1		0.905	1.000	
18:1 t....g	0.636	0.007	4	A	1		0.121	0.134	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.165	0.003	4	A	1		0.031	0.035	
22:1 undifferentiated....g	0.001	0.001	4	AS	1		0.000	0.000	
22:1 c....g	0.001	0.001	4	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.955		0	NC	4		0.182	0.201	
18:2 undifferentiated....g	0.744	0.016	4	AS	1		0.141	0.156	
18:2 n-6 c,c....g	0.580	0.007	4	A	1		0.110	0.122	
18:2 CLAs....g	0.015	0.002	4	A	1		0.003	0.003	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.149	0.007	4	A	1		0.028	0.031	
18:3 undifferentiated....g	0.104	0.002	4	AS	1		0.020	0.022	
18:3 n-3 c,c,c (ALA)....g	0.103	0.001	4	A	1		0.020	0.022	
18:3 n-6 c,c,c....g	0.001	0.001	4	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.006	0.000	4	A	1		0.001	0.001	
20:2 n-6 c,c....g	0.006	0.000	4	A	1		0.001	0.001	
20:3 undifferentiated....g	0.026	0.001	4	AS	1		0.005	0.006	
20:3 n-3....g	0.002	0.001	4	A	1		0.000	0.000	
20:3 n-6....g	0.025	0.000	4	A	1		0.005	0.005	
20:4 undifferentiated....g	0.030	0.003	4	A	1		0.006	0.006	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.009	0.000	4	A	1		0.002	0.002	
21:5....g									
22:4....g	0.006	0.001	4	A	1		0.001	0.001	
22:5 n-3 (DPA)....g	0.015	0.000	4	A	1		0.003	0.003	

NDB No. 01252

Dairy, Cheese product, pasteurized process, American, vitamin D fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.004	0.001	4	A	1		0.001	0.001	
Fatty acids, total trans....g	0.863		0	NC	4		0.164	0.181	
Fatty acids, total trans-monoenoic....g	0.715		0	NC	4		0.136	0.150	
Fatty acids, total trans-polyenoic....g	0.149		0	NC	4		0.028	0.031	
Cholesterol....mg	76		2	A	1		14	16	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 19g: 1 slice 2/3 oz.

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01070
Dessert topping, powdered

Refuse: 0%

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

NDB No. 01070
Dessert topping, powdered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	36.723		0		1		15.791	0.477	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.669	0.454	3		1		0.288	0.009	
10:0....g	0.964	0.341	3		1		0.415	0.013	
12:0....g	14.507	1.050	3		1		6.238	0.189	
13:0....g									
14:0....g	5.746	0.296	3		1		2.471	0.075	
15:0....g									
16:0....g	5.429	0.268	3		1		2.334	0.071	
17:0....g									
18:0....g	9.408	0.538	3		1		4.045	0.122	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.600		0		1		0.258	0.008	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.600	0.351	3		1		0.258	0.008	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.447		0		1		0.192	0.006	
18:2 undifferentiated....g	0.447	0.105	3		1		0.192	0.006	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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		0		1		0	0	
Phytosterols....mg	36		0		4		15	0	
Amino Acids:									
Tryptophan....g	0.068		0		1		0.029	0.001	
Threonine....g	0.207		0		1		0.089	0.003	
Isoleucine....g	0.301		0		1		0.129	0.004	
Leucine....g	0.484		0		1		0.208	0.006	
Lysine....g	0.394		0		1		0.169	0.005	
Methionine....g	0.149		0		1		0.064	0.002	
Cystine....g	0.021		0		1		0.009	0.000	
Phenylalanine....g	0.263		0		1		0.113	0.003	
Tyrosine....g	0.280		0		1		0.120	0.004	
Valine....g	0.351		0		1		0.151	0.005	
Arginine....g	0.194		0		1		0.083	0.003	
Histidine....g	0.145		0		1		0.062	0.002	
Alanine....g	0.153		0		1		0.066	0.002	
Aspartic acid....g	0.347		0		1		0.149	0.005	
Glutamic acid....g	1.113		0		1		0.479	0.014	
Glycine....g	0.098		0		1		0.042	0.001	
Proline....g	0.552		0		1		0.237	0.007	
Serine....g	0.301		0		1		0.129	0.004	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01070
Dessert topping, powdered

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

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01071

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.74		0	RPA	1		52.59	2.63	105.18
Energy....kcal	194		0	RPI	6		155	8	310
Energy....kJ	811		0	RPI	6		649	32	1298
Protein (N x 6.35)....g	3.61		0	RPA	1		2.88	0.14	5.77
Total lipid (fat)....g	12.72		0	RPI	6		10.18	0.51	20.36
Ash....g	0.80		0	RPA	1		0.64	0.03	1.28
Carbohydrate, by difference....g	17.13		0	RPI	6		13.71	0.69	27.41
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	0.0
Sugars, total....g	17.13		0	NR	4		13.71	0.69	27.41
Sucrose....g	13.38		0	NR	4		10.71	0.54	21.42
Glucose (dextrose)....g	0.00		0	RPA	1		0.00	0.00	0.00
Fructose....g	0.00		0	RPA	1		0.00	0.00	0.00
Lactose....g	3.75		0	RPA	1		3.00	0.15	6.00
Maltose....g	0.00		0	RPA	1		0.00	0.00	0.00
Galactose....g	0.00		0	RPA	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	90		0		1		72	4	144
Iron, Fe....mg	0.04		0		1		0.03	0.00	0.06
Magnesium, Mg....mg	10		0		1		8	0	15
Phosphorus, P....mg	86		0		1		69	3	137
Potassium, K....mg	151		0		1		121	6	241
Sodium, Na....mg	66		0		1		53	3	105
Zinc, Zn....mg	0.27		0		1		0.22	0.01	0.43
Copper, Cu....mg	0.012		0		1		0.010	0.000	0.019
Manganese, Mn....mg	0.005		0		1		0.004	0.000	0.008
Selenium, Se....µg	4.8		0	BFNN	4		3.8	0.2	7.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		0.5	0.0	1.1
Thiamin....mg	0.027		0		1		0.022	0.001	0.043
Riboflavin....mg	0.117		0		1		0.094	0.005	0.187
Niacin....mg	0.060		0		1		0.048	0.002	0.096
Pantothenic acid....mg	0.226		0		1		0.181	0.009	0.362
Vitamin B-6....mg	0.030		0		1		0.024	0.001	0.048
Folate, total....µg	4		0		1		3	0	6
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	4		0		1		3	0	6
Folate, DFE....µg	4		0	NC	4		3	0	6
Choline, total....mg	10.6		0	RPI	6		8.5	0.4	17.0
Betaine....mg	0.5		0	RPA	1		0.4	0.0	0.7
Vitamin B-12....µg	0.26		0		1		0.21	0.01	0.41
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin A, RAE....µg	34		0	NC	4		27	1	54
Retinol....µg	34		0	RPI	6		27	1	54
Carotene, beta....µg	5		0	RPI	6		4	0	8
Carotene, alpha....µg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	0
Vitamin A, IU....IU	120		0	NC	4		96	5	192
Lycopene....µg	0		0	RPI	6		0	0	0
Lutein + zeaxanthin....µg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.45		0	RPI	6		0.36	0.02	0.71
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	RPA	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	RPA	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	RPA	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00		0	RPA	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00		0	RPA	1		0.00	0.00	0.00

NDB No. 01071

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RPA	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		0	RPA	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.9		0	RPI	6		0.8	0.0	1.5
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.9		0	RPI	6		0.8	0.0	1.5
Vitamin D....IU	38		0	RPI	6		30	2	61
Vitamin K (phylloquinone)....µg	2.7		0	RPI	6		2.2	0.1	4.4
Dihydrophylloquinone....µg	0.0		0	RPA	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.684		0		1		8.547	0.427	17.094
4:0....g	0.077		0		1		0.062	0.003	0.123
6:0....g	0.046		0		1		0.037	0.002	0.074
8:0....g	0.194		0		1		0.155	0.008	0.310
10:0....g	0.302		0		1		0.242	0.012	0.483
12:0....g	3.704		0		1		2.963	0.148	5.926
13:0....g									
14:0....g	1.682		0		1		1.346	0.067	2.691
15:0....g									
16:0....g	1.993		0		1		1.594	0.080	3.189
17:0....g									
18:0....g	2.650		0		1		2.120	0.106	4.240
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.843		0		1		0.674	0.034	1.349
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.053		0		1		0.042	0.002	0.085
17:1....g									
18:1 undifferentiated....g	0.754		0		1		0.603	0.030	1.206
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.201		0		1		0.161	0.008	0.322
18:2 undifferentiated....g	0.166		0		1		0.133	0.007	0.266
18:3 undifferentiated....g	0.034		0		1		0.027	0.001	0.054
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	10		0		1		8	0	16
Phytosterols....mg	0		1		1		0	0	0
Amino Acids:									
Tryptophan....g	0.072		0	RPA	1		0.057	0.003	0.115
Threonine....g	0.157		0	RPA	1		0.126	0.006	0.252
Isoleucine....g	0.198		0	RPA	1		0.158	0.008	0.316
Leucine....g	0.318		0	RPA	1		0.254	0.013	0.508
Lysine....g	0.204		0	RPA	1		0.163	0.008	0.326
Methionine....g	0.093		0	RPA	1		0.074	0.004	0.148
Cystine....g	0.018		0	RPA	1		0.014	0.001	0.028
Phenylalanine....g	0.175		0	RPA	1		0.140	0.007	0.279
Tyrosine....g	0.182		0	RPA	1		0.146	0.007	0.292
Valine....g	0.230		0	RPA	1		0.184	0.009	0.368
Arginine....g	0.104		0	RPA	1		0.084	0.004	0.167
Histidine....g	0.092		0	RPA	1		0.073	0.004	0.147
Alanine....g	0.114		0	RPA	1		0.091	0.005	0.183

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.262		0	RPA	1		0.210	0.010	0.419
Glutamic acid.....g	0.758		0	RPA	1		0.606	0.030	1.213
Glycine.....g	0.080		0	RPA	1		0.064	0.003	0.127
Proline.....g	0.391		0	RPA	1		0.313	0.016	0.625
Serine.....g	0.155		0	RPA	1		0.124	0.006	0.248
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	0		0	RPI	6		0	0	0
Theobromine.....mg	0		0	RPI	6		0	0	0

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

Common Measures:

Measure 1 = 80g: 1 cup

Measure 2 = 4.0g: 1 tbsp

Measure 3 = 160g: 1 package yields

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01072
Dessert topping, pressurized

Refuse: 0%

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

NDB No. 01072
Dessert topping, pressurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	18.912		0		1		13.238	0.756	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.449	0.031	3		1		0.314	0.018	
10:0....g	0.642	0.060	3		1		0.449	0.026	
12:0....g	8.014	1.076	3		1		5.610	0.321	
13:0....g									
14:0....g	3.246	0.431	3		1		2.272	0.130	
15:0....g									
16:0....g	2.408	0.201	3		1		1.686	0.096	
17:0....g									
18:0....g	4.166	0.680	3		1		2.916	0.167	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.927		0		1		1.349	0.077	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.929	1.457	3		1		1.350	0.077	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.241		0		1		0.169	0.010	
18:2 undifferentiated....g	0.241	0.192	3		1		0.169	0.010	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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		1		0	0	
Phytosterols....mg	20		0		4		14	1	
Amino Acids:									
Tryptophan....g	0.014		0		1		0.010	0.001	
Threonine....g	0.041		0		1		0.029	0.002	
Isoleucine....g	0.060		0		1		0.042	0.002	
Leucine....g	0.097		0		1		0.068	0.004	
Lysine....g	0.079		0		1		0.055	0.003	
Methionine....g	0.030		0		1		0.021	0.001	
Cystine....g	0.004		0		1		0.003	0.000	
Phenylalanine....g	0.053		0		1		0.037	0.002	
Tyrosine....g	0.056		0		1		0.039	0.002	
Valine....g	0.070		0		1		0.049	0.003	
Arginine....g	0.039		0		1		0.027	0.002	
Histidine....g	0.029		0		1		0.020	0.001	
Alanine....g	0.031		0		1		0.022	0.001	
Aspartic acid....g	0.069		0		1		0.048	0.003	
Glutamic acid....g	0.223		0		1		0.156	0.009	
Glycine....g	0.020		0		1		0.014	0.001	
Proline....g	0.110		0		1		0.077	0.004	
Serine....g	0.060		0		1		0.042	0.002	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01072
Dessert topping, pressurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 70g: 1 cup

Measure 2 = 4.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01073
Dessert topping, semi solid, frozen

Refuse: 0%

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

NDB No. 01073
Dessert topping, semi solid, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	21.783		0		1		16.337	0.871	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.638		2		1		0.479	0.026	
10:0....g	0.905		2		1		0.679	0.036	
12:0....g	8.836		2		1		6.627	0.353	
13:0....g									
14:0....g	3.756		2		1		2.817	0.150	
15:0....g									
16:0....g	3.092		2		1		2.319	0.124	
17:0....g									
18:0....g	4.580		2		1		3.435	0.183	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.616		0		1		1.212	0.065	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.241		2		1		0.181	0.010	
17:1....g									
18:1 undifferentiated....g	1.375		2		1		1.031	0.055	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.523		0		1		0.392	0.021	
18:2 undifferentiated....g	0.305		2		1		0.229	0.012	
18:3 undifferentiated....g	0.218		2		1		0.164	0.009	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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		0		1		0	0	
Phytosterols....mg	23		0		4		17	1	
Amino Acids:									
Tryptophan....g	0.017		0		1		0.013	0.001	
Threonine....g	0.053		0		1		0.040	0.002	
Isoleucine....g	0.077		0		1		0.058	0.003	
Leucine....g	0.123		0		1		0.092	0.005	
Lysine....g	0.101		0		1		0.076	0.004	
Methionine....g	0.038		0		1		0.029	0.002	
Cystine....g	0.005		0		1		0.004	0.000	
Phenylalanine....g	0.067		0		1		0.050	0.003	
Tyrosine....g	0.072		0		1		0.054	0.003	
Valine....g	0.089		0		1		0.067	0.004	
Arginine....g	0.049		0		1		0.037	0.002	
Histidine....g	0.037		0		1		0.028	0.001	
Alanine....g	0.039		0		1		0.029	0.002	
Aspartic acid....g	0.088		0		1		0.066	0.004	
Glutamic acid....g	0.284		0		1		0.213	0.011	
Glycine....g	0.025		0		1		0.019	0.001	
Proline....g	0.141		0		1		0.106	0.006	
Serine....g	0.077		0		1		0.058	0.003	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01073
Dessert topping, semi solid, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 75g: 1 cup

Measure 2 = 4.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01225
Dulce de Leche

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	28.71	1.068	4	A	1		5.45		
Energy....kcal	315		0	NC	4		60		
Energy....kJ	1318		0	NC	4		250		
Protein....g	6.84	0.379	4	A	1		1.30		
Total lipid (fat)....g	7.35	0.278	4	A	1		1.40		
Ash....g	1.74	0.127	4	A	1		0.33		
Carbohydrate, by difference....g	55.35		0	NC	4		10.52		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g	49.74	0.360	4	A	1		9.45		
Sucrose....g	41.77	0.471	4	A	1		7.94		
Glucose (dextrose)....g	1.70	0.303	4	A	1		0.32		
Fructose....g	0.32	0.037	4	A	1		0.06		
Lactose....g	4.92	0.829	4	A	1		0.93		
Maltose....g	0.00	0.000	4	A	1		0.00		
Galactose....g	1.03	0.155	4	A	1		0.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	251	15.911	4	A	1		48		
Iron, Fe....mg	0.17	0.015	4	A	1		0.03		
Magnesium, Mg....mg	22	1.163	4	A	1		4		
Phosphorus, P....mg	193	12.230	4	A	1		37		
Potassium, K....mg	350	27.959	4	A	1		66		
Sodium, Na....mg	129	11.877	4	A	1		25		
Zinc, Zn....mg	0.79	0.037	4	A	1		0.15		
Copper, Cu....mg	0.004	0.000	4	A	1		0.001		
Manganese, Mn....mg	0.002	0.000	4	A	1		0.000		
Selenium, Se....µg	2.7	0.525	4	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.6		0	BFZN	4		0.5		
Thiamin....mg	0.016	0.001	4	A	1		0.003		
Riboflavin....mg	0.405	0.017	4	A	1		0.077		
Niacin....mg	0.210	0.010	4	A	1		0.040		
Pantothenic acid....mg	0.835		2	A	1		0.159		
Vitamin B-6....mg	0.016	0.001	4	A	1		0.003		
Folate, total....µg	11		0	BFZN	4		2		
Folic acid....µg	0		0	BFZN	4		0		
Folate, food....µg	11		0	BFZN	4		2		
Folate, DFE....µg	11		0	NC	4		2		
Choline, total....mg	89.1		0	BFZN	4		16.9		
Betaine....mg									
Vitamin B-12....µg	0.31	0.055	4	A	1		0.06		
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....µg	74		0	BFZN	4		14		
Retinol....µg	73		0	BFZN	4		14		
Carotene, beta....µg	14		0	BFZN	4		3		
Carotene, alpha....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta....µg	0		0	BFZN	4		0		
Vitamin A, IU....IU	267		0	NC	4		51		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.20		1	A	1		0.04		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.00		1	A	1		0.00		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha....mg	0.00		1	A	1		0.00		
Tocotrienol, beta....mg	0.00		1	A	1		0.00		

NDB No. 01225
Dulce de Leche

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.2		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	BFZN	4		0.0		
Vitamin D....IU	6		0	BFZN	4		1		
Vitamin K (phylloquinone)....µg	1.3		1	A	1		0.2		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg	4.2		1	A	1		0.8		
Lipids:									
Fatty acids, total saturated....g	4.534		0	NC	4		0.862		
4:0....g	0.176	0.003	4	A	1		0.033		
6:0....g	0.135	0.004	4	A	1		0.026		
8:0....g	0.082	0.004	4	A	1		0.016		
10:0....g	0.207	0.011	4	A	1		0.039		
12:0....g	0.211	0.013	4	A	1		0.040		
13:0....g									
14:0....g	0.750	0.023	4	A	1		0.143		
15:0....g	0.084	0.002	4	A	1		0.016		
16:0....g	2.007	0.041	4	A	1		0.381		
17:0....g	0.052	0.000	4	A	1		0.010		
18:0....g	0.805	0.007	4	A	1		0.153		
20:0....g	0.013	0.001	4	A	1		0.002		
22:0....g	0.005	0.001	4	A	1		0.001		
24:0....g	0.004	0.000	4	A	1		0.001		
Fatty acids, total monounsaturated....g	2.143		0	NC	4		0.407		
14:1....g	0.068	0.003	4	A	1		0.013		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.163	0.003	4	AS	1		0.031		
16:1 c....g	0.126	0.003	4	A	1		0.024		
16:1 t....g	0.036	0.001	4	A	1		0.007		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	1.895	0.039	4	AS	1		0.360		
18:1 c....g	1.640	0.023	4	A	1		0.312		
18:1 t....g	0.255	0.020	4	A	1		0.048		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.017	0.001	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	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.375		0	NC	4		0.071		
18:2 undifferentiated....g	0.288	0.015	4	AS	1		0.055		
18:2 n-6 c,c....g	0.131	0.004	4	A	1		0.025		
18:2 CLAs....g	0.084	0.008	4	A	1		0.016		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.073	0.005	4	A	1		0.014		
18:3 undifferentiated....g	0.052	0.002	4	AS	1		0.010		
18:3 n-3 c,c,c (ALA)....g	0.050	0.002	4	A	1		0.009		
18:3 n-6 c,c,c....g	0.002	0.000	4	A	1		0.000		
18:3i....g									
18:4....g	0.003	0.000	4	A	1		0.001		
20:2 n-6 c,c....g	0.001	0.001	4	A	1		0.000		
20:3 undifferentiated....g	0.006	0.001	4	AS	1		0.001		
20:3 n-3....g	0.001	0.001	4	A	1		0.000		
20:3 n-6....g	0.005	0.000	4	A	1		0.001		
20:4 undifferentiated....g	0.009	0.001	4	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	4	A	1		0.001		
21:5....g									
22:4....g	0.002	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.009	0.000	4	A	1		0.002		

NDB No. 01225
Dulce de Leche

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	0.364		0	NC	4		0.069		
Fatty acids, total trans-monoenoic....g	0.292		0	NC	4		0.055		
Fatty acids, total trans-polyenoic....g	0.073		0	NC	4		0.014		
Cholesterol....mg	29	0.417	4	A	1		6		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 19g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01210
Egg Mix, USDA Commodity

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.78	0.409	3	A	1		0.24	2.92	
Energy	kcal	555		0	NC	4		48	582	
Energy	kJ	2321		0	NC	4		200	2437	
Protein (N x 6.25)	g	35.60	0.584	3	A	1		3.06	37.38	
Total lipid (fat)	g	34.50	2.633	3	A	1		2.97	36.22	
Ash	g	3.15	0.020	3	A	1		0.27	3.30	
Carbohydrate, by difference	g	23.97		0	NC	4		2.06	25.17	
Fiber, total dietary	g									
Sugars, total	g	2.46	0.315	3	A	1		0.21	2.58	
Sucrose	g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)	g	0.64	0.012	3	A	1		0.06	0.68	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	1.81	0.321	3	A	1		0.16	1.90	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	171	3.180	3	A	1		15	180	
Iron, Fe	mg	3.23	0.513	3	A	1		0.28	3.39	
Magnesium, Mg	mg	11	6.402	3	A	1		1	11	
Phosphorus, P	mg	451	19.548	3	A	1		39	473	
Potassium, K	mg	373	9.244	3	A	1		32	392	
Sodium, Na	mg	576	15.301	3	A	1		50	605	
Zinc, Zn	mg	2.76	0.379	3	A	1		0.24	2.90	
Copper, Cu	mg	0.149	0.010	3	A	1		0.013	0.156	
Manganese, Mn	mg	0.056	0.015	3	A	1		0.005	0.059	
Selenium, Se	µg	118.0	1.528	3	A	1		10.1	123.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.190	0.023	3	A	1		0.016	0.199	
Riboflavin	mg	1.277	0.043	3	A	1		0.110	1.340	
Niacin	mg	0.267	0.033	3	A	1		0.023	0.280	
Pantothenic acid	mg	6.500	0.808	3	A	1		0.559	6.825	
Vitamin B-6	mg	0.207	0.003	3	A	1		0.018	0.217	
Folate, total	µg	138	4.583	3	A	1		12	145	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	138	4.583	3	A	1		12	145	
Folate, DFE	µg	138		0	NC	4		12	145	
Choline, total	mg	602.5	41.813	3	AS	1		51.8	632.6	
Betaine	mg	1.6	0.820	3	A	1		0.1	1.6	
Vitamin B-12	µg	2.90	0.416	3	A	1		0.25	3.04	
Vitamin A, RAE	µg	117		0	AS	1		10	122	
Retinol	µg	116	21.688	3	A	1		10	122	
Carotene, beta	µg	0	0.000	3	A	1		0	0	
Carotene, alpha	µg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta	µg	13	2.343	3	A	1		1	14	
Vitamin A, IU	IU	398		0	AS	1		34	418	
Lycopene	µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	2.04	0.568	3	A	1		0.18	2.14	
Tocopherol, beta	mg	0.03	0.010	3	A	1		0.00	0.03	
Tocopherol, gamma	mg	4.29	1.902	3	A	1		0.37	4.50	
Tocopherol, delta	mg	0.19	0.067	3	A	1		0.02	0.20	
Tocotrienol, alpha	mg	0.14	0.048	3	A	1		0.01	0.15	
Tocotrienol, beta	mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma	mg	0.08	0.034	3	A	1		0.01	0.09	
Tocotrienol, delta	mg	0.04	0.022	3	A	1		0.00	0.05	

NDB No. 01210
Egg Mix, USDA Commodity

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg	7.4		0	AS	1		0.6	7.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	7.4		0	BFSN	4		0.6	7.8	
Vitamin D....IU	296		0	BFSN	4		25	311	
Vitamin K (phylloquinone)....µg	0.7	0.120	3	A	1		0.1	0.8	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg	11.4	1.423	3	A	1		1.0	11.9	
Lipids:									
Fatty acids, total saturated....g	10.305		0	NC	4		0.886	10.820	
4:0....g									
6:0....g									
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	0.097	0.001	3	A	1		0.008	0.101	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	7.579	0.057	3	A	1		0.652	7.958	
17:0....g	0.057	0.003	3	A	1		0.005	0.059	
18:0....g	2.541	0.034	3	A	1		0.219	2.668	
20:0....g	0.031	0.009	3	A	1		0.003	0.033	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	13.745		0	NC	4		1.182	14.433	
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	0.765	0.028	3	A	1		0.066	0.803	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	12.872	0.438	3	A	1		1.107	13.515	
20:1....g	0.109	0.006	3	A	1		0.009	0.114	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.555		0	NC	4		0.650	7.932	
18:2 undifferentiated....g	6.836	1.187	3	A	1		0.588	7.178	
18:3 undifferentiated....g	0.165	0.003	3	AS	1		0.014	0.173	
18:3 n-3 c,c,c (ALA)....g	0.143	0.014	3	A	1		0.012	0.150	
18:3 n-6 c,c,c....g	0.022	0.011	3	A	1		0.002	0.023	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.047	0.002	3	A	1		0.004	0.049	
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	0.507	0.003	3	A	1		0.044	0.532	
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	975		0	O	4		84	1024	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.400		0	A	1		0.034	0.420	
Threonine....g	1.411		0	A	1		0.121	1.481	
Isoleucine....g	1.938		0	A	1		0.167	2.034	
Leucine....g	3.312		0	A	1		0.285	3.478	
Lysine....g	3.909		0	A	1		0.336	4.105	
Methionine....g	1.443		0	A	1		0.124	1.515	
Cystine....g	0.523		0	A	1		0.045	0.550	
Phenylalanine....g	1.903		0	A	1		0.164	1.998	
Tyrosine....g	1.262		0	A	1		0.109	1.325	

NDB No. 01210
Egg Mix, USDA Commodity

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine.....g	2.313		0	A	1		0.199	2.428	
Arginine.....g	2.387		0	A	1		0.205	2.507	
Histidine.....g	0.876		0	A	1		0.075	0.919	
Alanine.....g	1.726		0	A	1		0.148	1.813	
Aspartic acid.....g	3.701		0	A	1		0.318	3.886	
Glutamic acid.....g	4.695		0	A	1		0.404	4.930	
Glycine.....g	1.295		0	A	1		0.111	1.360	
Proline.....g	1.953		0	A	1		0.168	2.051	
Serine.....g	2.735		0	A	1		0.235	2.872	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	

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

Common Measures:

Measure 1 = 8.6g: 1 tbsp

Measure 2 = 105g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

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

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

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 60g: .25 cup

Measure 2 = 240g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01144
Egg substitute, powder

Refuse: 0%

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

NDB No. 01144
Egg substitute, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.766		0		1		0.373	0.753	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.065		1		1		0.006	0.013	
15:0....g									
16:0....g	2.687		1		1		0.266	0.537	
17:0....g									
18:0....g	0.993		1		1		0.098	0.199	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.341		0		1		0.529	1.068	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.496		1		1		0.049	0.099	
17:1....g									
18:1 undifferentiated....g	4.845		1		1		0.480	0.969	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.683		0		1		0.167	0.337	
18:2 undifferentiated....g	1.413		1		1		0.140	0.283	
18:3 undifferentiated....g	0.086		1		1		0.009	0.017	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.109		0		4		0.011	0.022	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	572		1		1		57	114	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 9.9g: .35 oz

Measure 2 = 20g: .7 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 12% Shell

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.681		0		1		2.577		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.054	0.009	4		1		0.038		
15:0....g									
16:0....g	2.996	0.122	4		1		2.097		
17:0....g									
18:0....g	0.632	0.075	4		1		0.442		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.525		0		1		4.568		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.441	0.032	4		1		0.309		
17:1....g									
18:1 undifferentiated....g	6.084	0.239	4		1		4.259		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.223		0		1		0.856		
18:2 undifferentiated....g	0.558	0.168	4		1		0.391		
18:3 undifferentiated....g	0.102	0.068	4		1		0.071		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.319	0.058	4		1		0.223		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	884		3		1		619		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0		1		0.182		
Threonine....g	0.736		0		1		0.515		
Isoleucine....g	0.598		0		1		0.419		
Leucine....g	1.097		0		1		0.768		
Lysine....g	0.951		0		1		0.666		
Methionine....g	0.576		0		1		0.403		
Cystine....g	0.285		0		1		0.200		
Phenylalanine....g	0.840		0		1		0.588		
Tyrosine....g	0.613		0		1		0.429		
Valine....g	0.885		0		1		0.620		
Arginine....g	0.765		0		1		0.536		
Histidine....g	0.320		0		1		0.224		
Alanine....g	0.631		0		1		0.442		
Aspartic acid....g	0.777		0		1		0.544		
Glutamic acid....g	1.789		0		1		1.252		
Glycine....g	0.422		0		1		0.295		
Proline....g	0.480		0		1		0.336		
Serine....g	0.963		0		1		0.674		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 70g: 1 egg

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 13% Shell

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.595		0		1		5.177		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.050		2		1		0.072		
15:0....g									
16:0....g	2.849		2		1		4.103		
17:0....g									
18:0....g	0.696		2		1		1.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.747		0		1		8.276		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.394		2		1		0.567		
17:1....g									
18:1 undifferentiated....g	5.353		2		1		7.708		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.672		0		1		2.408		
18:2 undifferentiated....g	0.680		2		1		0.979		
18:3 undifferentiated....g	0.554		2		1		0.798		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.279		2		1		0.402		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	852		0		4		1227		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0		4		0.406		
Threonine....g	0.797		0		4		1.148		
Isoleucine....g	0.647		0		4		0.932		
Leucine....g	1.188		0		4		1.711		
Lysine....g	1.030		0		4		1.483		
Methionine....g	0.624		0		4		0.899		
Cystine....g	0.309		0		4		0.445		
Phenylalanine....g	0.910		0		4		1.310		
Tyrosine....g	0.664		0		4		0.956		
Valine....g	0.958		0		4		1.380		
Arginine....g	0.828		0		4		1.192		
Histidine....g	0.346		0		4		0.498		
Alanine....g	0.683		0		4		0.984		
Aspartic acid....g	0.841		0		4		1.211		
Glutamic acid....g	1.937		0		4		2.789		
Glycine....g	0.457		0		4		0.658		
Proline....g	0.520		0		4		0.749		
Serine....g	1.043		0		4		1.502		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 144g: 1 egg

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 8% Shell

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.557		0		1		0.320		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.053	0.007	6		1		0.005		
15:0....g									
16:0....g	2.666	0.076	8		1		0.240		
17:0....g									
18:0....g	0.838	0.053	8		1		0.075		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.324		0		1		0.389		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.473	0.051	8		1		0.043		
17:1....g									
18:1 undifferentiated....g	3.851	0.156	8		1		0.347		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.324		0		1		0.119		
18:2 undifferentiated....g	0.940	0.081	8		1		0.085		
18:3 undifferentiated....g	0.044	0.020	6		1		0.004		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.122	0.016	8		1		0.011		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	844		12		1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.209		0		4		0.019		
Threonine....g	0.641		0		4		0.058		
Isoleucine....g	0.816		0		4		0.073		
Leucine....g	1.146		0		4		0.103		
Lysine....g	0.881		0		4		0.079		
Methionine....g	0.421		0		4		0.038		
Cystine....g	0.311		0		4		0.028		
Phenylalanine....g	0.737		0		4		0.066		
Tyrosine....g	0.543		0		4		0.049		
Valine....g	0.940		0		4		0.085		
Arginine....g	0.835		0		4		0.075		
Histidine....g	0.315		0		4		0.028		
Alanine....g	0.762		0		4		0.069		
Aspartic acid....g	1.294		0		4		0.116		
Glutamic acid....g	1.662		0		4		0.150		
Glycine....g	0.434		0		4		0.039		
Proline....g	0.518		0		4		0.047		
Serine....g	0.992		0		4		0.089		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 9.0g: 1 egg

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 12% Shell

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.632		0		1		2.869		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.036	0.007	3		1		0.028		
15:0....g									
16:0....g	2.719	0.075	4		1		2.148		
17:0....g									
18:0....g	0.877	0.053	4		1		0.693		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.571		0		1		3.611		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.672	0.099	4		1		0.531		
17:1....g									
18:1 undifferentiated....g	3.899	0.137	4		1		3.080		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.658		0		1		1.310		
18:2 undifferentiated....g	1.166	0.121	4		1		0.921		
18:3 undifferentiated....g	0.079	0.024	4		1		0.062		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.127	0.009	4		1		0.100		
20:5 n-3 (EPA)....g									
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	933		10		1		737		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.219		0		4		0.173		
Threonine....g	0.672		0		4		0.531		
Isoleucine....g	0.855		0		4		0.675		
Leucine....g	1.201		0		4		0.949		
Lysine....g	0.924		0		4		0.730		
Methionine....g	0.442		0		4		0.349		
Cystine....g	0.326		0		4		0.258		
Phenylalanine....g	0.773		0		4		0.611		
Tyrosine....g	0.569		0		4		0.450		
Valine....g	0.985		0		4		0.778		
Arginine....g	0.876		0		4		0.692		
Histidine....g	0.330		0		4		0.261		
Alanine....g	0.799		0		4		0.631		
Aspartic acid....g	1.357		0		4		1.072		
Glutamic acid....g	1.742		0		4		1.376		
Glycine....g	0.455		0		4		0.359		
Proline....g	0.543		0		4		0.429		
Serine....g	1.040		0		4		0.822		
Hydroxyproline....g									

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

NDB No. 01141

Egg, turkey, whole, fresh, raw

Common Measures:

Measure 1 = 79g: 1 egg

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01173
Egg, white, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures 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		2	A	1		1.62		
Energy....kcal	382		0	NC	4		107		
Energy....kJ	1598		0		4		448		
Protein (N x 6.25)....g	81.10		2	A	1		22.71		
Total lipid (fat)....g	0.00		0	Z	7		0.00		
Ash....g	5.30		2	A	1		1.48		
Carbohydrate, by difference....g	7.80		0	NC	4		2.18		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	5.40		0	BFSN	4		1.51		
Starch....g									
Minerals:									
Calcium, Ca....mg	62		2	A	1		17		
Iron, Fe....mg	0.15		2	A	1		0.04		
Magnesium, Mg....mg	88		2	A	1		25		
Phosphorus, P....mg	111		2	A	1		31		
Potassium, K....mg	1125		2	A	1		315		
Sodium, Na....mg	1280		2	A	1		358		
Zinc, Zn....mg	0.10		2	A	1		0.03		
Copper, Cu....mg	0.114		2	A	1		0.032		
Manganese, Mn....mg	0.007		2	A	1		0.002		
Selenium, Se....µg	125.1		0	BFAN	4		35.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.005		2	A	1		0.001		
Riboflavin....mg	2.530		2	A	1		0.708		
Niacin....mg	0.865		2	A	1		0.242		
Pantothenic acid....mg	0.775		2	A	1		0.217		
Vitamin B-6....mg	0.036		2	A	1		0.010		
Folate, total....µg	18		2	A	1		5		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	18		2	A	1		5		
Folate, DFE....µg	18		0	NC	4		5		
Choline, total....mg	8.4		0	BFZN	4		2.3		
Betaine....mg									
Vitamin B-12....µg	0.18		2	A	1		0.05		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	4		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFZN	4		0.0		
Vitamin D....IU	0		0	BFZN	4		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01173
Egg, white, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	Z	7		0.000		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.000		0	Z	7		0.000		
15:0....g									
16:0....g	0.000		0	Z	7		0.000		
17:0....g									
18:0....g	0.000		0	Z	7		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	Z	7		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	Z	7		0.000		
20:1....g	0.000		0	Z	7		0.000		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	Z	7		0.000		
18:2 undifferentiated....g	0.000		0	Z	7		0.000		
18:3 undifferentiated....g	0.000		0	Z	7		0.000		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.999		0		1		0.280		
Threonine....g	3.685		0		1		1.032		
Isoleucine....g	4.581		0		1		1.283		
Leucine....g	6.838		0		1		1.915		
Lysine....g	5.515		0		1		1.544		
Methionine....g	2.790		0		1		0.781		
Cystine....g	2.102		0		1		0.589		
Phenylalanine....g	4.736		0		1		1.326		
Tyrosine....g	3.153		0		1		0.883		
Valine....g	5.164		0		1		1.446		
Arginine....g	4.412		0		1		1.235		
Histidine....g	1.830		0		1		0.512		
Alanine....g	4.684		0		1		1.312		
Aspartic acid....g	8.253		0		1		2.311		
Glutamic acid....g	10.770		0		1		3.016		
Glycine....g	2.842		0		1		0.796		
Proline....g	3.153		0		1		0.883		
Serine....g	5.593		0		1		1.566		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFSN	4		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 01173
Egg, white, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 28g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.62	0.545	5		1		4.14	33.19	
Energy....kcal	351		0	NC	4		100	797	
Energy....kJ	1469		0		4		416	3334	
Protein (N x 6.25)....g	76.92		0		1		21.81	174.61	
Total lipid (fat)....g	0.04		0		1		0.01	0.09	
Ash....g	4.25		0		1		1.20	9.65	
Carbohydrate, by difference....g	4.17		0	NC	4		1.18	9.47	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	83		0		1		24	189	
Iron, Fe....mg	0.23		0		1		0.07	0.52	
Magnesium, Mg....mg	67		0		1		19	152	
Phosphorus, P....mg	83		0		1		24	189	
Potassium, K....mg	1042		0		1		295	2364	
Sodium, Na....mg	1156		0		1		328	2624	
Zinc, Zn....mg	0.15		0		1		0.04	0.34	
Copper, Cu....mg	0.230		0		1		0.065	0.522	
Manganese, Mn....mg	0.070		0		1		0.020	0.159	
Selenium, Se....µg	116.8		0	BFSN	4		33.1	265.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.035		0		1		0.010	0.079	
Riboflavin....mg	2.162		0		1		0.613	4.908	
Niacin....mg	0.675		0		1		0.191	1.532	
Pantothenic acid....mg	1.829		0		1		0.519	4.152	
Vitamin B-6....mg	0.023		0		1		0.007	0.052	
Folate, total....µg	89		0		1		25	203	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	89		0		1		25	203	
Folate, DFE....µg	89		0	NC	4		25	203	
Choline, total....mg	8.4		0	BFZN	4		2.4	19.0	
Betaine....mg									
Vitamin B-12....µg	0.49		0		1		0.14	1.12	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	BFSN	4		0	0	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.000		0		1		0.000	0.000	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		1		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		1		0.000	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	1.181		0		1		0.335	2.681	
Threonine....g	3.421		0		1		0.970	7.766	
Isoleucine....g	4.689		0		1		1.329	10.644	
Leucine....g	6.695		0		1		1.898	15.198	
Lysine....g	4.738		0		1		1.343	10.755	
Methionine....g	2.991		0		1		0.848	6.790	
Cystine....g	1.908		0		1		0.541	4.331	
Phenylalanine....g	4.837		0		1		1.371	10.980	
Tyrosine....g	3.089		0		1		0.876	7.012	
Valine....g	5.760		0		1		1.633	13.075	
Arginine....g	4.492		0		1		1.273	10.197	
Histidine....g	1.748		0		1		0.496	3.968	
Alanine....g	4.960		0		1		1.406	11.259	
Aspartic acid....g	6.806		0		1		1.930	15.450	
Glutamic acid....g	10.732		0		1		3.043	24.362	
Glycine....g	2.880		0		1		0.816	6.538	
Proline....g	2.892		0		1		0.820	6.565	
Serine....g	5.674		0		1		1.609	12.880	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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

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

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

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

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

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 107g: 1 cup, sifted

Measure 2 = 7.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01258
Egg, white, dried, stabilized, glucose reduced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.53		3	A	1		6.99	0.46	
Energy....kcal	362		0	NC	4		387	25	
Energy....kJ	1513		0	NC	4		1619	106	
Protein....g	84.63		3	A	1		90.56	5.92	
Total lipid (fat)....g	0.48		3	A	1		0.51	0.03	
Ash....g	3.63		3	A	1		3.89	0.25	
Carbohydrate, by difference....g	4.72		0	NC	4		5.05	0.33	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		3	A	1		0.00	0.00	
Sucrose....g									
Glucose (dextrose)....g	0.00		3	A	1		0.00	0.00	
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	104		3	A	1		111	7	
Iron, Fe....mg	0.23		3	A	1		0.25	0.02	
Magnesium, Mg....mg	82		3	A	1		88	6	
Phosphorus, P....mg	104		3	A	1		111	7	
Potassium, K....mg	884		3	A	1		946	62	
Sodium, Na....mg	1014		3	A	1		1085	71	
Zinc, Zn....mg	0.13		3	A	1		0.14	0.01	
Copper, Cu....mg	0.128		3	A	1		0.137	0.009	
Manganese, Mn....mg	0.000		3	A	1		0.000	0.000	
Selenium, Se....µg	192.0		3	A	1		205.4	13.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		3	A	1		0.000	0.000	
Riboflavin....mg	3.710		3	A	1		3.970	0.260	
Niacin....mg	0.773		3	A	1		0.827	0.054	
Pantothenic acid....mg	0.670		3	A	1		0.717	0.047	
Vitamin B-6....mg	0.037		3	A	1		0.040	0.003	
Folate, total....µg	0		3	A	1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		3	A	1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	10.7		3	A	1		11.4	0.7	
Betaine....mg									
Vitamin B-12....µg	0.19		3	A	1		0.20	0.01	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		3	A	1		0	0	
Carotene, beta....µg	0		3	A	1		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	20		3	A	1		21	1	
Vitamin E (alpha-tocopherol)....mg	0.00		3	A	1		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 01258
Egg, white, dried, stabilized, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		3	AS	1		0.0	0.0	
Vitamin D....IU	0		3	A	1		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.147		0	NC	4		0.157	0.010	
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		3	A	1		0.000	0.000	
10:0....g	0.002		3	A	1		0.002	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		3	A	1		0.000	0.000	
15:0....g	0.000		3	A	1		0.000	0.000	
16:0....g	0.107		3	A	1		0.114	0.007	
17:0....g	0.000		3	A	1		0.000	0.000	
18:0....g	0.038		3	A	1		0.041	0.003	
20:0....g	0.000		3	A	1		0.000	0.000	
22:0....g	0.000		3	A	1		0.000	0.000	
24:0....g	0.000		3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.173		0	NC	4		0.185	0.012	
14:1....g	0.000		3	A	1		0.000	0.000	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.010		3	A	1		0.011	0.001	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	0.162		3	A	1		0.174	0.011	
20:1....g	0.000		3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		3	AS	1		0.000	0.000	
22:1 c....g	0.000		3	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.070		0	NC	4		0.075	0.005	
18:2 undifferentiated....g	0.059		3	A	1		0.063	0.004	
18:3 undifferentiated....g	0.000		3	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000		3	A	1		0.000	0.000	
18:3 n-6 c,c,c....g	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		3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.011		3	A	1		0.012	0.001	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	20		3	A	1		21	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	1.436		0	A	1		1.537	0.101	
Threonine....g	3.653		0	A	1		3.909	0.256	
Isoleucine....g	4.440		0	A	1		4.751	0.311	
Leucine....g	7.407		0	A	1		7.925	0.518	
Lysine....g	5.940		0	A	1		6.356	0.416	
Methionine....g	3.011		0	A	1		3.222	0.211	
Cystine....g	2.227		0	A	1		2.383	0.156	
Phenylalanine....g	5.163		0	A	1		5.524	0.361	

NDB No. 01258
Egg, white, dried, stabilized, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine....g	3.437		0	A	1		3.677	0.241	
Valine....g	5.763		0	A	1		6.166	0.403	
Arginine....g	4.920		0	A	1		5.264	0.344	
Histidine....g	2.063		0	A	1		2.208	0.144	
Alanine....g	5.160		0	A	1		5.521	0.361	
Aspartic acid....g	9.199		0	A	1		9.843	0.644	
Glutamic acid....g	11.733		0	A	1		12.554	0.821	
Glycine....g	3.067		0	A	1		3.281	0.215	
Proline....g	3.259		0	A	1		3.487	0.228	
Serine....g	6.200		0	A	1		6.633	0.434	
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 = 107g: 1 cup, sifted

Measure 2 = 7.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01124
Egg, white, raw, fresh

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.57	0.124	12	A	1		28.90	212.78	
Energy....kcal	52		0	NC	4		17	126	
Energy....kJ	216		0	NC	4		71	526	
Protein (N x 6.25)....g	10.90	0.137	12	A	1		3.60	26.48	
Total lipid (fat)....g	0.17	0.018	12	A	1		0.06	0.41	
Ash....g	0.63	0.029	12	A	1		0.21	1.54	
Carbohydrate, by difference....g	0.73		0	NC	4		0.24	1.79	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.71		1	A	1		0.24	1.73	
Sucrose....g	0.07		1	A	1		0.02	0.18	
Glucose (dextrose)....g	0.34		1	A	1		0.11	0.83	
Fructose....g	0.07		1	A	1		0.02	0.18	
Lactose....g	0.07		1	A	1		0.02	0.18	
Maltose....g	0.07		1	A	1		0.02	0.18	
Galactose....g	0.07		1	A	1		0.02	0.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.320	12	A	1		2	16	
Iron, Fe....mg	0.08	0.004	12	A	1		0.03	0.19	
Magnesium, Mg....mg	11	0.178	12	A	1		4	26	
Phosphorus, P....mg	15	0.409	12	A	1		5	36	
Potassium, K....mg	163	1.848	12	A	1		54	395	
Sodium, Na....mg	166	1.842	12	A	1		55	404	
Zinc, Zn....mg	0.03	0.004	12	A	1		0.01	0.07	
Copper, Cu....mg	0.023	0.002	12	A	1		0.008	0.056	
Manganese, Mn....mg	0.011	0.000	12	A	1		0.004	0.027	
Selenium, Se....µg	20.0	5.364	4	A	1		6.6	48.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.004		1	A	1		0.001	0.009	
Riboflavin....mg	0.439	0.008	12	A	1		0.145	1.066	
Niacin....mg	0.105	0.002	4	A	1		0.035	0.254	
Pantothenic acid....mg	0.190		1	A	1		0.063	0.461	
Vitamin B-6....mg	0.005		1	A	1		0.002	0.013	
Folate, total....µg	4	0.000	4	A	1		1	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4	0.000	4	A	1		1	11	
Folate, DFE....µg	4		0	NC	4		1	11	
Choline, total....mg	1.1	0.129	4	AS	1		0.4	2.8	
Betaine....mg	0.3	0.047	4	A	1		0.1	0.8	
Vitamin B-12....µg	0.09	0.000	4	A	1		0.03	0.22	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									

NDB No. 01124
Egg, white, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	T	4		0	0	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.000		0		4		0.000	0.000	
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		1		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0	A	1		0.041	0.304	
Threonine....g	0.449		0	A	1		0.148	1.090	
Isoleucine....g	0.661		0	A	1		0.218	1.607	
Leucine....g	1.016		0	A	1		0.335	2.469	
Lysine....g	0.806		0	A	1		0.266	1.959	
Methionine....g	0.399		0	A	1		0.132	0.969	
Cystine....g	0.287		0	A	1		0.095	0.698	
Phenylalanine....g	0.686		0	A	1		0.227	1.668	
Tyrosine....g	0.457		0	A	1		0.151	1.110	
Valine....g	0.809		0	A	1		0.267	1.966	
Arginine....g	0.648		0	A	1		0.214	1.575	
Histidine....g	0.290		0	A	1		0.096	0.705	
Alanine....g	0.704		0	A	1		0.232	1.710	
Aspartic acid....g	1.220		0	A	1		0.403	2.965	
Glutamic acid....g	1.550		0	A	1		0.511	3.766	

NDB No. 01124
Egg, white, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine....g	0.413		0	A	1		0.136	1.004	
Proline....g	0.435		0	A	1		0.144	1.057	
Serine....g	0.798		0	A	1		0.263	1.939	
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 = 33g: 1 large

Measure 2 = 243g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01172
Egg, white, raw, frozen, pasteurized

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.97		3	A	1		24.91		
Energy....kcal	46		0	NC	4		13		
Energy....kJ	190		0	NC	4		53		
Protein (N x 6.25)....g	9.30		3	A	1		2.60		
Total lipid (fat)....g	0.04		3	A	1		0.01		
Ash....g	0.43		3	A	1		0.12		
Carbohydrate, by difference....g	1.26		0	NC	4		0.35		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.20		3	A	1		0.06		
Sucrose....g	0.00		3	A	1		0.00		
Glucose (dextrose)....g	0.20		3	A	1		0.06		
Fructose....g	0.00		3	A	1		0.00		
Lactose....g	0.00		3	A	1		0.00		
Maltose....g	0.00		3	A	1		0.00		
Galactose....g	0.00		3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		3	A	1		3		
Iron, Fe....mg	0.17		3	A	1		0.05		
Magnesium, Mg....mg	11		3	A	1		3		
Phosphorus, P....mg	13		3	A	1		4		
Potassium, K....mg	169		3	A	1		47		
Sodium, Na....mg	169		3	A	1		47		
Zinc, Zn....mg	0.07		3	A	1		0.02		
Copper, Cu....mg	0.032		3	A	1		0.009		
Manganese, Mn....mg	0.007		2	A	1		0.002		
Selenium, Se....µg	9.2		3	A	1		2.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.023		3	A	1		0.007		
Riboflavin....mg	0.423		3	A	1		0.119		
Niacin....mg	0.093		3	A	1		0.026		
Pantothenic acid....mg	0.147		3	A	1		0.041		
Vitamin B-6....mg	0.004		2	A	1		0.001		
Folate, total....µg	10		3	A	1		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	10		3	A	1		3		
Folate, DFE....µg	10		0	NC	4		3		
Choline, total....mg	2.5		3	A	1		0.7		
Betaine....mg									
Vitamin B-12....µg	0.90		3	A	1		0.25		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	AS	1		0		
Retinol....µg	0		3	A	1		0		
Carotene, beta....µg	0		3	A	1		0		
Carotene, alpha....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta....µg	0		0	BFZN	4		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	20		3	A	1		6		
Vitamin E (alpha-tocopherol)....mg	0.00		3	A	1		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 01172
Egg, white, raw, frozen, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		3	AS	1		0.0		
Vitamin D....IU	0		3	A	1		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.008		0	NC	4		0.002		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		3	A	1		0.000		
10:0....g	0.000		3	A	1		0.000		
12:0....g	0.000		3	A	1		0.000		
13:0....g									
14:0....g	0.000		3	A	1		0.000		
15:0....g	0.000		3	A	1		0.000		
16:0....g	0.006		3	A	1		0.002		
17:0....g	0.000		3	A	1		0.000		
18:0....g	0.003		3	A	1		0.001		
20:0....g	0.000		3	A	1		0.000		
22:0....g	0.000		3	A	1		0.000		
24:0....g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated....g	0.009		0	NC	4		0.002		
14:1....g	0.000		3	A	1		0.000		
15:1....g	0.000		3	A	1		0.000		
16:1 undifferentiated....g	0.000		3	A	1		0.000		
17:1....g	0.000		3	A	1		0.000		
18:1 undifferentiated....g	0.009		3	A	1		0.002		
20:1....g	0.000		3	A	1		0.000		
22:1 undifferentiated....g	0.000		3	AS	1		0.000		
22:1 c....g	0.000		3	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.004		0	NC	4		0.001		
18:2 undifferentiated....g	0.004		3	A	1		0.001		
18:3 undifferentiated....g	0.000		3	AS	1		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		3	A	1		0.000		
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		3	A	1		0.000		
20:3 undifferentiated....g	0.000		3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		3	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		3	A	1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.161		0	A	1		0.045		
Threonine....g	0.413		0	A	1		0.116		
Isoleucine....g	0.510		0	A	1		0.143		
Leucine....g	0.853		0	A	1		0.239		
Lysine....g	0.693		0	A	1		0.194		
Methionine....g	0.361		0	A	1		0.101		
Cystine....g	0.262		0	A	1		0.073		
Phenylalanine....g	0.600		0	A	1		0.168		

NDB No. 01172
Egg, white, raw, frozen, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine....g	0.407		0	A	1		0.114		
Valine....g	0.666		0	A	1		0.187		
Arginine....g	0.570		0	A	1		0.160		
Histidine....g	0.240		0	A	1		0.067		
Alanine....g	0.600		0	A	1		0.168		
Aspartic acid....g	1.057		0	A	1		0.296		
Glutamic acid....g	1.350		0	A	1		0.378		
Glycine....g	0.356		0	A	1		0.100		
Proline....g	0.373		0	A	1		0.105		
Serine....g	0.727		0	A	1		0.204		
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 = 28g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01128
Egg, whole, cooked, fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.47		0	RA	4		31.96		
Energy....kcal	196		0	NC	4		90		
Energy....kJ	821		0	NC	4		378		
Protein (N x 6.25)....g	13.61		0	RA	4		6.26		
Total lipid (fat)....g	14.84		0	RA	4		6.82		
Ash....g	1.26		0	RA	4		0.58		
Carbohydrate, by difference....g	0.83		0	RA	4		0.38		
Fiber, total dietary....g	0.0		0	RA	4		0.0		
Sugars, total....g	0.40		0	RA	4		0.19		
Sucrose....g	0.00		0	RA	4		0.00		
Glucose (dextrose)....g	0.40		0	RA	4		0.19		
Fructose....g	0.00		0	RA	4		0.00		
Lactose....g	0.00		0	RA	4		0.00		
Maltose....g	0.00		0	RA	4		0.00		
Galactose....g	0.00		0	RA	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	62		0	RA	4		29		
Iron, Fe....mg	1.89		0	RA	4		0.87		
Magnesium, Mg....mg	13		0	RA	4		6		
Phosphorus, P....mg	215		0	RA	4		99		
Potassium, K....mg	152		0	RA	4		70		
Sodium, Na....mg	207		0	RA	4		95		
Zinc, Zn....mg	1.39		0	RA	4		0.64		
Copper, Cu....mg	0.078		0	RA	4		0.036		
Manganese, Mn....mg	0.030		0	RA	4		0.014		
Selenium, Se....µg	33.1		0	RA	4		15.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.044		0	RA	4		0.020		
Riboflavin....mg	0.495		0	RA	4		0.228		
Niacin....mg	0.082		0	RA	4		0.038		
Pantothenic acid....mg	1.660		0	RA	4		0.764		
Vitamin B-6....mg	0.184		0	RA	4		0.085		
Folate, total....µg	51		0	RA	4		23		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	51		0	RA	4		23		
Folate, DFE....µg	51		0	NC	4		23		
Choline, total....mg	317.1		0	RA	4		145.9		
Betaine....mg	0.3		0	RA	4		0.1		
Vitamin B-12....µg	0.97		0	RA	4		0.45		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....µg	219		0	RA	4		101		
Retinol....µg	216		0	RA	4		99		
Carotene, beta....µg	35		0	RA	4		16		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	10		0	RA	4		5		
Vitamin A, IU....IU	787		0	RA	4		362		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	543		0	RA	4		250		
Vitamin E (alpha-tocopherol)....mg	1.31		0	RA	4		0.60		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg	0.02		0	RA	4		0.01		
Tocopherol, gamma....mg	0.54		0	RA	4		0.25		
Tocopherol, delta....mg	0.06		0	RA	4		0.03		
Tocotrienol, alpha....mg	0.06		0	RA	4		0.03		
Tocotrienol, beta....mg	0.00		0	RA	4		0.00		

NDB No. 01128
Egg, whole, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.01		0	RA	4		0.00		
Tocotrienol, delta....mg	0.00		0	RA	4		0.00		
Vitamin D (D2 + D3)....µg	2.2		0	RA	4		1.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	2.2		0	RA	4		1.0		
Vitamin D....IU	88		0	RA	4		41		
Vitamin K (phylloquinone)....µg	5.6		0	RA	4		2.6		
Dihydrophylloquinone....µg	0.1		0	RA	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.323		0	RA	4		1.989		
4:0....g	0.004		0	RA	4		0.002		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.004		0	RA	4		0.002		
10:0....g	0.006		0	RA	4		0.003		
12:0....g	0.000		0	RA	4		0.000		
13:0....g									
14:0....g	0.047		0	RA	4		0.022		
15:0....g	0.009		0	RA	4		0.004		
16:0....g	2.954		0	RA	4		1.359		
17:0....g	0.023		0	RA	4		0.011		
18:0....g	1.268		0	RA	4		0.583		
20:0....g	0.003		0	RA	4		0.001		
22:0....g	0.005		0	RA	4		0.002		
24:0....g	0.000		0	RA	4		0.000		
Fatty acids, total monounsaturated....g	6.182		0	RA	4		2.844		
14:1....g	0.007		0	RA	4		0.003		
15:1....g	0.000		0	RA	4		0.000		
16:1 undifferentiated....g	0.228		0	RA	4		0.105		
17:1....g	0.013		0	RA	4		0.006		
18:1 undifferentiated....g	5.904		0	RA	4		2.716		
20:1....g	0.029		0	RA	4		0.013		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g	0.000		0	RA	4		0.000		
Fatty acids, total polyunsaturated....g	3.251		0	RA	4		1.495		
18:2 undifferentiated....g	2.781		0	RA	4		1.279		
18:3 undifferentiated....g	0.137		0	RA	4		0.063		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g	0.019		0	RA	4		0.009		
20:3 undifferentiated....g	0.025		0	RA	4		0.012		
20:4 undifferentiated....g	0.203		0	RA	4		0.094		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g	0.014		0	RA	4		0.007		
22:5 n-3 (DPA)....g	0.007		0	RA	4		0.003		
22:6 n-3 (DHA)....g	0.063		0	RA	4		0.029		
Fatty acids, total trans....g	0.041		0	RA	4		0.019		
Cholesterol....mg	401		0	RA	4		185		
Phytosterols....mg	8		0	RA	4		4		
Amino Acids:									
Tryptophan....g	0.181		0	RA	4		0.083		
Threonine....g	0.602		0	RA	4		0.277		
Isoleucine....g	0.728		0	RA	4		0.335		
Leucine....g	1.177		0	RA	4		0.542		
Lysine....g	0.989		0	RA	4		0.455		
Methionine....g	0.411		0	RA	4		0.189		
Cystine....g	0.294		0	RA	4		0.135		
Phenylalanine....g	0.736		0	RA	4		0.339		
Tyrosine....g	0.541		0	RA	4		0.249		
Valine....g	0.930		0	RA	4		0.428		
Arginine....g	0.887		0	RA	4		0.408		
Histidine....g	0.335		0	RA	4		0.154		

NDB No. 01128
Egg, whole, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.795		0	RA	4		0.366		
Aspartic acid....g	1.438		0	RA	4		0.661		
Glutamic acid....g	1.817		0	RA	4		0.836		
Glycine....g	0.467		0	RA	4		0.215		
Proline....g	0.558		0	RA	4		0.256		
Serine....g	1.051		0	RA	4		0.484		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	4		0		

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

Common Measures:

Measure 1 = 46g: 1 large

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 12% Shell

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.62	0.140	14		1		101.48	6.34	37.31
Energy....kcal	155		0	NC	4		211	13	78
Energy....kJ	649		0		4		882	55	324
Protein (N x 6.25)....g	12.58	0.180	14		1		17.11	1.07	6.29
Total lipid (fat)....g	10.61	0.050	7		1		14.43	0.90	5.31
Ash....g	1.08	0.022	14		1		1.47	0.09	0.54
Carbohydrate, by difference....g	1.12		0	NC	4		1.52	0.10	0.56
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	1.12		0	NR	4		1.52	0.10	0.56
Starch....g									
Minerals:									
Calcium, Ca....mg	50	0.650	14		1		68	4	25
Iron, Fe....mg	1.19	0.047	14		1		1.62	0.10	0.60
Magnesium, Mg....mg	10	0.275	14		1		14	1	5
Phosphorus, P....mg	172	3.551	14		1		234	15	86
Potassium, K....mg	126	2.228	14		1		171	11	63
Sodium, Na....mg	124	1.845	14		1		169	11	62
Zinc, Zn....mg	1.05	0.047	14		1		1.43	0.09	0.53
Copper, Cu....mg	0.013	0.000	14		1		0.018	0.001	0.007
Manganese, Mn....mg	0.026	0.001	14		1		0.035	0.002	0.013
Selenium, Se....µg	30.8	1.160	69	A	1		41.9	2.6	15.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2		1		0.0	0.0	0.0
Thiamin....mg	0.066	0.003	14		1		0.090	0.006	0.033
Riboflavin....mg	0.513	0.010	14		1		0.698	0.044	0.257
Niacin....mg	0.064	0.002	14		1		0.087	0.005	0.032
Pantothenic acid....mg	1.398	0.028	14		1		1.901	0.119	0.699
Vitamin B-6....mg	0.121	0.003	14		1		0.165	0.010	0.061
Folate, total....µg	44	2.248	14		1		60	4	22
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	44	2.248	14		1		60	4	22
Folate, DFE....µg	44		0	NC	4		60	4	22
Choline, total....mg	293.8		0	BFZN	4		399.5	25.0	146.9
Betaine....mg	0.6	0.033	4	A	1		0.8	0.0	0.3
Vitamin B-12....µg	1.11	0.060	14		1		1.51	0.09	0.56
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	149		0	NC	4		203	13	75
Retinol....µg	148		0	BFFN	4		201	13	74
Carotene, beta....µg	11		0	BFFN	4		15	1	5
Carotene, alpha....µg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta....µg	10		0	BFFN	4		13	1	5
Vitamin A, IU....IU	520		0	NC	4		707	44	260
Lycopene....µg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin....µg	353		0	BFFN	4		481	30	177
Vitamin E (alpha-tocopherol)....mg	1.03		0	BFFN	4		1.40	0.09	0.52
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	2.2		0	AS	1		3.0	0.2	1.1
Vitamin D....IU	87		0	O	4		118	7	44
Vitamin K (phylloquinone)....µg	0.3		0	BFFN	4		0.4	0.0	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.267		0		1		4.443	0.278	1.634
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.003		37		1		0.004	0.000	0.002
10:0....g	0.003		37		1		0.004	0.000	0.002
12:0....g	0.003		37		1		0.004	0.000	0.002
13:0....g									
14:0....g	0.035		37		1		0.048	0.003	0.018
15:0....g									
16:0....g	2.349		37		1		3.195	0.200	1.175
17:0....g									
18:0....g	0.828		37		1		1.126	0.070	0.414
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.077		0		1		5.545	0.347	2.039
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.310		37		1		0.422	0.026	0.155
17:1....g									
18:1 undifferentiated....g	3.725		37		1		5.066	0.317	1.863
20:1....g	0.030		37		1		0.041	0.003	0.015
22:1 undifferentiated....g	0.003		37		1		0.004	0.000	0.002
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.414		0		1		1.923	0.120	0.707
18:2 undifferentiated....g	1.188		37		1		1.616	0.101	0.594
18:3 undifferentiated....g	0.035		37		1		0.048	0.003	0.018
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.149		37		1		0.203	0.013	0.075
20:5 n-3 (EPA)....g	0.005		37		1		0.007	0.000	0.003
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.038		37		1		0.052	0.003	0.019
Fatty acids, total trans....g									
Cholesterol....mg	373		0	O	4		507	32	187
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.153		0		1		0.208	0.013	0.077
Threonine....g	0.604		0		1		0.821	0.051	0.302
Isoleucine....g	0.686		0		1		0.933	0.058	0.343
Leucine....g	1.075		0		1		1.462	0.091	0.538
Lysine....g	0.904		0		1		1.229	0.077	0.452
Methionine....g	0.392		0		1		0.533	0.033	0.196
Cystine....g	0.292		0		1		0.397	0.025	0.146
Phenylalanine....g	0.668		0		1		0.908	0.057	0.334
Tyrosine....g	0.513		0		1		0.698	0.044	0.257
Valine....g	0.767		0		1		1.043	0.065	0.384
Arginine....g	0.755		0		1		1.027	0.064	0.378
Histidine....g	0.298		0		1		0.405	0.025	0.149
Alanine....g	0.700		0		1		0.952	0.060	0.350
Aspartic acid....g	1.264		0		1		1.719	0.107	0.632
Glutamic acid....g	1.644		0		1		2.236	0.140	0.822
Glycine....g	0.423		0		1		0.575	0.036	0.212
Proline....g	0.501		0		1		0.681	0.043	0.251
Serine....g	0.936		0		1		1.273	0.080	0.468
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 136g: 1 cup, chopped

Measure 2 = 8.5g: 1 tbsp

Measure 3 = 50g: 1 large

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01130
Egg, whole, cooked, omelet

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.13		0	RA	4		11.42	46.44	
Energy....kcal	154		0	NC	4		23	94	
Energy....kJ	643		0	NC	4		96	392	
Protein (N x 6.25)....g	10.57		0	RA	4		1.59	6.45	
Total lipid (fat)....g	11.66		0	RA	4		1.75	7.11	
Ash....g	1.01		0	RA	4		0.15	0.61	
Carbohydrate, by difference....g	0.64		0	RA	4		0.10	0.39	
Fiber, total dietary....g	0.0		0	RA	4		0.0	0.0	
Sugars, total....g	0.31		0	RA	4		0.05	0.19	
Sucrose....g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose)....g	0.31		0	RA	4		0.05	0.19	
Fructose....g	0.00		0	RA	4		0.00	0.00	
Lactose....g	0.00		0	RA	4		0.00	0.00	
Maltose....g	0.00		0	RA	4		0.00	0.00	
Galactose....g	0.00		0	RA	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	48		0	RA	4		7	29	
Iron, Fe....mg	1.48		0	RA	4		0.22	0.90	
Magnesium, Mg....mg	11		0	RA	4		2	6	
Phosphorus, P....mg	167		0	RA	4		25	102	
Potassium, K....mg	117		0	RA	4		18	72	
Sodium, Na....mg	155		0	RA	4		23	94	
Zinc, Zn....mg	1.09		0	RA	4		0.16	0.66	
Copper, Cu....mg	0.063		0	RA	4		0.009	0.038	
Manganese, Mn....mg	0.024		0	RA	4		0.004	0.014	
Selenium, Se....µg	25.8		0	RA	4		3.9	15.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0	0.0	
Thiamin....mg	0.034		0	RA	4		0.005	0.021	
Riboflavin....mg	0.386		0	RA	4		0.058	0.235	
Niacin....mg	0.064		0	RA	4		0.010	0.039	
Pantothenic acid....mg	1.289		0	RA	4		0.193	0.787	
Vitamin B-6....mg	0.143		0	RA	4		0.021	0.087	
Folate, total....µg	39		0	RA	4		6	24	
Folic acid....µg	0		0	RA	4		0	0	
Folate, food....µg	39		0	RA	4		6	24	
Folate, DFE....µg	39		0	NC	4		6	24	
Choline, total....mg	247.6		0	RA	4		37.1	151.0	
Betaine....mg	0.2		0	RA	4		0.0	0.1	
Vitamin B-12....µg	0.76		0	RA	4		0.11	0.46	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....µg	172		0	RA	4		26	105	
Retinol....µg	169		0	RA	4		25	103	
Carotene, beta....µg	28		0	RA	4		4	17	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	8		0	RA	4		1	5	
Vitamin A, IU....IU	617		0	RA	4		93	376	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	423		0	RA	4		63	258	
Vitamin E (alpha-tocopherol)....mg	1.29		0	RA	4		0.19	0.79	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg	0.03		0	RA	4		0.00	0.02	
Tocopherol, gamma....mg	2.41		0	RA	4		0.36	1.47	
Tocopherol, delta....mg	0.74		0	RA	4		0.11	0.45	
Tocotrienol, alpha....mg	0.05		0	RA	4		0.01	0.03	
Tocotrienol, beta....mg	0.00		0	RA	4		0.00	0.00	

NDB No. 01130
Egg, whole, cooked, omelet

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.01		0	RA	4		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3)....µg	1.7		0	RA	4		0.3	1.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.7		0	RA	4		0.3	1.1	
Vitamin D....IU	69		0	RA	4		10	42	
Vitamin K (phylloquinone)....µg	4.5		0	RA	4		0.7	2.7	
Dihydrophylloquinone....µg	0.1		0	RA	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.319		0	RA	4		0.498	2.025	
4:0....g	0.003		0	RA	4		0.000	0.002	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.003		0	RA	4		0.000	0.002	
10:0....g	0.005		0	RA	4		0.001	0.003	
12:0....g	0.000		0	RA	4		0.000	0.000	
13:0....g									
14:0....g	0.030		0	RA	4		0.005	0.018	
15:0....g	0.008		0	RA	4		0.001	0.005	
16:0....g	2.259		0	RA	4		0.339	1.378	
17:0....g	0.021		0	RA	4		0.003	0.013	
18:0....g	0.963		0	RA	4		0.144	0.587	
20:0....g	0.014		0	RA	4		0.002	0.009	
22:0....g	0.009		0	RA	4		0.001	0.005	
24:0....g	0.004		0	RA	4		0.001	0.002	
Fatty acids, total monounsaturated....g	4.843		0	RA	4		0.726	2.954	
14:1....g	0.006		0	RA	4		0.001	0.003	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.171		0	RA	4		0.026	0.104	
17:1....g	0.012		0	RA	4		0.002	0.007	
18:1 undifferentiated....g	4.626		0	RA	4		0.694	2.822	
20:1....g	0.029		0	RA	4		0.004	0.018	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	2.712		0	RA	4		0.407	1.654	
18:2 undifferentiated....g	2.319		0	RA	4		0.348	1.415	
18:3 undifferentiated....g	0.133		0	RA	4		0.020	0.081	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g	0.015		0	RA	4		0.002	0.009	
20:3 undifferentiated....g	0.020		0	RA	4		0.003	0.012	
20:4 undifferentiated....g	0.158		0	RA	4		0.024	0.097	
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000	0.000	
21:5....g									
22:4....g	0.011		0	RA	4		0.002	0.007	
22:5 n-3 (DPA)....g	0.006		0	RA	4		0.001	0.004	
22:6 n-3 (DHA)....g	0.049		0	RA	4		0.007	0.030	
Fatty acids, total trans....g	0.709		0	RA	4		0.106	0.433	
Cholesterol....mg	313		0	RA	4		47	191	
Phytosterols....mg	10		0		1		2	6	
Amino Acids:									
Tryptophan....g	0.140		0	RA	4		0.021	0.085	
Threonine....g	0.467		0	RA	4		0.070	0.285	
Isoleucine....g	0.565		0	RA	4		0.085	0.344	
Leucine....g	0.913		0	RA	4		0.137	0.557	
Lysine....g	0.767		0	RA	4		0.115	0.468	
Methionine....g	0.319		0	RA	4		0.048	0.195	
Cystine....g	0.229		0	RA	4		0.034	0.140	
Phenylalanine....g	0.572		0	RA	4		0.086	0.349	
Tyrosine....g	0.420		0	RA	4		0.063	0.256	
Valine....g	0.722		0	RA	4		0.108	0.440	
Arginine....g	0.690		0	RA	4		0.103	0.421	
Histidine....g	0.260		0	RA	4		0.039	0.159	

NDB No. 01130
Egg, whole, cooked, omelet

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.618		0	RA	4		0.093	0.377	
Aspartic acid....g	1.117		0	RA	4		0.168	0.682	
Glutamic acid....g	1.407		0	RA	4		0.211	0.858	
Glycine....g	0.363		0	RA	4		0.054	0.221	
Proline....g	0.431		0	RA	4		0.065	0.263	
Serine....g	0.817		0	RA	4		0.123	0.498	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 15g: 1 tbsp

Measure 2 = 61g: 1 large

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01131
Egg, whole, cooked, poached

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.85		0	RK	4		37.93		
Energy....kcal	143		0	NC	4		71		
Energy....kJ	597		0	NC	4		299		
Protein (N x 6.25)....g	12.51		0	RK	4		6.25		
Total lipid (fat)....g	9.47		0	RK	4		4.73		
Ash....g	1.46		0	RK	4		0.73		
Carbohydrate, by difference....g	0.71		0	RK	4		0.36		
Fiber, total dietary....g	0.0		0	RK	4		0.0		
Sugars, total....g	0.37		0	RK	4		0.19		
Sucrose....g	0.00		0	RK	4		0.00		
Glucose (dextrose)....g	0.37		0	RK	4		0.19		
Fructose....g	0.00		0	RK	4		0.00		
Lactose....g	0.00		0	RK	4		0.00		
Maltose....g	0.00		0	RK	4		0.00		
Galactose....g	0.00		0	RK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	56		0	RK	4		28		
Iron, Fe....mg	1.75		0	RK	4		0.87		
Magnesium, Mg....mg	12		0	RK	4		6		
Phosphorus, P....mg	197		0	RK	4		99		
Potassium, K....mg	138		0	RK	4		69		
Sodium, Na....mg	297		0	RK	4		148		
Zinc, Zn....mg	1.29		0	RK	4		0.64		
Copper, Cu....mg	0.072		0	RK	4		0.036		
Manganese, Mn....mg	0.028		0	RK	4		0.014		
Selenium, Se....µg	30.6		0	RK	4		15.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RK	4		0.0		
Thiamin....mg	0.032		0	RK	4		0.016		
Riboflavin....mg	0.387		0	RK	4		0.193		
Niacin....mg	0.063		0	RK	4		0.032		
Pantothenic acid....mg	1.527		0	RK	4		0.764		
Vitamin B-6....mg	0.144		0	RK	4		0.072		
Folate, total....µg	35		0	RK	4		17		
Folic acid....µg	0		0	RK	4		0		
Folate, food....µg	35		0	RK	4		17		
Folate, DFE....µg	35		0	NC	4		17		
Choline, total....mg	234.1		0	RK	4		117.0		
Betaine....mg	0.3		0	RK	4		0.1		
Vitamin B-12....µg	0.71		0	RK	4		0.36		
Vitamin B-12, added....µg	0.00		0	RK	4		0.00		
Vitamin A, RAE....µg	160		0	RK	4		80		
Retinol....µg	159		0	RK	4		80		
Carotene, beta....µg	0		0	RK	4		0		
Carotene, alpha....µg	0		0	RK	4		0		
Cryptoxanthin, beta....µg	9		0	RK	4		5		
Vitamin A, IU....IU	538		0	RK	4		269		
Lycopene....µg	0		0	RK	4		0		
Lutein + zeaxanthin....µg	501		0	RK	4		251		
Vitamin E (alpha-tocopherol)....mg	1.04		0	RK	4		0.52		
Vitamin E, added....mg	0.00		0	RK	4		0.00		
Tocopherol, beta....mg	0.01		0	RK	4		0.01		
Tocopherol, gamma....mg	0.50		0	RK	4		0.25		
Tocopherol, delta....mg	0.06		0	RK	4		0.03		
Tocotrienol, alpha....mg	0.06		0	RK	4		0.03		
Tocotrienol, beta....mg	0.00		0	RK	4		0.00		

NDB No. 01131
Egg, whole, cooked, poached

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.01		0	RK	4		0.00		
Tocotrienol, delta....mg	0.00		0	RK	4		0.00		
Vitamin D (D2 + D3)....µg	2.0		0	RK	4		1.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	2.0		0	RK	4		1.0		
Vitamin D....IU	82		0	RK	4		41		
Vitamin K (phylloquinone)....µg	0.3		0	RK	4		0.1		
Dihydrophylloquinone....µg	0.1		0	RK	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.113		0	RK	4		1.557		
4:0....g	0.004		0	RK	4		0.002		
6:0....g	0.000		0	RK	4		0.000		
8:0....g	0.004		0	RK	4		0.002		
10:0....g	0.006		0	RK	4		0.003		
12:0....g	0.000		0	RK	4		0.000		
13:0....g									
14:0....g	0.033		0	RK	4		0.017		
15:0....g	0.008		0	RK	4		0.004		
16:0....g	2.222		0	RK	4		1.111		
17:0....g	0.021		0	RK	4		0.011		
18:0....g	0.808		0	RK	4		0.404		
20:0....g	0.003		0	RK	4		0.001		
22:0....g	0.004		0	RK	4		0.002		
24:0....g	0.000		0	RK	4		0.000		
Fatty acids, total monounsaturated....g	3.643		0	RK	4		1.822		
14:1....g	0.007		0	RK	4		0.003		
15:1....g	0.000		0	RK	4		0.000		
16:1 undifferentiated....g	0.200		0	RK	4		0.100		
17:1....g	0.012		0	RK	4		0.006		
18:1 undifferentiated....g	3.397		0	RK	4		1.699		
20:1....g	0.027		0	RK	4		0.014		
22:1 undifferentiated....g	0.000		0	RK	4		0.000		
24:1 c....g	0.000		0	RK	4		0.000		
Fatty acids, total polyunsaturated....g	1.904		0	RK	4		0.952		
18:2 undifferentiated....g	1.549		0	RK	4		0.774		
18:3 undifferentiated....g	0.048		0	RK	4		0.024		
18:4....g	0.000		0	RK	4		0.000		
20:2 n-6 c,c....g	0.018		0	RK	4		0.009		
20:3 undifferentiated....g	0.023		0	RK	4		0.012		
20:4 undifferentiated....g	0.188		0	RK	4		0.094		
20:5 n-3 (EPA)....g	0.000		0	RK	4		0.000		
21:5....g									
22:4....g	0.013		0	RK	4		0.007		
22:5 n-3 (DPA)....g	0.007		0	RK	4		0.003		
22:6 n-3 (DHA)....g	0.058		0	RK	4		0.029		
Fatty acids, total trans....g	0.038		0	RK	4		0.019		
Cholesterol....mg	370		0	RK	4		185		
Phytosterols....mg	0		0	RK	4		0		
Amino Acids:									
Tryptophan....g	0.166		0	RK	4		0.083		
Threonine....g	0.553		0	RK	4		0.277		
Isoleucine....g	0.669		0	RK	4		0.334		
Leucine....g	1.082		0	RK	4		0.541		
Lysine....g	0.909		0	RK	4		0.454		
Methionine....g	0.378		0	RK	4		0.189		
Cystine....g	0.271		0	RK	4		0.135		
Phenylalanine....g	0.677		0	RK	4		0.339		
Tyrosine....g	0.497		0	RK	4		0.249		
Valine....g	0.855		0	RK	4		0.427		
Arginine....g	0.817		0	RK	4		0.409		
Histidine....g	0.308		0	RK	4		0.154		

NDB No. 01131
Egg, whole, cooked, poached

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.732		0	RK	4		0.366		
Aspartic acid....g	1.323		0	RK	4		0.662		
Glutamic acid....g	1.667		0	RK	4		0.833		
Glycine....g	0.430		0	RK	4		0.215		
Proline....g	0.510		0	RK	4		0.255		
Serine....g	0.967		0	RK	4		0.484		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RK	4		0.0		
Caffeine....mg	0		0	RK	4		0		
Theobromine....mg	0		0	RK	4		0		

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

Common Measures:

Measure 1 = 50g: 1 large

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01132
Egg, whole, cooked, scrambled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.40		0	RA	4		46.61	10.47	168.09
Energy....kcal	149		0	NC	4		91	20	327
Energy....kJ	621		0	NC	4		379	85	1366
Protein (N x 6.25)....g	9.99		0	RA	4		6.10	1.37	21.98
Total lipid (fat)....g	10.98		0	RA	4		6.70	1.50	24.15
Ash....g	1.01		0	RA	4		0.62	0.14	2.23
Carbohydrate, by difference....g	1.61		0	RA	4		0.98	0.22	3.55
Fiber, total dietary....g	0.0		0	RA	4		0.0	0.0	0.0
Sugars, total....g	1.39		0	RA	4		0.85	0.19	3.05
Sucrose....g	0.00		0	RA	4		0.00	0.00	0.00
Glucose (dextrose)....g	0.28		0	RA	4		0.17	0.04	0.61
Fructose....g	0.00		0	RA	4		0.00	0.00	0.00
Lactose....g	1.11		0	RA	4		0.68	0.15	2.45
Maltose....g	0.00		0	RA	4		0.00	0.00	0.00
Galactose....g	0.00		0	RA	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	66		0	RA	4		40	9	146
Iron, Fe....mg	1.31		0	RA	4		0.80	0.18	2.87
Magnesium, Mg....mg	11		0	RA	4		7	2	25
Phosphorus, P....mg	165		0	RA	4		101	23	364
Potassium, K....mg	132		0	RA	4		81	18	291
Sodium, Na....mg	145		0	RA	4		88	20	318
Zinc, Zn....mg	1.04		0	RA	4		0.63	0.14	2.28
Copper, Cu....mg	0.059		0	RA	4		0.036	0.008	0.129
Manganese, Mn....mg	0.022		0	RA	4		0.013	0.003	0.048
Selenium, Se....µg	23.5		0	RA	4		14.3	3.2	51.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0	0.0	0.0
Thiamin....mg	0.040		0	RA	4		0.024	0.005	0.088
Riboflavin....mg	0.376		0	RA	4		0.230	0.052	0.828
Niacin....mg	0.076		0	RA	4		0.046	0.010	0.167
Pantothenic acid....mg	1.217		0	RA	4		0.742	0.167	2.677
Vitamin B-6....mg	0.134		0	RA	4		0.082	0.018	0.295
Folate, total....µg	36		0	RA	4		22	5	79
Folic acid....µg	0		0	RA	4		0	0	0
Folate, food....µg	36		0	RA	4		22	5	79
Folate, DFE....µg	36		0	NC	4		22	5	79
Choline, total....mg	221.0		0	RA	4		134.8	30.3	486.2
Betaine....mg	0.3		0	RA	4		0.2	0.0	0.7
Vitamin B-12....µg	0.76		0	RA	4		0.47	0.10	1.68
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE....µg	161		0	RA	4		98	22	355
Retinol....µg	159		0	RA	4		97	22	350
Carotene, beta....µg	26		0	RA	4		16	4	57
Carotene, alpha....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta....µg	7		0	RA	4		4	1	15
Vitamin A, IU....IU	578		0	RA	4		353	79	1272
Lycopene....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....µg	372		0	RA	4		227	51	819
Vitamin E (alpha-tocopherol)....mg	1.15		0	RA	4		0.70	0.16	2.53
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.03		0	RA	4		0.02	0.00	0.06
Tocopherol, gamma....mg	2.12		0	RA	4		1.29	0.29	4.66
Tocopherol, delta....mg	0.65		0	RA	4		0.40	0.09	1.44
Tocotrienol, alpha....mg	0.04		0	RA	4		0.03	0.01	0.09
Tocotrienol, beta....mg	0.00		0	RA	4		0.00	0.00	0.01

NDB No. 01132
Egg, whole, cooked, scrambled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.01		0	RA	4		0.00	0.00	0.02
Tocotrienol, delta....mg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	1.8		0	RA	4		1.1	0.2	4.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.8		0	RA	4		1.1	0.2	4.0
Vitamin D....IU	72		0	RA	4		44	10	158
Vitamin K (phylloquinone)....µg	4.0		0	RA	4		2.4	0.5	8.8
Dihydrophylloquinone....µg	0.1		0	RA	4		0.0	0.0	0.1
Menaquinone-4....µg	0.2		0	RA	4		0.1	0.0	0.5
Lipids:									
Fatty acids, total saturated....g	3.331		0	RA	4		2.032	0.456	7.328
4:0....g	0.019		0	RA	4		0.012	0.003	0.042
6:0....g	0.016		0	RA	4		0.010	0.002	0.036
8:0....g	0.019		0	RA	4		0.012	0.003	0.042
10:0....g	0.021		0	RA	4		0.013	0.003	0.045
12:0....g	0.017		0	RA	4		0.010	0.002	0.037
13:0....g	0.000		0	RA	4		0.000	0.000	0.000
14:0....g	0.092		0	RA	4		0.056	0.013	0.202
15:0....g	0.007		0	RA	4		0.004	0.001	0.015
16:0....g	2.170		0	RA	4		1.324	0.297	4.775
17:0....g	0.019		0	RA	4		0.011	0.003	0.041
18:0....g	0.927		0	RA	4		0.566	0.127	2.040
20:0....g	0.013		0	RA	4		0.008	0.002	0.028
22:0....g	0.008		0	RA	4		0.005	0.001	0.017
24:0....g	0.003		0	RA	4		0.002	0.000	0.007
Fatty acids, total monounsaturated....g	4.441		0	RA	4		2.709	0.608	9.769
14:1....g	0.005		0	RA	4		0.003	0.001	0.011
15:1....g	0.000		0	RA	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.150		0	RA	4		0.092	0.021	0.331
17:1....g	0.010		0	RA	4		0.006	0.001	0.022
18:1 undifferentiated....g	4.250		0	RA	4		2.592	0.582	9.349
20:1....g	0.025		0	RA	4		0.016	0.003	0.056
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	2.429		0	RA	4		1.482	0.333	5.344
18:2 undifferentiated....g	2.067		0	RA	4		1.261	0.283	4.548
18:3 undifferentiated....g	0.134		0	RA	4		0.082	0.018	0.294
18:4....g	0.000		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.013		0	RA	4		0.008	0.002	0.029
20:3 undifferentiated....g	0.017		0	RA	4		0.010	0.002	0.038
20:4 undifferentiated....g	0.139		0	RA	4		0.085	0.019	0.307
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000	0.000	0.000
21:5....g									
22:4....g	0.010		0	RA	4		0.006	0.001	0.022
22:5 n-3 (DPA)....g	0.005		0	RA	4		0.003	0.001	0.012
22:6 n-3 (DHA)....g	0.043		0	RA	4		0.026	0.006	0.095
Fatty acids, total trans....g	0.624		0	RA	4		0.381	0.085	1.373
Cholesterol....mg	277		0	RA	4		169	38	610
Phytosterols....mg	10		0		1		6	1	22
Amino Acids:									
Tryptophan....g	0.139		0	RA	4		0.085	0.019	0.307
Threonine....g	0.442		0	RA	4		0.270	0.061	0.972
Isoleucine....g	0.532		0	RA	4		0.325	0.073	1.171
Leucine....g	0.861		0	RA	4		0.525	0.118	1.894
Lysine....g	0.705		0	RA	4		0.430	0.097	1.552
Methionine....g	0.297		0	RA	4		0.181	0.041	0.653
Cystine....g	0.205		0	RA	4		0.125	0.028	0.451
Phenylalanine....g	0.535		0	RA	4		0.326	0.073	1.177
Tyrosine....g	0.402		0	RA	4		0.245	0.055	0.884
Valine....g	0.676		0	RA	4		0.413	0.093	1.488
Arginine....g	0.623		0	RA	4		0.380	0.085	1.371
Histidine....g	0.245		0	RA	4		0.149	0.034	0.539

NDB No. 01132
Egg, whole, cooked, scrambled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.566		0	RA	4		0.345	0.078	1.245
Aspartic acid....g	1.034		0	RA	4		0.631	0.142	2.275
Glutamic acid....g	1.378		0	RA	4		0.840	0.189	3.031
Glycine....g	0.335		0	RA	4		0.205	0.046	0.738
Proline....g	0.453		0	RA	4		0.276	0.062	0.996
Serine....g	0.742		0	RA	4		0.452	0.102	1.632
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine....mg	0		0	RA	4		0	0	0
Theobromine....mg	0		0	RA	4		0	0	0

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

Common Measures:

Measure 1 = 61g: 1 large

Measure 2 = 13.7g: 1 tbsp

Measure 3 = 220g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01133
Egg, whole, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.67		3	A	1		3.12	0.18	
Energy....kcal	605		0	NC	4		514	30	
Energy....kJ	2530		0	NC	4		2151	127	
Protein (N x 6.25)....g	48.37		3	A	1		41.11	2.42	
Total lipid (fat)....g	43.04		3	A	1		36.58	2.15	
Ash....g	3.40		3	A	1		2.89	0.17	
Carbohydrate, by difference....g	1.53		0	NC	4		1.30	0.08	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.30		3	A	1		0.26	0.02	
Sucrose....g	0.03		3	A	1		0.03	0.00	
Glucose (dextrose)....g	0.27		3	A	1		0.23	0.01	
Fructose....g	0.00		3	A	1		0.00	0.00	
Lactose....g	0.00		3	A	1		0.00	0.00	
Maltose....g	0.00		3	A	1		0.00	0.00	
Galactose....g	0.00		3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	236		3	A	1		200	12	
Iron, Fe....mg	4.33		3	A	1		3.68	0.22	
Magnesium, Mg....mg	34		0	BFSN	4		29	2	
Phosphorus, P....mg	629		3	A	1		535	31	
Potassium, K....mg	540		3	A	1		459	27	
Sodium, Na....mg	480		3	A	1		408	24	
Zinc, Zn....mg	3.15		3	A	1		2.68	0.16	
Copper, Cu....mg	0.203		3	A	1		0.173	0.010	
Manganese, Mn....mg	0.058		3	A	1		0.049	0.003	
Selenium, Se....µg	164.7		3	A	1		140.0	8.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.183		3	A	1		0.156	0.009	
Riboflavin....mg	1.977		3	A	1		1.680	0.099	
Niacin....mg	0.340		3	A	1		0.289	0.017	
Pantothenic acid....mg	5.550		3	A	1		4.717	0.277	
Vitamin B-6....mg	0.494		3	A	1		0.420	0.025	
Folate, total....µg	119		3	A	1		101	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	119		3	A	1		101	6	
Folate, DFE....µg	119		0	NC	4		101	6	
Choline, total....mg	1266.7		3	A	1		1076.7	63.3	
Betaine....mg									
Vitamin B-12....µg	3.39		3	A	1		2.88	0.17	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	150		0	AS	1		127	7	
Retinol....µg	150		3	A	1		127	7	
Carotene, beta....µg	0		3	A	1		0	0	
Carotene, alpha....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....µg	36		0	BFSN	4		30	2	
Vitamin A, IU....IU	500		0	AS	1		425	25	
Lycopene....µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....µg	835		3	A	1		710	42	
Vitamin E (alpha-tocopherol)....mg	2.17		3	A	1		1.85	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 01133
Egg, whole, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	3.1		3	AS	1		2.7	0.2	
Vitamin D....IU	125		3	A	1		106	6	
Vitamin K (phylloquinone)....µg	1.2		0	BFSN	4		1.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.516		0	NC	4		11.489	0.676	
4:0....g	0.000		0	A	1		0.000	0.000	
6:0....g	0.000		0	A	1		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.136		3	A	1		0.116	0.007	
15:0....g	0.026		3	A	1		0.022	0.001	
16:0....g	9.755		3	A	1		8.291	0.488	
17:0....g	0.083		3	A	1		0.071	0.004	
18:0....g	3.507		3	A	1		2.981	0.175	
20:0....g	0.010		3	A	1		0.008	0.000	
22:0....g	0.000		3	A	1		0.000	0.000	
24:0....g	0.000		3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	17.073		0	NC	4		14.512	0.854	
14:1....g	0.028		3	A	1		0.024	0.001	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.733		3	A	1		0.623	0.037	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	16.173		3	A	1		13.747	0.809	
20:1....g	0.131		3	A	1		0.112	0.007	
22:1 undifferentiated....g	0.007		3	AS	1		0.006	0.000	
22:1 c....g	0.007		3	A	1		0.006	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.856		0	NC	4		5.828	0.343	
18:2 undifferentiated....g	5.705		3	A	1		4.849	0.285	
18:3 undifferentiated....g	0.162		3	AS	1		0.138	0.008	
18:3 n-3 c,c,c (ALA)....g	0.118		3	A	1		0.100	0.006	
18:3 n-6 c,c,c....g	0.044		3	A	1		0.038	0.002	
18:3i....g									
18:4....g	0.056		2	A	1		0.048	0.003	
20:2 n-6 c,c....g	0.089		3	A	1		0.076	0.004	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.698		3	A	1		0.593	0.035	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.019		3	A	1		0.016	0.001	
22:6 n-3 (DHA)....g	0.183		3	A	1		0.155	0.009	
Fatty acids, total trans....g	0.156		0	BFSN	4		0.132	0.008	
Cholesterol....mg	1630		3	A	1		1386	82	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.780		0	A	1		0.663	0.039	
Threonine....g	2.143		0	A	1		1.821	0.107	
Isoleucine....g	2.450		0	A	1		2.083	0.123	
Leucine....g	4.177		0	A	1		3.550	0.209	
Lysine....g	3.361		0	A	1		2.857	0.168	
Methionine....g	1.504		0	A	1		1.279	0.075	
Cystine....g	1.077		0	A	1		0.916	0.054	
Phenylalanine....g	2.547		0	A	1		2.165	0.127	

NDB No. 01133
Egg, whole, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine....g	1.994		0	A	1		1.695	0.100	
Valine....g	3.010		0	A	1		2.559	0.151	
Arginine....g	3.091		0	A	1		2.627	0.155	
Histidine....g	1.210		0	A	1		1.029	0.061	
Alanine....g	2.723		0	A	1		2.315	0.136	
Aspartic acid....g	5.053		0	A	1		4.295	0.253	
Glutamic acid....g	6.430		0	A	1		5.466	0.322	
Glycine....g	1.633		0	A	1		1.388	0.082	
Proline....g	1.844		0	A	1		1.567	0.092	
Serine....g	3.797		0	A	1		3.228	0.190	
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 = 85g: 1 cup, sifted

Measure 2 = 5.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01134
Egg, whole, dried, stabilized, glucose reduced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.87	0.099	14		1		1.59	0.09	
Energy....kcal	615		0	NC	4		523	31	
Energy....kJ	2574				4		2188	129	
Protein (N x 6.25)....g	48.17		0		1		40.94	2.41	
Total lipid (fat)....g	43.95		0		1		37.36	2.20	
Ash....g	3.63		0		1		3.09	0.18	
Carbohydrate, by difference....g	2.38		0	NC	4		2.02	0.12	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	222		0		1		189	11	
Iron, Fe....mg	8.28		0		1		7.04	0.41	
Magnesium, Mg....mg	49		0		1		41	2	
Phosphorus, P....mg	715		0		1		607	36	
Potassium, K....mg	515		0		1		438	26	
Sodium, Na....mg	548		0		1		466	27	
Zinc, Zn....mg	5.71		0		1		4.85	0.29	
Copper, Cu....mg	0.270		0		1		0.230	0.014	
Manganese, Mn....mg	0.150		0		1		0.128	0.008	
Selenium, Se....µg	121.1		0	BFSN	4		102.9	6.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.325		0		1		0.276	0.016	
Riboflavin....mg	1.232		0		1		1.047	0.062	
Niacin....mg	0.259		0		1		0.220	0.013	
Pantothenic acid....mg	6.710		0		1		5.704	0.336	
Vitamin B-6....mg	0.420		0		1		0.357	0.021	
Folate, total....µg	193		0		1		164	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	193		0		1		164	10	
Folate, DFE....µg	193		0	NC	4		164	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	10.51		0		1		8.94	0.53	
Vitamin A, RAE....µg	616		0		1		523	31	
Retinol....µg	616		0		1		523	31	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	2050		0		1		1743	103	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01134
Egg, whole, dried, stabilized, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	13.198		0		1		11.218	0.660	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.120		42		1		0.102	0.006	
15:0....g									
16:0....g	9.703		69		1		8.248	0.485	
17:0....g									
18:0....g	3.374		69		1		2.868	0.169	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	17.564		0		1		14.929	0.878	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.463		69		1		1.244	0.073	
17:1....g									
18:1 undifferentiated....g	16.102		69		1		13.687	0.805	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.713		0		1		4.856	0.286	
18:2 undifferentiated....g	4.881		69		1		4.149	0.244	
18:3 undifferentiated....g	0.124		32		1		0.105	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.368		47		1		0.313	0.018	
20:5 n-3 (EPA)....g									
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	2017		0		1		1714	101	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.771		0		1		0.655	0.039	
Threonine....g	2.366		0		1		2.011	0.118	
Isoleucine....g	3.014		0		1		2.562	0.151	
Leucine....g	4.231		0		1		3.596	0.212	
Lysine....g	3.252		0		1		2.764	0.163	
Methionine....g	1.557		0		1		1.323	0.078	
Cystine....g	1.148		0		1		0.976	0.057	
Phenylalanine....g	2.721		0		1		2.313	0.136	
Tyrosine....g	2.004		0		1		1.703	0.100	
Valine....g	3.468		0		1		2.948	0.173	
Arginine....g	3.083		0		1		2.621	0.154	
Histidine....g	1.164		0		1		0.989	0.058	
Alanine....g	2.813		0		1		2.391	0.141	
Aspartic acid....g	4.778		0		1		4.061	0.239	
Glutamic acid....g	6.135		0		1		5.215	0.307	
Glycine....g	1.603		0		1		1.363	0.080	
Proline....g	1.911		0		1		1.624	0.096	
Serine....g	3.661		0		1		3.112	0.183	
Hydroxyproline....g									

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

NDB No. 01134

Egg, whole, dried, stabilized, glucose reduced

Common Measures:

Measure 1 = 85g: 1 cup, sifted

Measure 2 = 5.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01123
Egg, whole, raw, fresh

Refuse: 12% Shell

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.15	0.121	12	A	1		38.08	42.65	47.98
Energy....kcal	143		0	NC	4		72	80	90
Energy....kJ	599		0	NC	4		300	335	377
Protein (N x 6.25)....g	12.56	0.102	12	A	1		6.28	7.03	7.91
Total lipid (fat)....g	9.51	0.115	12	A	1		4.75	5.32	5.99
Ash....g	1.06	0.034	12	A	1		0.53	0.60	0.67
Carbohydrate, by difference....g	0.72		0	NC	4		0.36	0.40	0.45
Fiber, total dietary....g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total....g	0.37	0.008	6	A	1		0.19	0.21	0.24
Sucrose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.37	0.008	6	A	1		0.19	0.21	0.24
Fructose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	56	0.697	6	A	1		28	31	35
Iron, Fe....mg	1.75	0.044	6	A	1		0.88	0.98	1.10
Magnesium, Mg....mg	12	0.240	6	A	1		6	7	8
Phosphorus, P....mg	198	1.939	6	A	1		99	111	125
Potassium, K....mg	138	1.476	6	A	1		69	77	87
Sodium, Na....mg	142	1.138	6	A	1		71	80	90
Zinc, Zn....mg	1.29	0.017	6	A	1		0.64	0.72	0.81
Copper, Cu....mg	0.072	0.001	6	A	1		0.036	0.040	0.045
Manganese, Mn....mg	0.028	0.001	6	A	1		0.014	0.016	0.018
Selenium, Se....µg	30.7	2.129	6	A	1		15.3	17.2	19.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin....mg	0.040	0.003	6	A	1		0.020	0.022	0.025
Riboflavin....mg	0.457	0.020	6	A	1		0.228	0.256	0.288
Niacin....mg	0.075	0.002	6	A	1		0.037	0.042	0.047
Pantothenic acid....mg	1.533	0.049	6	A	1		0.767	0.859	0.966
Vitamin B-6....mg	0.170	0.004	6	A	1		0.085	0.095	0.107
Folate, total....µg	47	4.966	23	A	1		23	26	30
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	47	4.966	23	A	1		23	26	30
Folate, DFE....µg	47		0	NC	4		23	26	30
Choline, total....mg	293.8	4.687	6	AS	1		146.9	164.5	185.1
Betaine....mg	0.3	0.028	6	A	1		0.1	0.2	0.2
Vitamin B-12....µg	0.89	0.092	6	A	1		0.45	0.50	0.56
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	160		0	AS	1		80	90	101
Retinol....µg	160	6.614	6	A	1		80	90	101
Carotene, beta....µg	0	0.000	6	A	1		0	0	0
Carotene, alpha....µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta....µg	9	0.673	6	A	1		5	5	6
Vitamin A, IU....IU	540		0	AS	1		270	303	340
Lycopene....µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin....µg	503	20.991	6	A	1		252	282	317
Vitamin E (alpha-tocopherol)....mg	1.05	0.116	6	A	1		0.52	0.59	0.66
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.01	0.003	6	A	1		0.01	0.01	0.01
Tocopherol, gamma....mg	0.50	0.042	6	A	1		0.25	0.28	0.31
Tocopherol, delta....mg	0.06	0.030	6	A	1		0.03	0.03	0.04
Tocotrienol, alpha....mg	0.06	0.004	6	A	1		0.03	0.03	0.04
Tocotrienol, beta....mg	0.00	0.001	6	A	1		0.00	0.00	0.00

NDB No. 01123
Egg, whole, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.01	0.003	6	A	1		0.00	0.01	0.01
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	2.0		10	AS	1		1.0	1.1	1.3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	2.0	0.801	10	A	1		1.0	1.1	1.3
Vitamin D....IU	82	32.027	10	A	1		41	46	52
Vitamin K (phylloquinone)....µg	0.3		2	A	1		0.2	0.2	0.2
Dihydrophylloquinone....µg	0.1		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.126		0	NC	4		1.563	1.750	1.969
4:0....g	0.004	0.000	12	A	1		0.002	0.002	0.002
6:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
8:0....g	0.004	0.000	12	A	1		0.002	0.002	0.002
10:0....g	0.006	0.000	12	A	1		0.003	0.003	0.004
12:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.033	0.001	12	A	1		0.017	0.019	0.021
15:0....g	0.008	0.000	12	A	1		0.004	0.005	0.005
16:0....g	2.231	0.039	12	A	1		1.115	1.249	1.405
17:0....g	0.022	0.001	12	A	1		0.011	0.012	0.014
18:0....g	0.811	0.016	12	A	1		0.406	0.454	0.511
20:0....g	0.003	0.000	12	A	1		0.002	0.002	0.002
22:0....g	0.004	0.000	12	A	1		0.002	0.002	0.003
24:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	3.658		0	NC	4		1.829	2.048	2.304
14:1....g	0.007	0.000	12	A	1		0.003	0.004	0.004
15:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.201	0.008	12	AS	1		0.100	0.112	0.126
16:1 c....g	0.198	0.008	12	A	1		0.099	0.111	0.125
16:1 t....g	0.003	0.000	12	A	1		0.002	0.002	0.002
17:1....g	0.012	0.001	12	A	1		0.006	0.007	0.008
18:1 undifferentiated....g	3.411	0.050	12	AS	1		1.705	1.910	2.149
18:1 c....g	3.388	0.051	12	A	1		1.694	1.897	2.134
18:1 t....g	0.023	0.002	12	A	1		0.011	0.013	0.014
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027	0.001	12	A	1		0.014	0.015	0.017
22:1 undifferentiated....g	0.000	0.000	12	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	1.911		0	NC	4		0.956	1.070	1.204
18:2 undifferentiated....g	1.555	0.062	12	AS	1		0.777	0.871	0.980
18:2 n-6 c,c....g	1.531	0.062	12	A	1		0.765	0.857	0.964
18:2 CLAs....g	0.012	0.001	12	A	1		0.006	0.007	0.007
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012	0.001	12	A	1		0.006	0.007	0.008
18:3 undifferentiated....g	0.048	0.002	12	AS	1		0.024	0.027	0.030
18:3 n-3 c,c,c (ALA)....g	0.036	0.002	12	A	1		0.018	0.020	0.023
18:3 n-6 c,c,c....g	0.012	0.000	12	A	1		0.006	0.007	0.008
18:3i....g									
18:4....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.018	0.001	12	A	1		0.009	0.010	0.011
20:3 undifferentiated....g	0.023	0.000	12	AS	1		0.012	0.013	0.015
20:3 n-3....g	0.001	0.000	12	A	1		0.000	0.000	0.000
20:3 n-6....g	0.022	0.000	12	A	1		0.011	0.013	0.014
20:4 undifferentiated....g	0.188	0.005	12	A	1		0.094	0.106	0.119
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.013	0.001	12	A	1		0.007	0.007	0.008
22:5 n-3 (DPA)....g	0.007	0.000	12	A	1		0.003	0.004	0.004

NDB No. 01123
Egg, whole, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.058	0.002	12	A	1		0.029	0.033	0.037
Fatty acids, total trans....g	0.038		0	NC	4		0.019	0.021	0.024
Fatty acids, total trans-monoenoic....g	0.026		0	NC	4		0.013	0.015	0.016
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.006	0.007	0.008
Cholesterol....mg	372	6.718	12	A	1		186	208	234
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.167		0	A	1		0.083	0.093	0.105
Threonine....g	0.556		0	A	1		0.278	0.311	0.350
Isoleucine....g	0.671		0	A	1		0.336	0.376	0.423
Leucine....g	1.086		0	A	1		0.543	0.608	0.684
Lysine....g	0.912		0	A	1		0.456	0.511	0.575
Methionine....g	0.380		0	A	1		0.190	0.213	0.239
Cystine....g	0.272		0	A	1		0.136	0.152	0.171
Phenylalanine....g	0.680		0	A	1		0.340	0.381	0.428
Tyrosine....g	0.499		0	A	1		0.250	0.279	0.314
Valine....g	0.858		0	A	1		0.429	0.481	0.541
Arginine....g	0.820		0	A	1		0.410	0.459	0.517
Histidine....g	0.309		0	A	1		0.155	0.173	0.195
Alanine....g	0.735		0	A	1		0.367	0.411	0.463
Aspartic acid....g	1.329		0	A	1		0.664	0.744	0.837
Glutamic acid....g	1.673		0	A	1		0.837	0.937	1.054
Glycine....g	0.432		0	A	1		0.216	0.242	0.272
Proline....g	0.512		0	A	1		0.256	0.287	0.323
Serine....g	0.971		0	A	1		0.486	0.544	0.612
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 50g: 1 large

Measure 2 = 56g: 1 extra large

Measure 3 = 63g: 1 jumbo

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01171
Egg, whole, raw, frozen, pasteurized

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	75.20		3	A	1		21.06		
Energy ... kcal	154		0	NC	4		43		
Energy ... kJ	643		0	NC	4		180		
Protein (N x 6.25) ... g	12.03		3	A	1		3.37		
Total lipid (fat) ... g	10.70		3	A	1		2.99		
Ash ... g	0.80		3	A	1		0.22		
Carbohydrate, by difference ... g	1.27		0	NC	4		0.36		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g	0.10		3	A	1		0.03		
Sucrose ... g	0.00		3	A	1		0.00		
Glucose (dextrose) ... g	0.10		3	A	1		0.03		
Fructose ... g	0.00		3	A	1		0.00		
Lactose ... g	0.00		3	A	1		0.00		
Maltose ... g	0.00		3	A	1		0.00		
Galactose ... g	0.00		3	A	1		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	63		3	A	1		18		
Iron, Fe ... mg	1.69		3	A	1		0.47		
Magnesium, Mg ... mg	9		3	A	1		2		
Phosphorus, P ... mg	193		3	A	1		54		
Potassium, K ... mg	135		3	A	1		38		
Sodium, Na ... mg	130		3	A	1		36		
Zinc, Zn ... mg	1.32		3	A	1		0.37		
Copper, Cu ... mg	0.025		3	A	1		0.007		
Manganese, Mn ... mg	0.032		3	A	1		0.009		
Selenium, Se ... µg	37.2		3	A	1		10.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0		
Thiamin ... mg	0.067		3	A	1		0.019		
Riboflavin ... mg	0.523		3	A	1		0.147		
Niacin ... mg	0.103		3	A	1		0.029		
Pantothenic acid ... mg	1.570		3	A	1		0.440		
Vitamin B-6 ... mg	0.197		3	A	1		0.055		
Folate, total ... µg	87		3	A	1		24		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	87		3	A	1		24		
Folate, DFE ... µg	87		0	NC	4		24		
Choline, total ... mg	268.3		3	A	1		75.1		
Betaine ... mg									
Vitamin B-12 ... µg	1.16		3	A	1		0.32		
Vitamin B-12, added ... µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE ... µg	146		0	AS	1		41		
Retinol ... µg	146		3	A	1		41		
Carotene, beta ... µg	0		3	A	1		0		
Carotene, alpha ... µg	0		0	BFZN	4		0		
Cryptoxanthin, beta ... µg	9		0	BFZN	4		3		
Vitamin A, IU ... IU	488		0	AS	1		137		
Lycopene ... µg	0		0	BFZN	4		0		
Lutein + zeaxanthin ... µg	471		3	A	1		132		
Vitamin E (alpha-tocopherol) ... mg	0.72		3	A	1		0.20		
Vitamin E, added ... mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									

NDB No. 01171
Egg, whole, raw, frozen, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	2.0		0	AS	1		0.6		
Vitamin D....IU	82		0	BFZN	4		23		
Vitamin K (phylloquinone)....µg	0.3		0	BFZN	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.348		0	NC	4		0.937		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		3	A	1		0.000		
10:0....g	0.000		3	A	1		0.000		
12:0....g	0.000		3	A	1		0.000		
13:0....g									
14:0....g	0.044		3	A	1		0.012		
15:0....g	0.007		3	A	1		0.002		
16:0....g	2.401		3	A	1		0.672		
17:0....g	0.021		3	A	1		0.006		
18:0....g	0.875		3	A	1		0.245		
20:0....g	0.000		3	A	1		0.000		
22:0....g	0.000		3	A	1		0.000		
24:0....g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated....g	4.223		0	NC	4		1.182		
14:1....g	0.009		3	A	1		0.003		
15:1....g	0.000		3	A	1		0.000		
16:1 undifferentiated....g	0.245		3	A	1		0.069		
17:1....g	0.010		3	A	1		0.003		
18:1 undifferentiated....g	3.930		3	A	1		1.100		
20:1....g	0.029		3	A	1		0.008		
22:1 undifferentiated....g	0.000		3	AS	1		0.000		
22:1 c....g	0.000		3	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.710		0	NC	4		0.479		
18:2 undifferentiated....g	1.403		3	A	1		0.393		
18:3 undifferentiated....g	0.043		3	AS	1		0.012		
18:3 n-3 c,c,c (ALA)....g	0.035		3	A	1		0.010		
18:3 n-6 c,c,c....g	0.008		3	A	1		0.002		
18:3i....g									
18:4....g	0.009		2	A	1		0.003		
20:2 n-6 c,c....g	0.020		3	A	1		0.006		
20:3 undifferentiated....g	0.000		3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.184		3	A	1		0.052		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.006		3	A	1		0.002		
22:6 n-3 (DHA)....g	0.052		3	A	1		0.015		
Fatty acids, total trans....g	0.038		0	BFZN	4		0.011		
Cholesterol....mg	372		0	BFZN	4		104		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.187		0	A	1		0.052		
Threonine....g	0.542		0	A	1		0.152		
Isoleucine....g	0.645		0	A	1		0.181		
Leucine....g	1.083		0	A	1		0.303		
Lysine....g	0.907		0	A	1		0.254		
Methionine....g	0.390		0	A	1		0.109		
Cystine....g	0.281		0	A	1		0.079		
Phenylalanine....g	0.659		0	A	1		0.184		

NDB No. 01171
Egg, whole, raw, frozen, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine....g	0.522		0	A	1		0.146		
Valine....g	0.796		0	A	1		0.223		
Arginine....g	0.793		0	A	1		0.222		
Histidine....g	0.314		0	A	1		0.088		
Alanine....g	0.702		0	A	1		0.197		
Aspartic acid....g	1.270		0	A	1		0.356		
Glutamic acid....g	1.609		0	A	1		0.450		
Glycine....g	0.421		0	A	1		0.118		
Proline....g	0.485		0	A	1		0.136		
Serine....g	0.959		0	A	1		0.268		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 28g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01255
Egg, whole, raw, frozen, salted, pasteurized

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.83		3	A	1		18.99		
Energy....kcal	138		0	NC	4		39		
Energy....kJ	577		0	NC	4		162		
Protein....g	10.97		3	A	1		3.07		
Total lipid (fat)....g	10.07		3	A	1		2.82		
Ash....g	10.30		3	A	1		2.88		
Carbohydrate, by difference....g	0.83		0	NC	4		0.23		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g	0.07		3	A	1		0.02		
Sucrose....g	0.00		3	A	1		0.00		
Glucose (dextrose)....g	0.07		3	A	1		0.02		
Fructose....g	0.00		3	A	1		0.00		
Lactose....g	0.00		3	A	1		0.00		
Maltose....g	0.00		3	A	1		0.00		
Galactose....g	0.00		3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	55		3	A	1		15		
Iron, Fe....mg	1.71		3	A	1		0.48		
Magnesium, Mg....mg	9		3	A	1		3		
Phosphorus, P....mg	186		3	A	1		52		
Potassium, K....mg	128		3	A	1		36		
Sodium, Na....mg	3663		3	A	1		1026		
Zinc, Zn....mg	1.30		3	A	1		0.36		
Copper, Cu....mg	0.064		3	A	1		0.018		
Manganese, Mn....mg	0.033		3	A	1		0.009		
Selenium, Se....µg	30.4		3	A	1		8.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0		
Thiamin....mg	0.060		3	A	1		0.017		
Riboflavin....mg	0.443		3	A	1		0.124		
Niacin....mg	0.077		3	A	1		0.021		
Pantothenic acid....mg	1.260		3	A	1		0.353		
Vitamin B-6....mg	0.226		3	A	1		0.063		
Folate, total....µg	69		3	A	1		19		
Folic acid....µg	0		0	BFZN	4		0		
Folate, food....µg	69		3	A	1		19		
Folate, DFE....µg	69		0	NC	4		19		
Choline, total....mg	297.0		3	A	1		83.2		
Betaine....mg									
Vitamin B-12....µg	1.21		3	A	1		0.34		
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....µg	149		0	AS	1		42		
Retinol....µg	149		3	A	1		42		
Carotene, beta....µg	0		3	A	1		0		
Carotene, alpha....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta....µg	9		0	BFZN	4		3		
Vitamin A, IU....IU	497		0	AS	1		139		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	417		3	A	1		117		
Vitamin E (alpha-tocopherol)....mg	0.80		3	A	1		0.22		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 01255
Egg, whole, raw, frozen, salted, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.5		3	AS	1		0.4		
Vitamin D....IU	61		3	A	1		17		
Vitamin K (phylloquinone)....µg	0.3		0	BFZN	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.178		0	NC	4		0.890		
4:0....g	0.004		0	BFZN	4		0.001		
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		3	A	1		0.000		
10:0....g	0.000		3	A	1		0.000		
12:0....g	0.000		3	A	1		0.000		
13:0....g									
14:0....g	0.039		3	A	1		0.011		
15:0....g	0.004		3	A	1		0.001		
16:0....g	2.297		3	A	1		0.643		
17:0....g	0.018		3	A	1		0.005		
18:0....g	0.820		3	A	1		0.230		
20:0....g	0.000		3	A	1		0.000		
22:0....g	0.000		3	A	1		0.000		
24:0....g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated....g	4.000		0	NC	4		1.120		
14:1....g	0.005		3	A	1		0.001		
15:1....g	0.000		3	A	1		0.000		
16:1 undifferentiated....g	0.260		3	A	1		0.073		
17:1....g	0.009		3	A	1		0.003		
18:1 undifferentiated....g	3.697		3	A	1		1.035		
20:1....g	0.029		3	A	1		0.008		
22:1 undifferentiated....g	0.000		3	AS	1		0.000		
22:1 c....g	0.000		3	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.627		0	NC	4		0.456		
18:2 undifferentiated....g	1.324		3	A	1		0.371		
18:3 undifferentiated....g	0.044		3	AS	1		0.012		
18:3 n-3 c,c,c (ALA)....g	0.033		3	A	1		0.009		
18:3 n-6 c,c,c....g	0.011		3	A	1		0.003		
18:3i....g									
18:4....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c....g	0.022		3	A	1		0.006		
20:3 undifferentiated....g	0.000		3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.170		3	A	1		0.048		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.002		3	A	1		0.001		
22:6 n-3 (DHA)....g	0.046		3	A	1		0.013		
Fatty acids, total trans....g	0.090		0	T	4		0.025		
Cholesterol....mg	387		3	A	1		108		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	A	1		0.063		
Threonine....g	0.483		0	A	1		0.135		
Isoleucine....g	0.560		0	A	1		0.157		
Leucine....g	0.940		0	A	1		0.263		
Lysine....g	0.793		0	A	1		0.222		
Methionine....g	0.303		0	A	1		0.085		
Cystine....g	0.240		0	A	1		0.067		
Phenylalanine....g	0.577		0	A	1		0.161		

NDB No. 01255
Egg, whole, raw, frozen, salted, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine....g	0.463		0	A	1		0.130		
Valine....g	0.673		0	A	1		0.189		
Arginine....g	0.700		0	A	1		0.196		
Histidine....g	0.273		0	A	1		0.077		
Alanine....g	0.607		0	A	1		0.170		
Aspartic acid....g	1.113		0	A	1		0.312		
Glutamic acid....g	1.417		0	A	1		0.397		
Glycine....g	0.363		0	A	1		0.102		
Proline....g	0.420		0	A	1		0.118		
Serine....g	0.850		0	A	1		0.238		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 28g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01137
Egg, yolk, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.73		3	A	1		1.83	0.11	
Energy....kcal	679		0	NC	4		455	27	
Energy....kJ	2842		0	NC	4		1904	114	
Protein (N x 6.25)....g	33.73		3	A	1		22.60	1.35	
Total lipid (fat)....g	58.13		3	A	1		38.95	2.33	
Ash....g	3.30		3	A	1		2.21	0.13	
Carbohydrate, by difference....g	2.10		0	NC	4		1.41	0.08	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.07		3	A	1		0.04	0.00	
Sucrose....g	0.00		3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.07		3	A	1		0.04	0.00	
Fructose....g	0.00		3	A	1		0.00	0.00	
Lactose....g	0.00		3	A	1		0.00	0.00	
Maltose....g	0.00		3	A	1		0.00	0.00	
Galactose....g	0.00		3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	307		3	A	1		205	12	
Iron, Fe....mg	9.50		3	A	1		6.36	0.38	
Magnesium, Mg....mg	26		3	A	1		17	1	
Phosphorus, P....mg	1040		3	A	1		697	42	
Potassium, K....mg	264		3	A	1		177	11	
Sodium, Na....mg	163		3	A	1		109	7	
Zinc, Zn....mg	7.73		3	A	1		5.18	0.31	
Copper, Cu....mg	0.012		2	A	1		0.008	0.000	
Manganese, Mn....mg	0.185		3	A	1		0.124	0.007	
Selenium, Se....µg	139.3		3	A	1		93.4	5.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.387		3	A	1		0.259	0.015	
Riboflavin....mg	1.257		3	A	1		0.842	0.050	
Niacin....mg	0.083		3	A	1		0.056	0.003	
Pantothenic acid....mg	9.063		3	A	1		6.072	0.363	
Vitamin B-6....mg	0.842		3	A	1		0.564	0.034	
Folate, total....µg	209		3	A	1		140	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	209		3	A	1		140	8	
Folate, DFE....µg	209		0	NC	4		140	8	
Choline, total....mg	2403.3		3	A	1		1610.2	96.1	
Betaine....mg									
Vitamin B-12....µg	6.02		3	A	1		4.03	0.24	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	785		0	NC	4		526	31	
Retinol....µg	779		0	BFFN	4		522	31	
Carotene, beta....µg	0		3	A	1		0	0	
Carotene, alpha....µg	79		0	BFFN	4		53	3	
Cryptoxanthin, beta....µg	70		0	BFFN	4		47	3	
Vitamin A, IU....IU	2721		0	NC	4		1823	109	
Lycopene....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....µg	1133		3	A	1		759	45	
Vitamin E (alpha-tocopherol)....mg	4.81		3	A	1		3.22	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 01137
Egg, yolk, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	11.4		0	AS	1		7.7	0.5	
Vitamin D....IU	458		0	O	4		307	18	
Vitamin K (phylloquinone)....µg	1.5		0	BFFN	4		1.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	18.116		0	NC	4		12.137	0.725	
4:0....g	0.000		0	A	1		0.000	0.000	
6:0....g	0.000		0	A	1		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.186		3	A	1		0.125	0.007	
15:0....g	0.038		3	A	1		0.025	0.002	
16:0....g	13.214		3	A	1		8.853	0.529	
17:0....g	0.118		3	A	1		0.079	0.005	
18:0....g	4.550		3	A	1		3.049	0.182	
20:0....g	0.010		3	A	1		0.006	0.000	
22:0....g	0.000		3	A	1		0.000	0.000	
24:0....g	0.000		3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	23.679		0	NC	4		15.865	0.947	
14:1....g	0.035		3	A	1		0.023	0.001	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	1.524		3	A	1		1.021	0.061	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	21.947		3	A	1		14.704	0.878	
20:1....g	0.173		3	A	1		0.116	0.007	
22:1 undifferentiated....g	0.000		3	AS	1		0.000	0.000	
22:1 c....g	0.000		3	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.766		0	NC	4		5.873	0.351	
18:2 undifferentiated....g	7.236		3	A	1		4.848	0.289	
18:3 undifferentiated....g	0.239		3	AS	1		0.160	0.010	
18:3 n-3 c,c,c (ALA)....g	0.182		3	A	1		0.122	0.007	
18:3 n-6 c,c,c....g	0.057		3	A	1		0.038	0.002	
18:3i....g									
18:4....g	0.068		2	A	1		0.046	0.003	
20:2 n-6 c,c....g	0.118		3	A	1		0.079	0.005	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.899		3	A	1		0.603	0.036	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.032		3	A	1		0.022	0.001	
22:6 n-3 (DHA)....g	0.241		3	A	1		0.161	0.010	
Fatty acids, total trans....g	0.229		0	BFSN	4		0.153	0.009	
Cholesterol....mg	2307		3	A	1		1545	92	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.391		0	A	1		0.262	0.016	
Threonine....g	1.550		0	A	1		1.039	0.062	
Isoleucine....g	1.707		0	A	1		1.144	0.068	
Leucine....g	2.917		0	A	1		1.954	0.117	
Lysine....g	2.477		0	A	1		1.659	0.099	
Methionine....g	0.860		0	A	1		0.576	0.034	
Cystine....g	0.590		0	A	1		0.395	0.024	
Phenylalanine....g	1.477		0	A	1		0.989	0.059	

NDB No. 01137
Egg, yolk, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine....g	1.427		0	A	1		0.956	0.057	
Valine....g	1.940		0	A	1		1.300	0.078	
Arginine....g	2.343		0	A	1		1.570	0.094	
Histidine....g	0.863		0	A	1		0.578	0.035	
Alanine....g	1.757		0	A	1		1.177	0.070	
Aspartic acid....g	3.320		0	A	1		2.224	0.133	
Glutamic acid....g	4.277		0	A	1		2.866	0.171	
Glycine....g	1.047		0	A	1		0.701	0.042	
Proline....g	1.330		0	A	1		0.891	0.053	
Serine....g	2.823		0	A	1		1.892	0.113	
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 = 67g: 1 cup, sifted

Measure 2 = 4.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01125
Egg, yolk, raw, fresh

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.31	0.204	12	A	1		8.89	127.10	
Energy....kcal	322		0	NC	4		55	782	
Energy....kJ	1346		0	NC	4		229	3271	
Protein (N x 6.25)....g	15.86	0.087	12	A	1		2.70	38.53	
Total lipid (fat)....g	26.54	0.240	12	A	1		4.51	64.50	
Ash....g	1.71	0.028	12	A	1		0.29	4.15	
Carbohydrate, by difference....g	3.59		0	NC	4		0.61	8.71	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.56		1	A	1		0.09	1.35	
Sucrose....g	0.07		1	A	1		0.01	0.18	
Glucose (dextrose)....g	0.18		1	A	1		0.03	0.45	
Fructose....g	0.07		1	A	1		0.01	0.18	
Lactose....g	0.07		1	A	1		0.01	0.18	
Maltose....g	0.07		1	A	1		0.01	0.18	
Galactose....g	0.07		1	A	1		0.01	0.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	129	2.670	12	A	1		22	313	
Iron, Fe....mg	2.73	0.144	12	A	1		0.46	6.64	
Magnesium, Mg....mg	5	0.225	12	A	1		1	11	
Phosphorus, P....mg	390	9.897	12	A	1		66	948	
Potassium, K....mg	109	3.859	12	A	1		19	265	
Sodium, Na....mg	48	1.657	12	A	1		8	116	
Zinc, Zn....mg	2.30	0.085	12	A	1		0.39	5.59	
Copper, Cu....mg	0.077	0.006	12	A	1		0.013	0.186	
Manganese, Mn....mg	0.055	0.004	12	A	1		0.009	0.135	
Selenium, Se....µg	56.0	8.030	4	A	1		9.5	136.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.176	0.021	4	A	1		0.030	0.427	
Riboflavin....mg	0.528	0.027	12	A	1		0.090	1.284	
Niacin....mg	0.024	0.002	4	A	1		0.004	0.059	
Pantothenic acid....mg	2.990		1	A	1		0.508	7.266	
Vitamin B-6....mg	0.350		1	A	1		0.059	0.850	
Folate, total....µg	146	6.989	7		1		25	355	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	146	6.989	7		1		25	355	
Folate, DFE....µg	146		0	NC	4		25	355	
Choline, total....mg	820.2		0	BFFN	4		139.4	1993.1	
Betaine....mg	0.9	0.100	4	A	1		0.2	2.2	
Vitamin B-12....µg	1.95	0.316	12	A	1		0.33	4.75	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	381		0	NC	4		65	926	
Retinol....µg	371		0	BFFN	4		63	900	
Carotene, beta....µg	88	12.173	4	A	1		15	215	
Carotene, alpha....µg	38	4.877	4	A	1		6	92	
Cryptoxanthin, beta....µg	33	2.862	4	A	1		6	81	
Vitamin A, IU....IU	1442		0	NC	4		245	3503	
Lycopene....µg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin....µg	1094		0	NR	4		186	2658	
Vitamin E (alpha-tocopherol)....mg	2.58		0	BFFN	4		0.44	6.27	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.05		0	BFFN	4		0.01	0.12	
Tocopherol, gamma....mg	1.33		0	BFFN	4		0.23	3.24	
Tocopherol, delta....mg	0.06		0	BFFN	4		0.01	0.14	
Tocotrienol, alpha....mg	0.03		0	BFFN	4		0.01	0.08	
Tocotrienol, beta....mg	0.00		0	BFFN	4		0.00	0.00	

NDB No. 01125
Egg, yolk, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	BFFN	4		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	BFFN	4		0.00	0.00	
Vitamin D (D2 + D3)....µg	5.4		0	AS	1		0.9	13.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	5.4		0	O	4		0.9	13.2	
Vitamin D....IU	218		0	O	4		37	529	
Vitamin K (phylloquinone)....µg	0.7		1	A	1		0.1	1.7	
Dihydrophylloquinone....µg	0.1		1	A	1		0.0	0.2	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.551		0	NC	4		1.624	23.209	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.009		33		1		0.002	0.022	
10:0....g	0.009		33		1		0.002	0.022	
12:0....g	0.009		33		1		0.002	0.022	
13:0....g									
14:0....g	0.104		33		1		0.018	0.253	
15:0....g	0.013		1		1		0.002	0.032	
16:0....g	6.860		33		1		1.166	16.670	
17:0....g	0.051		1		1		0.009	0.124	
18:0....g	2.417		33		1		0.411	5.873	
20:0....g	0.032		1		1		0.005	0.078	
22:0....g	0.038		1		1		0.006	0.092	
24:0....g	0.009		1		1		0.002	0.022	
Fatty acids, total monounsaturated....g	11.738		0	NC	4		1.995	28.523	
14:1....g	0.024		1		1		0.004	0.058	
15:1....g									
16:1 undifferentiated....g	0.918		33		1		0.156	2.231	
17:1....g									
18:1 undifferentiated....g	10.701		33		1		1.819	26.003	
20:1....g	0.086		33		1		0.015	0.209	
22:1 undifferentiated....g	0.009		33		1		0.002	0.022	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.204		0	NC	4		0.715	10.216	
18:2 undifferentiated....g	3.538		33		1		0.601	8.597	
18:3 undifferentiated....g	0.103		33		1		0.018	0.250	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.438		33		1		0.074	1.064	
20:5 n-3 (EPA)....g	0.011		33		1		0.002	0.027	
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	0.114		33		1		0.019	0.277	
Fatty acids, total trans....g									
Cholesterol....mg	1085		0	O	4		184	2637	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.177		0	A	1		0.030	0.430	
Threonine....g	0.687		0	A	1		0.117	1.670	
Isoleucine....g	0.866		0	A	1		0.147	2.104	
Leucine....g	1.399		0	A	1		0.238	3.399	
Lysine....g	1.217		0	A	1		0.207	2.957	
Methionine....g	0.378		0	A	1		0.064	0.917	
Cystine....g	0.264		0	A	1		0.045	0.642	
Phenylalanine....g	0.681		0	A	1		0.116	1.654	
Tyrosine....g	0.678		0	A	1		0.115	1.649	
Valine....g	0.949		0	A	1		0.161	2.306	
Arginine....g	1.099		0	A	1		0.187	2.670	
Histidine....g	0.416		0	A	1		0.071	1.011	
Alanine....g	0.836		0	A	1		0.142	2.031	

NDB No. 01125
Egg, yolk, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	1.550		0	A	1		0.263	3.766	
Glutamic acid....g	1.970		0	A	1		0.335	4.788	
Glycine....g	0.488		0	A	1		0.083	1.186	
Proline....g	0.646		0	A	1		0.110	1.570	
Serine....g	1.326		0	A	1		0.225	3.221	
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 = 17g: 1 large

Measure 2 = 243g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01126
Egg, yolk, raw, frozen, pasteurized

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.77		3	A	1		16.09	128.86	
Energy....kcal	299		0	NC	4		85	679	
Energy....kJ	1252		0	NC	4		355	2842	
Protein (N x 6.25)....g	15.33		3	A	1		4.35	34.81	
Total lipid (fat)....g	25.24		3	A	1		7.15	57.29	
Ash....g	1.37		3	A	1		0.39	3.10	
Carbohydrate, by difference....g	1.30		0	NC	4		0.37	2.94	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.17		3	A	1		0.05	0.38	
Sucrose....g	0.00		3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.17		3	A	1		0.05	0.38	
Fructose....g	0.00		3	A	1		0.00	0.00	
Lactose....g	0.00		3	A	1		0.00	0.00	
Maltose....g	0.00		3	A	1		0.00	0.00	
Galactose....g	0.00		3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	133		3	A	1		38	302	
Iron, Fe....mg	3.67		3	A	1		1.04	8.32	
Magnesium, Mg....mg	11		3	A	1		3	25	
Phosphorus, P....mg	420		3	A	1		119	953	
Potassium, K....mg	121		3	A	1		34	274	
Sodium, Na....mg	71		3	A	1		20	161	
Zinc, Zn....mg	3.17		3	A	1		0.90	7.20	
Copper, Cu....mg	0.024		2	A	1		0.007	0.054	
Manganese, Mn....mg	0.078		3	A	1		0.022	0.177	
Selenium, Se....µg	56.4		3	A	1		16.0	128.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.223		3	A	1		0.063	0.507	
Riboflavin....mg	0.563		3	A	1		0.160	1.279	
Niacin....mg	0.031		3	A	1		0.009	0.070	
Pantothenic acid....mg	3.437		3	A	1		0.974	7.801	
Vitamin B-6....mg	0.442		3	A	1		0.125	1.003	
Folate, total....µg	151		3	A	1		43	342	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	151		3	A	1		43	342	
Folate, DFE....µg	151		0	NC	4		43	342	
Choline, total....mg	639.3		3	A	1		181.3	1451.3	
Betaine....mg									
Vitamin B-12....µg	1.64		3	A	1		0.47	3.73	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	395		0	AS	1		112	896	
Retinol....µg	394		3	A	1		112	894	
Carotene, beta....µg	10		3	A	1		3	23	
Carotene, alpha....µg	36		0	BFFN	4		10	83	
Cryptoxanthin, beta....µg	32		0	BFFN	4		9	73	
Vitamin A, IU....IU	1330		0	AS	1		377	3020	
Lycopene....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....µg	904		3	A	1		256	2051	
Vitamin E (alpha-tocopherol)....mg	2.24		3	A	1		0.64	5.09	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 01126
Egg, yolk, raw, frozen, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	5.2		0	AS	1		1.5	11.9	
Vitamin D....IU	210		0	O	4		60	477	
Vitamin K (phylloquinone)....µg	0.7		0	BFFN	4		0.2	1.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.922		0	NC	4		2.246	17.983	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.106		3	A	1		0.030	0.241	
15:0....g	0.012		3	A	1		0.003	0.028	
16:0....g	5.737		3	A	1		1.626	13.022	
17:0....g	0.051		3	A	1		0.014	0.115	
18:0....g	2.013		3	A	1		0.571	4.570	
20:0....g	0.003		3	A	1		0.001	0.006	
22:0....g	0.000		3	A	1		0.000	0.000	
24:0....g	0.000		3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	9.775		0	NC	4		2.771	22.190	
14:1....g	0.025		3	A	1		0.007	0.057	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.596		3	A	1		0.169	1.352	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	9.091		3	A	1		2.577	20.637	
20:1....g	0.063		3	A	1		0.018	0.143	
22:1 undifferentiated....g	0.000		3	AS	1		0.000	0.000	
22:1 c....g	0.000		3	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.248		0	NC	4		1.204	9.642	
18:2 undifferentiated....g	3.514		3	A	1		0.996	7.978	
18:3 undifferentiated....g	0.114		3	AS	1		0.032	0.258	
18:3 n-3 c,c,c (ALA)....g	0.094		3	A	1		0.027	0.213	
18:3 n-6 c,c,c....g	0.020		3	A	1		0.006	0.045	
18:3i....g									
18:4....g	0.036		2	A	1		0.010	0.082	
20:2 n-6 c,c....g	0.051		3	A	1		0.014	0.115	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.430		3	A	1		0.122	0.977	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		3	A	1		0.002	0.020	
22:6 n-3 (DHA)....g	0.130		3	A	1		0.037	0.295	
Fatty acids, total trans....g	0.103		0	BFFN	4		0.029	0.234	
Cholesterol....mg	991		3	A	1		281	2250	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.220		0	A	1		0.062	0.500	
Threonine....g	0.697		0	A	1		0.198	1.582	
Isoleucine....g	0.770		0	A	1		0.218	1.748	
Leucine....g	1.334		0	A	1		0.378	3.027	
Lysine....g	1.167		0	A	1		0.331	2.649	
Methionine....g	0.370		0	A	1		0.105	0.841	
Cystine....g	0.270		0	A	1		0.077	0.613	
Phenylalanine....g	0.680		0	A	1		0.193	1.544	

NDB No. 01126
Egg, yolk, raw, frozen, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine....g	0.673		0	A	1		0.191	1.529	
Valine....g	0.897		0	A	1		0.254	2.035	
Arginine....g	1.077		0	A	1		0.305	2.445	
Histidine....g	0.393		0	A	1		0.112	0.893	
Alanine....g	0.800		0	A	1		0.227	1.817	
Aspartic acid....g	1.484		0	A	1		0.421	3.369	
Glutamic acid....g	1.917		0	A	1		0.544	4.352	
Glycine....g	0.470		0	A	1		0.133	1.067	
Proline....g	0.607		0	A	1		0.172	1.377	
Serine....g	1.284		0	A	1		0.364	2.914	
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 = 227g: .5 lb

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01160
Egg, yolk, raw, frozen, salted, pasteurized

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.87		3	A	1		14.42	115.47	
Energy....kcal	275		0	NC	4		78	624	
Energy....kJ	1149		0	NC	4		326	2608	
Protein (N x 6.25)....g	14.07		3	A	1		3.99	31.93	
Total lipid (fat)....g	22.93		3	A	1		6.50	52.05	
Ash....g	10.37		3	A	1		2.94	23.53	
Carbohydrate, by difference....g	1.77		0	NC	4		0.50	4.02	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.07		3	A	1		0.02	0.15	
Sucrose....g	0.00		3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.07		3	A	1		0.02	0.15	
Fructose....g	0.00		3	A	1		0.00	0.00	
Lactose....g	0.00		3	A	1		0.00	0.00	
Maltose....g	0.00		3	A	1		0.00	0.00	
Galactose....g	0.00		3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	113		3	A	1		32	257	
Iron, Fe....mg	3.40		3	A	1		0.96	7.73	
Magnesium, Mg....mg	7		3	A	1		2	15	
Phosphorus, P....mg	414		3	A	1		117	939	
Potassium, K....mg	111		3	A	1		32	253	
Sodium, Na....mg	3487		3	A	1		988	7915	
Zinc, Zn....mg	2.87		3	A	1		0.81	6.52	
Copper, Cu....mg	0.121		3	A	1		0.034	0.274	
Manganese, Mn....mg	0.065		3	A	1		0.018	0.147	
Selenium, Se....µg	56.9		3	A	1		16.1	129.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.140		3	A	1		0.040	0.318	
Riboflavin....mg	0.427		3	A	1		0.121	0.969	
Niacin....mg	0.027		3	A	1		0.008	0.062	
Pantothenic acid....mg	3.167		3	A	1		0.898	7.188	
Vitamin B-6....mg	0.402		3	A	1		0.114	0.912	
Folate, total....µg	112		3	A	1		32	253	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	112		3	A	1		32	253	
Folate, DFE....µg	112		0	NC	4		32	253	
Choline, total....mg	705.0		3	A	1		199.9	1600.4	
Betaine....mg									
Vitamin B-12....µg	1.61		3	A	1		0.46	3.66	
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....µg	313		0	AS	1		89	711	
Retinol....µg	313		3	A	1		89	711	
Carotene, beta....µg	0		3	A	1		0	0	
Carotene, alpha....µg	38		0	BFZN	4		11	86	
Cryptoxanthin, beta....µg	33		0	BFZN	4		9	76	
Vitamin A, IU....IU	1043		0	AS	1		296	2368	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	712		3	A	1		202	1617	
Vitamin E (alpha-tocopherol)....mg	2.28		3	A	1		0.65	5.18	
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 01160
Egg, yolk, raw, frozen, salted, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	3.1		3	AS	1		0.9	7.1	
Vitamin D....IU	126		3	A	1		36	285	
Vitamin K (phylloquinone)....µg	0.7		0	BFZN	4		0.2	1.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.159		0	NC	4		2.030	16.251	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.073		3	A	1		0.021	0.165	
15:0....g	0.013		3	A	1		0.004	0.029	
16:0....g	5.184		3	A	1		1.470	11.768	
17:0....g	0.048		3	A	1		0.014	0.109	
18:0....g	1.841		3	A	1		0.522	4.180	
20:0....g	0.000		3	A	1		0.000	0.000	
22:0....g	0.000		3	A	1		0.000	0.000	
24:0....g	0.000		3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	9.070		0	NC	4		2.571	20.589	
14:1....g	0.016		3	A	1		0.004	0.036	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.543		3	A	1		0.154	1.233	
17:1....g	0.010		3	A	1		0.003	0.022	
18:1 undifferentiated....g	8.438		3	A	1		2.392	19.153	
20:1....g	0.064		3	A	1		0.018	0.145	
22:1 undifferentiated....g	0.000		3	AS	1		0.000	0.000	
22:1 c....g	0.000		3	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.733		0	NC	4		1.058	8.474	
18:2 undifferentiated....g	3.068		3	A	1		0.870	6.964	
18:3 undifferentiated....g	0.102		3	AS	1		0.029	0.231	
18:3 n-3 c,c,c (ALA)....g	0.083		3	A	1		0.023	0.188	
18:3 n-6 c,c,c....g	0.019		3	A	1		0.005	0.043	
18:3i....g									
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g	0.045		3	A	1		0.013	0.101	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.397		3	A	1		0.112	0.900	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		3	A	1		0.003	0.023	
22:6 n-3 (DHA)....g	0.112		3	A	1		0.032	0.255	
Fatty acids, total trans....g	0.116		0	BFSN	4		0.033	0.263	
Cholesterol....mg	912		3	A	1		258	2069	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	A	1		0.054	0.431	
Threonine....g	0.620		0	A	1		0.176	1.407	
Isoleucine....g	0.697		0	A	1		0.198	1.581	
Leucine....g	1.187		0	A	1		0.336	2.694	
Lysine....g	1.033		0	A	1		0.293	2.346	
Methionine....g	0.320		0	A	1		0.091	0.726	
Cystine....g	0.240		0	A	1		0.068	0.545	
Phenylalanine....g	0.610		0	A	1		0.173	1.385	

NDB No. 01160
Egg, yolk, raw, frozen, salted, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine....g	0.597		0	A	1		0.169	1.354	
Valine....g	0.793		0	A	1		0.225	1.801	
Arginine....g	0.947		0	A	1		0.268	2.149	
Histidine....g	0.353		0	A	1		0.100	0.802	
Alanine....g	0.710		0	A	1		0.201	1.612	
Aspartic acid....g	1.333		0	A	1		0.378	3.027	
Glutamic acid....g	1.697		0	A	1		0.481	3.851	
Glycine....g	0.420		0	A	1		0.119	0.953	
Proline....g	0.550		0	A	1		0.156	1.248	
Serine....g	1.133		0	A	1		0.321	2.572	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: .5 lb

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01127
Egg, yolk, raw, frozen, sugared, pasteurized

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.23		3	A	1		14.52	116.30	
Energy....kcal	307		0	NC	4		87	696	
Energy....kJ	1283		0	NC	4		364	2912	
Protein (N x 6.25)....g	13.87		3	A	1		3.93	31.48	
Total lipid (fat)....g	22.82		3	A	1		6.47	51.80	
Ash....g	1.13		3	A	1		0.32	2.57	
Carbohydrate, by difference....g	10.95		0	NC	4		3.10	24.85	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	10.30		3	A	1		2.92	23.38	
Sucrose....g	10.10		3	A	1		2.86	22.93	
Glucose (dextrose)....g	0.10		3	A	1		0.03	0.23	
Fructose....g	0.10		3	A	1		0.03	0.23	
Lactose....g	0.00		3	A	1		0.00	0.00	
Maltose....g	0.00		3	A	1		0.00	0.00	
Galactose....g	0.00		3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	124		3	A	1		35	281	
Iron, Fe....mg	3.70		3	A	1		1.05	8.39	
Magnesium, Mg....mg	10		3	A	1		3	24	
Phosphorus, P....mg	404		3	A	1		114	916	
Potassium, K....mg	105		3	A	1		30	238	
Sodium, Na....mg	70		3	A	1		20	159	
Zinc, Zn....mg	3.06		3	A	1		0.87	6.95	
Copper, Cu....mg	0.012		2	A	1		0.003	0.027	
Manganese, Mn....mg	0.080		3	A	1		0.023	0.182	
Selenium, Se....µg	53.5		3	A	1		15.2	121.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.140		3	A	1		0.040	0.318	
Riboflavin....mg	0.523		3	A	1		0.148	1.188	
Niacin....mg	0.037		3	A	1		0.011	0.085	
Pantothenic acid....mg	3.287		3	A	1		0.932	7.461	
Vitamin B-6....mg	0.398		3	A	1		0.113	0.903	
Folate, total....µg	174		3	A	1		49	394	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	174		3	A	1		49	394	
Folate, DFE....µg	174		0	NC	4		49	394	
Choline, total....mg	669.3		3	A	1		189.8	1519.4	
Betaine....mg									
Vitamin B-12....µg	1.64		3	A	1		0.46	3.72	
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....µg	316		0	NC	4		90	717	
Retinol....µg	313		0	BFZN	4		89	711	
Carotene, beta....µg	0		3	A	1		0	0	
Carotene, alpha....µg	38		0	BFZN	4		11	86	
Cryptoxanthin, beta....µg	33		0	BFZN	4		9	76	
Vitamin A, IU....IU	1103		0	NC	4		313	2503	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	967		3	A	1		274	2196	
Vitamin E (alpha-tocopherol)....mg	2.25		3	A	1		0.64	5.10	
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									

NDB No. 01127
Egg, yolk, raw, frozen, sugared, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	3.1		3	AS	1		0.9	7.0	
Vitamin D....IU	123		3	A	1		35	280	
Vitamin K (phylloquinone)....µg	0.7		0	BFZN	4		0.2	1.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.110		0	NC	4		2.016	16.140	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.003		3	A	1		0.001	0.007	
13:0....g									
14:0....g	0.104		3	A	1		0.030	0.237	
15:0....g	0.013		3	A	1		0.004	0.029	
16:0....g	5.127		3	A	1		1.453	11.638	
17:0....g	0.041		3	A	1		0.012	0.094	
18:0....g	1.822		3	A	1		0.517	4.136	
20:0....g	0.000		3	A	1		0.000	0.000	
22:0....g	0.000		3	A	1		0.000	0.000	
24:0....g	0.000		3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	8.885		0	NC	4		2.519	20.169	
14:1....g	0.019		3	A	1		0.005	0.042	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.527		3	A	1		0.149	1.196	
17:1....g	0.022		3	A	1		0.006	0.051	
18:1 undifferentiated....g	8.259		3	A	1		2.341	18.748	
20:1....g	0.058		3	A	1		0.016	0.132	
22:1 undifferentiated....g	0.000		3	AS	1		0.000	0.000	
22:1 c....g	0.000		3	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.856		0	NC	4		1.093	8.753	
18:2 undifferentiated....g	3.154		3	A	1		0.894	7.160	
18:3 undifferentiated....g	0.112		3	AS	1		0.032	0.254	
18:3 n-3 c,c,c (ALA)....g	0.083		3	A	1		0.024	0.188	
18:3 n-6 c,c,c....g	0.029		3	A	1		0.008	0.066	
18:3i....g									
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g	0.048		3	A	1		0.014	0.109	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.400		3	A	1		0.113	0.909	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		3	A	1		0.004	0.029	
22:6 n-3 (DHA)....g	0.129		3	A	1		0.036	0.292	
Fatty acids, total trans....g	0.115		0	BFSN	4		0.033	0.261	
Cholesterol....mg	917		3	A	1		260	2082	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	A	1		0.054	0.431	
Threonine....g	0.627		0	A	1		0.178	1.423	
Isoleucine....g	0.697		0	A	1		0.198	1.581	
Leucine....g	1.180		0	A	1		0.335	2.679	
Lysine....g	1.033		0	A	1		0.293	2.346	
Methionine....g	0.360		0	A	1		0.102	0.817	
Cystine....g	0.227		0	A	1		0.064	0.515	
Phenylalanine....g	0.607		0	A	1		0.172	1.377	

NDB No. 01127
Egg, yolk, raw, frozen, sugared, pasteurized

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine....g	0.507		0	A	1		0.144	1.150	
Valine....g	0.790		0	A	1		0.224	1.794	
Arginine....g	0.917		0	A	1		0.260	2.082	
Histidine....g	0.353		0	A	1		0.100	0.802	
Alanine....g	0.703		0	A	1		0.199	1.597	
Aspartic acid....g	1.337		0	A	1		0.379	3.035	
Glutamic acid....g	1.690		0	A	1		0.479	3.837	
Glycine....g	0.417		0	A	1		0.118	0.946	
Proline....g	0.547		0	A	1		0.155	1.241	
Serine....g	1.137		0	A	1		0.322	2.581	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: .5 lb

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01057
Eggnog

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.54		0	RC	4		209.65	26.25	838.60
Energy....kcal	88		0	NC	4		223	28	891
Energy....kJ	367		0	NC	4		932	117	3729
Protein (N x 6.37)....g	4.55		0	RC	4		11.55	1.45	46.18
Total lipid (fat)....g	4.19		0	RC	4		10.66	1.33	42.62
Ash....g	0.67		0	RC	4		1.71	0.21	6.85
Carbohydrate, by difference....g	8.05		0	RC	4		20.44	2.56	81.75
Fiber, total dietary....g	0.0		0	RC	4		0.0	0.0	0.0
Sugars, total....g	8.05		0	NR	4		20.44	2.56	81.75
Sucrose....g	0.04		0	RC	4		0.09	0.01	0.36
Glucose (dextrose)....g	0.07		0	RC	4		0.17	0.02	0.67
Fructose....g	0.04		0	RC	4		0.09	0.01	0.36
Lactose....g	7.84		0	RC	4		19.91	2.49	79.64
Maltose....g	0.04		0	RC	4		0.09	0.01	0.36
Galactose....g	0.04		0	RC	4		0.09	0.01	0.36
Starch....g									
Minerals:									
Calcium, Ca....mg	130	4.803	7		1		330	41	1321
Iron, Fe....mg	0.20		3		1		0.51	0.06	2.03
Magnesium, Mg....mg	19		2		1		47	6	188
Phosphorus, P....mg	109	4.561	6		1		278	35	1112
Potassium, K....mg	165	9.997	6		1		420	53	1678
Sodium, Na....mg	54	2.014	6		1		138	17	553
Zinc, Zn....mg	0.46		0		1		1.17	0.15	4.67
Copper, Cu....mg	0.013		0		1		0.033	0.004	0.132
Manganese, Mn....mg	0.005		0		1		0.013	0.002	0.051
Selenium, Se....µg	4.2		0	BFNN	4		10.7	1.3	42.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5	0.289	3		1		3.8	0.5	15.2
Thiamin....mg	0.034	0.002	6		1		0.086	0.011	0.345
Riboflavin....mg	0.190	0.007	7		1		0.483	0.060	1.930
Niacin....mg	0.105	0.005	4		1		0.267	0.033	1.067
Pantothenic acid....mg	0.417		0		1		1.059	0.133	4.237
Vitamin B-6....mg	0.050		0		1		0.127	0.016	0.508
Folate, total....µg	1	0.153	3		1		2	0	9
Folic acid....µg	0		0	RC	4		0	0	0
Folate, food....µg	1	0.153	3		1		2	0	9
Folate, DFE....µg	1		0	NC	4		2	0	9
Choline, total....mg	52.2		0	RC	4		132.5	16.6	530.0
Betaine....mg	0.6		0	RC	4		1.5	0.2	5.9
Vitamin B-12....µg	0.45		0		1		1.14	0.14	4.57
Vitamin B-12, added....µg	0.00		0	RC	4		0.00	0.00	0.00
Vitamin A, RAE....µg	59		0	NC	4		150	19	600
Retinol....µg	58		0	RC	4		148	19	594
Carotene, beta....µg	7		0	RC	4		18	2	70
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	206		0	NC	4		524	66	2096
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	54		0	RC	4		137	17	547
Vitamin E (alpha-tocopherol)....mg	0.21		0	RC	4		0.54	0.07	2.17
Vitamin E, added....mg	0.00		0	RC	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	RC	4		0.01	0.00	0.03
Tocopherol, gamma....mg	0.08		0	RC	4		0.21	0.03	0.86
Tocopherol, delta....mg	0.00		0	RC	4		0.01	0.00	0.03
Tocotrienol, alpha....mg	0.00		0	RC	4		0.01	0.00	0.03
Tocotrienol, beta....mg	0.00		0	RC	4		0.00	0.00	0.00

NDB No. 01057
Eggnog

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RC	4		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		0	RC	4		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	1.2		0	RC	4		3.1	0.4	12.3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.2		0	RC	4		3.1	0.4	12.3
Vitamin D....IU	49		0	RC	4		123	15	494
Vitamin K (phylloquinone)....µg	0.3		0	RC	4		0.7	0.1	2.6
Dihydrophylloquinone....µg	0.0		0	RC	4		0.0	0.0	0.1
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.591		0		1		6.581	0.824	26.324
4:0....g	0.129		0		1		0.327	0.041	1.309
6:0....g	0.076		0		1		0.194	0.024	0.776
8:0....g	0.044		0		1		0.113	0.014	0.450
10:0....g	0.100		0		1		0.253	0.032	1.013
12:0....g	0.112		0		1		0.284	0.036	1.138
13:0....g									
14:0....g	0.401		0		1		1.019	0.128	4.076
15:0....g									
16:0....g	1.131		0		1		2.873	0.360	11.494
17:0....g									
18:0....g	0.511		0		1		1.299	0.163	5.196
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.302		0		1		3.307	0.414	13.230
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.101		0		1		0.258	0.032	1.031
17:1....g									
18:1 undifferentiated....g	1.142		0		1		2.900	0.363	11.601
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.198		0		1		0.502	0.063	2.008
18:2 undifferentiated....g	0.132		0		1		0.336	0.042	1.345
18:3 undifferentiated....g	0.059		0		1		0.150	0.019	0.598
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0		1		0.009	0.001	0.036
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	59		0		1		149	19	596
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.085		0	RC	4		0.216	0.027	0.865
Threonine....g	0.201		0	RC	4		0.511	0.064	2.045
Isoleucine....g	0.237		0	RC	4		0.603	0.075	2.411
Leucine....g	0.383		0	RC	4		0.972	0.122	3.888
Lysine....g	0.257		0	RC	4		0.653	0.082	2.613
Methionine....g	0.120		0	RC	4		0.304	0.038	1.217
Cystine....g	0.057		0	RC	4		0.145	0.018	0.582
Phenylalanine....g	0.225		0	RC	4		0.571	0.071	2.282
Tyrosine....g	0.199		0	RC	4		0.505	0.063	2.020
Valine....g	0.289		0	RC	4		0.733	0.092	2.933
Arginine....g	0.191		0	RC	4		0.486	0.061	1.945
Histidine....g	0.108		0	RC	4		0.275	0.034	1.101
Alanine....g	0.199		0	RC	4		0.506	0.063	2.024

NDB No. 01057
Eggnog

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.400		0	RC	4		1.017	0.127	4.067
Glutamic acid....g	0.775		0	RC	4		1.969	0.247	7.876
Glycine....g	0.128		0	RC	4		0.326	0.041	1.303
Proline....g	0.349		0	RC	4		0.885	0.111	3.542
Serine....g	0.241		0	RC	4		0.612	0.077	2.447
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 254g: 1 cup

Measure 2 = 31.8g: 1 fl oz

Measure 3 = 1016g: 1 quart

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.9

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43285
Eggs, scrambled, frozen mixture

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.70		0		4		20.61		
Energy....kcal	131		0		1		37		
Energy....kJ	548		0		1		155		
Protein (N x 6.25)....g	13.10		0		1		3.71		
Total lipid (fat)....g	5.60		0		1		1.59		
Ash....g	1.10		0	NR	4		0.31		
Carbohydrate, by difference....g	7.50		0	NC	4		2.13		
Fiber, total dietary....g	0.0		0		7		0.0		
Sugars, total....g	7.50		0	NR	4		2.13		
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		4		5		
Iron, Fe....mg	0.23		0		4		0.07		
Magnesium, Mg....mg	10		0		4		3		
Phosphorus, P....mg	30		0		4		9		
Potassium, K....mg	147		0		4		42		
Sodium, Na....mg	162		0		4		46		
Zinc, Zn....mg	0.14		0		4		0.04		
Copper, Cu....mg	0.030		0		4		0.009		
Manganese, Mn....mg									
Selenium, Se....µg	22.9		0	BFSN	4		6.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.010		0		4		0.003		
Riboflavin....mg	0.300		0		4		0.085		
Niacin....mg	0.090		0		4		0.026		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0		4		0.003		
Folate, total....µg	17		0		4		5		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	17		0		4		5		
Folate, DFE....µg	17		0	NC	4		5		
Choline, total....mg	255.7		0	BFSN	4		72.5		
Betaine....mg									
Vitamin B-12....µg	0.17		0		4		0.05		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	21		0	NC	4		6		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	246		0	NR	4		70		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	410		0	NC	4		116		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.84		0	NR	4		0.24		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.8		0	AS	1		0.5		
Vitamin D....IU	72		0	BFZN	4		20		
Vitamin K (phylloquinone)....µg	1.8		0	BFFN	4		0.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43285
Eggs, scrambled, frozen mixture

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.052		0		4		0.298		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.009		0		4		0.003		
15:0....g									
16:0....g	0.717		0		4		0.203		
17:0....g									
18:0....g	0.318		0		4		0.090		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.339		0		4		0.663		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.057		0		4		0.016		
17:1....g									
18:1 undifferentiated....g	2.272		0		4		0.644		
20:1....g	0.004		0		4		0.001		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.778		0		4		0.504		
18:2 undifferentiated....g	1.635		0		4		0.464		
18:3 undifferentiated....g	0.115		0		4		0.033		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0		4		0.005		
20:5 n-3 (EPA)....g	0.001		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.005		0		4		0.001		
Fatty acids, total trans....g									
Cholesterol....mg	277		0	BFZN	4		79		
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 = 28.35g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01243

Fat free ice cream, no sugar added, flavors other than 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	65.52		0	BFZN	4		44.56		
Energy	kcal	129		0	NC	4		88		
Energy	kJ	541		0	NC	4		368		
Protein	g	4.41		1	LC	8		3.00		
Total lipid (fat)	g	0.00		1	LC	8		0.00		
Ash	g	1.20		0	BFZN	4		0.82		
Carbohydrate, by difference	g	27.94		1	LC	8		19.00		
Fiber, total dietary	g	7.4		1	LC	8		5.0		
Sugars, total	g	8.82		1	LC	8		6.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	147		1	LC	8		100		
Iron, Fe	mg	0.00		1	LC	8		0.00		
Magnesium, Mg	mg	9		0	BFZN	4		6		
Phosphorus, P	mg	75		0	BFZN	4		51		
Potassium, K	mg	196		0	BFZN	4		133		
Sodium, Na	mg	110		1	LC	8		75		
Zinc, Zn	mg	0.31		0	BFZN	4		0.21		
Copper, Cu	mg	0.030		0	BFZN	4		0.020		
Manganese, Mn	mg									
Selenium, Se	µg	1.9		0	BFZN	4		1.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg	0.029		0	BFZN	4		0.020		
Riboflavin	mg	0.122		0	BFZN	4		0.083		
Niacin	mg	0.074		0	BFZN	4		0.050		
Pantothenic acid	mg									
Vitamin B-6	mg	0.029		0	BFZN	4		0.019		
Folate, total	µg	4		0	BFZN	4		3		
Folic acid	µg	0		0	BFZN	4		0		
Folate, food	µg	4		0	BFZN	4		3		
Folate, DFE	µg	4		0	NC	4		3		
Choline, total	mg	23.0		0	BFZN	4		15.6		
Betaine	mg									
Vitamin B-12	µg	0.52		0	BFZN	4		0.35		
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE	µg	133		0	NC	4		91		
Retinol	µg	132		0	NR	4		90		
Carotene, beta	µg	12		0	BFZN	4		8		
Carotene, alpha	µg	0		0	BFZN	4		0		
Cryptoxanthin, beta	µg	0		0	BFZN	4		0		
Vitamin A, IU	IU	461		0	NC	4		313		
Lycopene	µg	0		0	BFZN	4		0		
Lutein + zeaxanthin	µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFZN	4		0.00		
Vitamin E, added	mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	BFZN	4		0.0		
Vitamin D	IU	0		0	NR	4		0		
Vitamin K (phylloquinone)	µg	0.0		0	BFZN	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01243

Fat free ice cream, no sugar added, flavors other than chocolate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
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		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000		
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000		
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	BFZN	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated....g	0.000		0	BFZN	4		0.000		
18:4....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 68g: .5 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01264
Ice cream bar, stick or nugget, with crunch coating

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	35.48		0	FLC	4		33.70		
Energy....kcal	358		0	LC	8		340		
Energy....kJ	1497		0	LC	8		1422		
Protein (N x 6.38)....g	2.11		0	LC	8		2.00		
Total lipid (fat)....g	25.26		0	LC	8		24.00		
Ash....g	0.41		0	FLC	4		0.39		
Carbohydrate, by difference....g	37.12		0	FLC	4		35.26		
Fiber, total dietary....g	1.1		0	LC	8		1.0		
Sugars, total....g	21.05		0	LC	8		20.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	63		0	LC	8		60		
Iron, Fe....mg	0.00		0	LC	8		0.00		
Magnesium, Mg....mg	11		0	FLC	4		10		
Phosphorus, P....mg	57		0	FLC	4		55		
Potassium, K....mg	71		0	FLC	4		68		
Sodium, Na....mg	84		0	LC	8		80		
Zinc, Zn....mg	0.32		0	FLC	4		0.30		
Copper, Cu....mg	0.031		0	FLC	4		0.030		
Manganese, Mn....mg									
Selenium, Se....µg	4.0		0	FLC	4		3.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.043		0	FLC	4		0.040		
Riboflavin....mg	0.069		0	FLC	4		0.066		
Niacin....mg	0.548		0	FLC	4		0.521		
Pantothenic acid....mg	0.303		0	FLC	4		0.288		
Vitamin B-6....mg	0.106		0	FLC	4		0.100		
Folate, total....µg	3		0	FLC	4		3		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	3		0	FLC	4		3		
Folate, DFE....µg	3		0	NC	4		3		
Choline, total....mg	45.0		0	FLC	4		42.7		
Betaine....mg									
Vitamin B-12....µg	0.09		0	FLC	4		0.09		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	35		0	FLC	4		33		
Retinol....µg	35		0	FLC	4		33		
Carotene, beta....µg	5		0	FLC	4		5		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	105		0	LC	8		100		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	2.25		0	FLC	4		2.13		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLC	4		0.1		
Vitamin D....IU	3		0	FLC	4		3		
Vitamin K (phylloquinone)....µg	22.3		0	FLC	4		21.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01264

Ice cream bar, stick or nugget, with crunch 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
Lipids:									
Fatty acids, total saturated....g	17.895		0	LC	8		17.000		
4:0....g	0.414		0	FLC	4		0.393		
6:0....g	0.244		0	FLC	4		0.232		
8:0....g	0.122		0	FLC	4		0.116		
10:0....g	0.271		0	FLC	4		0.258		
12:0....g	0.316		0	FLC	4		0.300		
13:0....g									
14:0....g	1.192		0	FLC	4		1.132		
15:0....g	0.101		0	FLC	4		0.096		
16:0....g	11.671		0	FLC	4		11.087		
17:0....g	0.058		0	FLC	4		0.055		
18:0....g	3.483		0	FLC	4		3.309		
20:0....g	0.016		0	FLC	4		0.015		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	1.173		0	FLC	4		1.114		
14:1....g	0.006		0	FLC	4		0.006		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.027		0	FLC	4		0.026		
17:1....g	0.002		0	FLC	4		0.002		
18:1 undifferentiated....g	1.137		0	FLC	4		1.080		
20:1....g	0.001		0	FLC	4		0.001		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.208		0	FLC	4		2.098		
18:2 undifferentiated....g	2.012		0	FLC	4		1.912		
18:3 undifferentiated....g	0.190		0	FLC	4		0.181		
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	0.001		0	FLC	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
21:5....g									
22:4....g									
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	LC	8		0.000		
Cholesterol....mg	16		0	LC	8		15		
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 = 95g: 26 pieces

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01240

Ice cream cone, chocolate covered, with nuts, flavors other than chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.43		0	NR	4		35.93		
Energy....kcal	354		1	LC	8		340		
Energy....kJ	1482		0	LC	8		1423		
Protein (N x 6.25)....g	5.21		1	LC	8		5.00		
Total lipid (fat)....g	21.88		1	LC	8		21.00		
Ash....g	1.11		0	FLC	4		1.07		
Carbohydrate, by difference....g	34.38		1	LC	8		33.00		
Fiber, total dietary....g	1.0		1	LC	8		1.0		
Sugars, total....g	25.00		1	LC	8		24.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	63		1	LC	8		60		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg	29		0	FLC	4		28		
Phosphorus, P....mg	108		0	FLC	4		104		
Potassium, K....mg	222		0	FLC	4		213		
Sodium, Na....mg	94		1	LC	8		90		
Zinc, Zn....mg	0.86		0	FLC	4		0.82		
Copper, Cu....mg	0.128		0	FLC	4		0.123		
Manganese, Mn....mg	0.194		0	FLC	4		0.186		
Selenium, Se....µg	2.6		0	FLC	4		2.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.108		0	FLC	4		0.104		
Riboflavin....mg	0.252		0	FLC	4		0.242		
Niacin....mg	0.829		0	FLC	4		0.795		
Pantothenic acid....mg	0.438		0	FLC	4		0.421		
Vitamin B-6....mg	0.046		0	FLC	4		0.044		
Folate, total....µg	24		0	FLC	4		23		
Folic acid....µg	16		0	FLC	4		15		
Folate, food....µg	8		0	FLC	4		8		
Folate, DFE....µg	35		0	NC	4		33		
Choline, total....mg	23.8		0	FLC	4		22.8		
Betaine....mg									
Vitamin B-12....µg	0.36		0	FLC	4		0.34		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....µg	32		0	NC	4		31		
Retinol....µg	31		0	NR	4		30		
Carotene, beta....µg	11		0	FLC	4		10		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	104		1	LC	8		100		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	4		0	FLC	4		4		
Vitamin E (alpha-tocopherol)....mg	0.18		0	FLC	4		0.17		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLC	4		0.1		
Vitamin D....IU	3		0	FLC	4		3		
Vitamin K (phylloquinone)....µg	1.1		0	FLC	4		1.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01240

Ice cream cone, chocolate covered, with nuts, flavors other than chocolate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.458		1	LC	8		11.000		
4:0....g	0.281		0	FLC	4		0.270		
6:0....g	0.197		0	FLC	4		0.189		
8:0....g	0.148		0	FLC	4		0.142		
10:0....g	0.235		0	FLC	4		0.225		
12:0....g	0.254		0	FLC	4		0.244		
13:0....g	0.000		0	FLC	4		0.000		
14:0....g	0.948		0	FLC	4		0.910		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	4.933		0	FLC	4		4.735		
17:0....g	0.014		0	FLC	4		0.014		
18:0....g	4.204		0	FLC	4		4.036		
20:0....g	0.080		0	FLC	4		0.077		
22:0....g	0.007		0	FLC	4		0.007		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	7.340		0	FLC	4		7.046		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.185		0	FLC	4		0.178		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	7.140		0	FLC	4		6.855		
20:1....g	0.014		0	FLC	4		0.014		
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	1.657		0	FLC	4		1.591		
18:2 undifferentiated....g	1.408		0	FLC	4		1.351		
18:3 undifferentiated....g	0.249		0	FLC	4		0.239		
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		
21:5....g									
22:4....g									
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	21		1	LC	8		20		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	7		0	FLC	4		7		
Theobromine....mg	56		0	FLC	4		53		

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

Common Measures:

Measure 1 = 96g: 1 unit

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01239
Ice cream cookie sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.70		0	NR	4		39.93		
Energy....kcal	240		0	NC	4		197		
Energy....kJ	1003		0	NC	4		822		
Protein....g	3.70		1	LC	8		3.03		
Total lipid (fat)....g	7.40		1	LC	8		6.07		
Ash....g	0.55		0	RA	4		0.45		
Carbohydrate, by difference....g	39.60		1	LC	8		32.47		
Fiber, total dietary....g	1.2		1	LC	8		1.0		
Sugars, total....g	21.30		1	LC	8		17.47		
Starch....g									
Minerals:									
Calcium, Ca....mg	73		1	LC	8		60		
Iron, Fe....mg	1.10		1	LC	8		0.90		
Magnesium, Mg....mg	16		0	RA	4		13		
Phosphorus, P....mg	54		0	RA	4		44		
Potassium, K....mg	68		0	RA	4		55		
Sodium, Na....mg	162		1	LC	8		133		
Zinc, Zn....mg	0.32		0	RA	4		0.26		
Copper, Cu....mg	0.106		0	RA	4		0.087		
Manganese, Mn....mg	0.225		0	RA	4		0.184		
Selenium, Se....µg	3.1		0	BFZN	4		2.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.030		0	RA	4		0.024		
Riboflavin....mg	0.030		0	RA	4		0.025		
Niacin....mg	0.237		0	RA	4		0.194		
Pantothenic acid....mg	0.115		0	RA	4		0.094		
Vitamin B-6....mg	0.028		0	RA	4		0.023		
Folate, total....µg	5		0	RA	4		4		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	5		0	RA	4		4		
Folate, DFE....µg	5		0	NC	4		4		
Choline, total....mg	8.0		0	BFZN	4		6.5		
Betaine....mg									
Vitamin B-12....µg	0.01		0	RA	4		0.00		
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....µg	37		0	NC	4		30		
Retinol....µg	37		1	LC	8		30		
Carotene, beta....µg	0		0	BFZN	4		0		
Carotene, alpha....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta....µg	0		0	BFZN	4		0		
Vitamin A, IU....IU	122		1	LC	8		100		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	6		0	BFZN	4		5		
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFZN	4		0.32		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFZN	4		0.0		
Vitamin D....IU	0		0	NR	4		0		
Vitamin K (phylloquinone)....µg	1.3		0	BFZN	4		1.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01239
Ice cream cookie sandwich

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.663		0	NC	4		1.364		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.004		0	BFZN	4		0.004		
8:0....g	0.050		0	BFZN	4		0.041		
10:0....g	0.040		0	BFZN	4		0.033		
12:0....g	0.004		0	RA	4		0.003		
13:0....g									
14:0....g	0.040		0	RA	4		0.033		
15:0....g									
16:0....g	0.211		0	RA	4		0.173		
17:0....g									
18:0....g	1.314		0	RA	4		1.078		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.150		0	NC	4		3.403		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	RA	4		0.005		
17:1....g									
18:1 undifferentiated....g	4.144		0	RA	4		3.398		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.847		0	NC	4		0.694		
18:2 undifferentiated....g	0.798		0	RA	4		0.655		
18:3 undifferentiated....g	0.043		0	RA	4		0.036		
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	0.002		0	BFZN	4		0.002		
20:5 n-3 (EPA)....g	0.001		0	BFZN	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.001		0	BFZN	4		0.001		
Fatty acids, total trans....g									
Cholesterol....mg	6		1	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	6		0	RA	4		5		
Theobromine....mg	42		0	RA	4		34		

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

Common Measures:

Measure 1 = 82g: 1 serving

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01238
Ice cream sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.90		0	NR	4		34.23		
Energy....kcal	237		0	RA	4		166		
Energy....kJ	990		0	RA	4		693		
Protein....g	4.29		0	LC	8		3.00		
Total lipid (fat)....g	8.57		0	LC	8		6.00		
Ash....g	1.10		0	RA	4		0.77		
Carbohydrate, by difference....g	37.14		0	LC	8		26.00		
Fiber, total dietary....g	0.0		0	LC	8		0.0		
Sugars, total....g	18.57		0	LC	8		13.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	86		0	LC	8		60		
Iron, Fe....mg	0.26		0	LC	8		0.18		
Magnesium, Mg....mg	29		0	RA	4		20		
Phosphorus, P....mg	72		0	RA	4		51		
Potassium, K....mg	115		0	RA	4		81		
Sodium, Na....mg	129		0	LC	8		90		
Zinc, Zn....mg	0.60		0	RA	4		0.42		
Copper, Cu....mg	0.254		0	RA	4		0.178		
Manganese, Mn....mg	0.381		0	RA	4		0.267		
Selenium, Se....µg	3.1		0	RA	4		2.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	LC	8		0.0		
Thiamin....mg	0.111		0	RA	4		0.078		
Riboflavin....mg	0.146		0	RA	4		0.102		
Niacin....mg	1.566		0	RA	4		1.096		
Pantothenic acid....mg	0.209		0	RA	4		0.146		
Vitamin B-6....mg	0.028		0	RA	4		0.020		
Folate, total....µg	34		0	RA	4		24		
Folic acid....µg	27		0	RA	4		19		
Folate, food....µg	6		0	RA	4		4		
Folate, DFE....µg	53		0	NC	4		37		
Choline, total....mg	8.0		0	RA	4		5.6		
Betaine....mg									
Vitamin B-12....µg	0.05		0	RA	4		0.03		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....µg	86		0	NC	4		60		
Retinol....µg	86		0	NR	4		60		
Carotene, beta....µg	0		0	RA	4		0		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	286		0	NC	4		200		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	6		0	RA	4		4		
Vitamin E (alpha-tocopherol)....mg	0.40		0	RA	4		0.28		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	RA	4		0.0		
Vitamin D....IU	0		0	RA	4		0		
Vitamin K (phylloquinone)....µg	1.3		0	RA	4		0.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01238
Ice cream sandwich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	2.317		0	RA	4		1.622		
4:0....g	0.001		0	RA	4		0.000		
6:0....g	0.006		0	RA	4		0.004		
8:0....g	0.070		0	RA	4		0.049		
10:0....g	0.056		0	RA	4		0.039		
12:0....g	0.416		0	RA	4		0.292		
13:0....g									
14:0....g	0.167		0	RA	4		0.117		
15:0....g									
16:0....g	0.984		0	RA	4		0.689		
17:0....g									
18:0....g	0.617		0	RA	4		0.432		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.661		0	RA	4		1.863		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0	RA	4		0.018		
17:1....g									
18:1 undifferentiated....g	2.634		0	RA	4		1.844		
20:1....g	0.001		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.272		0	RA	4		1.590		
18:2 undifferentiated....g	2.119		0	RA	4		1.483		
18:3 undifferentiated....g	0.147		0	RA	4		0.103		
18:4....g	0.001		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0	RA	4		0.002		
20:5 n-3 (EPA)....g	0.002		0	RA	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.001		0	RA	4		0.001		
Fatty acids, total trans....g									
Cholesterol....mg	21		0	LC	8		15		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	4		0	RA	4		3		
Theobromine....mg	122		0	RA	4		86		

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

Common Measures:

Measure 1 = 70g: 1 serving

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01241
Ice cream sandwich, made with light ice cream, vanilla

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.63		0	NR	4		36.84		
Energy....kcal	186		1	LC	8		130		
Energy....kJ	777		0	LC	8		544		
Protein (N x 6.25)....g	4.29		1	LC	8		3.00		
Total lipid (fat)....g	3.04		0	BFFN	4		2.13		
Ash....g	0.39		0	BFFN	4		0.27		
Carbohydrate, by difference....g	39.64		1	LC	8		27.75		
Fiber, total dietary....g	0.0		0	BFFN	4		0.0		
Sugars, total....g	17.86		1	LC	8		12.50		
Starch....g									
Minerals:									
Calcium, Ca....mg	30		0	BFFN	4		21		
Iron, Fe....mg	0.09		0	BFFN	4		0.06		
Magnesium, Mg....mg	10		0	BFFN	4		7		
Phosphorus, P....mg	26		0	BFFN	4		18		
Potassium, K....mg	41		0	BFFN	4		29		
Sodium, Na....mg	146		1	LC	8		103		
Zinc, Zn....mg	0.21		0	BFFN	4		0.15		
Copper, Cu....mg	0.090		0	BFFN	4		0.063		
Manganese, Mn....mg									
Selenium, Se....µg	1.1		0	BFFN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFFN	4		0.0		
Thiamin....mg	0.039		0	BFFN	4		0.028		
Riboflavin....mg	0.052		0	BFFN	4		0.036		
Niacin....mg	0.555		0	BFFN	4		0.388		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	BFFN	4		0.007		
Folate, total....µg	12		0	BFFN	4		8		
Folic acid....µg	10		0	BFFN	4		7		
Folate, food....µg	2		0	BFFN	4		1		
Folate, DFE....µg	19		0	NC	4		13		
Choline, total....mg	2.8		0	BFFN	4		2.0		
Betaine....mg									
Vitamin B-12....µg	0.02		0	BFFN	4		0.01		
Vitamin B-12, added....µg	0.00		0	BFFN	4		0.00		
Vitamin A, RAE....µg	96		0	NC	4		67		
Retinol....µg	96		0	NR	4		67		
Carotene, beta....µg	0		0	BFFN	4		0		
Carotene, alpha....µg	0		0	BFFN	4		0		
Cryptoxanthin, beta....µg	0		0	BFFN	4		0		
Vitamin A, IU....IU	321		1	LC	8		225		
Lycopene....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin....µg	2		0	BFFN	4		2		
Vitamin E (alpha-tocopherol)....mg	0.14		0	BFFN	4		0.10		
Vitamin E, added....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFFN	4		0.0		
Vitamin D....IU	0		0	NR	4		0		
Vitamin K (phylloquinone)....µg	0.5		0	BFFN	4		0.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01241

Ice cream sandwich, made with light ice cream, vanilla

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.821		0	BFFN	4		0.574		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.002		0	BFFN	4		0.001		
8:0....g	0.025		0	BFFN	4		0.017		
10:0....g	0.020		0	BFFN	4		0.014		
12:0....g	0.148		0	BFFN	4		0.103		
13:0....g									
14:0....g	0.059		0	BFFN	4		0.041		
15:0....g									
16:0....g	0.349		0	BFFN	4		0.244		
17:0....g									
18:0....g	0.218		0	BFFN	4		0.153		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.942		0	BFFN	4		0.660		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0	BFFN	4		0.007		
17:1....g									
18:1 undifferentiated....g	0.933		0	BFFN	4		0.653		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.805		0	BFFN	4		0.563		
18:2 undifferentiated....g	0.750		0	BFFN	4		0.525		
18:3 undifferentiated....g	0.052		0	BFFN	4		0.036		
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	0.001		0	BFFN	4		0.001		
20:5 n-3 (EPA)....g	0.001		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	7		1	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFFN	4		0.0		
Caffeine....mg	1		0	BFFN	4		1		
Theobromine....mg	43		0	BFFN	4		30		

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

Common Measures:

Measure 1 = 70g: 1 serving

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01242
Ice cream sandwich, vanilla, light, no sugar added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	48.13		0	NR	4		33.69		
Energy....kcal	200		1	LC	8		140		
Energy....kJ	837		0	LC	8		586		
Protein....g	5.71		1	LC	8		4.00		
Total lipid (fat)....g	2.86		1	LC	8		2.00		
Ash....g	0.39		0	BFZN	4		0.27		
Carbohydrate, by difference....g	42.86		1	LC	8		30.00		
Fiber, total dietary....g	7.1		1	LC	8		5.0		
Sugars, total....g	6.58		0	BFZN	4		4.60		
Starch....g									
Minerals:									
Calcium, Ca....mg	86		1	LC	8		60		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg	10		0	BFZN	4		7		
Phosphorus, P....mg	26		0	BFZN	4		18		
Potassium, K....mg	41		0	BFZN	4		29		
Sodium, Na....mg	164		1	LC	8		115		
Zinc, Zn....mg	0.21		0	BFZN	4		0.15		
Copper, Cu....mg	0.090		0	BFZN	4		0.063		
Manganese, Mn....mg									
Selenium, Se....µg	1.1		0	BFZN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.039		0	BFZN	4		0.028		
Riboflavin....mg	0.052		0	BFZN	4		0.036		
Niacin....mg	0.555		0	BFZN	4		0.388		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	BFZN	4		0.007		
Folate, total....µg	12		0	BFZN	4		8		
Folic acid....µg	10		0	BFZN	4		7		
Folate, food....µg	2		0	BFZN	4		1		
Folate, DFE....µg	19		0	NC	4		13		
Choline, total....mg	2.8		0	BFZN	4		2.0		
Betaine....mg									
Vitamin B-12....µg	0.02		0	BFZN	4		0.01		
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....µg	129		0	NC	4		90		
Retinol....µg	129		0	NR	4		90		
Carotene, beta....µg	0		0	BFZN	4		0		
Carotene, alpha....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta....µg	0		0	BFZN	4		0		
Vitamin A, IU....IU	429		1	LC	8		300		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	2		0	BFZN	4		2		
Vitamin E (alpha-tocopherol)....mg	0.14		0	BFZN	4		0.10		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFZN	4		0.0		
Vitamin D....IU	0		0	NR	4		0		
Vitamin K (phylloquinone)....µg	0.5		0	BFZN	4		0.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01242

Ice cream sandwich, vanilla, light, no sugar added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.821		0	BFZN	4		0.574		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.002		0	BFZN	4		0.001		
8:0....g	0.025		0	BFZN	4		0.017		
10:0....g	0.020		0	BFZN	4		0.014		
12:0....g	0.148		0	BFZN	4		0.103		
13:0....g									
14:0....g	0.059		0	BFZN	4		0.041		
15:0....g									
16:0....g	0.349		0	BFZN	4		0.244		
17:0....g									
18:0....g	0.218		0	BFZN	4		0.153		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.942		0	BFZN	4		0.660		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0	BFZN	4		0.007		
17:1....g									
18:1 undifferentiated....g	0.933		0	BFZN	4		0.653		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.805		0	BFZN	4		0.563		
18:2 undifferentiated....g	0.750		0	BFZN	4		0.525		
18:3 undifferentiated....g	0.052		0	BFZN	4		0.036		
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	0.001		0	BFZN	4		0.001		
20:5 n-3 (EPA)....g	0.001		0	BFZN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	21		1	LC	8		15		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	1		0	BFZN	4		1		
Theobromine....mg	43		0	BFZN	4		30		

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

Common Measures:

Measure 1 = 70g: 1 serving

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01237
Ice cream, bar or stick, chocolate covered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.30		0	RA	4		23.15		
Energy....kcal	331		0	NC	4		166		
Energy....kJ	1386		0	NC	4		693		
Protein....g	4.10		0	RA	4		2.05		
Total lipid (fat)....g	24.10		0	RA	4		12.05		
Ash....g	1.00		0	RA	4		0.50		
Carbohydrate, by difference....g	24.50		0	RA	4		12.25		
Fiber, total dietary....g	0.8		0	RA	4		0.4		
Sugars, total....g	18.30		0	RA	4		9.15		
Starch....g									
Minerals:									
Calcium, Ca....mg	119		0	RA	4		60		
Iron, Fe....mg	0.29		0	RA	4		0.15		
Magnesium, Mg....mg	28		0	RA	4		14		
Phosphorus, P....mg	173		0	RA	4		87		
Potassium, K....mg	305		0	RA	4		153		
Sodium, Na....mg	68		0	RA	4		34		
Zinc, Zn....mg	0.82		0	RA	4		0.41		
Copper, Cu....mg	0.076		0	RA	4		0.038		
Manganese, Mn....mg	0.078		0	RA	4		0.039		
Selenium, Se....µg	2.4		0	RA	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.062		0	RA	4		0.031		
Riboflavin....mg	0.261		0	RA	4		0.131		
Niacin....mg	0.175		0	RA	4		0.087		
Pantothenic acid....mg	0.479		0	RA	4		0.239		
Vitamin B-6....mg	0.043		0	RA	4		0.022		
Folate, total....µg	7		0	RA	4		4		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	7		0	RA	4		4		
Folate, DFE....µg	7		0	NC	4		4		
Choline, total....mg	29.7		0	RA	4		14.9		
Betaine....mg									
Vitamin B-12....µg	0.49		0	RA	4		0.24		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....µg	19		0	RA	4		9		
Retinol....µg	15		0	RA	4		8		
Carotene, beta....µg	44		0	RA	4		22		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	123		0	RA	4		62		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.42		0	RA	4		0.21		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	RA	4		0.1		
Vitamin D....IU	7		0	RA	4		4		
Vitamin K (phylloquinone)....µg	1.3		0	RA	4		0.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01237
Ice cream, bar or stick, chocolate covered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	13.202		0	NC	4		6.601		
4:0....g	0.180		0	RA	4		0.090		
6:0....g	0.151		0	RA	4		0.076		
8:0....g	0.622		0	RA	4		0.311		
10:0....g	0.588		0	RA	4		0.294		
12:0....g	3.488		0	RA	4		1.744		
13:0....g									
14:0....g	1.827		0	RA	4		0.913		
15:0....g									
16:0....g	3.761		0	RA	4		1.881		
17:0....g									
18:0....g	2.501		0	RA	4		1.251		
20:0....g	0.084		0	RA	4		0.042		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.387		0	NC	4		3.194		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.161		0	RA	4		0.080		
17:1....g									
18:1 undifferentiated....g	6.226		0	RA	4		3.113		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.257		0	NC	4		1.629		
18:2 undifferentiated....g	2.974		0	RA	4		1.487		
18:3 undifferentiated....g	0.283		0	RA	4		0.142		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	28		0	RA	4		14		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	3		0	RA	4		2		
Theobromine....mg	32		0	RA	4		16		

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

Common Measures:

Measure 1 = 50g: 1 bar

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01263
Ice cream, light, soft serve, 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	68.92		0	NC	4		205.38		
Energy	kcal	141		0	LC	8		420		
Energy	kJ	590		0	LC	8		1758		
Protein (N x 6.25)	g	3.36		0	LC	8		10.00		
Total lipid (fat)	g	3.69		0	LC	8		11.00		
Ash	g	0.88		0	FLC	4		2.62		
Carbohydrate, by difference	g	23.15		0	LC	8		69.00		
Fiber, total dietary	g	0.0		0	LC	8		0.0		
Sugars, total	g	19.46		0	LC	8		58.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	134		0	LC	8		400		
Iron, Fe	mg	0.60		0	LC	8		1.80		
Magnesium, Mg	mg	36		0	FLC	4		108		
Phosphorus, P	mg	113		0	FLC	4		335		
Potassium, K	mg	207		0	FLC	4		615		
Sodium, Na	mg	64		0	LC	8		190		
Zinc, Zn	mg	0.67		0	FLC	4		2.00		
Copper, Cu	mg	0.217		0	FLC	4		0.646		
Manganese, Mn	mg	0.212		0	FLC	4		0.631		
Selenium, Se	µg	2.3		0	FLC	4		6.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.033		0	FLC	4		0.097		
Riboflavin	mg	0.124		0	FLC	4		0.369		
Niacin	mg	0.186		0	FLC	4		0.553		
Pantothenic acid	mg	0.096		0	FLC	4		0.286		
Vitamin B-6	mg	0.038		0	FLC	4		0.113		
Folate, total	µg	17		0	FLC	4		52		
Folic acid	µg	12		0	NR	4		36		
Folate, food	µg	5		0	FLC	4		15		
Folate, DFE	µg	26		0	NC	4		77		
Choline, total	mg	10.4		0	FLC	4		30.9		
Betaine	mg									
Vitamin B-12	µg	0.26		0	FLC	4		0.76		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	µg	91		0	FLC	4		270		
Retinol	µg	90		0	FLC	4		269		
Carotene, beta	µg	5		0	FLC	4		15		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	336		0	LC	8		1000		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	2		0	FLC	4		6		
Vitamin E (alpha-tocopherol)	mg	0.08		0	FLC	4		0.24		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.7		0	FLC	4		2.0		
Vitamin D	IU	26		0	FLC	4		78		
Vitamin K (phylloquinone)	µg	0.4		0	FLC	4		1.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01263
Ice cream, light, soft serve, 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
Lipids:									
Fatty acids, total saturated....g	2.349		0	LC	8		7.000		
4:0....g	0.098		0	FLC	4		0.291		
6:0....g	0.055		0	FLC	4		0.164		
8:0....g	0.033		0	FLC	4		0.098		
10:0....g	0.074		0	FLC	4		0.219		
12:0....g	0.081		0	FLC	4		0.243		
13:0....g									
14:0....g	0.297		0	FLC	4		0.885		
15:0....g									
16:0....g	1.013		0	FLC	4		3.017		
17:0....g									
18:0....g	0.625		0	FLC	4		1.861		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.033		0	FLC	4		3.077		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.062		0	FLC	4		0.184		
17:1....g									
18:1 undifferentiated....g	0.931		0	FLC	4		2.776		
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	0.125		0	FLC	4		0.372		
18:2 undifferentiated....g	0.086		0	FLC	4		0.257		
18:3 undifferentiated....g	0.039		0	FLC	4		0.115		
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		
21:5....g									
22:4....g									
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	0.168		0	LC	8		0.500		
Cholesterol....mg	15		0	LC	8		45		
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 = 298g: 1 medium

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01236
Ice cream, soft serve, chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.80		0	RA	4		51.43		
Energy....kcal	222		0	RA	4		191		
Energy....kJ	930		0	RA	4		800		
Protein....g	4.10		0	RA	4		3.53		
Total lipid (fat)....g	13.00		0	RA	4		11.18		
Ash....g	0.90		0	RA	4		0.77		
Carbohydrate, by difference....g	22.20		0	RA	4		19.09		
Fiber, total dietary....g	0.7		0	RA	4		0.6		
Sugars, total....g	21.16		0	RA	4		18.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	131		0	RA	4		113		
Iron, Fe....mg	0.21		0	RA	4		0.18		
Magnesium, Mg....mg	12		0	RA	4		10		
Phosphorus, P....mg	116		0	RA	4		100		
Potassium, K....mg	177		0	RA	4		152		
Sodium, Na....mg	61		0	RA	4		52		
Zinc, Zn....mg	0.52		0	RA	4		0.45		
Copper, Cu....mg	0.030		0	RA	4		0.026		
Manganese, Mn....mg	0.005		0	RA	4		0.004		
Selenium, Se....µg	3.0		0	RA	4		2.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0	RA	4		0.7		
Thiamin....mg	0.049		0	RA	4		0.042		
Riboflavin....mg	0.182		0	RA	4		0.157		
Niacin....mg	0.095		0	RA	4		0.082		
Pantothenic acid....mg	0.506		0	RA	4		0.435		
Vitamin B-6....mg	0.048		0	RA	4		0.041		
Folate, total....µg	9		0	RA	4		8		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	9		0	RA	4		8		
Folate, DFE....µg	9		0	NC	4		8		
Choline, total....mg	26.0		0	RA	4		22.4		
Betaine....mg									
Vitamin B-12....µg	0.50		0	RA	4		0.43		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....µg	162		0	RA	4		139		
Retinol....µg	159		0	RA	4		137		
Carotene, beta....µg	30		0	RA	4		26		
Carotene, alpha....µg	5		0	RA	4		4		
Cryptoxanthin, beta....µg	5		0	RA	4		4		
Vitamin A, IU....IU	589		0	RA	4		506		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	151		0	RA	4		130		
Vitamin E (alpha-tocopherol)....mg	0.61		0	RA	4		0.52		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	RA	4		0.6		
Vitamin D....IU	29		0	RA	4		25		
Vitamin K (phylloquinone)....µg	0.9		0	RA	4		0.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01236
Ice cream, soft serve, 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
Lipids:									
Fatty acids, total saturated....g	7.460		0	RA	4		6.416		
4:0....g	0.390		0	RA	4		0.335		
6:0....g	0.230		0	RA	4		0.198		
8:0....g	0.130		0	RA	4		0.112		
10:0....g	0.300		0	RA	4		0.258		
12:0....g	0.340		0	RA	4		0.292		
13:0....g									
14:0....g	1.240		0	RA	4		1.066		
15:0....g									
16:0....g	3.360		0	RA	4		2.890		
17:0....g									
18:0....g	1.470		0	RA	4		1.264		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.490		0	RA	4		3.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		0	RA	4		0.232		
17:1....g									
18:1 undifferentiated....g	3.220		0	RA	4		2.769		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.460		0	RA	4		0.396		
18:2 undifferentiated....g	0.280		0	RA	4		0.241		
18:3 undifferentiated....g	0.180		0	RA	4		0.155		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	91		0	RA	4		78		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0	RA	4		0.041		
Threonine....g	0.169		0	RA	4		0.145		
Isoleucine....g	0.215		0	RA	4		0.185		
Leucine....g	0.353		0	RA	4		0.304		
Lysine....g	0.296		0	RA	4		0.255		
Methionine....g	0.091		0	RA	4		0.078		
Cystine....g	0.036		0	RA	4		0.031		
Phenylalanine....g	0.176		0	RA	4		0.151		
Tyrosine....g	0.170		0	RA	4		0.146		
Valine....g	0.241		0	RA	4		0.207		
Arginine....g	0.172		0	RA	4		0.148		
Histidine....g	0.099		0	RA	4		0.085		
Alanine....g	0.164		0	RA	4		0.141		
Aspartic acid....g	0.300		0	RA	4		0.258		
Glutamic acid....g	0.745		0	RA	4		0.641		
Glycine....g	0.163		0	RA	4		0.140		
Proline....g	0.374		0	RA	4		0.322		
Serine....g	0.216		0	RA	4		0.186		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	2		0	BFZN	4		2		

NDB No. 01236
Ice cream, soft serve, 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
Theobromine.....mg	69		0	BFZN	4		60		

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

Common Measures:

Measure 1 = 86g: .5 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 42117
Imitation cheese, american or cheddar, low cholesterol

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.00		0		4		42.94	6.84	
Energy....kcal	390		0		4		441	70	
Energy....kJ	1632		0		4		1844	294	
Protein....g	25.00		0		4		28.25	4.50	
Total lipid (fat)....g	32.00		0		4		36.16	5.76	
Ash....g	4.00		0	NR	4		4.52	0.72	
Carbohydrate, by difference....g	1.00		0		4		1.13	0.18	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	1.00		0	NR	4		1.13	0.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	705		0		4		797	127	
Iron, Fe....mg	0.70		0		4		0.79	0.13	
Magnesium, Mg....mg	30		0		4		34	5	
Phosphorus, P....mg	530		0		4		599	95	
Potassium, K....mg	55		0		4		62	10	
Sodium, Na....mg	670		0		4		757	121	
Zinc, Zn....mg	3.00		0		4		3.39	0.54	
Copper, Cu....mg	0.030		0		4		0.034	0.005	
Manganese, Mn....mg									
Selenium, Se....µg	14.6		0	BFNN	4		16.5	2.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.030		0		4		0.034	0.005	
Riboflavin....mg	0.360		0		4		0.407	0.065	
Niacin....mg	0.080		0		4		0.090	0.014	
Pantothenic acid....mg									
Vitamin B-6....mg	0.070		0		4		0.079	0.013	
Folate, total....µg	18		0		4		20	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		4		20	3	
Folate, DFE....µg	18		0	NC	4		20	3	
Choline, total....mg	0.1		0	BFFN	4		0.1	0.0	
Betaine....mg									
Vitamin B-12....µg	0.83		0		4		0.94	0.15	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	115		0	NC	4		130	21	
Retinol....µg	113		0	NR	4		128	20	
Carotene, beta....µg	28		0	NR	4		32	5	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	423		0	NC	4		478	76	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.28		0	BFFN	4		0.31	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.7		0	BFFN	4		3.0	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 42117

Imitation cheese, american or cheddar, low cholesterol

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.815		0		4		6.571	1.047	
4:0....g	0.035		0		4		0.040	0.006	
6:0....g	0.018		0		4		0.020	0.003	
8:0....g	0.012		0		4		0.014	0.002	
10:0....g	0.025		0		4		0.028	0.005	
12:0....g	0.027		0		4		0.031	0.005	
13:0....g									
14:0....g	0.131		0		4		0.148	0.024	
15:0....g									
16:0....g	3.780		0		4		4.271	0.680	
17:0....g									
18:0....g	1.789		0		4		2.022	0.322	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.127		0		4		15.964	2.543	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025		0		4		0.028	0.005	
17:1....g									
18:1 undifferentiated....g	14.090		0		4		15.922	2.536	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.615		0		4		11.995	1.911	
18:2 undifferentiated....g	10.439		0		4		11.796	1.879	
18:3 undifferentiated....g	0.179		0		4		0.202	0.032	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	15		0		4		17	3	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 18g: 1 cubic inch

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01194
KRAFT BREAKSTONE'S FREE Fat Free Sour Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.70		0	MC	9		24.86		
Energy....kcal	91		0	MC	9		29		
Energy....kJ	381				9		122		
Protein....g	4.70		0	MC	9		1.50		
Total lipid (fat)....g	1.30		0	NR	4		0.42		
Ash....g	1.20		0	MC	9		0.38		
Carbohydrate, by difference....g	15.10		0	MC	9		4.83		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	7.20		0	MC	9		2.30		
Starch....g									
Minerals:									
Calcium, Ca....mg	141		0	MC	9		45		
Iron, Fe....mg	0.05		0	MC	9		0.02		
Magnesium, Mg....mg									
Phosphorus, P....mg	116		0	MC	9		37		
Potassium, K....mg	219		0	MC	9		70		
Sodium, Na....mg	72		0	MC	9		23		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0	MC	9		0.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	679		0	MC	9		217		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.800		0	MC	9		0.256		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	9		0	MC	9		3		
Phytosterols....mg									

NDB No. 01194
KRAFT BREAKSTONE'S FREE Fat Free Sour Cream

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

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

Common Measures:

Measure 1 = 32g: 2 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01193
KRAFT BREAKSTONE'S Reduced Fat Sour Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.20		0	MC	9		23.62		
Energy....kcal	152		0	MC	9		47		
Energy....kJ	636				9		197		
Protein....g	4.50		0	MC	9		1.40		
Total lipid (fat)....g	12.00		0	NR	4		3.72		
Ash....g	0.80		0	MC	9		0.25		
Carbohydrate, by difference....g	6.50		0	MC	9		2.02		
Fiber, total dietary....g	0.1		0	MC	9		0.0		
Sugars, total....g	6.40		0	MC	9		1.98		
Starch....g									
Minerals:									
Calcium, Ca....mg	161		0	MC	9		50		
Iron, Fe....mg	0.06		0	MC	9		0.02		
Magnesium, Mg....mg									
Phosphorus, P....mg	110		0	MC	9		34		
Potassium, K....mg	210		0	MC	9		65		
Sodium, Na....mg	59		0	MC	9		18		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0	MC	9		0.3		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	1053		0	MC	9		326		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.600		0	MC	9		2.356		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	50		0	MC	9		16		
Phytosterols....mg									

NDB No. 01193
KRAFT BREAKSTONE'S Reduced Fat Sour Cream

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

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

Common Measures:

Measure 1 = 31g: 2 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01189
KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.50		0	MC	9		18.03		
Energy....kcal	215		0	MC	9		75		
Energy....kJ	900				9		315		
Protein....g	16.30		0	MC	9		5.71		
Total lipid (fat)....g	9.50		0	NR	4		3.33		
Ash....g	6.40		0	MC	9		2.24		
Carbohydrate, by difference....g	16.20		0	MC	9		5.67		
Fiber, total dietary....g	0.2		0	MC	9		0.1		
Sugars, total....g	8.20		0	MC	9		2.87		
Starch....g									
Minerals:									
Calcium, Ca....mg	418		0	MC	9		146		
Iron, Fe....mg	0.16		0	MC	9		0.06		
Magnesium, Mg....mg									
Phosphorus, P....mg	943		0	MC	9		330		
Potassium, K....mg	297		0	MC	9		104		
Sodium, Na....mg	1705		0	MC	9		597		
Zinc, Zn....mg	2.36		0	MC	9		0.83		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	MC	9		0.1		
Thiamin....mg									
Riboflavin....mg	0.330		0	MC	9		0.116		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	628		0	MC	9		220		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.400		0	MC	9		2.240		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	35		0	MC	9		12		
Phytosterols....mg									

NDB No. 01189
KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product

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

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

Common Measures:

Measure 1 = 35g: 2 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01188
KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.50		0	MC	9		17.00		
Energy....kcal	276		0	MC	9		91		
Energy....kJ	1155				9		381		
Protein....g	12.00		0	MC	9		3.96		
Total lipid (fat)....g	21.00		0	NR	4		6.93		
Ash....g	5.80		0	MC	9		1.91		
Carbohydrate, by difference....g	9.20		0	MC	9		3.04		
Fiber, total dietary....g	0.3		0	MC	9		0.1		
Sugars, total....g	6.70		0	MC	9		2.21		
Starch....g									
Minerals:									
Calcium, Ca....mg	359		0	MC	9		118		
Iron, Fe....mg	0.19		0	MC	9		0.06		
Magnesium, Mg....mg									
Phosphorus, P....mg	806		0	MC	9		266		
Potassium, K....mg	240		0	MC	9		79		
Sodium, Na....mg	1638		0	MC	9		541		
Zinc, Zn....mg	1.64		0	MC	9		0.54		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	MC	9		0.1		
Thiamin....mg									
Riboflavin....mg	0.240		0	MC	9		0.079		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	649		0	MC	9		214		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.100		0	MC	9		4.323		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	75		0	MC	9		25		
Phytosterols....mg									

NDB No. 01188
KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce

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

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

Common Measures:

Measure 1 = 33g: 2 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01190
KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.00		0	MC	9		12.18		
Energy....kcal	148		0	MC	9		31		
Energy....kJ	619				9		130		
Protein....g	22.70		0	MC	9		4.77		
Total lipid (fat)....g	1.00		0	NR	4		0.21		
Ash....g	6.10		0	MC	9		1.28		
Carbohydrate, by difference....g	11.70		0	MC	9		2.46		
Fiber, total dietary....g	0.2		0	MC	9		0.0		
Sugars, total....g	6.70		0	MC	9		1.41		
Starch....g									
Minerals:									
Calcium, Ca....mg	712		0	MC	9		150		
Iron, Fe....mg	0.05		0	MC	9		0.01		
Magnesium, Mg....mg									
Phosphorus, P....mg	923		0	MC	9		194		
Potassium, K....mg	236		0	MC	9		50		
Sodium, Na....mg	1298		0	MC	9		273		
Zinc, Zn....mg	2.50		0	MC	9		0.53		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg	0.280		0	MC	9		0.059		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	2166		0	MC	9		455		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.700		0	MC	9		0.147		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	16		0	MC	9		3		
Phytosterols....mg									

NDB No. 01190

KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product

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

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

Common Measures:

Measure 1 = 21g: 1 slice

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01192
KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.30		0	MC	9		14.36		
Energy....kcal	222		0	MC	9		62		
Energy....kJ	929				9		260		
Protein....g	19.60		0	MC	9		5.49		
Total lipid (fat)....g	10.60		0	NR	4		2.97		
Ash....g	6.60		0	MC	9		1.85		
Carbohydrate, by difference....g	11.80		0	MC	9		3.30		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	8.50		0	MC	9		2.38		
Starch....g									
Minerals:									
Calcium, Ca....mg	574		0	MC	9		161		
Iron, Fe....mg	0.14		0	MC	9		0.04		
Magnesium, Mg....mg									
Phosphorus, P....mg	1024		0	MC	9		287		
Potassium, K....mg	345		0	MC	9		97		
Sodium, Na....mg	1586		0	MC	9		444		
Zinc, Zn....mg	2.49		0	MC	9		0.70		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg	0.650		0	MC	9		0.182		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	982		0	MC	9		275		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.100		0	MC	9		1.988		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	42		0	MC	9		12		
Phytosterols....mg									

NDB No. 01192

KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product

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

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

Common Measures:

Measure 1 = 28g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01191
KRAFT VELVEETA Pasteurized Process Cheese Spread

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.80		0	MC	9		12.82		
Energy....kcal	303		0	MC	9		85		
Energy....kJ	1268				9		355		
Protein....g	16.30		0	MC	9		4.56		
Total lipid (fat)....g	22.00		0	NR	4		6.16		
Ash....g	6.00		0	MC	9		1.68		
Carbohydrate, by difference....g	9.80		0	MC	9		2.74		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	8.10		0	MC	9		2.27		
Starch....g									
Minerals:									
Calcium, Ca....mg	466		0	MC	9		130		
Iron, Fe....mg	0.18		0	MC	9		0.05		
Magnesium, Mg....mg									
Phosphorus, P....mg	863		0	MC	9		242		
Potassium, K....mg	335		0	MC	9		94		
Sodium, Na....mg	1499		0	MC	9		420		
Zinc, Zn....mg	1.84		0	MC	9		0.52		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	MC	9		0.1		
Thiamin....mg									
Riboflavin....mg	0.350		0	MC	9		0.098		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Vitamin A, IU....IU	1107		0	MC	9		310		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	14.400		0	MC	9		4.032		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	80		0	MC	9		22		
Phytosterols....mg									

NDB No. 01191
KRAFT VELVEETA Pasteurized Process Cheese Spread

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

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

Common Measures:

Measure 1 = 28g: 1 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01244
Milk dessert bar, frozen, made from lowfat milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.43		0	BFZN	4		41.77		
Energy....kcal	147		2	LC	8		100		
Energy....kJ	615		0	LC	8		418		
Protein....g	4.41		2	LC	8		3.00		
Total lipid (fat)....g	1.47		2	LC	8		1.00		
Ash....g	0.69		0	BFZN	4		0.47		
Carbohydrate, by difference....g	33.09		2	LC	8		22.50		
Fiber, total dietary....g	6.6		2	LC	8		4.5		
Sugars, total....g	22.06		2	LC	8		15.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	184		2	LC	8		125		
Iron, Fe....mg	0.53		2	LC	8		0.36		
Magnesium, Mg....mg	20		0	BFZN	4		13		
Phosphorus, P....mg	83		0	BFZN	4		57		
Potassium, K....mg	316		2	LC	8		215		
Sodium, Na....mg	92		2	LC	8		63		
Zinc, Zn....mg	0.43		0	BFZN	4		0.30		
Copper, Cu....mg	0.103		0	BFZN	4		0.070		
Manganese, Mn....mg									
Selenium, Se....µg	2.2		0	BFZN	4		1.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		2	LC	8		0.6		
Thiamin....mg	0.023		0	BFZN	4		0.015		
Riboflavin....mg	0.129		0	BFZN	4		0.088		
Niacin....mg	0.126		0	BFZN	4		0.086		
Pantothenic acid....mg									
Vitamin B-6....mg	0.023		0	BFZN	4		0.016		
Folate, total....µg	4		0	BFZN	4		2		
Folic acid....µg	0		0	BFZN	4		0		
Folate, food....µg	4		0	BFZN	4		2		
Folate, DFE....µg	4		0	NC	4		2		
Choline, total....mg	19.6		0	BFZN	4		13.3		
Betaine....mg									
Vitamin B-12....µg	0.14		0	BFZN	4		0.10		
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....µg	71		0	NC	4		48		
Retinol....µg	60		0	BFZN	4		41		
Carotene, beta....µg	135		0	BFZN	4		92		
Carotene, alpha....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta....µg	0		0	BFZN	4		0		
Vitamin A, IU....IU	424		0	NC	4		288		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	1		0	BFZN	4		1		
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFZN	4		0.13		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	BFZN	4		0.1		
Vitamin D....IU	5		0	NR	4		4		
Vitamin K (phylloquinone)....µg	0.6		0	BFZN	4		0.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01244
Milk dessert bar, frozen, made from lowfat milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.810		0	NC	4		0.551		
4:0....g	0.008		0	BFZN	4		0.005		
6:0....g	0.001		0	BFZN	4		0.001		
8:0....g	0.002		0	BFZN	4		0.001		
10:0....g	0.004		0	BFZN	4		0.003		
12:0....g	0.002		0	BFZN	4		0.002		
13:0....g									
14:0....g	0.017		0	BFZN	4		0.011		
15:0....g									
16:0....g	0.378		0	BFZN	4		0.257		
17:0....g									
18:0....g	0.399		0	BFZN	4		0.271		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.462		0	NC	4		0.314		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	BFZN	4		0.004		
17:1....g									
18:1 undifferentiated....g	0.455		0	BFZN	4		0.310		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.052		0	NC	4		0.035		
18:2 undifferentiated....g	0.050		0	BFZN	4		0.034		
18:3 undifferentiated....g	0.002		0	BFZN	4		0.001		
18:4....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	7		2	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	2		0	BFZN	4		1		
Theobromine....mg	69		0	BFZN	4		47		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01110
Milk shakes, thick chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.20	0.950	7		1		20.50	216.60	
Energy....kcal	119		0	NC	4		34	356	
Energy....kJ	496		0		4		141	1489	
Protein (N x 6.38)....g	3.05	0.261	7		1		0.87	9.15	
Total lipid (fat)....g	2.70		1		1		0.77	8.10	
Ash....g	0.90	0.071	7		1		0.26	2.70	
Carbohydrate, by difference....g	21.15		0	NC	4		6.01	63.45	
Fiber, total dietary....g	0.3		0		4		0.1	0.9	
Sugars, total....g	20.85		0	NR	4		5.92	62.55	
Starch....g									
Minerals:									
Calcium, Ca....mg	132		1		1		37	396	
Iron, Fe....mg	0.31		1		1		0.09	0.93	
Magnesium, Mg....mg	16		1		1		5	48	
Phosphorus, P....mg	126		1		1		36	378	
Potassium, K....mg	224		1		1		64	672	
Sodium, Na....mg	111		1		1		32	333	
Zinc, Zn....mg	0.48		1		1		0.14	1.44	
Copper, Cu....mg	0.065		0		1		0.018	0.195	
Manganese, Mn....mg	0.039		0		1		0.011	0.117	
Selenium, Se....µg	1.9		0	BFPN	4		0.5	5.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		6		1		0.0	0.0	
Thiamin....mg	0.047	0.005	7		1		0.013	0.141	
Riboflavin....mg	0.222	0.005	7		1		0.063	0.666	
Niacin....mg	0.124	0.009	7		1		0.035	0.372	
Pantothenic acid....mg	0.363	0.014	6		1		0.103	1.089	
Vitamin B-6....mg	0.025	0.005	7		1		0.007	0.075	
Folate, total....µg	5	0.761	7		1		1	15	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5	0.761	7		1		1	15	
Folate, DFE....µg	5		0	NC	4		1	15	
Choline, total....mg	17.0		0	T	4		4.8	51.0	
Betaine....mg									
Vitamin B-12....µg	0.32	0.051	7		1		0.09	0.95	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	18		0	NC	4		5	55	
Retinol....µg	18		0	NC	4		5	54	
Carotene, beta....µg	4		0	BFFN	4		1	12	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	67		0	NC	4		19	201	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.05		0	BFFN	4		0.01	0.14	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	AS	1		0.3	3.0	
Vitamin D....IU	41		0	BFFN	4		12	122	
Vitamin K (phylloquinone)....µg	0.2		0	BFFN	4		0.1	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01110
Milk shakes, thick chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.681		0		1		0.477	5.043	
4:0....g	0.088		0		1		0.025	0.264	
6:0....g	0.052		0		1		0.015	0.156	
8:0....g	0.030		0		1		0.009	0.090	
10:0....g	0.068		0		1		0.019	0.204	
12:0....g	0.076		0		1		0.022	0.228	
13:0....g									
14:0....g	0.272		0		1		0.077	0.816	
15:0....g									
16:0....g	0.710		0		1		0.202	2.130	
17:0....g									
18:0....g	0.327		0		1		0.093	0.981	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.780		0		1		0.222	2.340	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		0		1		0.017	0.180	
17:1....g									
18:1 undifferentiated....g	0.679		0		1		0.193	2.037	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.100		0		1		0.028	0.300	
18:2 undifferentiated....g	0.061		0		1		0.017	0.183	
18:3 undifferentiated....g	0.039		0		1		0.011	0.117	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	11		0		1		3	32	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0		1		0.012	0.129	
Threonine....g	0.138		0		1		0.039	0.414	
Isoleucine....g	0.185		0		1		0.053	0.555	
Leucine....g	0.299		0		1		0.085	0.897	
Lysine....g	0.242		0		1		0.069	0.726	
Methionine....g	0.076		0		1		0.022	0.228	
Cystine....g	0.028		0		1		0.008	0.084	
Phenylalanine....g	0.147		0		1		0.042	0.441	
Tyrosine....g	0.147		0		1		0.042	0.441	
Valine....g	0.204		0		1		0.058	0.612	
Arginine....g	0.110		0		1		0.031	0.330	
Histidine....g	0.083		0		1		0.024	0.249	
Alanine....g	0.105		0		1		0.030	0.315	
Aspartic acid....g	0.231		0		1		0.066	0.693	
Glutamic acid....g	0.639		0		1		0.181	1.917	
Glycine....g	0.065		0		1		0.018	0.195	
Proline....g	0.295		0		1		0.084	0.885	
Serine....g	0.166		0		1		0.047	0.498	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	2		0	BFZN	4		1	6	

NDB No. 01110
Milk shakes, thick chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	23		0	BFZN	4		7	69	

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

Common Measures:

Measure 1 = 28.4g: 1 fl oz

Measure 2 = 300g: 1 container (10.6 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01111
Milk shakes, thick vanilla

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.45	0.833	10		1		21.14	233.03	
Energy....kcal	112		0	NC	4		32	350	
Energy....kJ	468		0		4		133	1464	
Protein (N x 6.38)....g	3.86	0.098	10		1		1.10	12.08	
Total lipid (fat)....g	3.03	0.140	10		1		0.86	9.48	
Ash....g	0.91	0.022	10		1		0.26	2.85	
Carbohydrate, by difference....g	17.75		0	NC	4		5.04	55.56	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	17.75		0	NR	4		5.04	55.56	
Starch....g									
Minerals:									
Calcium, Ca....mg	146	5.810	10		1		41	457	
Iron, Fe....mg	0.10	0.006	10		1		0.03	0.31	
Magnesium, Mg....mg	12	0.510	10		1		3	37	
Phosphorus, P....mg	115	4.081	10		1		33	361	
Potassium, K....mg	183	9.417	10		1		52	572	
Sodium, Na....mg	95	2.244	10		1		27	299	
Zinc, Zn....mg	0.39	0.045	10		1		0.11	1.22	
Copper, Cu....mg	0.051		0		1		0.014	0.160	
Manganese, Mn....mg	0.014		0		1		0.004	0.044	
Selenium, Se....µg	2.3		0	BFPN	4		0.7	7.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.030		1		1		0.009	0.094	
Riboflavin....mg	0.195		1		1		0.055	0.610	
Niacin....mg	0.146		1		1		0.041	0.457	
Pantothenic acid....mg	0.368		0		4		0.105	1.152	
Vitamin B-6....mg	0.042		1		1		0.012	0.131	
Folate, total....µg	7		1		1		2	21	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7		1		1		2	21	
Folate, DFE....µg	7		0	NC	4		2	21	
Choline, total....mg	14.3		0	T	4		4.1	44.7	
Betaine....mg									
Vitamin B-12....µg	0.52		1		1		0.15	1.63	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	25		0	NC	4		7	80	
Retinol....µg	25		0	NC	4		7	78	
Carotene, beta....µg	5		0	BFFN	4		1	15	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	91		0	NC	4		26	286	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.05		0	BFFN	4		0.02	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		0.3	3.7	
Vitamin D....IU	48		0	BFFN	4		14	149	
Vitamin K (phylloquinone)....µg	0.2		0	BFFN	4		0.1	0.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01111
Milk shakes, thick vanilla

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.886		0		1		0.536	5.903	
4:0....g	0.098		0		1		0.028	0.307	
6:0....g	0.058		0		1		0.016	0.182	
8:0....g	0.034		0		1		0.010	0.106	
10:0....g	0.076		0		1		0.022	0.238	
12:0....g	0.085		0		1		0.024	0.266	
13:0....g									
14:0....g	0.305		0		1		0.087	0.955	
15:0....g									
16:0....g	0.797		0		1		0.226	2.495	
17:0....g									
18:0....g	0.367		0		1		0.104	1.149	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.875		0		1		0.249	2.739	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.068		0		1		0.019	0.213	
17:1....g									
18:1 undifferentiated....g	0.762		0		1		0.216	2.385	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.113		0		1		0.032	0.354	
18:2 undifferentiated....g	0.068		0		1		0.019	0.213	
18:3 undifferentiated....g	0.044		0		1		0.012	0.138	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	12		0		1		3	37	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.054		0		1		0.015	0.169	
Threonine....g	0.174		0		1		0.049	0.545	
Isoleucine....g	0.234		0		1		0.066	0.732	
Leucine....g	0.378		0		1		0.107	1.183	
Lysine....g	0.306		0		1		0.087	0.958	
Methionine....g	0.097		0		1		0.028	0.304	
Cystine....g	0.036		0		1		0.010	0.113	
Phenylalanine....g	0.186		0		1		0.053	0.582	
Tyrosine....g	0.186		0		1		0.053	0.582	
Valine....g	0.258		0		1		0.073	0.808	
Arginine....g	0.140		0		1		0.040	0.438	
Histidine....g	0.105		0		1		0.030	0.329	
Alanine....g	0.133		0		1		0.038	0.416	
Aspartic acid....g	0.293		0		1		0.083	0.917	
Glutamic acid....g	0.808		0		1		0.229	2.529	
Glycine....g	0.082		0		1		0.023	0.257	
Proline....g	0.374		0		1		0.106	1.171	
Serine....g	0.210		0		1		0.060	0.657	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01111
Milk shakes, thick vanilla

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 28.4g: 1 fl oz

Measure 2 = 313g: 1 container (11 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01076
Milk substitutes, fluid, with lauric acid oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.18		0		1		215.16	860.64	
Energy....kcal	61		0	NC	4		150	600	
Energy....kJ	257				4		627	2510	
Protein (N x 6.29)....g	1.75		0		1		4.27	17.08	
Total lipid (fat)....g	3.41		0		1		8.32	33.28	
Ash....g	0.50		0		1		1.22	4.88	
Carbohydrate, by difference....g	6.16		0	NC	4		15.03	60.12	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	33		0		1		79	317	
Iron, Fe....mg	0.39		0		1		0.95	3.81	
Magnesium, Mg....mg	6		0		1		16	62	
Phosphorus, P....mg	74		0		1		181	724	
Potassium, K....mg	114		0		1		279	1116	
Sodium, Na....mg	78		0		1		191	764	
Zinc, Zn....mg	1.18		0		1		2.88	11.52	
Copper, Cu....mg	0.051		0		1		0.124	0.498	
Manganese, Mn....mg	0.097		0		1		0.237	0.947	
Selenium, Se....µg	1.9		0	BFNN	4		4.6	18.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.012		0		1		0.029	0.117	
Riboflavin....mg	0.088		0		1		0.215	0.859	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....µg	0		0		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01076
Milk substitutes, fluid, with lauric acid oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.037		0		1		7.410	29.641	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.192		2		1		0.468	1.874	
10:0....g	0.176		2		1		0.429	1.718	
12:0....g	1.421		2		1		3.467	13.869	
13:0....g									
14:0....g	0.592		2		1		1.444	5.778	
15:0....g									
16:0....g	0.326		2		1		0.795	3.182	
17:0....g									
18:0....g	0.312		2		1		0.761	3.045	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.176		0		1		0.429	1.718	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		2		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.176		2		1		0.429	1.718	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.008		0		1		0.020	0.078	
18:2 undifferentiated....g	0.008		2		1		0.020	0.078	
18:3 undifferentiated....g	0.000		2		1		0.000	0.000	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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		0		1		0	2	
Phytosterols....mg	3		0		4		7	29	
Amino Acids:									
Tryptophan....g	0.024		0		1		0.059	0.234	
Threonine....g	0.074		0		1		0.181	0.722	
Isoleucine....g	0.107		0		1		0.261	1.044	
Leucine....g	0.173		0		1		0.422	1.688	
Lysine....g	0.141		0		1		0.344	1.376	
Methionine....g	0.053		0		1		0.129	0.517	
Cystine....g	0.008		0		1		0.020	0.078	
Phenylalanine....g	0.094		0		1		0.229	0.917	
Tyrosine....g	0.100		0		1		0.244	0.976	
Valine....g	0.125		0		1		0.305	1.220	
Arginine....g	0.069		0		1		0.168	0.673	
Histidine....g	0.052		0		1		0.127	0.508	
Alanine....g	0.055		0		1		0.134	0.537	
Aspartic acid....g	0.124		0		1		0.303	1.210	
Glutamic acid....g	0.398		0		1		0.971	3.884	
Glycine....g	0.035		0		1		0.085	0.342	
Proline....g	0.197		0		1		0.481	1.923	
Serine....g	0.108		0		1		0.264	1.054	
Hydroxyproline....g									

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

NDB No. 01076

Milk substitutes, fluid, with lauric acid oil

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01094
Milk, buttermilk, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.97	0.038	170		1		0.89	3.56	0.19
Energy....kcal	387		0	NC	4		116	464	25
Energy....kJ	1619		0	NC	4		486	1943	105
Protein (N x 6.38)....g	34.30	0.333	3		1		10.29	41.16	2.23
Total lipid (fat)....g	5.78	0.077	163		1		1.73	6.94	0.38
Ash....g	7.95		2		1		2.39	9.54	0.52
Carbohydrate, by difference....g	49.00		0	NC	4		14.70	58.80	3.19
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	49.00		0	NR	4		14.70	58.80	3.19
Starch....g									
Minerals:									
Calcium, Ca....mg	1184		0		1		355	1421	77
Iron, Fe....mg	0.30		0		1		0.09	0.36	0.02
Magnesium, Mg....mg	110		0		1		33	131	7
Phosphorus, P....mg	933		0		1		280	1119	61
Potassium, K....mg	1592	5.486	340		1		478	1910	103
Sodium, Na....mg	517		0		1		155	621	34
Zinc, Zn....mg	4.02		0		1		1.21	4.82	0.26
Copper, Cu....mg	0.111		0		1		0.033	0.133	0.007
Manganese, Mn....mg	0.023		0		1		0.007	0.028	0.001
Selenium, Se....µg	20.3		0	BFNN	4		6.1	24.4	1.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.7		0		1		1.7	6.8	0.4
Thiamin....mg	0.392		0		1		0.118	0.470	0.025
Riboflavin....mg	1.579		0		1		0.474	1.895	0.103
Niacin....mg	0.876		0		1		0.263	1.051	0.057
Pantothenic acid....mg	3.170	0.128	3		1		0.951	3.804	0.206
Vitamin B-6....mg	0.338		0		1		0.101	0.406	0.022
Folate, total....µg	47		0		1		14	57	3
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	47		0		1		14	57	3
Folate, DFE....µg	47		0	NC	4		14	57	3
Choline, total....mg	118.7		0	BFSN	4		35.6	142.5	7.7
Betaine....mg									
Vitamin B-12....µg	3.82		0		1		1.15	4.59	0.25
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	49		0	NC	4		15	59	3
Retinol....µg	48		0	T	4		14	58	3
Carotene, beta....µg	9		0	BFFN	4		3	11	1
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	175		0	NC	4		53	210	11
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFFN	4		0.03	0.12	0.01
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	AS	1		0.1	0.6	0.0
Vitamin D....IU	20		0	BFSN	4		6	24	1
Vitamin K (phylloquinone)....µg	0.4		0	BFFN	4		0.1	0.5	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01094
Milk, buttermilk, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.598		0		1		1.079	4.318	0.234
4:0....g	0.187		0		1		0.056	0.224	0.012
6:0....g	0.111		0		1		0.033	0.133	0.007
8:0....g	0.065		0		1		0.020	0.078	0.004
10:0....g	0.145		0		1		0.044	0.174	0.009
12:0....g	0.162		0		1		0.049	0.194	0.011
13:0....g									
14:0....g	0.581		0		1		0.174	0.697	0.038
15:0....g									
16:0....g	1.520		0		1		0.456	1.824	0.099
17:0....g									
18:0....g	0.700		0		1		0.210	0.840	0.046
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.669		0		1		0.501	2.003	0.108
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.129		0		1		0.039	0.155	0.008
17:1....g									
18:1 undifferentiated....g	1.454		0		1		0.436	1.745	0.095
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	0.215		0		1		0.065	0.258	0.014
18:2 undifferentiated....g	0.131		0		1		0.039	0.157	0.009
18:3 undifferentiated....g	0.084		0		1		0.025	0.101	0.005
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	69		0		1		21	83	5
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.484		0		1		0.145	0.581	0.031
Threonine....g	1.548		0		1		0.464	1.858	0.101
Isoleucine....g	2.075		0		1		0.623	2.490	0.135
Leucine....g	3.360		0		1		1.008	4.032	0.218
Lysine....g	2.720		0		1		0.816	3.264	0.177
Methionine....g	0.860		0		1		0.258	1.032	0.056
Cystine....g	0.317		0		1		0.095	0.380	0.021
Phenylalanine....g	1.656		0		1		0.497	1.987	0.108
Tyrosine....g	1.656		0		1		0.497	1.987	0.108
Valine....g	2.296		0		1		0.689	2.755	0.149
Arginine....g	1.242		0		1		0.373	1.490	0.081
Histidine....g	0.930		0		1		0.279	1.116	0.060
Alanine....g	1.183		0		1		0.355	1.420	0.077
Aspartic acid....g	2.602		0		1		0.781	3.122	0.169
Glutamic acid....g	7.183		0		1		2.155	8.620	0.467
Glycine....g	0.726		0		1		0.218	0.871	0.047
Proline....g	3.322		0		1		0.997	3.986	0.216
Serine....g	1.866		0		1		0.560	2.239	0.121
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01094
Milk, buttermilk, dried

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

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

Common Measures:

Measure 1 = 30g: .25 cup

Measure 2 = 120g: 1 cup

Measure 3 = 6.5g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.13	0.093	62		1		220.82	27.58	883.27
Energy....kcal	40		0	NC	4		99	12	396
Energy....kJ	169		0	NC	4		414	52	1656
Protein (N x 6.38)....g	3.31	0.024	65		1		8.11	1.01	32.44
Total lipid (fat)....g	0.88	0.174	19		1		2.16	0.27	8.62
Ash....g	0.89	0.045	8		1		2.18	0.27	8.72
Carbohydrate, by difference....g	4.79		0	NC	4		11.74	1.47	46.94
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	4.79		0	NR	4		11.74	1.47	46.94
Starch....g									
Minerals:									
Calcium, Ca....mg	116	2.751	12		1		285	36	1141
Iron, Fe....mg	0.05	0.011	6		1		0.12	0.02	0.49
Magnesium, Mg....mg	11	0.717	9		1		27	3	107
Phosphorus, P....mg	89	4.732	12		1		219	27	874
Potassium, K....mg	151	6.264	14		1		371	46	1483
Sodium, Na....mg	190		0	O	4		466	58	1862
Zinc, Zn....mg	0.42	0.061	5		1		1.03	0.13	4.12
Copper, Cu....mg	0.011		0		1		0.027	0.003	0.108
Manganese, Mn....mg	0.002		0		1		0.005	0.001	0.020
Selenium, Se....µg	2.0	0.563	12	A	1		4.9	0.6	19.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.4	0.3	9.6
Thiamin....mg	0.034		0		1		0.083	0.010	0.333
Riboflavin....mg	0.154	0.005	7		1		0.377	0.047	1.509
Niacin....mg	0.058	0.015	6		1		0.142	0.018	0.568
Pantothenic acid....mg	0.275	0.016	3		1		0.674	0.084	2.695
Vitamin B-6....mg	0.034	0.001	7		1		0.083	0.010	0.333
Folate, total....µg	5		0		4		12	2	49
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5		0		4		12	2	49
Folate, DFE....µg	5		0	NC	4		12	2	49
Choline, total....mg	17.7		0	BFZN	4		43.3	5.4	173.0
Betaine....mg									
Vitamin B-12....µg	0.22		2		1		0.54	0.07	2.15
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	14		0	NC	4		33	4	133
Retinol....µg	13		0	BFZN	4		33	4	131
Carotene, beta....µg	1		0	BFFN	4		3	0	14
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	47		0	NC	4		115	14	461
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.05		1	A	1		0.12	0.02	0.49
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.02		1	A	1		0.05	0.01	0.20
Tocopherol, gamma....mg	0.03		1	A	1		0.07	0.01	0.29
Tocopherol, delta....mg	0.02		1	A	1		0.05	0.01	0.20
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	0.2
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	BFZN	4		0.0	0.0	0.2
Vitamin D....IU	1		0	BFZN	4		2	0	7
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.1	0.0	0.6

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.548		0		1		1.343	0.168	5.370
4:0....g	0.029		0		1		0.071	0.009	0.284
6:0....g	0.017		0		1		0.042	0.005	0.167
8:0....g	0.010		0		1		0.025	0.003	0.098
10:0....g	0.022		0		1		0.054	0.007	0.216
12:0....g	0.025		0		1		0.061	0.008	0.245
13:0....g									
14:0....g	0.089		0		1		0.218	0.027	0.872
15:0....g									
16:0....g	0.231		0		1		0.566	0.071	2.264
17:0....g									
18:0....g	0.107		0		1		0.262	0.033	1.049
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.254		0		1		0.622	0.078	2.489
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.049	0.006	0.196
17:1....g									
18:1 undifferentiated....g	0.221		0		1		0.541	0.068	2.166
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.033		0		1		0.081	0.010	0.323
18:2 undifferentiated....g	0.020		0		1		0.049	0.006	0.196
18:3 undifferentiated....g	0.013		0		1		0.032	0.004	0.127
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	4	0.935	4		1		9	1	34
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0	NR	4		0.104	0.013	0.415
Threonine....g	0.141		0	NR	4		0.345	0.043	1.382
Isoleucine....g	0.171		0	NR	4		0.420	0.052	1.678
Leucine....g	0.313		0	NR	4		0.768	0.096	3.070
Lysine....g	0.277		0	NR	4		0.678	0.085	2.713
Methionine....g	0.087		0	NR	4		0.212	0.027	0.849
Cystine....g	0.020		0	NR	4		0.049	0.006	0.197
Phenylalanine....g	0.171		0	NR	4		0.420	0.052	1.679
Tyrosine....g	0.167		0	NR	4		0.410	0.051	1.639
Valine....g	0.217		0	NR	4		0.531	0.066	2.123
Arginine....g	0.095		0	NR	4		0.232	0.029	0.926
Histidine....g	0.100		0	NR	4		0.244	0.031	0.977
Alanine....g	0.112		0	NR	4		0.274	0.034	1.096
Aspartic acid....g	0.283		0	NR	4		0.694	0.087	2.775
Glutamic acid....g	0.744		0	NR	4		1.822	0.228	7.286
Glycine....g	0.066		0	NR	4		0.161	0.020	0.642
Proline....g	0.326		0	NR	4		0.800	0.100	3.200
Serine....g	0.199		0	NR	4		0.489	0.061	1.955
Hydroxyproline....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

Measure 3 = 980g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 42189
Milk, buttermilk, fluid, cultured, 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	87.70		0		4		214.87	26.84	
Energy....kcal	56		0	NC	4		136	17	
Energy....kJ	233		0	NC	4		571	71	
Protein....g	4.10		0		8		10.05	1.25	
Total lipid (fat)....g	2.00		0		8		4.90	0.61	
Ash....g	0.90		0	NR	4		2.21	0.28	
Carbohydrate, by difference....g	5.30		0		8		12.99	1.62	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	5.30		0	NR	4		12.99	1.62	
Starch....g									
Minerals:									
Calcium, Ca....mg	143		0		8		350	44	
Iron, Fe....mg	0.06		0		4		0.15	0.02	
Magnesium, Mg....mg	13		0		8		32	4	
Phosphorus, P....mg	82		0		8		201	25	
Potassium, K....mg	180		0		4		441	55	
Sodium, Na....mg	105		0	BFZN	4		257	32	
Zinc, Zn....mg	0.24		0		8		0.59	0.07	
Copper, Cu....mg	0.008		0		4		0.020	0.002	
Manganese, Mn....mg									
Selenium, Se....µg	2.3		0	BFNN	4		5.6	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		0		8		3.7	0.5	
Thiamin....mg	0.050		0		8		0.123	0.015	
Riboflavin....mg	0.210		0		8		0.515	0.064	
Niacin....mg	0.100		0		4		0.245	0.031	
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0		8		0.074	0.009	
Folate, total....µg	6		0		4		15	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		4		15	2	
Folate, DFE....µg	6		0	NC	4		15	2	
Choline, total....mg	16.0		0	T	4		39.2	4.9	
Betaine....mg									
Vitamin B-12....µg	0.37		0		8		0.91	0.11	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	16		0	NC	4		40	5	
Retinol....µg	16		0	BFFN	4		39	5	
Carotene, beta....µg	3		0	BFFN	4		8	1	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	58		0	NC	4		143	18	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	BFFN	4		0.28	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.1	0.0	
Vitamin D....IU	1		0	BFFN	4		4	0	
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.3	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 42189
Milk, buttermilk, fluid, cultured, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.242		0		4		3.043	0.380	
4:0....g	0.061		0		4		0.149	0.019	
6:0....g	0.040		0		4		0.098	0.012	
8:0....g	0.020		0		4		0.049	0.006	
10:0....g	0.051		0		4		0.125	0.016	
12:0....g	0.061		0		4		0.149	0.019	
13:0....g									
14:0....g	0.202		0		4		0.495	0.062	
15:0....g									
16:0....g	0.525		0		4		1.286	0.161	
17:0....g									
18:0....g	0.242		0		4		0.593	0.074	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.576		0		4		1.411	0.176	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		4		0.098	0.012	
17:1....g									
18:1 undifferentiated....g	0.505		0		4		1.237	0.155	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.071		0		4		0.174	0.022	
18:2 undifferentiated....g	0.040		0		4		0.098	0.012	
18:3 undifferentiated....g	0.030		0		4		0.074	0.009	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	8		0		4		20	2	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.052		0	NR	4		0.128	0.016	
Threonine....g	0.175		0	NR	4		0.428	0.053	
Isoleucine....g	0.212		0	NR	4		0.520	0.065	
Leucine....g	0.388		0	NR	4		0.951	0.119	
Lysine....g	0.343		0	NR	4		0.840	0.105	
Methionine....g	0.107		0	NR	4		0.263	0.033	
Cystine....g	0.025		0	NR	4		0.061	0.008	
Phenylalanine....g	0.212		0	NR	4		0.520	0.065	
Tyrosine....g	0.207		0	NR	4		0.507	0.063	
Valine....g	0.268		0	NR	4		0.658	0.082	
Arginine....g	0.117		0	NR	4		0.287	0.036	
Histidine....g	0.124		0	NR	4		0.303	0.038	
Alanine....g	0.139		0	NR	4		0.339	0.042	
Aspartic acid....g	0.351		0	NR	4		0.859	0.107	
Glutamic acid....g	0.921		0	NR	4		2.256	0.282	
Glycine....g	0.081		0	NR	4		0.199	0.025	
Proline....g	0.404		0	NR	4		0.991	0.124	
Serine....g	0.247		0	NR	4		0.605	0.076	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 42189
Milk, buttermilk, fluid, cultured, reduced fat

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

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01230
Milk, buttermilk, fluid, whole

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.91		0	RA	4		215.39		
Energy....kcal	62		0	RA	4		152		
Energy....kJ	260		0	RA	4		637		
Protein....g	3.21		0	RA	4		7.87		
Total lipid (fat)....g	3.31		0	RA	4		8.11		
Ash....g	0.68		0	RA	4		1.68		
Carbohydrate, by difference....g	4.88		0	RA	4		11.97		
Fiber, total dietary....g	0.0		0	RA	4		0.0		
Sugars, total....g	4.88		0	NR	4		11.96		
Starch....g									
Minerals:									
Calcium, Ca....mg	115		0	RA	4		281		
Iron, Fe....mg	0.03		0	RA	4		0.08		
Magnesium, Mg....mg	10		0	RA	4		25		
Phosphorus, P....mg	85		0	RA	4		209		
Potassium, K....mg	135		0	RA	4		330		
Sodium, Na....mg	105		0	BFZN	4		257		
Zinc, Zn....mg	0.38		0	RA	4		0.93		
Copper, Cu....mg	0.025		0	RA	4		0.062		
Manganese, Mn....mg	0.004		0	RA	4		0.011		
Selenium, Se....µg	3.7		0	RA	4		9.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.047		0	RA	4		0.115		
Riboflavin....mg	0.172		0	RA	4		0.420		
Niacin....mg	0.090		0	RA	4		0.221		
Pantothenic acid....mg	0.380		0	RA	4		0.930		
Vitamin B-6....mg	0.036		0	RA	4		0.089		
Folate, total....µg	5		0	RA	4		12		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	5		0	RA	4		12		
Folate, DFE....µg	5		0	NC	4		12		
Choline, total....mg	14.6		0	RA	4		35.7		
Betaine....mg									
Vitamin B-12....µg	0.46		0	RA	4		1.12		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....µg	47		0	RA	4		115		
Retinol....µg	46		0	RA	4		113		
Carotene, beta....µg	7		0	RA	4		17		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	165		0	RA	4		404		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.07		0	RA	4		0.18		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.3		0	RA	4		3.2		
Vitamin D....IU	52		0	RA	4		127		
Vitamin K (phylloquinone)....µg	0.3		0	RA	4		0.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01230
Milk, buttermilk, fluid, whole

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.899		0	RA	4		4.652		
4:0....g	0.076		0	RA	4		0.186		
6:0....g	0.076		0	RA	4		0.186		
8:0....g	0.076		0	RA	4		0.186		
10:0....g	0.076		0	RA	4		0.186		
12:0....g	0.078		0	RA	4		0.191		
13:0....g	0.000		0	RA	4		0.000		
14:0....g	0.302		0	RA	4		0.740		
15:0....g	0.000		0	RA	4		0.000		
16:0....g	0.844		0	RA	4		2.067		
17:0....g	0.000		0	RA	4		0.000		
18:0....g	0.371		0	RA	4		0.910		
20:0....g	0.000		0	RA	4		0.000		
22:0....g	0.000		0	RA	4		0.000		
24:0....g	0.000		0	RA	4		0.000		
Fatty acids, total monounsaturated....g	0.827		0	RA	4		2.026		
14:1....g	0.000		0	RA	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		0	RA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.827		0	RA	4		2.026		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.198		0	RA	4		0.485		
18:2 undifferentiated....g	0.122		0	RA	4		0.299		
18:3 undifferentiated....g	0.076		0	RA	4		0.186		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	11		0	RA	4		26		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0	RA	4		0.101		
Threonine....g	0.137		0	RA	4		0.335		
Isoleucine....g	0.166		0	RA	4		0.407		
Leucine....g	0.304		0	RA	4		0.745		
Lysine....g	0.269		0	RA	4		0.658		
Methionine....g	0.084		0	RA	4		0.206		
Cystine....g	0.020		0	RA	4		0.048		
Phenylalanine....g	0.166		0	RA	4		0.407		
Tyrosine....g	0.162		0	RA	4		0.397		
Valine....g	0.210		0	RA	4		0.515		
Arginine....g	0.092		0	RA	4		0.225		
Histidine....g	0.097		0	RA	4		0.237		
Alanine....g	0.108		0	RA	4		0.266		
Aspartic acid....g	0.275		0	RA	4		0.673		
Glutamic acid....g	0.721		0	RA	4		1.767		
Glycine....g	0.064		0	RA	4		0.156		
Proline....g	0.317		0	RA	4		0.776		
Serine....g	0.193		0	RA	4		0.474		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		

NDB No. 01230
Milk, buttermilk, fluid, whole

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

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

Common Measures:

Measure 1 = 245g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01095
Milk, canned, condensed, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.16	0.060	21		1		10.38	83.11	
Energy....kcal	321		0	NC	4		123	982	
Energy....kJ	1342		0	NC	4		513	4107	
Protein (N x 6.38)....g	7.91	0.110	5		1		3.02	24.20	
Total lipid (fat)....g	8.70	0.025	23		1		3.32	26.62	
Ash....g	1.83		2		1		0.70	5.60	
Carbohydrate, by difference....g	54.40		0	NC	4		20.78	166.46	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	54.40		0	NR	4		20.78	166.46	
Starch....g									
Minerals:									
Calcium, Ca....mg	284	6.767	3		1		108	868	
Iron, Fe....mg	0.19		1		1		0.07	0.58	
Magnesium, Mg....mg	26		1		1		10	78	
Phosphorus, P....mg	253	17.271	3		1		97	775	
Potassium, K....mg	371	20.004	6		1		142	1136	
Sodium, Na....mg	127	4.716	6		1		49	389	
Zinc, Zn....mg	0.94		0		1		0.36	2.88	
Copper, Cu....mg	0.015		0		1		0.006	0.046	
Manganese, Mn....mg	0.006		0		1		0.002	0.018	
Selenium, Se....µg	14.8		0	BFNN	4		5.7	45.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.6	0.560	10		1		1.0	8.0	
Thiamin....mg	0.090	0.003	12		1		0.034	0.275	
Riboflavin....mg	0.416	0.006	13		1		0.159	1.273	
Niacin....mg	0.210		2		1		0.080	0.643	
Pantothenic acid....mg	0.750		1		1		0.287	2.295	
Vitamin B-6....mg	0.051	0.005	5		1		0.019	0.156	
Folate, total....µg	11		0		1		4	34	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		1		4	34	
Folate, DFE....µg	11		0	NC	4		4	34	
Choline, total....mg	89.1		0	BFSN	4		34.0	272.7	
Betaine....mg									
Vitamin B-12....µg	0.44	0.082	4		1		0.17	1.36	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	74		0	NC	4		28	227	
Retinol....µg	73		0	T	4		28	223	
Carotene, beta....µg	14		0	BFFN	4		5	43	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	267		0	NC	4		102	816	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		0	BFFN	4		0.06	0.48	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.1	0.5	
Vitamin D....IU	6		0	BFFN	4		2	20	
Vitamin K (phylloquinone)....µg	0.6		0	BFFN	4		0.2	1.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01095
Milk, canned, condensed, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.486		0		1		2.096	16.787	
4:0....g	0.282		1		1		0.108	0.863	
6:0....g	0.167		1		1		0.064	0.511	
8:0....g	0.097		1		1		0.037	0.297	
10:0....g	0.073		2		1		0.028	0.223	
12:0....g	0.180		2		1		0.069	0.551	
13:0....g									
14:0....g	0.783		2		1		0.299	2.396	
15:0....g									
16:0....g	2.396		2		1		0.915	7.332	
17:0....g									
18:0....g	1.209		2		1		0.462	3.700	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.427		0		1		0.927	7.427	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.137		2		1		0.052	0.419	
17:1....g									
18:1 undifferentiated....g	2.188		2		1		0.836	6.695	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.337		0		1		0.129	1.031	
18:2 undifferentiated....g	0.216		2		1		0.083	0.661	
18:3 undifferentiated....g	0.121		1		1		0.046	0.370	
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	
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	34		0		1		13	104	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.112		0		1		0.043	0.343	
Threonine....g	0.357		0		1		0.136	1.092	
Isoleucine....g	0.479		0		1		0.183	1.466	
Leucine....g	0.775		0		1		0.296	2.372	
Lysine....g	0.627		0		1		0.240	1.919	
Methionine....g	0.198		0		1		0.076	0.606	
Cystine....g	0.073		0		1		0.028	0.223	
Phenylalanine....g	0.382		0		1		0.146	1.169	
Tyrosine....g	0.382		0		1		0.146	1.169	
Valine....g	0.529		0		1		0.202	1.619	
Arginine....g	0.286		0		1		0.109	0.875	
Histidine....g	0.214		0		1		0.082	0.655	
Alanine....g	0.273		0		1		0.104	0.835	
Aspartic acid....g	0.600		0		1		0.229	1.836	
Glutamic acid....g	1.656		0		1		0.633	5.067	
Glycine....g	0.167		0		1		0.064	0.511	
Proline....g	0.766		0		1		0.293	2.344	
Serine....g	0.430		0		1		0.164	1.316	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01095
Milk, canned, condensed, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 38.2g: 1 fl oz

Measure 2 = 306g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01097
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.40		2		1		25.33	203.26	101.63
Energy....kcal	78		0	NC	4		25	199	100
Energy....kJ	326		0	NC	4		104	835	417
Protein (N x 6.38)....g	7.55	0.096	10		1		2.41	19.33	9.66
Total lipid (fat)....g	0.20	0.018	10		1		0.06	0.51	0.26
Ash....g	1.50		1		1		0.48	3.84	1.92
Carbohydrate, by difference....g	11.35		0	NC	4		3.62	29.06	14.53
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	11.35		0	NR	4		3.62	29.06	14.53
Starch....g									
Minerals:									
Calcium, Ca....mg	290	14.084	10		1		92	741	371
Iron, Fe....mg	0.29	0.057	9		1		0.09	0.74	0.37
Magnesium, Mg....mg	27		1		1		9	69	35
Phosphorus, P....mg	195	9.946	9		1		62	499	249
Potassium, K....mg	332		2		1		106	849	424
Sodium, Na....mg	115		2		1		37	294	147
Zinc, Zn....mg	0.90		0		1		0.29	2.30	1.15
Copper, Cu....mg	0.016		0		1		0.005	0.041	0.020
Manganese, Mn....mg	0.006		0		1		0.002	0.015	0.008
Selenium, Se....µg	2.5		0	BFNN	4		0.8	6.4	3.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.127	9		1		0.4	3.2	1.6
Thiamin....mg	0.045	0.004	10		1		0.014	0.115	0.058
Riboflavin....mg	0.309	0.015	10		1		0.099	0.791	0.396
Niacin....mg	0.174	0.008	10		1		0.056	0.445	0.223
Pantothenic acid....mg	0.738		2		1		0.235	1.889	0.945
Vitamin B-6....mg	0.055		1		1		0.018	0.141	0.070
Folate, total....µg	9		1		1		3	22	11
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	9		1		1		3	22	11
Folate, DFE....µg	9		0	NC	4		3	22	11
Choline, total....mg	25.2		0	BFSN	4		8.0	64.5	32.3
Betaine....mg									
Vitamin B-12....µg	0.24		1		1		0.08	0.61	0.31
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	118		0	NC	4		38	302	151
Retinol....µg	118		0	T	4		38	302	151
Carotene, beta....µg	0		0	BFFN	4		0	1	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	394		0	NC	4		126	1008	504
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4		0.00	0.01	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	2.0		0	AS	1		0.6	5.1	2.5
Vitamin D....IU	79		0	S	4		25	202	101
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01097

Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.121		0		1		0.039	0.310	0.155
4:0....g	0.005		1		1		0.002	0.013	0.006
6:0....g	0.004		1		1		0.001	0.010	0.005
8:0....g	0.001		2		1		0.000	0.003	0.001
10:0....g	0.003	0.001	11		1		0.001	0.008	0.004
12:0....g	0.004	0.001	12		1		0.001	0.010	0.005
13:0....g									
14:0....g	0.019	0.002	12		1		0.006	0.049	0.024
15:0....g									
16:0....g	0.054	0.005	12		1		0.017	0.138	0.069
17:0....g									
18:0....g	0.024	0.002	12		1		0.008	0.061	0.031
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.062		0		1		0.020	0.159	0.079
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004	0.001	12		1		0.001	0.010	0.005
17:1....g									
18:1 undifferentiated....g	0.056	0.005	12		1		0.018	0.143	0.072
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.006		0		1		0.002	0.015	0.008
18:2 undifferentiated....g	0.004	0.001	12		1		0.001	0.010	0.005
18:3 undifferentiated....g	0.002		2		1		0.001	0.005	0.003
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		1	9	5
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.107		0		1		0.034	0.274	0.137
Threonine....g	0.341		0		1		0.109	0.873	0.436
Isoleucine....g	0.457		0		1		0.146	1.170	0.585
Leucine....g	0.740		0		1		0.236	1.894	0.947
Lysine....g	0.599		0		1		0.191	1.533	0.767
Methionine....g	0.189		0		1		0.060	0.484	0.242
Cystine....g	0.070		0		1		0.022	0.179	0.090
Phenylalanine....g	0.364		0		1		0.116	0.932	0.466
Tyrosine....g	0.364		0		1		0.116	0.932	0.466
Valine....g	0.505		0		1		0.161	1.293	0.646
Arginine....g	0.273		0		1		0.087	0.699	0.349
Histidine....g	0.205		0		1		0.065	0.525	0.262
Alanine....g	0.260		0		1		0.083	0.666	0.333
Aspartic acid....g	0.573		0		1		0.183	1.467	0.733
Glutamic acid....g	1.581		0		1		0.504	4.047	2.024
Glycine....g	0.160		0		1		0.051	0.410	0.205
Proline....g	0.731		0		1		0.233	1.871	0.936
Serine....g	0.411		0		1		0.131	1.052	0.526
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01097

Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 31.9g: 1 fl oz

Measure 2 = 256g: 1 cup

Measure 3 = 128g: .5 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01153
Milk, canned, evaporated, with added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.04		0		1		23.32	93.29	
Energy....kcal	134		0	NC	4		42	169	
Energy....kJ	562		0	NC	4		177	708	
Protein (N x 6.38)....g	6.81		0		1		2.15	8.58	
Total lipid (fat)....g	7.56		0		1		2.38	9.53	
Ash....g	1.55		0		1		0.49	1.95	
Carbohydrate, by difference....g	10.04		0	NC	4		3.16	12.65	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	261		0		1		82	329	
Iron, Fe....mg	0.19		0		1		0.06	0.24	
Magnesium, Mg....mg	24	0.716	6		1		8	30	
Phosphorus, P....mg	203		0		1		64	255	
Potassium, K....mg	303		0		1		95	382	
Sodium, Na....mg	106		0		1		33	133	
Zinc, Zn....mg	0.77	0.027	26		1		0.24	0.97	
Copper, Cu....mg	0.016		0		1		0.005	0.020	
Manganese, Mn....mg	0.006		0		1		0.002	0.008	
Selenium, Se....µg	2.3	0.280	13	A	1		0.7	2.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		0		1		0.6	2.4	
Thiamin....mg	0.047		0		1		0.015	0.059	
Riboflavin....mg	0.316		0		1		0.100	0.398	
Niacin....mg	0.194		0		1		0.061	0.244	
Pantothenic acid....mg	0.638	0.032	5		1		0.201	0.804	
Vitamin B-6....mg	0.050	0.002	21		1		0.016	0.063	
Folate, total....µg	8		1		1		2	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		1		1		2	10	
Folate, DFE....µg	8		0	NC	4		2	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.16	0.015	9		1		0.05	0.21	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	397		0		1		125	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01153
Milk, canned, evaporated, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.591		0		1		1.446	5.785	
4:0....g	0.195		1		1		0.061	0.246	
6:0....g	0.134		1		1		0.042	0.169	
8:0....g	0.054		2		1		0.017	0.068	
10:0....g	0.110	0.017	11		1		0.035	0.139	
12:0....g	0.161	0.015	12		1		0.051	0.203	
13:0....g									
14:0....g	0.733	0.035	12		1		0.231	0.924	
15:0....g									
16:0....g	2.027	0.060	12		1		0.639	2.554	
17:0....g									
18:0....g	0.921	0.027	12		1		0.290	1.160	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.335		0		1		0.736	2.942	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.159	0.012	12		1		0.050	0.200	
17:1....g									
18:1 undifferentiated....g	2.101		0		1		0.662	2.647	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.245		0		1		0.077	0.309	
18:2 undifferentiated....g	0.167		0		1		0.053	0.210	
18:3 undifferentiated....g	0.078		2		1		0.025	0.098	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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	29		0		1		9	37	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		0		1		0.030	0.121	
Threonine....g	0.307		0		1		0.097	0.387	
Isoleucine....g	0.412		0		1		0.130	0.519	
Leucine....g	0.667		0		1		0.210	0.840	
Lysine....g	0.540		0		1		0.170	0.680	
Methionine....g	0.171		0		1		0.054	0.215	
Cystine....g	0.063		0		1		0.020	0.079	
Phenylalanine....g	0.329		0		1		0.104	0.415	
Tyrosine....g	0.329		0		1		0.104	0.415	
Valine....g	0.456		0		1		0.144	0.575	
Arginine....g	0.247		0		1		0.078	0.311	
Histidine....g	0.185		0		1		0.058	0.233	
Alanine....g	0.235		0		1		0.074	0.296	
Aspartic acid....g	0.517		0		1		0.163	0.651	
Glutamic acid....g	1.426		0		1		0.449	1.797	
Glycine....g	0.144		0		1		0.045	0.181	
Proline....g	0.660		0		1		0.208	0.832	
Serine....g	0.370		0		1		0.117	0.466	
Hydroxyproline....g									

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

NDB No. 01153

Milk, canned, evaporated, with added vitamin A

Common Measures:

Measure 1 = 31.5g: 1 fl oz

Measure 2 = 126g: .5 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01096

Milk, canned, evaporated, with added vitamin D and without added vitamin A

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.04	0.085	15		1		23.32	186.58	273.21
Energy	kcal	134		0	NC	4		42	339	496
Energy	kJ	562		0	NC	4		177	1417	2075
Protein (N x 6.38)	g	6.81	0.033	55		1		2.15	17.16	25.13
Total lipid (fat)	g	7.56	0.005	15		1		2.38	19.05	27.90
Ash	g	1.55	0.023	5		1		0.49	3.91	5.72
Carbohydrate, by difference	g	10.04		0	NC	4		3.16	25.30	37.05
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	10.04		0	NR	4		3.16	25.30	37.05
Starch	g									
Minerals:										
Calcium, Ca	mg	261	8.978	39		1		82	657	962
Iron, Fe	mg	0.19	0.011	59		1		0.06	0.48	0.70
Magnesium, Mg	mg	24	0.716	6		1		8	61	89
Phosphorus, P	mg	203	8.254	37		1		64	510	747
Potassium, K	mg	303	8.691	10		1		95	764	1118
Sodium, Na	mg	106	3.361	10		1		33	267	390
Zinc, Zn	mg	0.77	0.027	26		1		0.24	1.94	2.84
Copper, Cu	mg	0.016		0		1		0.005	0.040	0.059
Manganese, Mn	mg	0.006		0		1		0.002	0.015	0.022
Selenium, Se	µg	2.3	0.280	13	A	1		0.7	5.8	8.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9	0.217	32		1		0.6	4.7	6.9
Thiamin	mg	0.047	0.002	42		1		0.015	0.118	0.173
Riboflavin	mg	0.316	0.006	41		1		0.100	0.796	1.166
Niacin	mg	0.194	0.010	36		1		0.061	0.489	0.716
Pantothenic acid	mg	0.638	0.032	5		1		0.201	1.608	2.354
Vitamin B-6	mg	0.050	0.002	21		1		0.016	0.126	0.185
Folate, total	µg	8		1		1		2	20	29
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	8		1		1		2	20	29
Folate, DFE	µg	8		0	NC	4		2	20	29
Choline, total	mg	31.8		0	BFSN	4		10.0	80.0	117.2
Betaine	mg									
Vitamin B-12	µg	0.16	0.015	9		1		0.05	0.41	0.60
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	65		0	NC	4		20	164	240
Retinol	µg	64		0	NC	4		20	161	236
Carotene, beta	µg	12		0	BFFN	4		4	30	45
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	233		0	NC	4		74	588	862
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.14		0	BFFN	4		0.04	0.34	0.50
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	2.0		0	AS	1		0.6	5.0	7.3
Vitamin D	IU	79		0	S	4		25	199	292
Vitamin K (phylloquinone)	µg	0.5		0	BFFN	4		0.2	1.3	1.9
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01096

Milk, canned, evaporated, with added vitamin D and without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.591		0		1		1.446	11.569	16.941
4:0....g	0.195		1		1		0.061	0.491	0.720
6:0....g	0.134		1		1		0.042	0.338	0.494
8:0....g	0.054		2		1		0.017	0.136	0.199
10:0....g	0.110	0.017	11		1		0.035	0.277	0.406
12:0....g	0.161	0.015	12		1		0.051	0.406	0.594
13:0....g									
14:0....g	0.733	0.035	12		1		0.231	1.847	2.705
15:0....g									
16:0....g	2.027	0.060	12		1		0.639	5.108	7.480
17:0....g									
18:0....g	0.921	0.027	12		1		0.290	2.321	3.398
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.335		0		1		0.736	5.884	8.616
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.159	0.012	12		1		0.050	0.401	0.587
17:1....g									
18:1 undifferentiated....g	2.101	0.049	12		1		0.662	5.295	7.753
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.245		0		1		0.077	0.617	0.904
18:2 undifferentiated....g	0.167	0.017	12		1		0.053	0.421	0.616
18:3 undifferentiated....g	0.078		2		1		0.025	0.197	0.288
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	29		0		1		9	74	108
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		0		1		0.030	0.242	0.354
Threonine....g	0.307		0		1		0.097	0.774	1.133
Isoleucine....g	0.412		0		1		0.130	1.038	1.520
Leucine....g	0.667		0		1		0.210	1.681	2.461
Lysine....g	0.540		0		1		0.170	1.361	1.993
Methionine....g	0.171		0		1		0.054	0.431	0.631
Cystine....g	0.063		0		1		0.020	0.159	0.232
Phenylalanine....g	0.329		0		1		0.104	0.829	1.214
Tyrosine....g	0.329		0		1		0.104	0.829	1.214
Valine....g	0.456		0		1		0.144	1.149	1.683
Arginine....g	0.247		0		1		0.078	0.622	0.911
Histidine....g	0.185		0		1		0.058	0.466	0.683
Alanine....g	0.235		0		1		0.074	0.592	0.867
Aspartic acid....g	0.517		0		1		0.163	1.303	1.908
Glutamic acid....g	1.426		0		1		0.449	3.594	5.262
Glycine....g	0.144		0		1		0.045	0.363	0.531
Proline....g	0.660		0		1		0.208	1.663	2.435
Serine....g	0.370		0		1		0.117	0.932	1.365
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01096

Milk, canned, evaporated, with added vitamin D and without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 31.5g: 1 fl oz

Measure 2 = 252g: 1 cup

Measure 3 = 369g: 1 can (13 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01214
Milk, canned, evaporated, without added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.04	0.085	15		1		186.58	23.32	273.21
Energy....kcal	135		0	NC	4		341	43	500
Energy....kJ	567		0	NC	4		1428	179	2091
Protein....g	6.81	0.033	55		1		17.16	2.15	25.13
Total lipid (fat)....g	7.56	0.005	15		1		19.05	2.38	27.90
Ash....g	1.55	0.023	5		1		3.91	0.49	5.72
Carbohydrate, by difference....g	10.04		0	NC	4		25.30	3.16	37.05
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	10.04		0	BFZN	4		25.30	3.16	37.05
Starch....g									
Minerals:									
Calcium, Ca....mg	261	8.978	39		1		657	82	962
Iron, Fe....mg	0.19	0.011	59		1		0.48	0.06	0.70
Magnesium, Mg....mg	24	0.716	6		1		61	8	89
Phosphorus, P....mg	203	8.254	37		1		510	64	747
Potassium, K....mg	303	8.691	10		1		764	95	1118
Sodium, Na....mg	106	3.361	10		1		267	33	390
Zinc, Zn....mg	0.77	0.027	26		1		1.94	0.24	2.84
Copper, Cu....mg	0.016		0		1		0.040	0.005	0.059
Manganese, Mn....mg	0.006		0		1		0.015	0.002	0.022
Selenium, Se....µg	2.3	0.280	13	A	1		5.8	0.7	8.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9	0.217	32		1		4.7	0.6	6.9
Thiamin....mg	0.047	0.002	42		1		0.118	0.015	0.173
Riboflavin....mg	0.316	0.006	41		1		0.796	0.100	1.166
Niacin....mg	0.194	0.010	36		1		0.489	0.061	0.716
Pantothenic acid....mg	0.638	0.032	5		1		1.608	0.201	2.354
Vitamin B-6....mg	0.050	0.002	21		1		0.126	0.016	0.185
Folate, total....µg	8		1		1		20	2	29
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	8		1		1		20	2	29
Folate, DFE....µg	8		0	NC	4		20	2	29
Choline, total....mg	31.3		0	BFSN	4		78.8	9.8	115.3
Betaine....mg									
Vitamin B-12....µg	0.16	0.015	9		1		0.41	0.05	0.60
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	65		0	NC	4		165	21	241
Retinol....µg	64		0	T	4		161	20	236
Carotene, beta....µg	15		0	BFFN	4		39	5	57
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	239		0	NC	4		602	75	882
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.16		0	BFFN	4		0.42	0.05	0.61
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.3	0.0	0.5
Vitamin D....IU	6		0	BFFN	4		14	2	20
Vitamin K (phylloquinone)....µg	0.6		0	BFFN	4		1.5	0.2	2.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01214

Milk, canned, evaporated, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.591		0		1		11.569	1.446	16.941
4:0....g	0.195		1		1		0.491	0.061	0.720
6:0....g	0.134		1		1		0.338	0.042	0.494
8:0....g	0.054		2		1		0.136	0.017	0.199
10:0....g	0.110	0.017	11		1		0.277	0.035	0.406
12:0....g	0.161	0.015	12		1		0.406	0.051	0.594
13:0....g									
14:0....g	0.733	0.035	12		1		1.847	0.231	2.705
15:0....g									
16:0....g	2.027	0.060	12		1		5.108	0.639	7.480
17:0....g									
18:0....g	0.921	0.027	12		1		2.321	0.290	3.398
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.335		0		1		5.884	0.736	8.616
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.159	0.012	12		1		0.401	0.050	0.587
17:1....g									
18:1 undifferentiated....g	2.101	0.049	12		1		5.295	0.662	7.753
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.245		0		1		0.617	0.077	0.904
18:2 undifferentiated....g	0.167	0.017	12		1		0.421	0.053	0.616
18:3 undifferentiated....g	0.078		2		1		0.197	0.025	0.288
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	29		0		1		74	9	108
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		0		1		0.242	0.030	0.354
Threonine....g	0.307		0		1		0.774	0.097	1.133
Isoleucine....g	0.412		0		1		1.038	0.130	1.520
Leucine....g	0.667		0		1		1.681	0.210	2.461
Lysine....g	0.540		0		1		1.361	0.170	1.993
Methionine....g	0.171		0		1		0.431	0.054	0.631
Cystine....g	0.063		0		1		0.159	0.020	0.232
Phenylalanine....g	0.329		0		1		0.829	0.104	1.214
Tyrosine....g	0.329		0		1		0.829	0.104	1.214
Valine....g	0.456		0		1		1.149	0.144	1.683
Arginine....g	0.247		0		1		0.622	0.078	0.911
Histidine....g	0.185		0		1		0.466	0.058	0.683
Alanine....g	0.235		0		1		0.592	0.074	0.867
Aspartic acid....g	0.517		0		1		1.303	0.163	1.908
Glutamic acid....g	1.426		0		1		3.594	0.449	5.262
Glycine....g	0.144		0		1		0.363	0.045	0.531
Proline....g	0.660		0		1		1.663	0.208	2.435
Serine....g	0.370		0		1		0.932	0.117	1.365
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01214

Milk, canned, evaporated, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 252g: 1 cup

Measure 2 = 31.5g: 1 fl oz

Measure 3 = 369g: 1 can (13 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01105
Milk, chocolate beverage, hot cocoa, homemade

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.45		0	RPA	1		206.12	25.72	
Energy....kcal	77		0	RPI	6		194	24	
Energy....kJ	324		0	RPI	6		810	101	
Protein....g	3.52		0	RPA	1		8.79	1.10	
Total lipid (fat)....g	2.34		0	RPI	6		5.85	0.73	
Ash....g	0.65		0	RPI	6		1.64	0.20	
Carbohydrate, by difference....g	10.74		0	RPI	6		26.85	3.35	
Fiber, total dietary....g	1.0		0	RPI	6		2.5	0.3	
Sugars, total....g	9.66		0	RPA	1		24.15	3.01	
Sucrose....g	5.00		0	RPA	1		12.49	1.56	
Glucose (dextrose)....g	0.01		0	RPA	1		0.02	0.00	
Fructose....g	0.01		0	RPA	1		0.02	0.00	
Lactose....g	4.63		0	RPA	1		11.57	1.44	
Maltose....g	0.01		0	RPA	1		0.02	0.00	
Galactose....g	0.01		0	RPA	1		0.04	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	114		0	RPI	6		285	36	
Iron, Fe....mg	0.42		0	RPI	6		1.04	0.13	
Magnesium, Mg....mg	23		0	RPI	6		58	7	
Phosphorus, P....mg	105		0	RPI	6		262	33	
Potassium, K....mg	197		0	RPI	6		492	61	
Sodium, Na....mg	44		0	RPI	6		109	14	
Zinc, Zn....mg	0.63		0	RPI	6		1.57	0.20	
Copper, Cu....mg	0.103		0	RPI	6		0.257	0.032	
Manganese, Mn....mg	0.013		0	RPA	1		0.033	0.004	
Selenium, Se....µg	2.7		0	RPI	6		6.7	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	RPI	6		0.4	0.1	
Thiamin....mg	0.039		0	RPI	6		0.096	0.012	
Riboflavin....mg	0.182		0	RPI	6		0.455	0.057	
Niacin....mg	0.133		0	RPI	6		0.334	0.042	
Pantothenic acid....mg	0.328		0	RPA	1		0.821	0.102	
Vitamin B-6....mg	0.040		0	RPI	6		0.101	0.013	
Folate, total....µg	5		0	RPA	1		13	2	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	5		0	RPA	1		13	2	
Folate, DFE....µg	5		0	NC	4		13	2	
Choline, total....mg	15.6		0	RPI	6		39.0	4.9	
Betaine....mg	0.9		0	RPA	1		2.2	0.3	
Vitamin B-12....µg	0.49		0	RPI	6		1.23	0.15	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....µg	51		0	RPI	6		128	16	
Retinol....µg	51		0	RPI	6		127	16	
Carotene, beta....µg	4		0	RPI	6		9	1	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	176		0	RPI	6		440	55	
Lycopene....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.03		0	RPI	6		0.07	0.01	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RPA	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	RPA	1		0.00	0.00	
Tocopherol, delta....mg	0.00		0	RPA	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00		0	RPA	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	RPA	1		0.00	0.00	

NDB No. 01105
Milk, chocolate beverage, hot cocoa, homemade

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RPA	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	RPA	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	1.1		0	RPI	6		2.8	0.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		0	RPA	1		2.8	0.3	
Vitamin D....IU	45		0	RPI	6		112	14	
Vitamin K (phylloquinone)....µg	0.2		0	RPA	1		0.4	0.1	
Dihydrophylloquinone....µg	0.0		0	RPA	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.431		0	NC	4		3.578	0.447	
4:0....g	0.071		0	RPI	6		0.177	0.022	
6:0....g	0.037		0	RPI	6		0.093	0.012	
8:0....g	0.019		0	RPI	6		0.047	0.006	
10:0....g	0.045		0	RPI	6		0.113	0.014	
12:0....g	0.050		0	RPI	6		0.126	0.016	
13:0....g	0.002		0	RPA	1		0.005	0.001	
14:0....g	0.163		0	RPI	6		0.406	0.051	
15:0....g	0.018		0	RPA	1		0.046	0.006	
16:0....g	0.640		0	RPI	6		1.601	0.200	
17:0....g	0.010		0	RPA	1		0.026	0.003	
18:0....g	0.369		0	RPI	6		0.923	0.115	
20:0....g	0.004		0	RPA	1		0.009	0.001	
22:0....g	0.002		0	RPA	1		0.005	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	0.677		0	NC	4		1.692	0.211	
14:1....g	0.013		0	RPA	1		0.033	0.004	
15:1....g	0.004		0	RPA	1		0.009	0.001	
16:1 undifferentiated....g	0.025		0	RPI	6		0.061	0.008	
17:1....g	0.005		0	RPA	1		0.011	0.001	
18:1 undifferentiated....g	0.628		0	RPI	6		1.570	0.196	
20:1....g	0.002		0	RPI	6		0.005	0.001	
22:1 undifferentiated....g	0.000		0	RPI	6		0.001	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.084		0	NC	4		0.210	0.026	
18:2 undifferentiated....g	0.074		0	RPI	6		0.184	0.023	
18:3 undifferentiated....g	0.008		0	RPI	6		0.019	0.002	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.003		0	RPA	1		0.007	0.001	
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g	0.078		0	RPI	6		0.196	0.024	
Fatty acids, total trans-monoenoic....g	0.072		0	NR	4		0.179	0.022	
Fatty acids, total trans-polyenoic....g	0.007		0	NR	4		0.016	0.002	
Cholesterol....mg	8		0	RPI	6		19	2	
Phytosterols....mg									
Stigmasterol....mg	0		0	RPA	1		0	0	
Campesterol....mg	0		0	RPA	1		0	0	
Beta-sitosterol....mg	0		0	RPA	1		0	0	
Amino Acids:									
Tryptophan....g	0.037		0	RPA	1		0.093	0.012	
Threonine....g	0.095		0	RPA	1		0.238	0.030	
Isoleucine....g	0.169		0	RPA	1		0.421	0.053	
Leucine....g	0.305		0	RPA	1		0.763	0.095	
Lysine....g	0.215		0	RPA	1		0.537	0.067	
Methionine....g	0.076		0	RPA	1		0.191	0.024	
Cystine....g	0.099		0	RPA	1		0.247	0.031	
Phenylalanine....g	0.150		0	RPA	1		0.374	0.047	

NDB No. 01105
Milk, chocolate beverage, hot cocoa, homemade

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine....g	0.141		0	RPA	1		0.353	0.044	
Valine....g	0.201		0	RPA	1		0.502	0.063	
Arginine....g	0.099		0	RPA	1		0.248	0.031	
Histidine....g	0.067		0	RPA	1		0.168	0.021	
Alanine....g	0.102		0	RPA	1		0.256	0.032	
Aspartic acid....g	0.276		0	RPA	1		0.691	0.086	
Glutamic acid....g	0.719		0	RPA	1		1.798	0.224	
Glycine....g	0.056		0	RPA	1		0.140	0.017	
Proline....g	0.340		0	RPA	1		0.850	0.106	
Serine....g	0.184		0	RPA	1		0.459	0.057	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	2		0	RPI	6		5	1	
Theobromine....mg	68		0	RPI	6		170	21	

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01104

Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.34	0.436	4	A	1		205.84	823.37	
Energy....kcal	71		0	NC	4		178	714	
Energy....kJ	299		0	NC	4		748	2990	
Protein (N x 6.38)....g	3.24		0		1		8.10	32.40	
Total lipid (fat)....g	1.00		0		1		2.50	10.00	
Ash....g	0.82		0		1		2.05	8.20	
Carbohydrate, by difference....g	12.60		0	NC	4		31.51	126.03	
Fiber, total dietary....g	0.5		0		4		1.3	5.0	
Sugars, total....g	9.94		0	NR	4		24.85	99.40	
Starch....g									
Minerals:									
Calcium, Ca....mg	116	2.594	4	A	1		291	1163	
Iron, Fe....mg	0.27	0.019	4	A	1		0.67	2.68	
Magnesium, Mg....mg	13		0		1		33	133	
Phosphorus, P....mg	103		0		1		257	1026	
Potassium, K....mg	170		0		1		426	1702	
Sodium, Na....mg	61		0		1		152	607	
Zinc, Zn....mg	0.41		0		1		1.03	4.10	
Copper, Cu....mg	0.065		0		1		0.163	0.650	
Manganese, Mn....mg	0.077		0		1		0.193	0.770	
Selenium, Se....µg	1.9	0.335	12	A	1		4.8	19.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.3	9.3	
Thiamin....mg	0.038		0		1		0.095	0.380	
Riboflavin....mg	0.166		0		1		0.415	1.660	
Niacin....mg	0.127		0		1		0.318	1.270	
Pantothenic acid....mg	0.302		0		1		0.755	3.020	
Vitamin B-6....mg	0.041		0		1		0.103	0.410	
Folate, total....µg	5		0		1		12	48	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		12	48	
Folate, DFE....µg	5		0	NC	4		12	48	
Choline, total....mg	17.0		0	T	4		42.5	170.0	
Betaine....mg									
Vitamin B-12....µg	0.32	0.011	4	A	1		0.81	3.22	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	58		0	NC	4		145	581	
Retinol....µg	58		0	T	4		145	580	
Carotene, beta....µg	2		0	BFFN	4		4	16	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	196		0	NC	4		490	1960	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFFN	4		0.04	0.18	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		2.7	10.7	
Vitamin D....IU	43	3.148	24	A	1		107	427	
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.2	0.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01104

Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.616		0		1		1.540	6.160	
4:0....g	0.024		0		1		0.060	0.240	
6:0....g	0.014		0		1		0.035	0.140	
8:0....g	0.008		0		1		0.020	0.080	
10:0....g	0.019		0		1		0.048	0.190	
12:0....g	0.021		0		1		0.053	0.210	
13:0....g									
14:0....g	0.075		0		1		0.188	0.750	
15:0....g									
16:0....g	0.261		0		1		0.653	2.610	
17:0....g									
18:0....g	0.176		0		1		0.440	1.760	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.300		0		1		0.750	3.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		1		0.045	0.180	
17:1....g									
18:1 undifferentiated....g	0.271		0		1		0.678	2.710	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.035		0		1		0.088	0.350	
18:2 undifferentiated....g	0.024		0		1		0.060	0.240	
18:3 undifferentiated....g	0.011		0		1		0.028	0.110	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	3		0		1		7	29	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0	NR	4		0.104	0.414	
Threonine....g	0.138		0	NR	4		0.345	1.380	
Isoleucine....g	0.168		0	NR	4		0.419	1.676	
Leucine....g	0.307		0	NR	4		0.767	3.066	
Lysine....g	0.271		0	NR	4		0.677	2.709	
Methionine....g	0.085		0	NR	4		0.212	0.848	
Cystine....g	0.020		0	NR	4		0.049	0.197	
Phenylalanine....g	0.168		0	NR	4		0.419	1.677	
Tyrosine....g	0.164		0	NR	4		0.409	1.637	
Valine....g	0.212		0	NR	4		0.530	2.121	
Arginine....g	0.093		0	NR	4		0.231	0.925	
Histidine....g	0.098		0	NR	4		0.244	0.976	
Alanine....g	0.109		0	NR	4		0.274	1.095	
Aspartic acid....g	0.277		0	NR	4		0.693	2.772	
Glutamic acid....g	0.728		0	NR	4		1.819	7.277	
Glycine....g	0.064		0	NR	4		0.160	0.641	
Proline....g	0.320		0	NR	4		0.799	3.196	
Serine....g	0.195		0	NR	4		0.488	1.952	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	1		0	BFZN	4		2	7	

NDB No. 01104

Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	23		0	BFZN	4		58	230	

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 1000g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01202
Milk, chocolate, fluid, commercial, reduced fat, with added calcium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.17		2	A	1		205.41	25.64	821.65
Energy....kcal	78		0	NC	4		194	24	776
Energy....kJ	325		0	NC	4		811	101	3246
Protein....g	2.99		2	A	1		7.49	0.93	29.94
Total lipid (fat)....g	1.90		2	A	1		4.75	0.59	19.00
Ash....g	0.81		2	A	1		2.04	0.25	8.15
Carbohydrate, by difference....g	12.13		0	NC	4		30.31	3.78	121.26
Fiber, total dietary....g	0.7		1	A	1		1.8	0.2	7.0
Sugars, total....g	9.55		0	NR	4		23.88	2.98	95.54
Sucrose....g	4.79		2	A	1		11.97	1.49	47.90
Glucose (dextrose)....g	0.53		2	A	1		1.32	0.17	5.30
Fructose....g	0.41		2	A	1		1.02	0.13	4.10
Lactose....g	3.83		2	A	1		9.56	1.19	38.25
Maltose....g	0.00		2	A	1		0.00	0.00	0.00
Galactose....g									
Starch....g	1.60		1	A	1		4.00	0.50	16.00
Minerals:									
Calcium, Ca....mg	194		1	A	1		485	61	1940
Iron, Fe....mg	0.24		0	O	4		0.60	0.07	2.40
Magnesium, Mg....mg	14		2	A	1		34	4	136
Phosphorus, P....mg	76		2	A	1		191	24	764
Potassium, K....mg	123		2	A	1		306	38	1225
Sodium, Na....mg	66		2	A	1		165	21	659
Zinc, Zn....mg	0.39		2	A	1		0.98	0.12	3.94
Copper, Cu....mg	0.075		2	A	1		0.186	0.023	0.745
Manganese, Mn....mg	0.062		2	A	1		0.154	0.019	0.617
Selenium, Se....µg	3.4		2	A	1		8.6	1.1	34.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin....mg	0.045		2	A	1		0.112	0.014	0.447
Riboflavin....mg	0.565		2	A	1		1.412	0.176	5.650
Niacin....mg	0.164		2	A	1		0.410	0.051	1.639
Pantothenic acid....mg	0.539		2	A	1		1.349	0.168	5.395
Vitamin B-6....mg	0.024		2	A	1		0.061	0.008	0.245
Folate, total....µg	2		2	A	1		5	1	20
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	2		2	A	1		5	1	20
Folate, DFE....µg	2		0	NC	4		5	1	20
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.33		2	A	1		0.82	0.10	3.29
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	64		0	AS	1		159	20	635
Retinol....µg	63		1	A	1		156	20	626
Carotene, beta....µg	11		2	A	1		28	3	112
Carotene, alpha....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta....µg	0		2	A	1		0	0	0
Vitamin A, IU....IU	227		0	AS	1		568	71	2273
Lycopene....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.04		2	A	1		0.10	0.01	0.40
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.02		2	A	1		0.05	0.01	0.20
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.03		2	A	1		0.07	0.01	0.30
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 01202
Milk, chocolate, fluid, commercial, reduced fat, with added calcium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.2		2	A	1		0.4	0.0	1.5
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.177		0	NC	4		2.943	0.367	11.774
4:0....g	0.056		0		1		0.140	0.017	0.560
6:0....g	0.033		0		1		0.083	0.010	0.330
8:0....g	0.020		2	A	1		0.050	0.006	0.199
10:0....g	0.045		2	A	1		0.112	0.014	0.450
12:0....g	0.045		2	A	1		0.112	0.014	0.450
13:0....g									
14:0....g	0.170		2	A	1		0.425	0.053	1.700
15:0....g	0.015		2	A	1		0.037	0.005	0.149
16:0....g	0.515		2	A	1		1.288	0.161	5.150
17:0....g	0.009		2	A	1		0.022	0.003	0.087
18:0....g	0.270		2	A	1		0.675	0.084	2.700
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.455		0	NC	4		1.137	0.142	4.549
14:1....g	0.005		2	A	1		0.012	0.002	0.050
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.020		2	A	1		0.050	0.006	0.199
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.430		2	A	1		1.075	0.134	4.300
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0	NC	4		0.221	0.028	0.886
18:2 undifferentiated....g	0.080		2	A	1		0.200	0.025	0.799
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g	0.000		2	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.009		2	A	1		0.022	0.003	0.087
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	8		2	A	1		20	2	79
Phytosterols....mg									
Stigmasterol....mg	0		2	A	1		0	0	0
Campesterol....mg	0		2	A	1		0	0	0
Beta-sitosterol....mg	0		2	A	1		0	0	0
Amino Acids:									
Tryptophan....g	0.045		0	A	1		0.113	0.014	0.451
Threonine....g	0.140		0	A	1		0.350	0.044	1.401
Isoleucine....g	0.140		0	A	1		0.350	0.044	1.401
Leucine....g	0.275		0	A	1		0.688	0.086	2.753

NDB No. 01202
Milk, chocolate, fluid, commercial, reduced fat, with added calcium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.230		0	A	1		0.575	0.072	2.301
Methionine....g	0.070		0	A	1		0.175	0.022	0.700
Cystine....g	0.030		0	A	1		0.075	0.009	0.299
Phenylalanine....g	0.140		0	A	1		0.350	0.044	1.401
Tyrosine....g	0.120		0	A	1		0.300	0.037	1.200
Valine....g	0.180		0	A	1		0.450	0.056	1.801
Arginine....g	0.105		0	A	1		0.263	0.033	1.051
Histidine....g	0.080		0	A	1		0.200	0.025	0.800
Alanine....g	0.100		0	A	1		0.250	0.031	1.001
Aspartic acid....g	0.270		0	A	1		0.675	0.084	2.702
Glutamic acid....g	0.645		0	A	1		1.614	0.201	6.454
Glycine....g	0.060		0	A	1		0.150	0.019	0.599
Proline....g	0.275		0	A	1		0.688	0.086	2.753
Serine....g	0.170		0	A	1		0.425	0.053	1.701
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	1		1	A	1		2	0	7
Theobromine....mg	22		1	A	1		55	7	220

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Measure 3 = 1000g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01103

Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	82.17		2	A	1		205.41	25.64	821.65
Energy ... kcal	76		0	NC	4		191	24	764
Energy ... kJ	320		0	NC	4		800	100	3200
Protein (N x 6.38) ... g	2.99		2	A	1		7.49	0.93	29.94
Total lipid (fat) ... g	1.90		2	A	1		4.75	0.59	19.00
Ash ... g	0.81		2	A	1		2.04	0.25	8.15
Carbohydrate, by difference ... g	12.13		0	NR	4		30.31	3.78	121.26
Fiber, total dietary ... g	0.7		1	A	1		1.8	0.2	7.0
Sugars, total ... g	9.55		0	NR	4		23.88	2.98	95.54
Sucrose ... g	4.79		2	A	1		11.97	1.49	47.90
Glucose (dextrose) ... g	0.53		2	A	1		1.32	0.17	5.30
Fructose ... g	0.41		2	A	1		1.02	0.13	4.10
Lactose ... g	3.83		2	A	1		9.56	1.19	38.25
Maltose ... g	0.00		2	A	1		0.00	0.00	0.00
Galactose ... g									
Starch ... g	1.60		1	A	1		4.00	0.50	16.00
Minerals:									
Calcium, Ca ... mg	109		1	A	1		273	34	1090
Iron, Fe ... mg	0.24		0		1		0.60	0.07	2.40
Magnesium, Mg ... mg	14		2	A	1		34	4	136
Phosphorus, P ... mg	102		0		1		254	32	1017
Potassium, K ... mg	169		0		1		422	53	1688
Sodium, Na ... mg	66		2	A	1		165	21	659
Zinc, Zn ... mg	0.39		2	A	1		0.98	0.12	3.94
Copper, Cu ... mg	0.075		2	A	1		0.186	0.023	0.745
Manganese, Mn ... mg	0.062		2	A	1		0.154	0.019	0.617
Selenium, Se ... µg	3.4		2	A	1		8.6	1.1	34.5
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin ... mg	0.045		2	A	1		0.112	0.014	0.447
Riboflavin ... mg	0.183		0	O	4		0.458	0.057	1.830
Niacin ... mg	0.164		2	A	1		0.410	0.051	1.639
Pantothenic acid ... mg	0.539		2	A	1		1.349	0.168	5.395
Vitamin B-6 ... mg	0.024		2	A	1		0.061	0.008	0.245
Folate, total ... µg	2		2	A	1		5	1	20
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	2		2	A	1		5	1	20
Folate, DFE ... µg	2		0	NC	4		5	1	20
Choline, total ... mg	17.1		0	AS	1		42.9	5.3	171.4
Betaine ... mg	0.7		1	A	1		1.7	0.2	6.9
Vitamin B-12 ... µg	0.33		2	A	1		0.82	0.10	3.29
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... µg	64		0	AS	1		159	20	635
Retinol ... µg	63		1	A	1		156	20	626
Carotene, beta ... µg	11		2	A	1		28	3	112
Carotene, alpha ... µg	0		2	A	1		0	0	0
Cryptoxanthin, beta ... µg	0		2	A	1		0	0	0
Vitamin A, IU ... IU	227		0	AS	1		568	71	2273
Lycopene ... µg	0		2	A	1		0	0	0
Lutein + zeaxanthin ... µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.04		2	A	1		0.10	0.01	0.40
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.02		2	A	1		0.05	0.01	0.20
Tocopherol, delta ... mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha ... mg	0.03		2	A	1		0.07	0.01	0.30
Tocotrienol, beta ... mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 01103

Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		3.0	0.4	12.1
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.2		0	BFZN	4		3.0	0.4	12.1
Vitamin D....IU	49		0	BFZN	4		121	15	486
Vitamin K (phylloquinone)....µg	0.2		2	A	1		0.4	0.0	1.5
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.177		0	NC	4		2.943	0.367	11.774
4:0....g	0.056		0		1		0.140	0.017	0.560
6:0....g	0.033		0		1		0.083	0.010	0.330
8:0....g	0.020		2	A	1		0.050	0.006	0.199
10:0....g	0.045		2	A	1		0.112	0.014	0.450
12:0....g	0.045		2	A	1		0.112	0.014	0.450
13:0....g									
14:0....g	0.170		2	A	1		0.425	0.053	1.700
15:0....g	0.015		2	A	1		0.037	0.005	0.149
16:0....g	0.515		2	A	1		1.288	0.161	5.150
17:0....g	0.009		2	A	1		0.022	0.003	0.087
18:0....g	0.270		2	A	1		0.675	0.084	2.700
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.455		0	NC	4		1.137	0.142	4.549
14:1....g	0.005		2	A	1		0.012	0.002	0.050
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.020		2	A	1		0.050	0.006	0.199
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.430		2	A	1		1.075	0.134	4.300
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0	NC	4		0.221	0.028	0.886
18:2 undifferentiated....g	0.080		2	A	1		0.200	0.025	0.799
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g	0.000		2	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.009		2	A	1		0.022	0.003	0.087
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	8		2	A	1		20	2	79
Phytosterols....mg									
Stigmasterol....mg	0		2	A	1		0	0	0
Campesterol....mg	0		2	A	1		0	0	0
Beta-sitosterol....mg	0		2	A	1		0	0	0
Amino Acids:									
Tryptophan....g	0.038		0	A	1		0.096	0.012	0.383
Threonine....g	0.128		0	A	1		0.319	0.040	1.276
Isoleucine....g	0.155		0	A	1		0.387	0.048	1.549
Leucine....g	0.283		0	A	1		0.709	0.088	2.834

NDB No. 01103

Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.250		0	A	1		0.626	0.078	2.504
Methionine....g	0.078		0	A	1		0.196	0.024	0.784
Cystine....g	0.018		0	A	1		0.046	0.006	0.182
Phenylalanine....g	0.155		0	A	1		0.388	0.048	1.550
Tyrosine....g	0.151		0	A	1		0.378	0.047	1.513
Valine....g	0.196		0	A	1		0.490	0.061	1.960
Arginine....g	0.085		0	A	1		0.214	0.027	0.855
Histidine....g	0.090		0	A	1		0.226	0.028	0.902
Alanine....g	0.101		0	A	1		0.253	0.032	1.012
Aspartic acid....g	0.256		0	A	1		0.640	0.080	2.562
Glutamic acid....g	0.673		0	A	1		1.682	0.210	6.726
Glycine....g	0.059		0	A	1		0.148	0.018	0.593
Proline....g	0.295		0	A	1		0.738	0.092	2.954
Serine....g	0.180		0	A	1		0.451	0.056	1.805
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	1		1	A	1		2	0	7
Theobromine....mg	22		1	A	1		55	7	220

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Measure 3 = 1000g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01102

Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.30	0.231	8		1		205.75	25.68	823.00
Energy....kcal	83		0	NC	4		208	26	834
Energy....kJ	349		0		4		872	109	3487
Protein (N x 6.38)....g	3.17	0.041	11		1		7.93	0.99	31.70
Total lipid (fat)....g	3.39	0.037	10		1		8.48	1.06	33.90
Ash....g	0.80		0		1		2.00	0.25	8.00
Carbohydrate, by difference....g	10.34		0	NC	4		25.85	3.23	103.40
Fiber, total dietary....g	0.8		0		1		2.0	0.2	8.0
Sugars, total....g	9.54		0	NR	4		23.85	2.98	95.40
Starch....g									
Minerals:									
Calcium, Ca....mg	112	3.987	8		1		280	35	1121
Iron, Fe....mg	0.24		0		1		0.60	0.07	2.40
Magnesium, Mg....mg	13	0.622	5		1		33	4	130
Phosphorus, P....mg	101	5.381	5		1		251	31	1005
Potassium, K....mg	167	7.479	5		1		417	52	1669
Sodium, Na....mg	60	5.193	5		1		149	19	596
Zinc, Zn....mg	0.41	0.022	5		1		1.03	0.13	4.10
Copper, Cu....mg	0.065		0		1		0.163	0.020	0.650
Manganese, Mn....mg	0.077		0		1		0.193	0.024	0.770
Selenium, Se....µg	1.9		0	BFNN	4		4.8	0.6	19.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.3	0.3	9.1
Thiamin....mg	0.037		0		1		0.093	0.012	0.370
Riboflavin....mg	0.162		0		1		0.405	0.051	1.620
Niacin....mg	0.125		0		1		0.313	0.039	1.250
Pantothenic acid....mg	0.295		0		1		0.738	0.092	2.950
Vitamin B-6....mg	0.040		0		1		0.100	0.012	0.400
Folate, total....µg	5		0		1		12	1	47
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5		0		1		12	1	47
Folate, DFE....µg	5		0	NC	4		12	1	47
Choline, total....mg	17.0		0	T	4		42.5	5.3	170.0
Betaine....mg									
Vitamin B-12....µg	0.33		0		1		0.84	0.10	3.34
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	27		0	NC	4		66	8	266
Retinol....µg	26		0	T	4		65	8	260
Carotene, beta....µg	7		0	BFZN	4		17	2	66
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	98		0	NC	4		244	30	977
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.07		0	BFZN	4		0.18	0.02	0.71
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.3		0	AS	1		3.2	0.4	12.8
Vitamin D....IU	51		0	BFZN	4		128	16	511
Vitamin K (phylloquinone)....µg	0.3		0	BFZN	4		0.7	0.1	2.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01102

Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.104		0		1		5.260	0.656	21.040
4:0....g	0.101		0		1		0.253	0.032	1.010
6:0....g	0.060		0		1		0.150	0.019	0.600
8:0....g	0.035		0		1		0.088	0.011	0.350
10:0....g	0.078		0		1		0.195	0.024	0.780
12:0....g	0.088		0		1		0.220	0.027	0.880
13:0....g									
14:0....g	0.315		0		1		0.788	0.098	3.150
15:0....g									
16:0....g	0.889		0		1		2.223	0.277	8.890
17:0....g									
18:0....g	0.466		0		1		1.165	0.145	4.660
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.990		0		1		2.475	0.309	9.900
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.071		0		1		0.178	0.022	0.710
17:1....g									
18:1 undifferentiated....g	0.872		0		1		2.180	0.272	8.720
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.124		0		1		0.310	0.039	1.240
18:2 undifferentiated....g	0.078		0		1		0.195	0.024	0.780
18:3 undifferentiated....g	0.046		0		1		0.115	0.014	0.460
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	12		0		1		31	4	122
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0	NR	4		0.101	0.013	0.405
Threonine....g	0.135		0	NR	4		0.338	0.042	1.350
Isoleucine....g	0.164		0	NR	4		0.410	0.051	1.640
Leucine....g	0.300		0	NR	4		0.750	0.094	3.001
Lysine....g	0.265		0	NR	4		0.663	0.083	2.651
Methionine....g	0.083		0	NR	4		0.208	0.026	0.830
Cystine....g	0.019		0	NR	4		0.048	0.006	0.193
Phenylalanine....g	0.164		0	NR	4		0.410	0.051	1.641
Tyrosine....g	0.160		0	NR	4		0.400	0.050	1.602
Valine....g	0.208		0	NR	4		0.519	0.065	2.075
Arginine....g	0.091		0	NR	4		0.226	0.028	0.905
Histidine....g	0.096		0	NR	4		0.239	0.030	0.955
Alanine....g	0.107		0	NR	4		0.268	0.033	1.071
Aspartic acid....g	0.271		0	NR	4		0.678	0.085	2.712
Glutamic acid....g	0.712		0	NR	4		1.780	0.222	7.121
Glycine....g	0.063		0	NR	4		0.157	0.020	0.628
Proline....g	0.313		0	NR	4		0.782	0.098	3.127
Serine....g	0.191		0	NR	4		0.478	0.060	1.911
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	1		0	BFZN	4		2	0	7

NDB No. 01102

Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	23		0	RA	4		58	7	230

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Measure 3 = 1000g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01093
Milk, dry, nonfat, calcium reduced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.90		1		1		1.39	5.54	
Energy....kcal	354		0	NC	4		100	400	
Energy....kJ	1480				4		420	1673	
Protein (N x 6.38)....g	35.50		1		1		10.06	40.12	
Total lipid (fat)....g	0.20		1		1		0.06	0.23	
Ash....g	7.60		1		1		2.15	8.59	
Carbohydrate, by difference....g	51.80		0		4		14.69	58.53	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	280		1		1		79	316	
Iron, Fe....mg	0.32		0		4		0.09	0.36	
Magnesium, Mg....mg	60		1		1		17	68	
Phosphorus, P....mg	1011		1		1		287	1142	
Potassium, K....mg	680		1		1		193	768	
Sodium, Na....mg	2280		1		1		646	2576	
Zinc, Zn....mg	4.03		0		4		1.14	4.55	
Copper, Cu....mg	0.016		0		1		0.005	0.018	
Manganese, Mn....mg	0.008		0		1		0.002	0.009	
Selenium, Se....µg	27.3	2.950	9	A	1		7.7	30.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.7		0		4		1.9	7.5	
Thiamin....mg	0.163		0		1		0.046	0.184	
Riboflavin....mg	1.642		0		1		0.466	1.855	
Niacin....mg	0.665		0		1		0.189	0.751	
Pantothenic acid....mg	3.312		0		1		0.939	3.743	
Vitamin B-6....mg	0.298		0		1		0.084	0.337	
Folate, total....µg	50		0		4		14	56	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	50		0		4		14	56	
Folate, DFE....µg	50		0	NC	4		14	56	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.98		0		1		1.13	4.49	
Vitamin A, RAE....µg	2		0	NC	4		0	2	
Retinol....µg	1		0	NC	4		0	1	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	8		0		1		2	9	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01093
Milk, dry, nonfat, calcium reduced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.124		0		1		0.035	0.140	
4:0....g	0.006		0		1		0.002	0.007	
6:0....g	0.004		0		1		0.001	0.005	
8:0....g	0.002		0		1		0.001	0.002	
10:0....g	0.005		0		1		0.001	0.006	
12:0....g	0.006		0		1		0.002	0.007	
13:0....g									
14:0....g	0.020		0		1		0.006	0.023	
15:0....g									
16:0....g	0.053		0		1		0.015	0.060	
17:0....g									
18:0....g	0.024		0		1		0.007	0.027	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.058		0		1		0.016	0.066	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.001	0.005	
17:1....g									
18:1 undifferentiated....g	0.050		0		1		0.014	0.057	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.007		0		1		0.002	0.008	
18:2 undifferentiated....g	0.005		0		1		0.001	0.006	
18:3 undifferentiated....g	0.003		0		1		0.001	0.003	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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	2		0		1		1	2	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.501		0		1		0.142	0.566	
Threonine....g	1.603		0		1		0.454	1.811	
Isoleucine....g	2.148		0		1		0.609	2.427	
Leucine....g	3.478		0		1		0.986	3.930	
Lysine....g	2.816		0		1		0.798	3.182	
Methionine....g	0.890		0		1		0.252	1.006	
Cystine....g	0.328		0		1		0.093	0.371	
Phenylalanine....g	1.714		0		1		0.486	1.937	
Tyrosine....g	1.714		0		1		0.486	1.937	
Valine....g	2.376		0		1		0.674	2.685	
Arginine....g	1.285		0		1		0.364	1.452	
Histidine....g	0.963		0		1		0.273	1.088	
Alanine....g	1.224		0		1		0.347	1.383	
Aspartic acid....g	2.693		0		1		0.763	3.043	
Glutamic acid....g	7.434		0		1		2.108	8.400	
Glycine....g	0.751		0		1		0.213	0.849	
Proline....g	3.439		0		1		0.975	3.886	
Serine....g	1.931		0		1		0.547	2.182	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 01093
Milk, dry, nonfat, calcium reduced

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 113g: .25 lb

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01092
Milk, dry, nonfat, instant, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.96	0.044	216		1		2.69	3.60	0.91
Energy....kcal	358		0	NC	4		244	326	82
Energy....kJ	1499		0		4		1019	1364	345
Protein (N x 6.38)....g	35.10	0.139	89		1		23.87	31.94	8.07
Total lipid (fat)....g	0.72	0.018	164		1		0.49	0.66	0.17
Ash....g	8.03	0.073	14		1		5.46	7.31	1.85
Carbohydrate, by difference....g	52.19		0	NC	4		35.49	47.49	12.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	52.19		0	NR	4		35.49	47.49	12.00
Starch....g									
Minerals:									
Calcium, Ca....mg	1231	25.365	16		1		837	1120	283
Iron, Fe....mg	0.31	0.038	13		1		0.21	0.28	0.07
Magnesium, Mg....mg	117	11.071	14		1		80	107	27
Phosphorus, P....mg	985	21.031	17		1		670	896	226
Potassium, K....mg	1705	51.818	11		1		1160	1552	392
Sodium, Na....mg	549	15.570	7		1		373	499	126
Zinc, Zn....mg	4.41	0.124	10		1		3.00	4.01	1.01
Copper, Cu....mg	0.041		0		1		0.028	0.037	0.009
Manganese, Mn....mg	0.020		0		1		0.014	0.018	0.005
Selenium, Se....µg	27.3	2.953	9	A	1		18.6	24.8	6.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.6	0.445	28		1		3.8	5.1	1.3
Thiamin....mg	0.413	0.006	31		1		0.281	0.376	0.095
Riboflavin....mg	1.744	0.040	31		1		1.186	1.587	0.401
Niacin....mg	0.891	0.042	29		1		0.606	0.811	0.205
Pantothenic acid....mg	3.235	0.068	34		1		2.200	2.944	0.744
Vitamin B-6....mg	0.345	0.007	31		1		0.235	0.314	0.079
Folate, total....µg	50		0		1		34	45	11
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	50		0		1		34	45	11
Folate, DFE....µg	50		0	NC	4		34	45	11
Choline, total....mg	167.8		0	BFSN	4		114.1	152.7	38.6
Betaine....mg									
Vitamin B-12....µg	3.99	0.327	17		1		2.72	3.63	0.92
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	709		0	NC	4		482	645	163
Retinol....µg	709		0	NC	4		482	645	163
Carotene, beta....µg	1		0	BFFN	4		1	1	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	2365		0	NC	4		1608	2152	544
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFFN	4		0.01	0.01	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	11.0		0	NR	4		7.5	10.0	2.5
Vitamin D....IU	440		0	T	4		299	400	101
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01092

Milk, dry, nonfat, instant, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.467		0		1		0.318	0.425	0.107
4:0....g	0.026	0.005	4		1		0.018	0.024	0.006
6:0....g	0.006	0.001	4		1		0.004	0.005	0.001
8:0....g	0.007	0.001	5		1		0.005	0.006	0.002
10:0....g	0.017	0.003	5		1		0.012	0.015	0.004
12:0....g	0.013	0.005	5		1		0.009	0.012	0.003
13:0....g									
14:0....g	0.078	0.005	5		1		0.053	0.071	0.018
15:0....g									
16:0....g	0.220	0.010	5		1		0.150	0.200	0.051
17:0....g									
18:0....g	0.080	0.003	5		1		0.054	0.073	0.018
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.187		0		1		0.127	0.170	0.043
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021	0.002	5		1		0.014	0.019	0.005
17:1....g									
18:1 undifferentiated....g	0.156	0.004	5		1		0.106	0.142	0.036
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.028		0		1		0.019	0.025	0.006
18:2 undifferentiated....g	0.018	0.004	5		1		0.012	0.016	0.004
18:3 undifferentiated....g	0.011	0.003	5		1		0.007	0.010	0.003
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	18	1.853	8		1		12	17	4
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.495		0		1		0.337	0.450	0.114
Threonine....g	1.584		0		1		1.077	1.441	0.364
Isoleucine....g	2.124		0		1		1.444	1.933	0.489
Leucine....g	3.438		0		1		2.338	3.129	0.791
Lysine....g	2.784		0		1		1.893	2.533	0.640
Methionine....g	0.880		0		1		0.598	0.801	0.202
Cystine....g	0.325		0		1		0.221	0.296	0.075
Phenylalanine....g	1.694		0		1		1.152	1.542	0.390
Tyrosine....g	1.694		0		1		1.152	1.542	0.390
Valine....g	2.349		0		1		1.597	2.138	0.540
Arginine....g	1.271		0		1		0.864	1.157	0.292
Histidine....g	0.952		0		1		0.647	0.866	0.219
Alanine....g	1.210		0		1		0.823	1.101	0.278
Aspartic acid....g	2.663		0		1		1.811	2.423	0.612
Glutamic acid....g	7.350		0		1		4.998	6.689	1.691
Glycine....g	0.743		0		1		0.505	0.676	0.171
Proline....g	3.400		0		1		2.312	3.094	0.782
Serine....g	1.909		0		1		1.298	1.737	0.439
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01092
Milk, dry, nonfat, instant, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 68g: 1 cup

Measure 2 = 91g: 1 envelope (1-1/3 cup)

Measure 3 = 23g: .333 cup (makes 1 cup reconstituted milk)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01155
Milk, dry, nonfat, instant, without added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.96		0		1		2.69	3.60	
Energy....kcal	358		0		4		243	326	
Energy....kJ	1498		0		4		1019	1363	
Protein (N x 6.38)....g	35.10		0		1		23.87	31.94	
Total lipid (fat)....g	0.72		0		1		0.49	0.66	
Ash....g	8.03		0		1		5.46	7.31	
Carbohydrate, by difference....g	52.19		0		4		35.49	47.49	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	52.19		0	BFZN	4		35.49	47.49	
Starch....g									
Minerals:									
Calcium, Ca....mg	1231		0		1		837	1120	
Iron, Fe....mg	0.31		0		1		0.21	0.28	
Magnesium, Mg....mg	117	11.071	14		1		80	106	
Phosphorus, P....mg	985		0		1		670	896	
Potassium, K....mg	1705		0		1		1159	1552	
Sodium, Na....mg	549		0		1		373	500	
Zinc, Zn....mg	4.41	0.124	10		1		3.00	4.01	
Copper, Cu....mg	0.041		0		4		0.028	0.037	
Manganese, Mn....mg	0.020		0		4		0.014	0.018	
Selenium, Se....µg	27.3	2.950	9	A	1		18.6	24.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.6		0		1		3.8	5.1	
Thiamin....mg	0.413		0		1		0.281	0.376	
Riboflavin....mg	1.744		0		1		1.186	1.587	
Niacin....mg	0.891		0		1		0.606	0.811	
Pantothenic acid....mg	3.230	0.068	34		1		2.196	2.939	
Vitamin B-6....mg	0.345	0.007	31		1		0.235	0.314	
Folate, total....µg	50		0		4		34	46	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	50		0		4		34	46	
Folate, DFE....µg	50		0	NC	4		34	46	
Choline, total....mg	167.8		0	BFZN	4		114.1	152.7	
Betaine....mg									
Vitamin B-12....µg	3.99	0.327	17		1		2.72	3.63	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	4		0	NC	4		3	4	
Retinol....µg	4		0	T	4		3	4	
Carotene, beta....µg	1		0	BFZN	4		1	1	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	15		0	NC	4		10	14	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFZN	4		0.01	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01155

Milk, dry, nonfat, instant, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.470		0		1		0.320	0.428	
4:0....g	0.026	0.005	4		1		0.018	0.024	
6:0....g	0.006	0.001	4		1		0.004	0.005	
8:0....g	0.007	0.001	5		1		0.005	0.006	
10:0....g	0.017	0.003	5		1		0.012	0.015	
12:0....g	0.013	0.005	5		1		0.009	0.012	
13:0....g									
14:0....g	0.078	0.005	5		1		0.053	0.071	
15:0....g									
16:0....g	0.220	0.010	5		1		0.150	0.200	
17:0....g									
18:0....g	0.080	0.003	5		1		0.054	0.073	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.190		0		1		0.129	0.173	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021	0.002	5		1		0.014	0.019	
17:1....g									
18:1 undifferentiated....g	0.156	0.004	5		1		0.106	0.142	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		1		0.020	0.027	
18:2 undifferentiated....g	0.018	0.004	5		1		0.012	0.016	
18:3 undifferentiated....g	0.011	0.003	5		1		0.007	0.010	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	18		0		1		12	16	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.495		0		1		0.337	0.450	
Threonine....g	1.584		0		1		1.077	1.441	
Isoleucine....g	2.124		0		1		1.444	1.933	
Leucine....g	3.438		0		1		2.338	3.129	
Lysine....g	2.784		0		1		1.893	2.533	
Methionine....g	0.880		0		1		0.598	0.801	
Cystine....g	0.325		0		1		0.221	0.296	
Phenylalanine....g	1.694		0		1		1.152	1.542	
Tyrosine....g	1.694		0		1		1.152	1.542	
Valine....g	2.349		0		1		1.597	2.138	
Arginine....g	1.271		0		1		0.864	1.157	
Histidine....g	0.952		0		1		0.647	0.866	
Alanine....g	1.210		0		1		0.823	1.101	
Aspartic acid....g	2.663		0		1		1.811	2.423	
Glutamic acid....g	7.350		0		1		4.998	6.689	
Glycine....g	0.743		0		1		0.505	0.676	
Proline....g	3.400		0		1		2.312	3.094	
Serine....g	1.909		0		1		1.298	1.737	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01155
Milk, dry, nonfat, instant, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 68g: 1 cup

Measure 2 = 91g: 1 envelope (1-1/3 cup)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01154
Milk, dry, nonfat, regular, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.16		0		1		0.95	3.79	
Energy....kcal	362		0	NC	4		109	435	
Energy....kJ	1516		0		4		455	1819	
Protein (N x 6.38)....g	36.16		0		1		10.85	43.39	
Total lipid (fat)....g	0.77		0		1		0.23	0.92	
Ash....g	7.93		0		1		2.38	9.52	
Carbohydrate, by difference....g	51.98		0	NC	4		15.59	62.38	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	51.98		0	BFZN	4		15.59	62.38	
Starch....g									
Minerals:									
Calcium, Ca....mg	1257		0		1		377	1508	
Iron, Fe....mg	0.32		0		1		0.10	0.38	
Magnesium, Mg....mg	110	3.072	9		1		33	132	
Phosphorus, P....mg	968		0		1		290	1162	
Potassium, K....mg	1794		0		1		538	2153	
Sodium, Na....mg	535		0		1		161	642	
Zinc, Zn....mg	4.08	0.108	7		1		1.22	4.90	
Copper, Cu....mg	0.041		0		1		0.012	0.049	
Manganese, Mn....mg	0.020		0		1		0.006	0.024	
Selenium, Se....µg	27.3	2.950	9	A	1		8.2	32.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.8		0		1		2.0	8.1	
Thiamin....mg	0.415		0		1		0.125	0.498	
Riboflavin....mg	1.550		0		1		0.465	1.860	
Niacin....mg	0.951		0		1		0.285	1.141	
Pantothenic acid....mg	3.568	0.075	16		1		1.070	4.282	
Vitamin B-6....mg	0.361	0.015	28		1		0.108	0.433	
Folate, total....µg	50		0		1		15	60	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	50		0		1		15	60	
Folate, DFE....µg	50		0	NC	4		15	60	
Choline, total....mg	169.2		0	BFZN	4		50.8	203.0	
Betaine....mg									
Vitamin B-12....µg	4.03	0.348	15		1		1.21	4.84	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	653		0	NC	4		196	784	
Retinol....µg	653		0	NC	4		196	784	
Carotene, beta....µg	1		0	BFZN	4		0	1	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	2179		0	NC	4		654	2614	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	11.0		0	AS	1		3.3	13.2	
Vitamin D....IU	440		0	BFZN	4		132	528	
Vitamin K (phylloquinone)....µg	0.1		0	BFZN	4		0.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01154
Milk, dry, nonfat, regular, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.499		0		1		0.150	0.599	
4:0....g	0.028	0.005	4		1		0.008	0.034	
6:0....g	0.006	0.001	4		1		0.002	0.007	
8:0....g	0.007	0.001	5		1		0.002	0.008	
10:0....g	0.018	0.003	5		1		0.005	0.022	
12:0....g	0.014	0.005	5		1		0.004	0.017	
13:0....g									
14:0....g	0.083	0.005	5		1		0.025	0.100	
15:0....g									
16:0....g	0.235	0.010	5		1		0.071	0.282	
17:0....g									
18:0....g	0.085	0.003	5		1		0.026	0.102	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.200		0		1		0.060	0.240	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022	0.002	5		1		0.007	0.026	
17:1....g									
18:1 undifferentiated....g	0.167		0		1		0.050	0.200	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		1		0.009	0.036	
18:2 undifferentiated....g	0.019		0		1		0.006	0.023	
18:3 undifferentiated....g	0.011	0.003	5		1		0.003	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	0.000		0		1		0.000	0.000	
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	20		0		1		6	24	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.510		0		1		0.153	0.612	
Threonine....g	1.632		0		1		0.490	1.958	
Isoleucine....g	2.188		0		1		0.656	2.626	
Leucine....g	3.542		0		1		1.063	4.250	
Lysine....g	2.868		0		1		0.860	3.442	
Methionine....g	0.907		0		1		0.272	1.088	
Cystine....g	0.334		0		1		0.100	0.401	
Phenylalanine....g	1.746		0		1		0.524	2.095	
Tyrosine....g	1.746		0		1		0.524	2.095	
Valine....g	2.420		0		1		0.726	2.904	
Arginine....g	1.309		0		1		0.393	1.571	
Histidine....g	0.981		0		1		0.294	1.177	
Alanine....g	1.247		0		1		0.374	1.496	
Aspartic acid....g	2.743		0		1		0.823	3.292	
Glutamic acid....g	7.572		0		1		2.272	9.086	
Glycine....g	0.765		0		1		0.230	0.918	
Proline....g	3.503		0		1		1.051	4.204	
Serine....g	1.967		0		1		0.590	2.360	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01154
Milk, dry, nonfat, regular, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 30g: .25 cup

Measure 2 = 120g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.16	0.021	382		1		0.95	3.79	0.73
Energy....kcal	362		0	NC	4		109	435	83
Energy....kJ	1516		0		4		455	1819	349
Protein (N x 6.38)....g	36.16	0.081	183		1		10.85	43.39	8.32
Total lipid (fat)....g	0.77	0.009	351		1		0.23	0.92	0.18
Ash....g	7.93		104		1		2.38	9.52	1.82
Carbohydrate, by difference....g	51.98		0	NC	4		15.59	62.38	11.96
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	51.98		0	NR	4		15.59	62.38	11.96
Starch....g									
Minerals:									
Calcium, Ca....mg	1257	30.776	12		1		377	1508	289
Iron, Fe....mg	0.32	0.058	6		1		0.10	0.38	0.07
Magnesium, Mg....mg	110	3.072	9		1		33	132	25
Phosphorus, P....mg	968	25.372	13		1		290	1162	223
Potassium, K....mg	1794	3.503	2400		1		538	2153	413
Sodium, Na....mg	535	17.449	6		1		161	642	123
Zinc, Zn....mg	4.08	0.108	7		1		1.22	4.90	0.94
Copper, Cu....mg	0.041		0		1		0.012	0.049	0.009
Manganese, Mn....mg	0.020		0		1		0.006	0.024	0.005
Selenium, Se....µg	27.3	2.953	9	A	1		8.2	32.8	6.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.8	0.725	14		1		2.0	8.1	1.6
Thiamin....mg	0.415	0.014	24		1		0.125	0.498	0.095
Riboflavin....mg	1.550	0.043	24		1		0.465	1.860	0.357
Niacin....mg	0.951	0.050	25		1		0.285	1.141	0.219
Pantothenic acid....mg	3.568	0.075	16		1		1.070	4.282	0.821
Vitamin B-6....mg	0.361	0.015	28		1		0.108	0.433	0.083
Folate, total....µg	50		0		1		15	60	12
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	50		0		1		15	60	12
Folate, DFE....µg	50		0	NC	4		15	60	12
Choline, total....mg	169.2		0	BFSN	4		50.8	203.0	38.9
Betaine....mg									
Vitamin B-12....µg	4.03	0.348	15		1		1.21	4.84	0.93
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	6		0	NC	4		2	7	1
Retinol....µg	6		0	NC	4		2	7	1
Carotene, beta....µg	1		0	BFFN	4		0	1	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	22		0	NC	4		7	26	5
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.0	0.1	0.0

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.499		0		1		0.150	0.599	0.115
4:0....g	0.028	0.005	4		1		0.008	0.034	0.006
6:0....g	0.006	0.001	4		1		0.002	0.007	0.001
8:0....g	0.007	0.001	5		1		0.002	0.008	0.002
10:0....g	0.018	0.003	5		1		0.005	0.022	0.004
12:0....g	0.014	0.005	5		1		0.004	0.017	0.003
13:0....g									
14:0....g	0.083	0.005	5		1		0.025	0.100	0.019
15:0....g									
16:0....g	0.235	0.010	5		1		0.071	0.282	0.054
17:0....g									
18:0....g	0.085	0.003	5		1		0.026	0.102	0.020
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.201		0		1		0.060	0.241	0.046
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022	0.002	5		1		0.007	0.026	0.005
17:1....g									
18:1 undifferentiated....g	0.167	0.003	5		1		0.050	0.200	0.038
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	0.030		0		1		0.009	0.036	0.007
18:2 undifferentiated....g	0.019	0.004	5		1		0.006	0.023	0.004
18:3 undifferentiated....g	0.011	0.003	5		1		0.003	0.013	0.003
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	20		0		1		6	24	5
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.510		0		1		0.153	0.612	0.117
Threonine....g	1.632		0		1		0.490	1.958	0.375
Isoleucine....g	2.188		0		1		0.656	2.626	0.503
Leucine....g	3.542		0		1		1.063	4.250	0.815
Lysine....g	2.868		0		1		0.860	3.442	0.660
Methionine....g	0.907		0		1		0.272	1.088	0.209
Cystine....g	0.334		0		1		0.100	0.401	0.077
Phenylalanine....g	1.746		0		1		0.524	2.095	0.402
Tyrosine....g	1.746		0		1		0.524	2.095	0.402
Valine....g	2.420		0		1		0.726	2.904	0.557
Arginine....g	1.309		0		1		0.393	1.571	0.301
Histidine....g	0.981		0		1		0.294	1.177	0.226
Alanine....g	1.247		0		1		0.374	1.496	0.287
Aspartic acid....g	2.743		0		1		0.823	3.292	0.631
Glutamic acid....g	7.572		0		1		2.272	9.086	1.742
Glycine....g	0.765		0		1		0.230	0.918	0.176
Proline....g	3.503		0		1		1.051	4.204	0.806
Serine....g	1.967		0		1		0.590	2.360	0.452
Hydroxyproline....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 30g: .25 cup

Measure 2 = 120g: 1 cup

Measure 3 = 23g: 5 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01090
Milk, dry, whole, with added vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.47	0.130	25		1		0.79	3.16	
Energy....kcal	496		0	NC	4		159	635	
Energy....kJ	2075		0		4		664	2656	
Protein (N x 6.38)....g	26.32	0.175	22		1		8.42	33.69	
Total lipid (fat)....g	26.71	0.250	30		1		8.55	34.19	
Ash....g	6.08	0.092	20		1		1.95	7.78	
Carbohydrate, by difference....g	38.42		0	NC	4		12.29	49.18	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	38.42		0	NR	4		12.29	49.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	912	17.766	18		1		292	1168	
Iron, Fe....mg	0.47	0.065	12		1		0.15	0.60	
Magnesium, Mg....mg	85	1.465	15		1		27	108	
Phosphorus, P....mg	776	14.251	18		1		248	993	
Potassium, K....mg	1330	41.231	15		1		426	1702	
Sodium, Na....mg	371	15.131	7		1		119	475	
Zinc, Zn....mg	3.34		1		1		1.07	4.28	
Copper, Cu....mg	0.080		0		1		0.026	0.102	
Manganese, Mn....mg	0.040		0		1		0.013	0.051	
Selenium, Se....µg	16.3		0	BFNN	4		5.2	20.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.6	0.454	11		1		2.8	11.1	
Thiamin....mg	0.283	0.016	18		1		0.091	0.362	
Riboflavin....mg	1.205	0.031	23		1		0.386	1.542	
Niacin....mg	0.646	0.024	22		1		0.207	0.827	
Pantothenic acid....mg	2.271	0.086	20		1		0.727	2.907	
Vitamin B-6....mg	0.302	0.028	41		1		0.097	0.387	
Folate, total....µg	37		0		1		12	47	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	37		0		1		12	47	
Folate, DFE....µg	37		0	NC	4		12	47	
Choline, total....mg	119.3		0	BFSN	4		38.2	152.8	
Betaine....mg									
Vitamin B-12....µg	3.25	0.289	31		1		1.04	4.16	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	258		0	NC	4		82	330	
Retinol....µg	253		0	NC	4		81	324	
Carotene, beta....µg	55		0	BFFN	4		17	70	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	934		0	NC	4		299	1196	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.58		0	BFFN	4		0.19	0.74	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	10.5		0	AS	1		3.4	13.4	
Vitamin D....IU	420		0	BFFN	4		134	537	
Vitamin K (phylloquinone)....µg	2.2		0	BFFN	4		0.7	2.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01090
Milk, dry, whole, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	16.742		0		1		5.357	21.430	
4:0....g	0.866		1		1		0.277	1.108	
6:0....g	0.240		2		1		0.077	0.307	
8:0....g	0.269		2		1		0.086	0.344	
10:0....g	0.596		2		1		0.191	0.763	
12:0....g	0.614		2		1		0.196	0.786	
13:0....g									
14:0....g	2.820		2		1		0.902	3.610	
15:0....g									
16:0....g	7.522		2		1		2.407	9.628	
17:0....g									
18:0....g	2.853		2		1		0.913	3.652	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.924		0		1		2.536	10.143	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.196		2		1		0.383	1.531	
17:1....g									
18:1 undifferentiated....g	6.192		2		1		1.981	7.926	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.665		0		1		0.213	0.851	
18:2 undifferentiated....g	0.460		2		1		0.147	0.589	
18:3 undifferentiated....g	0.204		2		1		0.065	0.261	
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	
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	97		2		1		31	124	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.371		0		1		0.119	0.475	
Threonine....g	1.188		0		1		0.380	1.521	
Isoleucine....g	1.592		0		1		0.509	2.038	
Leucine....g	2.578		0		1		0.825	3.300	
Lysine....g	2.087		0		1		0.668	2.671	
Methionine....g	0.660		0		1		0.211	0.845	
Cystine....g	0.243		0		1		0.078	0.311	
Phenylalanine....g	1.271		0		1		0.407	1.627	
Tyrosine....g	1.271		0		1		0.407	1.627	
Valine....g	1.762		0		1		0.564	2.255	
Arginine....g	0.953		0		1		0.305	1.220	
Histidine....g	0.714		0		1		0.228	0.914	
Alanine....g	0.908		0		1		0.291	1.162	
Aspartic acid....g	1.997		0		1		0.639	2.556	
Glutamic acid....g	5.512		0		1		1.764	7.055	
Glycine....g	0.557		0		1		0.178	0.713	
Proline....g	2.549		0		1		0.816	3.263	
Serine....g	1.432		0		1		0.458	1.833	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01090
Milk, dry, whole, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 32g: .25 cup

Measure 2 = 128g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01212
Milk, dry, whole, without added vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.47	0.130	25		1		3.16	0.79	
Energy	kcal	496		0	NC	4		635	159	
Energy	kJ	2075		0	NC	4		2656	664	
Protein (N x 6.38)	g	26.32	0.175	22		1		33.69	8.42	
Total lipid (fat)	g	26.71	0.250	30		1		34.19	8.55	
Ash	g	6.08	0.092	20		1		7.78	1.95	
Carbohydrate, by difference	g	38.42		0	NC	4		49.18	12.29	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	38.42		0	NR	4		49.18	12.29	
Starch	g									
Minerals:										
Calcium, Ca	mg	912	17.766	18		1		1168	292	
Iron, Fe	mg	0.47	0.065	12		1		0.60	0.15	
Magnesium, Mg	mg	85	1.465	15		1		108	27	
Phosphorus, P	mg	776	14.251	18		1		993	248	
Potassium, K	mg	1330	41.231	15		1		1702	426	
Sodium, Na	mg	371	15.131	7		1		475	119	
Zinc, Zn	mg	3.34		1		1		4.28	1.07	
Copper, Cu	mg	0.080		0		1		0.102	0.026	
Manganese, Mn	mg	0.040		0		1		0.051	0.013	
Selenium, Se	µg	16.3		0	BFNN	4		20.9	5.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.6	0.454	11		1		11.1	2.8	
Thiamin	mg	0.283	0.016	18		1		0.362	0.091	
Riboflavin	mg	1.205	0.031	23		1		1.542	0.386	
Niacin	mg	0.646	0.024	22		1		0.827	0.207	
Pantothenic acid	mg	2.271	0.086	20		1		2.907	0.727	
Vitamin B-6	mg	0.302	0.028	41		1		0.387	0.097	
Folate, total	µg	37		0		1		47	12	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	37		0		1		47	12	
Folate, DFE	µg	37		0	NC	4		47	12	
Choline, total	mg	117.4		0	BFSN	4		150.3	37.6	
Betaine	mg									
Vitamin B-12	µg	3.25	0.289	31		1		4.16	1.04	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	258		0	NC	4		330	82	
Retinol	µg	253		0	NC	4		324	81	
Carotene, beta	µg	55		0	BFFN	4		70	17	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	934		0	NC	4		1196	299	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.58		0	BFFN	4		0.74	0.19	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.5		0	AS	1		0.6	0.2	
Vitamin D	IU	20		0	BFFN	4		25	6	
Vitamin K (phylloquinone)	µg	2.2		0	BFFN	4		2.8	0.7	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01212
Milk, dry, whole, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	16.742		0		1		21.430	5.357	
4:0....g	0.866		1		1		1.108	0.277	
6:0....g	0.240		2		1		0.307	0.077	
8:0....g	0.269		2		1		0.344	0.086	
10:0....g	0.596		2		1		0.763	0.191	
12:0....g	0.614		2		1		0.786	0.196	
13:0....g									
14:0....g	2.820		2		1		3.610	0.902	
15:0....g									
16:0....g	7.522		2		1		9.628	2.407	
17:0....g									
18:0....g	2.853		2		1		3.652	0.913	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.924		0		1		10.143	2.536	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.196		2		1		1.531	0.383	
17:1....g									
18:1 undifferentiated....g	6.192		2		1		7.926	1.981	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.665		0		1		0.851	0.213	
18:2 undifferentiated....g	0.460		2		1		0.589	0.147	
18:3 undifferentiated....g	0.204		2		1		0.261	0.065	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	97		2		1		124	31	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.371		0		1		0.475	0.119	
Threonine....g	1.188		0		1		1.521	0.380	
Isoleucine....g	1.592		0		1		2.038	0.509	
Leucine....g	2.578		0		1		3.300	0.825	
Lysine....g	2.087		0		1		2.671	0.668	
Methionine....g	0.660		0		1		0.845	0.211	
Cystine....g	0.243		0		1		0.311	0.078	
Phenylalanine....g	1.271		0		1		1.627	0.407	
Tyrosine....g	1.271		0		1		1.627	0.407	
Valine....g	1.762		0		1		2.255	0.564	
Arginine....g	0.953		0		1		1.220	0.305	
Histidine....g	0.714		0		1		0.914	0.228	
Alanine....g	0.908		0		1		1.162	0.291	
Aspartic acid....g	1.997		0		1		2.556	0.639	
Glutamic acid....g	5.512		0		1		7.055	1.764	
Glycine....g	0.557		0		1		0.713	0.178	
Proline....g	2.549		0		1		3.263	0.816	
Serine....g	1.432		0		1		1.833	0.458	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01212
Milk, dry, whole, without added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 128g: 1 cup

Measure 2 = 32g: .25 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01059
Milk, filled, fluid, with blend of hydrogenated vegetable oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.67		0		1		213.91	855.66	
Energy....kcal	63		0	NC	4		154	616	
Energy....kJ	264				4		645	2579	
Protein (N x 6.38)....g	3.33		0		1		8.13	32.50	
Total lipid (fat)....g	3.46	0.078	9		1		8.44	33.77	
Ash....g	0.80		0		1		1.95	7.81	
Carbohydrate, by difference....g	4.74		0	NC	4		11.57	46.26	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	128		0		1		312	1247	
Iron, Fe....mg	0.05		0		1		0.12	0.49	
Magnesium, Mg....mg	13		0		1		32	130	
Phosphorus, P....mg	97		0		1		236	946	
Potassium, K....mg	139		0		1		339	1357	
Sodium, Na....mg	57		0		1		138	553	
Zinc, Zn....mg	0.36		0		1		0.88	3.51	
Copper, Cu....mg	0.010		0		1		0.024	0.098	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....µg	2.0		0	BFNN	4		4.9	19.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.2	8.8	
Thiamin....mg	0.030		0		1		0.073	0.293	
Riboflavin....mg	0.123		0		1		0.300	1.200	
Niacin....mg	0.087		0		1		0.212	0.849	
Pantothenic acid....mg	0.301		0		1		0.734	2.938	
Vitamin B-6....mg	0.040		0		1		0.098	0.390	
Folate, total....µg	5		0		1		12	47	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		12	47	
Folate, DFE....µg	5		0	NC	4		12	47	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.34		0		1		0.83	3.34	
Vitamin A, RAE....µg	2		0		1		5	21	
Retinol....µg	2		0		1		5	21	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	7		0		1		17	68	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01059
Milk, filled, fluid, with blend of hydrogenated vegetable oils

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.768		0		1		1.874	7.496	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.003	0.001	9		1		0.007	0.029	
10:0....g	0.004	0.001	9		1		0.010	0.039	
12:0....g	0.017	0.006	9		1		0.041	0.166	
13:0....g									
14:0....g	0.030	0.009	9		1		0.073	0.293	
15:0....g									
16:0....g	0.490	0.031	9		1		1.196	4.782	
17:0....g									
18:0....g	0.232	0.013	9		1		0.566	2.264	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.783		0		1		4.351	17.402	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001	0.001	9		1		0.002	0.010	
17:1....g									
18:1 undifferentiated....g	1.785	0.051	9		1		4.355	17.422	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		0		1		1.830	7.320	
18:2 undifferentiated....g	0.717	0.023	9		1		1.749	6.998	
18:3 undifferentiated....g	0.027	0.006	9		1		0.066	0.264	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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	2		0		1		4	18	
Phytosterols....mg	6		0		4		15	59	
Amino Acids:									
Tryptophan....g	0.047		0		1		0.115	0.459	
Threonine....g	0.150		0		1		0.366	1.464	
Isoleucine....g	0.201		0		1		0.490	1.962	
Leucine....g	0.326		0		1		0.795	3.182	
Lysine....g	0.264		0		1		0.644	2.577	
Methionine....g	0.084		0		1		0.205	0.820	
Cystine....g	0.031		0		1		0.076	0.303	
Phenylalanine....g	0.161		0		1		0.393	1.571	
Tyrosine....g	0.161		0		1		0.393	1.571	
Valine....g	0.223		0		1		0.544	2.176	
Arginine....g	0.121		0		1		0.295	1.181	
Histidine....g	0.090		0		1		0.220	0.878	
Alanine....g	0.115		0		1		0.281	1.122	
Aspartic acid....g	0.253		0		1		0.617	2.469	
Glutamic acid....g	0.697		0		1		1.701	6.803	
Glycine....g	0.070		0		1		0.171	0.683	
Proline....g	0.323		0		1		0.788	3.152	
Serine....g	0.181		0		1		0.442	1.767	
Hydroxyproline....g									

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

NDB No. 01059

Milk, filled, fluid, with blend of hydrogenated vegetable oils

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01060
Milk, filled, fluid, with lauric acid oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.73	0.099	60		1		214.06	26.76	856.24
Energy....kcal	63		0	NC	4		153	19	611
Energy....kJ	262		0		4		639	80	2557
Protein (N x 6.38)....g	3.33	0.082	18		1		8.13	1.02	32.50
Total lipid (fat)....g	3.40	0.024	56		1		8.30	1.04	33.18
Ash....g	0.80	0.031	4		1		1.95	0.24	7.81
Carbohydrate, by difference....g	4.74		0	NC	4		11.57	1.45	46.26
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	4.74		0	NR	4		11.57	1.45	46.26
Starch....g									
Minerals:									
Calcium, Ca....mg	128	5.984	7		1		312	39	1247
Iron, Fe....mg	0.05		1		1		0.12	0.02	0.49
Magnesium, Mg....mg	13		1		1		32	4	130
Phosphorus, P....mg	97	5.864	6		1		236	30	946
Potassium, K....mg	139		2		1		339	42	1357
Sodium, Na....mg	57	3.287	3		1		138	17	553
Zinc, Zn....mg	0.36		0		1		0.88	0.11	3.51
Copper, Cu....mg	0.010		0		1		0.024	0.003	0.098
Manganese, Mn....mg	0.002		0		1		0.005	0.001	0.020
Selenium, Se....µg	2.0		0	BFNN	4		4.9	0.6	19.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		2.2	0.3	8.8
Thiamin....mg	0.030		2		1		0.073	0.009	0.293
Riboflavin....mg	0.123	0.019	7		1		0.300	0.038	1.200
Niacin....mg	0.087	0.003	3		1		0.212	0.027	0.849
Pantothenic acid....mg	0.301		0		1		0.734	0.092	2.938
Vitamin B-6....mg	0.040		0		1		0.098	0.012	0.390
Folate, total....µg	5		0		1		12	1	47
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5		0		1		12	1	47
Folate, DFE....µg	5		0	NC	4		12	1	47
Choline, total....mg	15.0		0	BFNN	4		36.7	4.6	146.8
Betaine....mg									
Vitamin B-12....µg	0.34		0		1		0.83	0.10	3.34
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	2		0	NC	4		5	1	20
Retinol....µg	2		0	NC	4		5	1	20
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	7		0	NC	4		16	2	65
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFFN	4		0.32	0.04	1.26
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.8		0	BFFN	4		2.1	0.3	8.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01060
Milk, filled, fluid, with lauric acid oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.101		0		1		7.566	0.946	30.266
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.173	0.010	29		1		0.422	0.053	1.688
10:0....g	0.130	0.008	29		1		0.317	0.040	1.269
12:0....g	2.047	0.074	29		1		4.995	0.624	19.979
13:0....g									
14:0....g	0.399	0.026	29		1		0.974	0.122	3.894
15:0....g									
16:0....g	0.191	0.018	29		1		0.466	0.058	1.864
17:0....g									
18:0....g	0.148	0.012	29		1		0.361	0.045	1.444
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.100		0		1		0.244	0.031	0.976
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.100	0.014	29		1		0.244	0.031	0.976
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.010		0		1		0.024	0.003	0.098
18:2 undifferentiated....g	0.008	0.003	29		1		0.020	0.002	0.078
18:3 undifferentiated....g	0.000	0.000	29		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		4	1	18
Phytosterols....mg	3		0		4		7	1	29
Amino Acids:									
Tryptophan....g	0.047		0		1		0.115	0.014	0.459
Threonine....g	0.150		0		1		0.366	0.046	1.464
Isoleucine....g	0.201		0		1		0.490	0.061	1.962
Leucine....g	0.326		0		1		0.795	0.099	3.182
Lysine....g	0.264		0		1		0.644	0.081	2.577
Methionine....g	0.084		0		1		0.205	0.026	0.820
Cystine....g	0.031		0		1		0.076	0.009	0.303
Phenylalanine....g	0.161		0		1		0.393	0.049	1.571
Tyrosine....g	0.161		0		1		0.393	0.049	1.571
Valine....g	0.223		0		1		0.544	0.068	2.176
Arginine....g	0.121		0		1		0.295	0.037	1.181
Histidine....g	0.090		0		1		0.220	0.027	0.878
Alanine....g	0.115		0		1		0.281	0.035	1.122
Aspartic acid....g	0.253		0		1		0.617	0.077	2.469
Glutamic acid....g	0.697		0		1		1.701	0.213	6.803
Glycine....g	0.070		0		1		0.171	0.021	0.683
Proline....g	0.323		0		1		0.788	0.099	3.152
Serine....g	0.181		0		1		0.442	0.055	1.767
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01060
Milk, filled, fluid, with lauric acid oil

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

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 976g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01175
Milk, fluid, 1% fat, without added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.92	0.174	12	A	1		219.40	877.62	
Energy....kcal	42		0	NC	4		103	412	
Energy....kJ	177		0	NC	4		432	1728	
Protein (N x 0)....g	3.37	0.061	12	A	1		8.21	32.86	
Total lipid (fat)....g	0.97	0.026	6	JO	11		2.37	9.47	
Ash....g	0.75	0.014	12	A	1		1.83	7.32	
Carbohydrate, by difference....g	4.99		0	NC	4		12.18	48.74	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	5.20	0.104	12	A	1		12.68	50.72	
Sucrose....g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00	0.000	12	A	1		0.00	0.00	
Fructose....g	0.00	0.000	12	A	1		0.00	0.00	
Lactose....g	5.20	0.104	12	A	1		12.68	50.72	
Maltose....g	0.00	0.000	12	A	1		0.00	0.00	
Galactose....g	0.00	0.000	12	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	125	1.443	4	A	1		304	1215	
Iron, Fe....mg	0.03	0.004	4	A	1		0.07	0.28	
Magnesium, Mg....mg	11	0.093	22	A	1		26	106	
Phosphorus, P....mg	95	0.368	21	A	1		233	930	
Potassium, K....mg	150	1.088	11	A	1		365	1461	
Sodium, Na....mg	44	0.760	23	A	1		107	429	
Zinc, Zn....mg	0.42	0.003	11	A	1		1.03	4.12	
Copper, Cu....mg	0.010	0.001	12	A	1		0.023	0.094	
Manganese, Mn....mg	0.003	0.000	12	A	1		0.006	0.025	
Selenium, Se....µg	3.3	0.301	12	A	1		8.1	32.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.020	0.002	12	A	1		0.049	0.198	
Riboflavin....mg	0.185	0.005	12	A	1		0.451	1.805	
Niacin....mg	0.093	0.003	12	A	1		0.226	0.904	
Pantothenic acid....mg	0.361	0.014	4	A	1		0.880	3.518	
Vitamin B-6....mg	0.037	0.001	12	A	1		0.090	0.360	
Folate, total....µg	5	0.083	12	A	1		12	48	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5	0.083	12	A	1		12	48	
Folate, DFE....µg	5		0	NC	4		12	48	
Choline, total....mg	17.7		0	AS	1		43.1	172.3	
Betaine....mg	0.6		1	A	1		1.5	6.0	
Vitamin B-12....µg	0.47	0.019	4	A	1		1.14	4.56	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	14		0	NC	4		33	132	
Retinol....µg	13		0	BFFN	4		33	131	
Carotene, beta....µg	2		0	BFZN	4		4	15	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	47		0	NC	4		115	462	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01	0.002	12	A	1		0.03	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	

NDB No. 01175
Milk, fluid, 1% fat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	BFFN	4		0.0	0.2	
Vitamin D....IU	1		0	BFFN	4		2	7	
Vitamin K (phylloquinone)....µg	0.1	0.000	4	A	1		0.2	1.0	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.633		0	NC	4		1.543	6.173	
4:0....g	0.024	0.002	4	A	1		0.058	0.233	
6:0....g	0.018	0.002	4	A	1		0.043	0.173	
8:0....g	0.013	0.000	4	A	1		0.031	0.123	
10:0....g	0.027	0.001	4	A	1		0.067	0.266	
12:0....g	0.029	0.001	4	A	1		0.072	0.288	
13:0....g									
14:0....g	0.091	0.002	4	A	1		0.222	0.889	
15:0....g	0.010	0.000	4	A	1		0.024	0.096	
16:0....g	0.287	0.001	4	A	1		0.700	2.801	
17:0....g	0.006	0.000	4	A	1		0.014	0.055	
18:0....g	0.126	0.004	4	A	1		0.308	1.230	
20:0....g	0.002	0.000	4	A	1		0.005	0.019	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.277		0	NC	4		0.676	2.706	
14:1....g	0.007	0.000	4	A	1		0.017	0.066	
15:1....g	0.002	0.000	4	A	1		0.005	0.020	
16:1 undifferentiated....g	0.017		0	AS	1		0.040	0.162	
16:1 c....g	0.017	0.000	4	A	1		0.040	0.162	
16:1 t....g									
17:1....g	0.002	0.000	4	A	1		0.005	0.020	
18:1 undifferentiated....g	0.250		0	AS	1		0.610	2.438	
18:1 c....g	0.213	0.005	4	A	1		0.519	2.076	
18:1 t....g	0.037	0.003	4	A	1		0.090	0.362	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.035		0	NC	4		0.085	0.339	
18:2 undifferentiated....g	0.030		0	AS	1		0.074	0.295	
18:2 n-6 c,c....g	0.027	0.001	4	A	1		0.066	0.266	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.003	0.000	4	A	1		0.007	0.030	
18:2 t not further defined....g									
18:3 undifferentiated....g	0.004		0	AS	1		0.011	0.043	
18:3 n-3 c,c,c (ALA)....g	0.004	0.000	4	A	1		0.011	0.043	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	
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-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									
Cholesterol....mg	5	0.109	4	A	1				

NDB No. 01175
Milk, fluid, 1% fat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	5	0.109		A	1		12	46	
Phytosterols....mg									
Stigmasterol....mg	0	0.000	4	A	1		0	0	
Campesterol....mg	0	0.000	4	A	1		0	0	
Beta-sitosterol....mg	0	0.000	4	A	1		0	0	
Amino Acids:									
Tryptophan....g	0.043		0	A	1		0.105	0.420	
Threonine....g	0.143		0	A	1		0.350	1.399	
Isoleucine....g	0.174		0	A	1		0.425	1.700	
Leucine....g	0.319		0	A	1		0.777	3.110	
Lysine....g	0.282		0	A	1		0.687	2.748	
Methionine....g	0.088		0	A	1		0.215	0.860	
Cystine....g	0.020		0	A	1		0.050	0.200	
Phenylalanine....g	0.174		0	A	1		0.425	1.701	
Tyrosine....g	0.170		0	A	1		0.415	1.660	
Valine....g	0.220		0	A	1		0.538	2.151	
Arginine....g	0.096		0	A	1		0.235	0.938	
Histidine....g	0.101		0	A	1		0.248	0.990	
Alanine....g	0.114		0	A	1		0.278	1.110	
Aspartic acid....g	0.288		0	A	1		0.703	2.811	
Glutamic acid....g	0.756		0	A	1		1.845	7.380	
Glycine....g	0.067		0	A	1		0.163	0.650	
Proline....g	0.332		0	A	1		0.810	3.241	
Serine....g	0.203		0	A	1		0.495	1.980	
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 42290
Milk, fluid, nonfat, calcium fortified (fat free or skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.80		0		4		224.28	28.06	
Energy....kcal	35		0	NC	4		86	11	
Energy....kJ	145		0	NC	4		358	45	
Protein....g	3.40		0		4		8.40	1.05	
Total lipid (fat)....g	0.18		0		4		0.44	0.06	
Ash....g	0.77		0	NR	4		1.90	0.24	
Carbohydrate, by difference....g	4.85		0		4		11.98	1.50	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	4.85		0	NR	4		11.98	1.50	
Starch....g									
Minerals:									
Calcium, Ca....mg	204		0		4		504	63	
Iron, Fe....mg	0.04		0		4		0.10	0.01	
Magnesium, Mg....mg	11		0		4		28	4	
Phosphorus, P....mg	101		0		4		249	31	
Potassium, K....mg	166		0		4		409	51	
Sodium, Na....mg	52		0		4		127	16	
Zinc, Zn....mg	0.40		0		4		0.99	0.12	
Copper, Cu....mg	0.011		0		4		0.027	0.003	
Manganese, Mn....mg									
Selenium, Se....µg	2.1	0.190	25	A	1		5.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		4		2.4	0.3	
Thiamin....mg	0.036		0		4		0.089	0.011	
Riboflavin....mg	0.140		0		4		0.346	0.043	
Niacin....mg	0.088		0		4		0.217	0.027	
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0		4		0.099	0.012	
Folate, total....µg	5		0		4		13	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		13	2	
Folate, DFE....µg	5		0	NC	4		13	2	
Choline, total....mg	16.0		0	T	4		39.5	4.9	
Betaine....mg									
Vitamin B-12....µg	0.38		0		4		0.93	0.12	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	137		0	NC	4		339	42	
Retinol....µg	137		0	BFFN	4		339	42	
Carotene, beta....µg	0		0	BFFN	4		1	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	458		0	NC	4		1132	142	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFFN	4		0.03	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		2.9	0.4	
Vitamin D....IU	47		0	BFZN	4		115	14	
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 42290
Milk, fluid, nonfat, calcium fortified (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.117		0		4		0.289	0.036	
4:0....g	0.009		0		1		0.022	0.003	
6:0....g	0.001		0		1		0.002	0.000	
8:0....g	0.002		0		1		0.005	0.001	
10:0....g	0.004		0		1		0.010	0.001	
12:0....g	0.003		0		1		0.007	0.001	
13:0....g									
14:0....g	0.017		0		1		0.042	0.005	
15:0....g									
16:0....g	0.053		0		1		0.131	0.016	
17:0....g									
18:0....g	0.019		0		1		0.047	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.047		0		4		0.116	0.015	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		1		0.017	0.002	
17:1....g									
18:1 undifferentiated....g	0.038		0		1		0.094	0.012	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.007		0		4		0.017	0.002	
18:2 undifferentiated....g	0.005		0		1		0.012	0.002	
18:3 undifferentiated....g	0.002		0		1		0.005	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	2		0		4		4	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01106
Milk, goat, fluid, with added vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.03	0.146	196		1		26.54	212.35	849.41
Energy....kcal	69		0	NC	4		21	168	672
Energy....kJ	288		0	NC	4		88	703	2810
Protein (N x 6.38)....g	3.56	0.033	132		1		1.09	8.69	34.75
Total lipid (fat)....g	4.14	0.053	269		1		1.26	10.10	40.41
Ash....g	0.82	0.002	229		1		0.25	2.00	8.00
Carbohydrate, by difference....g	4.45		0	NC	4		1.36	10.86	43.43
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	4.45		0	NR	4		1.36	10.86	43.43
Starch....g									
Minerals:									
Calcium, Ca....mg	134	1.675	94		1		41	326	1303
Iron, Fe....mg	0.05	0.004	23		1		0.02	0.12	0.49
Magnesium, Mg....mg	14	1.224	63		1		4	34	136
Phosphorus, P....mg	111	2.054	60		1		34	270	1080
Potassium, K....mg	204	7.139	96		1		62	499	1995
Sodium, Na....mg	50	1.512	68		1		15	122	486
Zinc, Zn....mg	0.30		1		1		0.09	0.73	2.93
Copper, Cu....mg	0.046		0		1		0.014	0.112	0.449
Manganese, Mn....mg	0.018		0		1		0.005	0.044	0.176
Selenium, Se....µg	1.4	0.410	5	A	1		0.4	3.4	13.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.108	57		1		0.4	3.1	12.6
Thiamin....mg	0.048	0.005	22		1		0.015	0.117	0.468
Riboflavin....mg	0.138	0.008	61		1		0.042	0.337	1.347
Niacin....mg	0.277	0.012	21		1		0.084	0.676	2.704
Pantothenic acid....mg	0.310	0.023	23		1		0.095	0.756	3.026
Vitamin B-6....mg	0.046		3		1		0.014	0.112	0.449
Folate, total....µg	1		18		1		0	1	6
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	1		18		1		0	1	6
Folate, DFE....µg	1		0	NC	4		0	1	6
Choline, total....mg	16.0		0	T	4		4.9	39.0	156.2
Betaine....mg									
Vitamin B-12....µg	0.07	0.005	45		1		0.02	0.16	0.63
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	57		0	NC	4		17	138	552
Retinol....µg	56		0	T	4		17	137	547
Carotene, beta....µg	7		0	BFFN	4		2	16	65
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	198		0	NC	4		60	482	1930
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.07		0	BFFN	4		0.02	0.18	0.72
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.3		0	AS	1		0.4	3.1	12.5
Vitamin D....IU	51		0	BFZN	4		16	125	498
Vitamin K (phylloquinone)....µg	0.3		0	BFFN	4		0.1	0.7	2.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01106
Milk, goat, fluid, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.667		0		1		0.813	6.507	26.030
4:0....g	0.128	0.010	14		1		0.039	0.312	1.249
6:0....g	0.094	0.007	14		1		0.029	0.229	0.917
8:0....g	0.096	0.009	15		1		0.029	0.234	0.937
10:0....g	0.260	0.031	15		1		0.079	0.634	2.538
12:0....g	0.124	0.012	15		1		0.038	0.303	1.210
13:0....g									
14:0....g	0.325	0.020	17		1		0.099	0.793	3.172
15:0....g									
16:0....g	0.911	0.043	17		1		0.278	2.223	8.891
17:0....g									
18:0....g	0.441	0.037	17		1		0.135	1.076	4.304
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.109		0		1		0.338	2.706	10.824
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.082	0.014	7		1		0.025	0.200	0.800
17:1....g									
18:1 undifferentiated....g	0.977	0.047	17		1		0.298	2.384	9.536
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.149		0		1		0.045	0.364	1.454
18:2 undifferentiated....g	0.109	0.008	13		1		0.033	0.266	1.064
18:3 undifferentiated....g	0.040	0.008	10		1		0.012	0.098	0.390
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	11	0.801	36		1		3	28	111
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.044		0		1		0.013	0.107	0.429
Threonine....g	0.163		0		1		0.050	0.398	1.591
Isoleucine....g	0.207		0		1		0.063	0.505	2.020
Leucine....g	0.314		0		1		0.096	0.766	3.065
Lysine....g	0.290		0		1		0.088	0.708	2.830
Methionine....g	0.080		0		1		0.024	0.195	0.781
Cystine....g	0.046		0		1		0.014	0.112	0.449
Phenylalanine....g	0.155		0		1		0.047	0.378	1.513
Tyrosine....g	0.179		0		1		0.055	0.437	1.747
Valine....g	0.240		0		1		0.073	0.586	2.342
Arginine....g	0.119		0		1		0.036	0.290	1.161
Histidine....g	0.089		0		1		0.027	0.217	0.869
Alanine....g	0.118		0		1		0.036	0.288	1.152
Aspartic acid....g	0.210		0		1		0.064	0.512	2.050
Glutamic acid....g	0.626		0		1		0.191	1.527	6.110
Glycine....g	0.050		0		1		0.015	0.122	0.488
Proline....g	0.368		0		1		0.112	0.898	3.592
Serine....g	0.181		0		1		0.055	0.442	1.767
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01106
Milk, goat, fluid, with added vitamin D

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

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

Common Measures:

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 244g: 1 cup

Measure 3 = 976g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01107
Milk, human, mature, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.50	0.043	616		1		26.95	215.25	
Energy....kcal	70		0	NC	4		21	171	
Energy....kJ	291		0	NC	4		90	716	
Protein (N x 6.38)....g	1.03	0.018	591		1		0.32	2.53	
Total lipid (fat)....g	4.38	0.048	415		1		1.35	10.77	
Ash....g	0.20	0.001	396		1		0.06	0.49	
Carbohydrate, by difference....g	6.89		0	NC	4		2.12	16.95	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	6.89		0	NR	4		2.12	16.95	
Starch....g									
Minerals:									
Calcium, Ca....mg	32	0.248	755		1		10	79	
Iron, Fe....mg	0.03	0.002	277		1		0.01	0.07	
Magnesium, Mg....mg	3	0.039	303		1		1	8	
Phosphorus, P....mg	14	0.095	632		1		4	34	
Potassium, K....mg	51	0.610	172		1		16	126	
Sodium, Na....mg	17	0.252	342		1		5	42	
Zinc, Zn....mg	0.17	0.006	281		1		0.05	0.42	
Copper, Cu....mg	0.052		0		1		0.016	0.128	
Manganese, Mn....mg	0.026		0		1		0.008	0.064	
Selenium, Se....µg	1.8	0.017	101	A	1		0.6	4.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0	0.118	233		1		1.5	12.3	
Thiamin....mg	0.014	0.000	279		1		0.004	0.034	
Riboflavin....mg	0.036	0.001	275		1		0.011	0.089	
Niacin....mg	0.177	0.003	271		1		0.055	0.435	
Pantothenic acid....mg	0.223	0.003	416		1		0.069	0.549	
Vitamin B-6....mg	0.011	0.001	88		1		0.003	0.027	
Folate, total....µg	5	0.346	7		1		2	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5	0.346	7		1		2	13	
Folate, DFE....µg	5		0	NC	4		2	13	
Choline, total....mg	16.0		0	T	4		4.9	39.4	
Betaine....mg									
Vitamin B-12....µg	0.05		32		1		0.01	0.11	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	61		0	NC	4		19	149	
Retinol....µg	60		0	T	4		18	148	
Carotene, beta....µg	7		0	BFFN	4		2	17	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	212		0	NC	4		65	521	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFFN	4		0.02	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.0	0.2	
Vitamin D....IU	3		0	BFFN	4		1	8	
Vitamin K (phylloquinone)....µg	0.3		0	BFFN	4		0.1	0.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01107
Milk, human, mature, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.009		0		1		0.619	4.942	
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	0.063	0.006	16		1		0.019	0.155	
12:0....g	0.256	0.023	18		1		0.079	0.630	
13:0....g									
14:0....g	0.321	0.019	20		1		0.099	0.790	
15:0....g									
16:0....g	0.919	0.023	20		1		0.283	2.261	
17:0....g									
18:0....g	0.293	0.018	20		1		0.090	0.721	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.658		0		1		0.511	4.079	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.129	0.012	17		1		0.040	0.317	
17:1....g									
18:1 undifferentiated....g	1.475	0.037	20		1		0.454	3.629	
20:1....g	0.040	0.003	12		1		0.012	0.098	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.497		0		1		0.153	1.223	
18:2 undifferentiated....g	0.374	0.030	20		1		0.115	0.920	
18:3 undifferentiated....g	0.052	0.013	15		1		0.016	0.128	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026	0.004	14		1		0.008	0.064	
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	14	0.366	54		1		4	34	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.005	0.042	
Threonine....g	0.046		0		1		0.014	0.113	
Isoleucine....g	0.056		0		1		0.017	0.138	
Leucine....g	0.095		0		1		0.029	0.234	
Lysine....g	0.068		0		1		0.021	0.167	
Methionine....g	0.021		0		1		0.006	0.052	
Cystine....g	0.019		0		1		0.006	0.047	
Phenylalanine....g	0.046		0		1		0.014	0.113	
Tyrosine....g	0.053		0		1		0.016	0.130	
Valine....g	0.063		0		1		0.019	0.155	
Arginine....g	0.043		0		1		0.013	0.106	
Histidine....g	0.023		0		1		0.007	0.057	
Alanine....g	0.036		0		1		0.011	0.089	
Aspartic acid....g	0.082		0		1		0.025	0.202	
Glutamic acid....g	0.168		0		1		0.052	0.413	
Glycine....g	0.026		0		1		0.008	0.064	
Proline....g	0.082		0		1		0.025	0.202	
Serine....g	0.043		0		1		0.013	0.106	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01107
Milk, human, mature, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 30.8g: 1 fl oz

Measure 2 = 246g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43543
Milk, imitation, non-soy

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.00		0		4		219.60	27.45	
Energy....kcal	46		0	NC	4		111	14	
Energy....kJ	191		0	NC	4		466	58	
Protein....g	1.60		0		8		3.90	0.49	
Total lipid (fat)....g	2.00		0		8		4.88	0.61	
Ash....g	1.10		0	NR	4		2.68	0.34	
Carbohydrate, by difference....g	5.30		0		8		12.93	1.62	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	5.30		0	NR	4		12.93	1.62	
Starch....g									
Minerals:									
Calcium, Ca....mg	82		0		8		200	25	
Iron, Fe....mg	0.10		0		4		0.24	0.03	
Magnesium, Mg....mg	1		0		4		2	0	
Phosphorus, P....mg	100		0		4		244	31	
Potassium, K....mg	150		0		4		366	46	
Sodium, Na....mg	55		0		8		134	17	
Zinc, Zn....mg	0.10		0		4		0.24	0.03	
Copper, Cu....mg	0.020		0		4		0.049	0.006	
Manganese, Mn....mg									
Selenium, Se....µg	1.8		0	BFNN	4		4.4	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.100		0		4		0.244	0.031	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	0		0		4		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	61		0	NC	4		149	19	
Retinol....µg	61		0	NR	4		149	19	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	203		0	NC	4		496	62	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		2.6	0.3	
Vitamin D....IU	42		0	S	4		102	13	
Vitamin K (phylloquinone)....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43543
Milk, imitation, non-soy

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.254		0		4		0.620	0.077	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.218		0		4		0.532	0.066	
17:0....g									
18:0....g	0.036		0		4		0.088	0.011	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.484		0		4		1.181	0.148	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.484		0		4		1.181	0.148	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.174		0		4		2.865	0.358	
18:2 undifferentiated....g	1.160		0		4		2.830	0.354	
18:3 undifferentiated....g	0.014		0		4		0.034	0.004	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01108
Milk, indian buffalo, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.39	0.546	8		1		203.47	813.89	
Energy....kcal	97		0	NC	4		236	943	
Energy....kJ	404				4		986	3946	
Protein (N x 6.38)....g	3.75	0.057	96		1		9.15	36.60	
Total lipid (fat)....g	6.89	0.130	113		1		16.81	67.25	
Ash....g	0.79	0.010	97		1		1.93	7.71	
Carbohydrate, by difference....g	5.18		0	NC	4		12.64	50.56	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	169	1.899	164		1		412	1649	
Iron, Fe....mg	0.12	0.016	10		1		0.29	1.17	
Magnesium, Mg....mg	31	1.417	110		1		76	304	
Phosphorus, P....mg	117	1.580	113		1		286	1146	
Potassium, K....mg	178	3.024	101		1		434	1734	
Sodium, Na....mg	52	1.603	101		1		127	509	
Zinc, Zn....mg	0.22		1		1		0.54	2.15	
Copper, Cu....mg	0.046		0		1		0.112	0.449	
Manganese, Mn....mg	0.018		0		1		0.044	0.176	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.3	0.627	3		1		5.5	22.0	
Thiamin....mg	0.052	0.005	14		1		0.127	0.508	
Riboflavin....mg	0.135	0.007	26		1		0.329	1.318	
Niacin....mg	0.091	0.006	4		1		0.222	0.888	
Pantothenic acid....mg	0.192	0.032	12		1		0.468	1.874	
Vitamin B-6....mg	0.023		2		1		0.056	0.224	
Folate, total....µg	6		1		1		14	55	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		1		1		14	55	
Folate, DFE....µg	6		0	NC	4		14	55	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.36	0.032	4		1		0.89	3.54	
Vitamin A, RAE....µg	53	2.830	32		1		130	522	
Retinol....µg	53	2.830	32		1		130	522	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	178	9.423	32		1		434	1737	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01108
Milk, indian buffalo, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.597		0		1		11.217	44.867	
4:0....g	0.276	0.013	23		1		0.673	2.694	
6:0....g	0.153	0.008	23		1		0.373	1.493	
8:0....g	0.071	0.004	24		1		0.173	0.693	
10:0....g	0.141	0.007	24		1		0.344	1.376	
12:0....g	0.167	0.008	24		1		0.407	1.630	
13:0....g									
14:0....g	0.703	0.022	24		1		1.715	6.861	
15:0....g									
16:0....g	1.999	0.057	24		1		4.878	19.510	
17:0....g									
18:0....g	0.682	0.031	24		1		1.664	6.656	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.787		0		1		4.360	17.441	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.142	0.009	24		1		0.346	1.386	
17:1....g									
18:1 undifferentiated....g	1.566	0.053	24		1		3.821	15.284	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.146		0		1		0.356	1.425	
18:2 undifferentiated....g	0.070	0.007	23		1		0.171	0.683	
18:3 undifferentiated....g	0.076	0.008	23		1		0.185	0.742	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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	19	0.204	25		1		46	185	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.053		0		1		0.129	0.517	
Threonine....g	0.182		0		1		0.444	1.776	
Isoleucine....g	0.203		0		1		0.495	1.981	
Leucine....g	0.366		0		1		0.893	3.572	
Lysine....g	0.280		0		1		0.683	2.733	
Methionine....g	0.097		0		1		0.237	0.947	
Cystine....g	0.048		0		1		0.117	0.468	
Phenylalanine....g	0.162		0		1		0.395	1.581	
Tyrosine....g	0.183		0		1		0.447	1.786	
Valine....g	0.219		0		1		0.534	2.137	
Arginine....g	0.114		0		1		0.278	1.113	
Histidine....g	0.078		0		1		0.190	0.761	
Alanine....g	0.132		0		1		0.322	1.288	
Aspartic acid....g	0.309		0		1		0.754	3.016	
Glutamic acid....g	0.477		0		1		1.164	4.656	
Glycine....g	0.080		0		4		0.195	0.781	
Proline....g	0.364		0		4		0.888	3.553	
Serine....g	0.227		0		1		0.554	2.216	
Hydroxyproline....g									

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

NDB No. 01108
Milk, indian buffalo, fluid

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01089
Milk, low sodium, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.20		7		1		215.21	26.90	860.83
Energy....kcal	61		0	NC	4		149	19	594
Energy....kJ	255		0		4		622	78	2487
Protein (N x 6.38)....g	3.10		8		1		7.56	0.95	30.26
Total lipid (fat)....g	3.46		7		1		8.44	1.06	33.77
Ash....g	0.78		7		1		1.90	0.24	7.61
Carbohydrate, by difference....g	4.46		0	NC	4		10.88	1.36	43.53
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	4.46		0	NR	4		10.88	1.36	43.53
Starch....g									
Minerals:									
Calcium, Ca....mg	101		11		1		246	31	984
Iron, Fe....mg	0.05		0		4		0.12	0.02	0.49
Magnesium, Mg....mg	5		1		1		12	2	49
Phosphorus, P....mg	86		9		1		209	26	834
Potassium, K....mg	253		11		1		617	77	2467
Sodium, Na....mg	3		10		1		6	1	24
Zinc, Zn....mg	0.38		0		4		0.93	0.12	3.71
Copper, Cu....mg	0.010		0		1		0.024	0.003	0.098
Manganese, Mn....mg	0.004		0		1		0.010	0.001	0.039
Selenium, Se....µg	2.0	0.120	37	A	1		4.9	0.6	19.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		4		2.3	0.3	9.2
Thiamin....mg	0.020		8		1		0.049	0.006	0.195
Riboflavin....mg	0.105		8		1		0.256	0.032	1.025
Niacin....mg	0.043		7		1		0.105	0.013	0.420
Pantothenic acid....mg	0.304		0		1		0.742	0.093	2.967
Vitamin B-6....mg	0.034		7		1		0.083	0.010	0.332
Folate, total....µg	5		0		4		12	2	49
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5		0		4		12	2	49
Folate, DFE....µg	5		0	NC	4		12	2	49
Choline, total....mg	16.0		0	T	4		39.0	4.9	156.2
Betaine....mg									
Vitamin B-12....µg	0.36		7		1		0.88	0.11	3.50
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	29		0	NC	4		70	9	279
Retinol....µg	28		0	T	4		68	9	273
Carotene, beta....µg	7		0	BFFN	4		17	2	69
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	105		0	NC	4		256	32	1026
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFFN	4		0.18	0.02	0.74
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.3		0	AS	1		3.1	0.4	12.5
Vitamin D....IU	51		0	BFZN	4		125	16	498
Vitamin K (phylloquinone)....µg	0.3		0	BFFN	4		0.7	0.1	2.7
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01089
Milk, low sodium, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.154		0		1		5.256	0.657	21.023
4:0....g	0.112		52		1		0.273	0.034	1.093
6:0....g	0.066		68		1		0.161	0.020	0.644
8:0....g	0.039		89		1		0.095	0.012	0.381
10:0....g	0.087		89		1		0.212	0.027	0.849
12:0....g	0.097		89		1		0.237	0.030	0.947
13:0....g									
14:0....g	0.348		88		1		0.849	0.106	3.396
15:0....g									
16:0....g	0.910		88		1		2.220	0.278	8.882
17:0....g									
18:0....g	0.419		88		1		1.022	0.128	4.089
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.999		0		1		2.438	0.305	9.750
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.077		71		1		0.188	0.023	0.752
17:1....g									
18:1 undifferentiated....g	0.870		78		1		2.123	0.265	8.491
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.128		0		1		0.312	0.039	1.249
18:2 undifferentiated....g	0.078		74		1		0.190	0.024	0.761
18:3 undifferentiated....g	0.050		65		1		0.122	0.015	0.488
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	14		0		1		33	4	133
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.044		0		1		0.107	0.013	0.429
Threonine....g	0.140		0		1		0.342	0.043	1.366
Isoleucine....g	0.188		0		1		0.459	0.057	1.835
Leucine....g	0.304		0		1		0.742	0.093	2.967
Lysine....g	0.246		0		1		0.600	0.075	2.401
Methionine....g	0.078		0		1		0.190	0.024	0.761
Cystine....g	0.029		0		1		0.071	0.009	0.283
Phenylalanine....g	0.150		0		1		0.366	0.046	1.464
Tyrosine....g	0.150		0		1		0.366	0.046	1.464
Valine....g	0.207		0		1		0.505	0.063	2.020
Arginine....g	0.112		0		1		0.273	0.034	1.093
Histidine....g	0.084		0		1		0.205	0.026	0.820
Alanine....g	0.107		0		1		0.261	0.033	1.044
Aspartic acid....g	0.235		0		1		0.573	0.072	2.294
Glutamic acid....g	0.649		0		1		1.584	0.198	6.334
Glycine....g	0.066		0		1		0.161	0.020	0.644
Proline....g	0.300		0		1		0.732	0.092	2.928
Serine....g	0.169		0		1		0.412	0.052	1.649
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01089
Milk, low sodium, fluid

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

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 976g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01084

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.74	0.028	28		1		218.30	873.20	
Energy....kcal	48		0	NC	4		119	477	
Energy....kJ	203		0		4		498	1994	
Protein (N x 6.38)....g	3.93	0.028	25		1		9.67	38.67	
Total lipid (fat)....g	1.17	0.024	30		1		2.88	11.51	
Ash....g	0.86		0		1		2.12	8.46	
Carbohydrate, by difference....g	5.52		0	NC	4		13.58	54.32	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	142		0		1		349	1397	
Iron, Fe....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg....mg	16		0		1		39	157	
Phosphorus, P....mg	111		0		1		273	1093	
Potassium, K....mg	180		0		1		444	1774	
Sodium, Na....mg	58		0		1		143	574	
Zinc, Zn....mg	0.45		0		1		1.11	4.43	
Copper, Cu....mg	0.010		0		1		0.025	0.098	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....µg	2.5		0	BFNN	4		6.2	24.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0		1		2.8	11.3	
Thiamin....mg	0.045		0		1		0.111	0.443	
Riboflavin....mg	0.192		0		1		0.472	1.889	
Niacin....mg	0.100		0		1		0.246	0.984	
Pantothenic acid....mg	0.373		0		1		0.918	3.670	
Vitamin B-6....mg	0.050		0		1		0.123	0.492	
Folate, total....µg	6		0		1		15	58	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		15	58	
Folate, DFE....µg	6		0	NC	4		15	58	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.43		0		1		1.05	4.18	
Vitamin A, RAE....µg	61		0		1		150	600	
Retinol....µg	61		0		1		150	600	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	203		0		1		499	1998	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	NR	4		2.5	9.8	
Vitamin D....IU	40		0	S	4		98	394	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01084

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.728		0		1		1.791	7.164	
4:0....g	0.038	0.001	52		1		0.093	0.374	
6:0....g	0.022	0.001	68		1		0.054	0.216	
8:0....g	0.013	0.000	89		1		0.032	0.128	
10:0....g	0.029	0.001	89		1		0.071	0.285	
12:0....g	0.033	0.001	89		1		0.081	0.325	
13:0....g									
14:0....g	0.118	0.003	88		1		0.290	1.161	
15:0....g									
16:0....g	0.308	0.007	88		1		0.758	3.031	
17:0....g									
18:0....g	0.142	0.003	88		1		0.349	1.397	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.338		0		1		0.831	3.326	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026	0.001	71		1		0.064	0.256	
17:1....g									
18:1 undifferentiated....g	0.294	0.007	78		1		0.723	2.893	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.106	0.423	
18:2 undifferentiated....g	0.026	0.001	74		1		0.064	0.256	
18:3 undifferentiated....g	0.017	0.001	65		1		0.042	0.167	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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	4		2		1		10	39	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0		1		0.135	0.541	
Threonine....g	0.177		0		1		0.435	1.742	
Isoleucine....g	0.238		0		1		0.585	2.342	
Leucine....g	0.385		0		1		0.947	3.788	
Lysine....g	0.312		0		1		0.768	3.070	
Methionine....g	0.099		0		1		0.244	0.974	
Cystine....g	0.036		0		1		0.089	0.354	
Phenylalanine....g	0.190		0		1		0.467	1.870	
Tyrosine....g	0.190		0		1		0.467	1.870	
Valine....g	0.263		0		1		0.647	2.588	
Arginine....g	0.142		0		1		0.349	1.397	
Histidine....g	0.107		0		1		0.263	1.053	
Alanine....g	0.136		0		1		0.335	1.338	
Aspartic acid....g	0.298		0		1		0.733	2.932	
Glutamic acid....g	0.823		0		1		2.025	8.098	
Glycine....g	0.083		0		1		0.204	0.817	
Proline....g	0.381		0		1		0.937	3.749	
Serine....g	0.214		0		1		0.526	2.106	
Hydroxyproline....g									

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

NDB No. 01084

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01083

Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.81		0		1		220.03	880.14	
Energy....kcal	43		0	NC	4		104	418	
Energy....kJ	178		0		4		437	1748	
Protein (N x 6.38)....g	3.48		0		1		8.53	34.10	
Total lipid (fat)....g	0.97	0.020	391		1		2.38	9.51	
Ash....g	0.77		0		1		1.89	7.55	
Carbohydrate, by difference....g	4.97		0	NC	4		12.18	48.71	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	128		0		1		313	1251	
Iron, Fe....mg	0.05		0		1		0.12	0.49	
Magnesium, Mg....mg	14		0		1		35	141	
Phosphorus, P....mg	100		0		1		245	979	
Potassium, K....mg	162		0		1		397	1589	
Sodium, Na....mg	52		0		1		128	514	
Zinc, Zn....mg	0.40		0		1		0.98	3.92	
Copper, Cu....mg	0.010		0		1		0.025	0.098	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....µg	2.3		0	BFNN	4		5.6	22.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.5	9.8	
Thiamin....mg	0.040		0		1		0.098	0.392	
Riboflavin....mg	0.173		0		1		0.424	1.695	
Niacin....mg	0.090		0		1		0.221	0.882	
Pantothenic acid....mg	0.336		0		1		0.823	3.293	
Vitamin B-6....mg	0.045		0		1		0.110	0.441	
Folate, total....µg	5		0		1		13	52	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		13	52	
Folate, DFE....µg	5		0	NC	4		13	52	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.38		0		1		0.94	3.74	
Vitamin A, RAE....µg	59		0	NC	4		143	573	
Retinol....µg	58		0	NC	4		142	568	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	204		0		1		500	1999	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	NR	4		2.5	9.8	
Vitamin D....IU	40		0	S	4		98	392	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01083

Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.604		0		1		1.480	5.919	
4:0....g	0.031	0.001	52		1		0.076	0.304	
6:0....g	0.019	0.001	68		1		0.047	0.186	
8:0....g	0.011	0.000	89		1		0.027	0.108	
10:0....g	0.024	0.001	89		1		0.059	0.235	
12:0....g	0.027	0.001	89		1		0.066	0.265	
13:0....g									
14:0....g	0.098	0.002	88		1		0.240	0.960	
15:0....g									
16:0....g	0.255	0.006	88		1		0.625	2.499	
17:0....g									
18:0....g	0.118	0.003	88		1		0.289	1.156	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.280		0		1		0.686	2.744	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022	0.001	71		1		0.054	0.216	
17:1....g									
18:1 undifferentiated....g	0.244	0.006	78		1		0.598	2.391	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.036		0		1		0.088	0.353	
18:2 undifferentiated....g	0.022	0.001	74		1		0.054	0.216	
18:3 undifferentiated....g	0.014	0.001	65		1		0.034	0.137	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	4		0		1		10	39	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049		0		1		0.120	0.480	
Threonine....g	0.157		0		1		0.385	1.539	
Isoleucine....g	0.211		0		1		0.517	2.068	
Leucine....g	0.341		0		1		0.835	3.342	
Lysine....g	0.276		0		1		0.676	2.705	
Methionine....g	0.087		0		1		0.213	0.853	
Cystine....g	0.032		0		1		0.078	0.314	
Phenylalanine....g	0.168		0		1		0.412	1.646	
Tyrosine....g	0.168		0		1		0.412	1.646	
Valine....g	0.233		0		1		0.571	2.283	
Arginine....g	0.126		0		1		0.309	1.235	
Histidine....g	0.094		0		1		0.230	0.921	
Alanine....g	0.120		0		1		0.294	1.176	
Aspartic acid....g	0.264		0		1		0.647	2.587	
Glutamic acid....g	0.729		0		1		1.786	7.144	
Glycine....g	0.074		0		1		0.181	0.725	
Proline....g	0.337		0		1		0.826	3.303	
Serine....g	0.189		0		1		0.463	1.852	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 01083

Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D

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

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 980g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.92	0.174	12	A	1		219.40	27.43	877.62
Energy....kcal	42		0	NC	4		103	13	412
Energy....kJ	177		0	NC	4		432	54	1728
Protein (N x 6.38)....g	3.37	0.061	12	A	1		8.21	1.03	32.86
Total lipid (fat)....g	0.97	0.026	6	JO	11		2.37	0.30	9.47
Ash....g	0.75	0.014	12	A	1		1.83	0.23	7.32
Carbohydrate, by difference....g	4.99		0	NC	4		12.18	1.52	48.74
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	5.20	0.104	12	A	1		12.68	1.58	50.72
Sucrose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Lactose....g	5.20	0.104	12	A	1		12.68	1.58	50.72
Maltose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	125	1.443	4	A	1		304	38	1215
Iron, Fe....mg	0.03	0.004	4	A	1		0.07	0.01	0.28
Magnesium, Mg....mg	11	0.093	22	A	1		26	3	106
Phosphorus, P....mg	95	0.368	21	A	1		233	29	930
Potassium, K....mg	150	1.088	11	A	1		365	46	1461
Sodium, Na....mg	44	0.760	23	A	1		107	13	429
Zinc, Zn....mg	0.42	0.003	11	A	1		1.03	0.13	4.12
Copper, Cu....mg	0.010	0.001	12	A	1		0.023	0.003	0.094
Manganese, Mn....mg	0.003	0.000	12	A	1		0.006	0.001	0.025
Selenium, Se....µg	3.3	0.301	12	A	1		8.1	1.0	32.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin....mg	0.020	0.002	12	A	1		0.049	0.006	0.198
Riboflavin....mg	0.185	0.005	12	A	1		0.451	0.056	1.805
Niacin....mg	0.093	0.003	12	A	1		0.226	0.028	0.904
Pantothenic acid....mg	0.361	0.014	4	A	1		0.880	0.110	3.518
Vitamin B-6....mg	0.037	0.001	12	A	1		0.090	0.011	0.360
Folate, total....µg	5	0.083	12	A	1		12	1	48
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5	0.083	12	A	1		12	1	48
Folate, DFE....µg	5		0	NC	4		12	1	48
Choline, total....mg	17.7		0	AS	1		43.1	5.4	172.3
Betaine....mg	0.6		1	A	1		1.5	0.2	6.0
Vitamin B-12....µg	0.47	0.019	4	A	1		1.14	0.14	4.56
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	58		0	NC	4		142	18	567
Retinol....µg	58		0	T	4		142	18	566
Carotene, beta....µg	2		0	BFFN	4		4	0	15
Carotene, alpha....µg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFFN	4		0	0	0
Vitamin A, IU....IU	196		0	NC	4		478	60	1912
Lycopene....µg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	BFFN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.01	0.002	12	A	1		0.03	0.00	0.11
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00

NDB No. 01082

Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	1.2		24	AS	1		2.9	0.4	11.7
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.2	0.068	24	A	1		2.9	0.4	11.7
Vitamin D....IU	48	2.706	24	A	1		117	15	467
Vitamin K (phylloquinone)....µg	0.1	0.000	4	A	1		0.2	0.0	1.0
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.633		0	NC	4		1.543	0.193	6.173
4:0....g	0.024	0.002	4	A	1		0.058	0.007	0.233
6:0....g	0.018	0.002	4	A	1		0.043	0.005	0.173
8:0....g	0.013	0.000	4	A	1		0.031	0.004	0.123
10:0....g	0.027	0.001	4	A	1		0.067	0.008	0.266
12:0....g	0.029	0.001	4	A	1		0.072	0.009	0.288
13:0....g									
14:0....g	0.091	0.002	4	A	1		0.222	0.028	0.889
15:0....g	0.010	0.000	4	A	1		0.024	0.003	0.096
16:0....g	0.287	0.001	4	A	1		0.700	0.088	2.801
17:0....g	0.006	0.000	4	A	1		0.014	0.002	0.055
18:0....g	0.126	0.004	4	A	1		0.308	0.038	1.230
20:0....g	0.002	0.000	4	A	1		0.005	0.001	0.019
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.277		0	NC	4		0.676	0.085	2.706
14:1....g	0.007	0.000	4	A	1		0.017	0.002	0.066
15:1....g	0.002	0.000	4	A	1		0.005	0.001	0.020
16:1 undifferentiated....g	0.017		0	AS	1		0.040	0.005	0.162
16:1 c....g	0.017	0.000	4	A	1		0.040	0.005	0.162
16:1 t....g									
17:1....g	0.002	0.000	4	A	1		0.005	0.001	0.020
18:1 undifferentiated....g	0.250		0	AS	1		0.610	0.076	2.438
18:1 c....g	0.213	0.005	4	A	1		0.519	0.065	2.076
18:1 t....g	0.037	0.003	4	A	1		0.090	0.011	0.362
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.035		0	NC	4		0.085	0.011	0.339
18:2 undifferentiated....g	0.030		0	AS	1		0.074	0.009	0.295
18:2 n-6 c,c....g	0.027	0.001	4	A	1		0.066	0.008	0.266
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.003	0.000	4	A	1		0.007	0.001	0.030
18:2 t not further defined....g									
18:3 undifferentiated....g	0.004		0	AS	1		0.011	0.001	0.043
18:3 n-3 c,c,c (ALA)....g	0.004	0.000	4	A	1		0.011	0.001	0.043
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	5	0.109	4	A	1				46

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	5	0.109		A	1		12	1	
Phytosterols....mg									
Stigmasterol....mg	0	0.000	4	A	1		0	0	0
Campesterol....mg	0	0.000	4	A	1		0	0	0
Beta-sitosterol....mg	0	0.000	4	A	1		0	0	0
Amino Acids:									
Tryptophan....g	0.043		0	A	1		0.105	0.013	0.420
Threonine....g	0.143		0	A	1		0.350	0.044	1.399
Isoleucine....g	0.174		0	A	1		0.425	0.053	1.700
Leucine....g	0.319		0	A	1		0.777	0.097	3.110
Lysine....g	0.282		0	A	1		0.687	0.086	2.748
Methionine....g	0.088		0	A	1		0.215	0.027	0.860
Cystine....g	0.020		0	A	1		0.050	0.006	0.200
Phenylalanine....g	0.174		0	A	1		0.425	0.053	1.701
Tyrosine....g	0.170		0	A	1		0.415	0.052	1.660
Valine....g	0.220		0	A	1		0.538	0.067	2.151
Arginine....g	0.096		0	A	1		0.235	0.029	0.938
Histidine....g	0.101		0	A	1		0.248	0.031	0.990
Alanine....g	0.114		0	A	1		0.278	0.035	1.110
Aspartic acid....g	0.288		0	A	1		0.703	0.088	2.811
Glutamic acid....g	0.756		0	A	1		1.845	0.231	7.380
Glycine....g	0.067		0	A	1		0.163	0.020	0.650
Proline....g	0.332		0	A	1		0.810	0.101	3.241
Serine....g	0.203		0	A	1		0.495	0.062	1.980
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 976g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01087

Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.36		0		1		219.83	879.30	
Energy....kcal	41		0	NC	4		100	400	
Energy....kJ	170		0		4		418	1673	
Protein (N x 6.38)....g	3.96	0.029	5		1		9.74	38.97	
Total lipid (fat)....g	0.25	0.011	296		1		0.62	2.46	
Ash....g	0.87		0		1		2.14	8.56	
Carbohydrate, by difference....g	5.56		0	NC	4		13.68	54.71	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	143		0		1		352	1407	
Iron, Fe....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg....mg	16		0		1		40	158	
Phosphorus, P....mg	112		0		1		275	1101	
Potassium, K....mg	182		0		1		446	1786	
Sodium, Na....mg	59		0		1		144	578	
Zinc, Zn....mg	0.45		0		1		1.11	4.43	
Copper, Cu....mg	0.011		0		1		0.027	0.108	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....µg	2.4		0	BFNN	4		5.9	23.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0		1		2.8	11.0	
Thiamin....mg	0.045		0		1		0.111	0.443	
Riboflavin....mg	0.194		0		1		0.477	1.909	
Niacin....mg	0.101		0		1		0.248	0.994	
Pantothenic acid....mg	0.376		0		1		0.925	3.700	
Vitamin B-6....mg	0.050		0		1		0.123	0.492	
Folate, total....µg	6		0		1		15	59	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		15	59	
Folate, DFE....µg	6		0	NC	4		15	59	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.43		0		1		1.05	4.20	
Vitamin A, RAE....µg	61		0		1		150	600	
Retinol....µg	61		0		1		150	600	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	203		0		1		499	1998	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	NR	4		2.5	9.8	
Vitamin D....IU	40		0	S	4		98	394	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01087

Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.162		0		1		0.399	1.594	
4:0....g	0.013	0.001	8		1		0.032	0.128	
6:0....g	0.002	0.000	12		1		0.005	0.020	
8:0....g	0.003	0.000	12		1		0.007	0.030	
10:0....g	0.005	0.001	12		1		0.012	0.049	
12:0....g	0.003	0.000	12		1		0.007	0.030	
13:0....g									
14:0....g	0.024	0.001	12		1		0.059	0.236	
15:0....g									
16:0....g	0.073	0.004	12		1		0.180	0.718	
17:0....g									
18:0....g	0.026	0.001	12		1		0.064	0.256	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.065		0		1		0.160	0.640	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009	0.001	12		1		0.022	0.089	
17:1....g									
18:1 undifferentiated....g	0.053	0.003	12		1		0.130	0.522	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.009		0		1		0.022	0.089	
18:2 undifferentiated....g	0.006	0.000	12		1		0.015	0.059	
18:3 undifferentiated....g	0.003	0.000	11		1		0.007	0.030	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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	2		0		1		5	20	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		0		1		0.138	0.551	
Threonine....g	0.179		0		1		0.440	1.761	
Isoleucine....g	0.240		0		1		0.590	2.362	
Leucine....g	0.388		0		1		0.954	3.818	
Lysine....g	0.314		0		1		0.772	3.090	
Methionine....g	0.099		0		1		0.244	0.974	
Cystine....g	0.037		0		1		0.091	0.364	
Phenylalanine....g	0.191		0		1		0.470	1.879	
Tyrosine....g	0.191		0		1		0.470	1.879	
Valine....g	0.265		0		1		0.652	2.608	
Arginine....g	0.143		0		1		0.352	1.407	
Histidine....g	0.107		0		1		0.263	1.053	
Alanine....g	0.137		0		1		0.337	1.348	
Aspartic acid....g	0.300		0		1		0.738	2.952	
Glutamic acid....g	0.829		0		1		2.039	8.157	
Glycine....g	0.084		0		1		0.207	0.827	
Proline....g	0.384		0		1		0.945	3.779	
Serine....g	0.215		0		1		0.529	2.116	
Hydroxyproline....g									

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

NDB No. 01087

Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01086

Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.38		0		1		221.43	27.66	885.72
Energy....kcal	37		0	NC	4		90	11	361
Energy....kJ	154		0		4		378	47	1512
Protein (N x 6.38)....g	3.57	0.030	56		1		8.75	1.09	34.99
Total lipid (fat)....g	0.25	0.011	296		1		0.61	0.08	2.45
Ash....g	0.78		0		1		1.91	0.24	7.64
Carbohydrate, by difference....g	5.02		0	NC	4		12.30	1.54	49.20
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	5.02		0	T	4		12.30	1.54	49.20
Starch....g									
Minerals:									
Calcium, Ca....mg	129		0		1		316	40	1265
Iron, Fe....mg	0.05		0		1		0.12	0.02	0.49
Magnesium, Mg....mg	15		0		1		36	4	142
Phosphorus, P....mg	104		0		1		255	32	1019
Potassium, K....mg	171		0		1		418	52	1673
Sodium, Na....mg	53		0		1		130	16	519
Zinc, Zn....mg	0.41		0		1		1.00	0.13	4.02
Copper, Cu....mg	0.011		0		1		0.027	0.003	0.108
Manganese, Mn....mg	0.002		0		1		0.005	0.001	0.020
Selenium, Se....µg	2.2		0	BFNN	4		5.4	0.7	21.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.5	0.3	9.9
Thiamin....mg	0.041		0		1		0.100	0.013	0.402
Riboflavin....mg	0.175		0		1		0.429	0.054	1.715
Niacin....mg	0.091		0		1		0.223	0.028	0.892
Pantothenic acid....mg	0.339		0		1		0.831	0.104	3.322
Vitamin B-6....mg	0.046		0		1		0.113	0.014	0.451
Folate, total....µg	5		0		1		13	2	53
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5		0		1		13	2	53
Folate, DFE....µg	5		0	NC	4		13	2	53
Choline, total....mg	16.0		0	T	4		39.2	4.9	156.8
Betaine....mg									
Vitamin B-12....µg	0.39		0		1		0.95	0.12	3.78
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	64		0	NC	4		157	20	628
Retinol....µg	64		0	BFSN	4		157	20	628
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	214		0	NC	4		523	65	2093
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFSN	4		0.01	0.00	0.06
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		3.0	0.4	12.0
Vitamin D....IU	49		0	BFSN	4		120	15	481
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01086

Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.162		0		1		0.397	0.050	1.588
4:0....g	0.013	0.001	8		1		0.032	0.004	0.127
6:0....g	0.002	0.000	12		1		0.005	0.001	0.020
8:0....g	0.003	0.000	12		1		0.007	0.001	0.029
10:0....g	0.005	0.001	12		1		0.012	0.002	0.049
12:0....g	0.003	0.000	12		1		0.007	0.001	0.029
13:0....g									
14:0....g	0.024	0.001	12		1		0.059	0.007	0.235
15:0....g									
16:0....g	0.073	0.004	12		1		0.179	0.022	0.715
17:0....g									
18:0....g	0.026	0.001	12		1		0.064	0.008	0.255
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.065		0		1		0.159	0.020	0.637
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009	0.001	12		1		0.022	0.003	0.088
17:1....g									
18:1 undifferentiated....g	0.053	0.003	12		1		0.130	0.016	0.519
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.009		0		1		0.022	0.003	0.088
18:2 undifferentiated....g	0.006	0.000	12		1		0.015	0.002	0.059
18:3 undifferentiated....g	0.003	0.000	11		1		0.007	0.001	0.029
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		5	1	20
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.050		0		1		0.123	0.015	0.490
Threonine....g	0.161		0		1		0.394	0.049	1.578
Isoleucine....g	0.216		0		1		0.529	0.066	2.117
Leucine....g	0.350		0		1		0.858	0.107	3.430
Lysine....g	0.283		0		1		0.693	0.087	2.773
Methionine....g	0.090		0		1		0.221	0.028	0.882
Cystine....g	0.033		0		1		0.081	0.010	0.323
Phenylalanine....g	0.172		0		1		0.421	0.053	1.686
Tyrosine....g	0.172		0		1		0.421	0.053	1.686
Valine....g	0.239		0		1		0.586	0.073	2.342
Arginine....g	0.129		0		1		0.316	0.039	1.264
Histidine....g	0.097		0		1		0.238	0.030	0.951
Alanine....g	0.123		0		1		0.301	0.038	1.205
Aspartic acid....g	0.271		0		1		0.664	0.083	2.656
Glutamic acid....g	0.748		0		1		1.833	0.229	7.330
Glycine....g	0.076		0		1		0.186	0.023	0.745
Proline....g	0.346		0		1		0.848	0.106	3.391
Serine....g	0.194		0		1		0.475	0.059	1.901
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01086

Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

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

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

Measure 3 = 980g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01085

Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.84	0.032	12	A	1		222.56	27.80	890.22
Energy....kcal	34		0	NC	4		84	10	336
Energy....kJ	143		0	NC	4		350	44	1401
Protein (N x 6.38)....g	3.37	0.032	12	A	1		8.26	1.03	33.03
Total lipid (fat)....g	0.08	0.009	12	A	1		0.20	0.02	0.78
Ash....g	0.75	0.006	12	A	1		1.85	0.23	7.38
Carbohydrate, by difference....g	4.96		0	NC	4		12.14	1.52	48.58
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	5.09	0.048	12	A	1		12.48	1.56	49.93
Sucrose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Lactose....g	5.09	0.048	12	A	1		12.48	1.56	49.93
Maltose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	122	0.946	4	A	1		300	37	1198
Iron, Fe....mg	0.03	0.003	4	A	1		0.06	0.01	0.25
Magnesium, Mg....mg	11	0.071	41	A	1		27	3	106
Phosphorus, P....mg	101	0.424	39	A	1		247	31	989
Potassium, K....mg	156	0.764	26	A	1		382	48	1527
Sodium, Na....mg	42	0.421	40	A	1		103	13	411
Zinc, Zn....mg	0.42	0.003	27	A	1		1.03	0.13	4.12
Copper, Cu....mg	0.013	0.000	24	A	1		0.032	0.004	0.127
Manganese, Mn....mg	0.003	0.000	12	A	1		0.006	0.001	0.026
Selenium, Se....µg	3.1	0.260	11	A	1		7.6	1.0	30.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin....mg	0.045	0.004	12	A	1		0.110	0.014	0.439
Riboflavin....mg	0.182	0.004	12	A	1		0.445	0.056	1.780
Niacin....mg	0.094	0.004	12	A	1		0.231	0.029	0.925
Pantothenic acid....mg	0.357	0.005	4	A	1		0.876	0.109	3.503
Vitamin B-6....mg	0.037	0.001	12	A	1		0.092	0.011	0.366
Folate, total....µg	5	0.000	10	A	1		12	2	49
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5	0.000	10	A	1		12	2	49
Folate, DFE....µg	5		0	NC	4		12	2	49
Choline, total....mg	15.6		0	AS	1		38.3	4.8	153.3
Betaine....mg	1.9		1	A	1		4.7	0.6	18.8
Vitamin B-12....µg	0.50	0.069	4	A	1		1.23	0.15	4.92
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	61		0	NC	4		149	19	598
Retinol....µg	61		0	T	4		149	19	598
Carotene, beta....µg	0		0	BFFN	4		0	0	1
Carotene, alpha....µg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFFN	4		0	0	0
Vitamin A, IU....IU	204		0	NC	4		499	62	1995
Lycopene....µg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	BFFN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.01	0.002	12	A	1		0.01	0.00	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00	0.002	12	A	1		0.00	0.00	0.02
Tocotrienol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00

NDB No. 01085

Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	1.2		24	AS	1		2.9	0.4	11.4
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.2	0.061	24	A	1		2.9	0.4	11.4
Vitamin D....IU	47	2.431	24	A	1		114	14	458
Vitamin K (phylloquinone)....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.056		0		1		0.136	0.017	0.544
4:0....g	0.004	0.001	8		1		0.010	0.001	0.042
6:0....g	0.000	0.000	12		1		0.001	0.000	0.005
8:0....g	0.001	0.000	12		1		0.002	0.000	0.009
10:0....g	0.002	0.000	12		1		0.005	0.001	0.019
12:0....g	0.001	0.000	12		1		0.003	0.000	0.014
13:0....g									
14:0....g	0.008	0.001	12		1		0.020	0.002	0.079
15:0....g									
16:0....g	0.025	0.002	12		1		0.062	0.008	0.247
17:0....g									
18:0....g	0.009	0.001	12		1		0.022	0.003	0.088
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.055	0.007	0.219
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003	0.001	12		1		0.008	0.001	0.033
17:1....g									
18:1 undifferentiated....g	0.018	0.002	12		1		0.044	0.006	0.177
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.003		0		1		0.008	0.001	0.033
18:2 undifferentiated....g	0.002	0.000	12		1		0.006	0.001	0.023
18:3 undifferentiated....g	0.001	0.000	11		1		0.002	0.000	0.009
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	2	0.070	4		1		4	1	18
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0	A	1		0.106	0.013	0.422
Threonine....g	0.144		0	A	1		0.352	0.044	1.407
Isoleucine....g	0.174		0	A	1		0.427	0.053	1.709
Leucine....g	0.319		0	A	1		0.782	0.098	3.126
Lysine....g	0.282		0	A	1		0.691	0.086	2.762
Methionine....g	0.088		0	A	1		0.216	0.027	0.865
Cystine....g	0.021		0	A	1		0.050	0.006	0.201
Phenylalanine....g	0.175		0	A	1		0.428	0.053	1.710
Tyrosine....g	0.170		0	A	1		0.417	0.052	1.669
Valine....g	0.221		0	A	1		0.541	0.068	2.162
Arginine....g	0.096		0	A	1		0.236	0.029	0.943
Histidine....g	0.102		0	A	1		0.249	0.031	0.995
Alanine....g	0.114		0	A	1		0.279	0.035	1.116

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.288		0	A	1		0.706	0.088	2.826
Glutamic acid....g	0.757		0	A	1		1.855	0.232	7.420
Glycine....g	0.067		0	A	1		0.163	0.020	0.654
Proline....g	0.332		0	A	1		0.815	0.102	3.258
Serine....g	0.203		0	A	1		0.498	0.062	1.991
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

Measure 3 = 980g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01151

Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.84	0.032	12	A	1		222.56	890.22	
Energy....kcal	34		0	NC	4		83	333	
Energy....kJ	142		0	NC	4		348	1392	
Protein....g	3.37	0.032	12	A	1		8.26	33.03	
Total lipid (fat)....g	0.08	0.009	12	A	1		0.20	0.78	
Ash....g	0.75	0.006	12	A	1		1.85	7.38	
Carbohydrate, by difference....g	4.96		0	NC	4		12.14	48.58	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	5.09	0.048	12	A	1		12.48	49.93	
Sucrose....g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00	0.000	12	A	1		0.00	0.00	
Fructose....g	0.00	0.000	12	A	1		0.00	0.00	
Lactose....g	5.09	0.048	12	A	1		12.48	49.93	
Maltose....g	0.00	0.000	12	A	1		0.00	0.00	
Galactose....g	0.00	0.000	12	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	122	0.946	4	A	1		300	1198	
Iron, Fe....mg	0.03	0.003	4	A	1		0.06	0.25	
Magnesium, Mg....mg	11	0.071	41	A	1		27	106	
Phosphorus, P....mg	101	0.424	39	A	1		247	989	
Potassium, K....mg	156	0.764	26	A	1		382	1527	
Sodium, Na....mg	42	0.421	40	A	1		103	411	
Zinc, Zn....mg	0.42	0.003	27	A	1		1.03	4.12	
Copper, Cu....mg	0.013	0.000	24	A	1		0.032	0.127	
Manganese, Mn....mg	0.003	0.000	12	A	1		0.006	0.025	
Selenium, Se....µg	3.1	0.260	11	A	1		7.6	30.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin....mg	0.045	0.004	12	A	1		0.110	0.439	
Riboflavin....mg	0.182	0.004	12	A	1		0.445	1.780	
Niacin....mg	0.094	0.004	12	A	1		0.231	0.925	
Pantothenic acid....mg	0.357	0.005	4	A	1		0.876	3.503	
Vitamin B-6....mg	0.037	0.001	12	A	1		0.092	0.366	
Folate, total....µg	5	0.000	10	A	1		12	49	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5	0.000	10	A	1		12	49	
Folate, DFE....µg	5		0	NC	4		12	49	
Choline, total....mg	15.6		0	AS	1		38.3	153.3	
Betaine....mg	1.9		1	A	1		4.7	18.8	
Vitamin B-12....µg	0.50	0.069	4	A	1		1.23	4.92	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	2		0	NC	4		4	16	
Retinol....µg	1		0	BFFN	4		3	11	
Carotene, beta....µg	7		0	BFZN	4		16	65	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	15		0	NC	4		36	145	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01	0.002	12	A	1		0.01	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.002	12	A	1		0.00	0.02	
Tocotrienol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	

NDB No. 01151

Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	BFFN	4		0.0	0.0	
Vitamin D....IU	0		0	BFFN	4		0	1	
Vitamin K (phylloquinone)....µg	0.0	0.000	4	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.051		0	NC	4		0.125	0.501	
4:0....g	0.004		0		1		0.010	0.042	
6:0....g	0.000		0		1		0.001	0.005	
8:0....g	0.001		0		1		0.002	0.009	
10:0....g	0.002		0		1		0.005	0.019	
12:0....g	0.001		0		1		0.003	0.014	
13:0....g									
14:0....g	0.008		0		1		0.020	0.079	
15:0....g									
16:0....g	0.025		0		1		0.062	0.246	
17:0....g									
18:0....g	0.009		0		1		0.022	0.088	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0	NC	4		0.052	0.209	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.008	0.033	
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.044	0.176	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.003		0	NC	4		0.008	0.033	
18:2 undifferentiated....g	0.002		0		1		0.006	0.023	
18:3 undifferentiated....g	0.001		0		1		0.002	0.009	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	2		0		1		5	20	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0	A	1		0.106	0.422	
Threonine....g	0.144		0	A	1		0.352	1.407	
Isoleucine....g	0.174		0	A	1		0.427	1.709	
Leucine....g	0.319		0	A	1		0.782	3.126	
Lysine....g	0.282		0	A	1		0.691	2.762	
Methionine....g	0.088		0	A	1		0.216	0.865	
Cystine....g	0.021		0	A	1		0.050	0.201	
Phenylalanine....g	0.175		0	A	1		0.428	1.710	
Tyrosine....g	0.170		0	A	1		0.417	1.669	
Valine....g	0.221		0	A	1		0.541	2.162	
Arginine....g	0.096		0	A	1		0.236	0.943	
Histidine....g	0.102		0	A	1		0.249	0.995	
Alanine....g	0.114		0	A	1		0.279	1.116	

NDB No. 01151
Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.288		0	A	1		0.706	2.826	
Glutamic acid....g	0.757		0	A	1		1.855	7.420	
Glycine....g	0.067		0	A	1		0.163	0.654	
Proline....g	0.332		0	A	1		0.815	3.258	
Serine....g	0.203		0	A	1		0.498	1.991	
Hydroxyproline....g	0.000	0.000	4	A	1		0.000	0.000	
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 = 245g: 1 cup

Measure 2 = 980g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01078
Milk, producer, fluid, 3.7% milkfat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.69		0		1		213.96	855.85	
Energy....kcal	64		0	NC	4		157	626	
Energy....kJ	268				4		655	2621	
Protein (N x 6.38)....g	3.28		0		1		8.00	32.01	
Total lipid (fat)....g	3.66		0		1		8.93	35.72	
Ash....g	0.72		0		1		1.76	7.03	
Carbohydrate, by difference....g	4.65		0	NC	4		11.35	45.38	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	119		0		1		290	1161	
Iron, Fe....mg	0.05		0		1		0.12	0.49	
Magnesium, Mg....mg	13		0		1		33	131	
Phosphorus, P....mg	93		0		1		227	909	
Potassium, K....mg	151		0		1		368	1474	
Sodium, Na....mg	49		0		1		119	476	
Zinc, Zn....mg	0.38		0		1		0.93	3.71	
Copper, Cu....mg	0.010		0		1		0.024	0.098	
Manganese, Mn....mg	0.004		0		1		0.010	0.039	
Selenium, Se....µg	2.0		0	BFNN	4		4.9	19.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		0		1		3.6	14.3	
Thiamin....mg	0.038		0		1		0.093	0.371	
Riboflavin....mg	0.161		0		1		0.393	1.571	
Niacin....mg	0.084		0		1		0.205	0.820	
Pantothenic acid....mg	0.313		0		1		0.764	3.055	
Vitamin B-6....mg	0.042		0		1		0.102	0.410	
Folate, total....µg	5		0		1		12	49	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		12	49	
Folate, DFE....µg	5		0	NC	4		12	49	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.36		0		1		0.87	3.47	
Vitamin A, RAE....µg	33		0	NC	4		79	317	
Retinol....µg	31		0	NC	4		76	303	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	138		0		1		337	1347	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01078
Milk, producer, fluid, 3.7% milkfat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.278		0		1		5.558	22.233	
4:0....g	0.119		52		1		0.290	1.161	
6:0....g	0.070		68		1		0.171	0.683	
8:0....g	0.041		89		1		0.100	0.400	
10:0....g	0.092		89		1		0.224	0.898	
12:0....g	0.103		89		1		0.251	1.005	
13:0....g									
14:0....g	0.368		88		1		0.898	3.592	
15:0....g									
16:0....g	0.963		88		1		2.350	9.399	
17:0....g									
18:0....g	0.444		88		1		1.083	4.333	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.057		0		1		2.579	10.316	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.082		71		1		0.200	0.800	
17:1....g									
18:1 undifferentiated....g	0.921		78		1		2.247	8.989	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.136		0		1		0.332	1.327	
18:2 undifferentiated....g	0.083		74		1		0.203	0.810	
18:3 undifferentiated....g	0.053		65		1		0.129	0.517	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	14		0		1		35	140	
Phytosterols....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan....g	0.046		0		1		0.112	0.449	
Threonine....g	0.148		0		1		0.361	1.444	
Isoleucine....g	0.198		0		1		0.483	1.932	
Leucine....g	0.321		0		1		0.783	3.133	
Lysine....g	0.260		0		1		0.634	2.538	
Methionine....g	0.082		0		1		0.200	0.800	
Cystine....g	0.030		0		1		0.073	0.293	
Phenylalanine....g	0.158		0		1		0.386	1.542	
Tyrosine....g	0.158		0		1		0.386	1.542	
Valine....g	0.220		0		1		0.537	2.147	
Arginine....g	0.119		0		1		0.290	1.161	
Histidine....g	0.089		0		1		0.217	0.869	
Alanine....g	0.113		0		1		0.276	1.103	
Aspartic acid....g	0.249		0		1		0.608	2.430	
Glutamic acid....g	0.687		0		1		1.676	6.705	
Glycine....g	0.069		0		1		0.168	0.673	
Proline....g	0.318		0		1		0.776	3.104	
Serine....g	0.178		0		1		0.434	1.737	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 01078
Milk, producer, fluid, 3.7% milkfat

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

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01081

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.71	0.021	119		1		215.77	863.07	
Energy....kcal	56		0	NC	4		137	546	
Energy....kJ	232		0		4		571	2286	
Protein (N x 6.38)....g	3.95	0.009	104		1		9.72	38.87	
Total lipid (fat)....g	1.98	0.010	114		1		4.87	19.48	
Ash....g	0.87		0		1		2.14	8.56	
Carbohydrate, by difference....g	5.49		0	NC	4		13.51	54.02	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	5.26		0	BFZN	4		12.94	51.74	
Starch....g									
Minerals:									
Calcium, Ca....mg	143		0		1		352	1408	
Iron, Fe....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg....mg	16		0		1		40	158	
Phosphorus, P....mg	112		0		1		276	1102	
Potassium, K....mg	182		0		1		447	1788	
Sodium, Na....mg	59		0		1		145	579	
Zinc, Zn....mg	0.45		0		1		1.11	4.43	
Copper, Cu....mg	0.008		0		1		0.020	0.079	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....µg	2.6		0	BFNN	4		6.4	25.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0		1		2.8	11.0	
Thiamin....mg	0.045		0		1		0.111	0.443	
Riboflavin....mg	0.194		0		1		0.477	1.909	
Niacin....mg	0.101		0		1		0.248	0.994	
Pantothenic acid....mg	0.376		0		1		0.925	3.700	
Vitamin B-6....mg	0.051		0		1		0.125	0.502	
Folate, total....µg	6		0		1		15	59	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		15	59	
Folate, DFE....µg	6		0	NC	4		15	59	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.43		0		1		1.05	4.21	
Vitamin A, RAE....µg	0		0	NC	4		1	3	
Retinol....µg									
Carotene, beta....µg	3		0	BFFN	4		8	31	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	5		0	NC	4		13	52	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0	BFFN	4		0.09	0.35	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	NR	4		2.5	9.8	
Vitamin D....IU	40		0	S	4		98	394	
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.3	1.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01081

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.232		0		1		3.031	12.123	
4:0....g	0.064	0.001	52		1		0.157	0.630	
6:0....g	0.038	0.001	68		1		0.093	0.374	
8:0....g	0.022	0.001	89		1		0.054	0.216	
10:0....g	0.050	0.001	89		1		0.123	0.492	
12:0....g	0.056	0.001	89		1		0.138	0.551	
13:0....g									
14:0....g	0.199	0.003	88		1		0.490	1.958	
15:0....g									
16:0....g	0.521	0.007	88		1		1.282	5.127	
17:0....g									
18:0....g	0.240	0.003	88		1		0.590	2.362	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.572		0		1		1.407	5.628	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.044	0.002	71		1		0.108	0.433	
17:1....g									
18:1 undifferentiated....g	0.498	0.007	78		1		1.225	4.900	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.074		0		1		0.182	0.728	
18:2 undifferentiated....g	0.045	0.002	74		1		0.111	0.443	
18:3 undifferentiated....g	0.029	0.002	65		1		0.071	0.285	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	8		0		1		19	76	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		0		1		0.138	0.551	
Threonine....g	0.178		0		1		0.438	1.752	
Isoleucine....g	0.239		0		1		0.588	2.352	
Leucine....g	0.387		0		1		0.952	3.808	
Lysine....g	0.313		0		1		0.770	3.080	
Methionine....g	0.099		0		1		0.244	0.974	
Cystine....g	0.037		0		1		0.091	0.364	
Phenylalanine....g	0.191		0		1		0.470	1.879	
Tyrosine....g	0.191		0		1		0.470	1.879	
Valine....g	0.264		0		1		0.649	2.598	
Arginine....g	0.143		0		1		0.352	1.407	
Histidine....g	0.107		0		1		0.263	1.053	
Alanine....g	0.136		0		1		0.335	1.338	
Aspartic acid....g	0.300		0		1		0.738	2.952	
Glutamic acid....g	0.827		0		1		2.034	8.138	
Glycine....g	0.084		0		1		0.207	0.827	
Proline....g	0.383		0		1		0.942	3.769	
Serine....g	0.215		0		1		0.529	2.116	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 01081

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D

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

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

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01080

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.86		0		1		217.71	870.83	
Energy....kcal	51		0	NC	4		125	500	
Energy....kJ	213		0		4		522	2090	
Protein (N x 6.38)....g	3.48	0.024	59		1		8.53	34.10	
Total lipid (fat)....g	1.92	0.010	559		1		4.70	18.82	
Ash....g	0.77		0		1		1.89	7.55	
Carbohydrate, by difference....g	4.97		0	NC	4		12.18	48.71	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	128		0		1		313	1251	
Iron, Fe....mg	0.05		0		1		0.12	0.49	
Magnesium, Mg....mg	14		0		1		35	141	
Phosphorus, P....mg	100		0		1		245	979	
Potassium, K....mg	162		0		1		397	1589	
Sodium, Na....mg	52		0		1		128	514	
Zinc, Zn....mg	0.40		0		1		0.98	3.92	
Copper, Cu....mg	0.008		0		1		0.020	0.078	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....µg	2.3		0	BFNN	4		5.6	22.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.5	9.8	
Thiamin....mg	0.040		0		1		0.098	0.392	
Riboflavin....mg	0.173		0		1		0.424	1.695	
Niacin....mg	0.090		0		1		0.221	0.882	
Pantothenic acid....mg	0.336		0		1		0.823	3.293	
Vitamin B-6....mg	0.045		0		1		0.110	0.441	
Folate, total....µg	5		0		1		13	52	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		13	52	
Folate, DFE....µg	5		0	NC	4		13	52	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.38		0		1		0.94	3.74	
Vitamin A, RAE....µg	56		0	NC	4		137	549	
Retinol....µg	55		0	NC	4		135	539	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	204		0		1		500	1999	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	NR	4		2.5	9.8	
Vitamin D....IU	40		0	S	4		98	392	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01080

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.195		0		1		2.928	11.711	
4:0....g	0.062	0.001	52		1		0.152	0.608	
6:0....g	0.037	0.001	68		1		0.091	0.363	
8:0....g	0.021	0.001	89		1		0.051	0.206	
10:0....g	0.048	0.001	89		1		0.118	0.470	
12:0....g	0.054	0.001	89		1		0.132	0.529	
13:0....g									
14:0....g	0.193	0.003	88		1		0.473	1.891	
15:0....g									
16:0....g	0.505	0.007	88		1		1.237	4.949	
17:0....g									
18:0....g	0.233	0.003	88		1		0.571	2.283	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.555		0		1		1.360	5.439	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.043	0.001	71		1		0.105	0.421	
17:1....g									
18:1 undifferentiated....g	0.483	0.007	78		1		1.183	4.733	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.071		0		1		0.174	0.696	
18:2 undifferentiated....g	0.043	0.002	74		1		0.105	0.421	
18:3 undifferentiated....g	0.028	0.002	65		1		0.069	0.274	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	8		0		1		18	74	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049		0		1		0.120	0.480	
Threonine....g	0.157		0		1		0.385	1.539	
Isoleucine....g	0.211		0		1		0.517	2.068	
Leucine....g	0.341		0		1		0.835	3.342	
Lysine....g	0.276		0		1		0.676	2.705	
Methionine....g	0.087		0		1		0.213	0.853	
Cystine....g	0.032		0		1		0.078	0.314	
Phenylalanine....g	0.168		0		1		0.412	1.646	
Tyrosine....g	0.168		0		1		0.412	1.646	
Valine....g	0.233		0		1		0.571	2.283	
Arginine....g	0.126		0		1		0.309	1.235	
Histidine....g	0.094		0		1		0.230	0.921	
Alanine....g	0.120		0		1		0.294	1.176	
Aspartic acid....g	0.264		0		1		0.647	2.587	
Glutamic acid....g	0.729		0		1		1.786	7.144	
Glycine....g	0.074		0		1		0.181	0.725	
Proline....g	0.337		0		1		0.826	3.303	
Serine....g	0.189		0		1		0.463	1.852	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 01080

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

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

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 980g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.71		0		1		214.89	859.56	
Energy....kcal	56		0	NC	4		136	544	
Energy....kJ	232		0		4		569	2276	
Protein (N x 6.38)....g	3.95		0		1		9.68	38.71	
Total lipid (fat)....g	1.98		0		1		4.85	19.40	
Ash....g	0.87		0		1		2.13	8.53	
Carbohydrate, by difference....g	5.49		0	NC	4		13.45	53.80	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	143		0		1		351	1402	
Iron, Fe....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg....mg	15		0		1		36	142	
Phosphorus, P....mg	112		0		1		274	1098	
Potassium, K....mg	182		0		1		445	1781	
Sodium, Na....mg	59		0		1		144	576	
Zinc, Zn....mg	0.41		0		1		1.00	4.02	
Copper, Cu....mg	0.011		0		1		0.027	0.108	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....µg	2.6		0	BFNN	4		6.4	25.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0		1		2.7	11.0	
Thiamin....mg	0.045		0		1		0.110	0.441	
Riboflavin....mg	0.194		0		1		0.475	1.901	
Niacin....mg	0.101		0		1		0.247	0.990	
Pantothenic acid....mg	0.339		0		1		0.831	3.322	
Vitamin B-6....mg	0.046		0		1		0.113	0.451	
Folate, total....µg	5		0		1		13	53	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		13	53	
Folate, DFE....µg	5		0	NC	4		13	53	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.39		0		1		0.95	3.78	
Vitamin A, RAE....µg	17		0	NC	4		42	167	
Retinol....µg	16		0	NC	4		39	157	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	75		0		1		184	735	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.232		0		1		3.018	12.074	
4:0....g	0.013	0.001	8		1		0.032	0.127	
6:0....g	0.002	0.000	12		1		0.005	0.020	
8:0....g	0.003	0.000	12		1		0.007	0.029	
10:0....g	0.005	0.001	12		1		0.012	0.049	
12:0....g	0.003	0.000	12		1		0.007	0.029	
13:0....g									
14:0....g	0.024	0.001	12		1		0.059	0.235	
15:0....g									
16:0....g	0.073	0.004	12		1		0.179	0.715	
17:0....g									
18:0....g	0.026	0.001	12		1		0.064	0.255	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.065		0		1		0.159	0.637	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009	0.001	12		1		0.022	0.088	
17:1....g									
18:1 undifferentiated....g	0.498		0		1		1.220	4.880	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.009		0		1		0.022	0.088	
18:2 undifferentiated....g	0.045		0		1		0.110	0.441	
18:3 undifferentiated....g	0.003	0.000	11		1		0.007	0.029	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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	8		0		1		19	75	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.050		0		1		0.123	0.490	
Threonine....g	0.161		0		1		0.394	1.578	
Isoleucine....g	0.216		0		1		0.529	2.117	
Leucine....g	0.350		0		1		0.858	3.430	
Lysine....g	0.283		0		1		0.693	2.773	
Methionine....g	0.090		0		1		0.221	0.882	
Cystine....g	0.033		0		1		0.081	0.323	
Phenylalanine....g	0.172		0		1		0.421	1.686	
Tyrosine....g	0.172		0		1		0.421	1.686	
Valine....g	0.239		0		1		0.586	2.342	
Arginine....g	0.129		0		1		0.316	1.264	
Histidine....g	0.097		0		1		0.238	0.951	
Alanine....g	0.123		0		1		0.301	1.205	
Aspartic acid....g	0.271		0		1		0.664	2.656	
Glutamic acid....g	0.748		0		1		1.833	7.330	
Glycine....g	0.076		0		1		0.186	0.745	
Proline....g	0.346		0		1		0.848	3.391	
Serine....g	0.194		0		1		0.475	1.901	
Hydroxyproline....g									

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

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 980g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01079

Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.21	0.193	17	A	1		217.66	27.21	870.65
Energy....kcal	50		0	NC	4		122	15	489
Energy....kJ	210		0	NC	4		512	64	2050
Protein (N x 6.38)....g	3.30	0.033	13	A	1		8.06	1.01	32.25
Total lipid (fat)....g	1.98	0.008	14	JO	11		4.82	0.60	19.30
Ash....g	0.71	0.035	13	A	1		1.73	0.22	6.92
Carbohydrate, by difference....g	4.80		0	NC	4		11.72	1.47	46.88
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	5.06	0.061	13	A	1		12.35	1.54	49.40
Sucrose....g	0.01	0.000	13	A	1		0.02	0.00	0.08
Glucose (dextrose)....g	0.01	0.000	13	A	1		0.02	0.00	0.08
Fructose....g	0.01	0.000	13	A	1		0.02	0.00	0.08
Lactose....g	5.01	0.062	13	A	1		12.23	1.53	48.94
Maltose....g	0.01	0.000	13	A	1		0.02	0.00	0.08
Galactose....g	0.02	0.008	13	A	1		0.04	0.00	0.16
Starch....g									
Minerals:									
Calcium, Ca....mg	120	0.707	4	A	1		293	37	1171
Iron, Fe....mg	0.02	0.002	4	A	1		0.06	0.01	0.24
Magnesium, Mg....mg	11	0.098	31	A	1		28	3	110
Phosphorus, P....mg	92	0.526	28	A	1		223	28	894
Potassium, K....mg	140	2.114	31	A	1		341	43	1363
Sodium, Na....mg	47	0.832	31	A	1		114	14	454
Zinc, Zn....mg	0.48	0.015	29	A	1		1.18	0.15	4.73
Copper, Cu....mg	0.006	0.000	30	A	1		0.014	0.002	0.054
Manganese, Mn....mg	0.014	0.000	30	A	1		0.034	0.004	0.136
Selenium, Se....µg	2.5	0.174	30	A	1		6.1	0.8	24.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2	0.000	5	A	1		0.5	0.1	1.8
Thiamin....mg	0.039	0.005	13	A	1		0.096	0.012	0.385
Riboflavin....mg	0.185	0.003	13	A	1		0.452	0.056	1.808
Niacin....mg	0.092	0.002	12	A	1		0.224	0.028	0.897
Pantothenic acid....mg	0.356	0.019	5	A	1		0.868	0.108	3.470
Vitamin B-6....mg	0.038	0.001	13	A	1		0.093	0.012	0.374
Folate, total....µg	5	0.149	12	A	1		11	1	45
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5	0.149	12	A	1		11	1	45
Folate, DFE....µg	5		0	NC	4		11	1	45
Choline, total....mg	16.4		0	AS	1		40.0	5.0	160.1
Betaine....mg	0.9		2	A	1		2.3	0.3	9.2
Vitamin B-12....µg	0.53	0.033	4	A	1		1.31	0.16	5.22
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	55		0	NC	4		135	17	540
Retinol....µg	55		0	T	4		134	17	537
Carotene, beta....µg	4		0	BFFN	4		10	1	39
Carotene, alpha....µg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta....µg	0		0	BFFN	4		0	0	0
Vitamin A, IU....IU	190		0	NC	4		464	58	1855
Lycopene....µg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin....µg	0		0	BFFN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.03	0.003	12	A	1		0.08	0.01	0.30
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00

NDB No. 01079

Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	1.2		24	AS	1		3.0	0.4	11.8
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.2	0.065	24	A	1		3.0	0.4	11.8
Vitamin D....IU	49	2.615	24	A	1		118	15	474
Vitamin K (phylloquinone)....µg	0.2	0.048	4	A	1		0.4	0.1	1.7
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.257		0	NC	4		3.068	0.384	12.272
4:0....g	0.077	0.001	5	A	1		0.187	0.023	0.748
6:0....g	0.040	0.002	4	A	1		0.098	0.012	0.392
8:0....g	0.020	0.001	5	A	1		0.050	0.006	0.199
10:0....g	0.049	0.002	5	A	1		0.120	0.015	0.480
12:0....g	0.055	0.002	5	A	1		0.133	0.017	0.533
13:0....g	0.002		1	A	1		0.005	0.001	0.020
14:0....g	0.175	0.003	5	A	1		0.428	0.054	1.712
15:0....g	0.020	0.000	5	A	1		0.049	0.006	0.194
16:0....g	0.558	0.009	5	A	1		1.362	0.170	5.448
17:0....g	0.011	0.000	5	A	1		0.027	0.003	0.110
18:0....g	0.243	0.004	5	A	1		0.593	0.074	2.370
20:0....g	0.004	0.000	4	A	1		0.010	0.001	0.039
22:0....g	0.002		1	A	1		0.005	0.001	0.020
24:0....g									
Fatty acids, total monounsaturated....g	0.560		0	NC	4		1.366	0.171	5.466
14:1....g	0.015	0.001	5	A	1		0.035	0.004	0.142
15:1....g	0.004	0.000	5	A	1		0.010	0.001	0.040
16:1 undifferentiated....g	0.027		0	AS	1		0.065	0.008	0.259
16:1 c....g	0.027	0.001	4	A	1		0.065	0.008	0.259
16:1 t....g									
17:1....g	0.005	0.000	5	A	1		0.012	0.001	0.048
18:1 undifferentiated....g	0.508		0	AS	1		1.238	0.155	4.954
18:1 c....g	0.430	0.005	4	A	1		1.048	0.131	4.194
18:1 t....g	0.078	0.005	4	A	1		0.190	0.024	0.760
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002	0.000	5	A	1		0.005	0.001	0.020
22:1 undifferentiated....g	0.000	0.000	5	A	1		0.001	0.000	0.004
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.073		0	NC	4		0.178	0.022	0.713
18:2 undifferentiated....g	0.062		0	AS	1		0.151	0.019	0.603
18:2 n-6 c,c....g	0.055	0.003	4	A	1		0.133	0.017	0.533
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.007	0.000	4	A	1		0.017	0.002	0.070
18:2 t not further defined....g									
18:3 undifferentiated....g	0.008		0	AS	1		0.020	0.003	0.081
18:3 n-3 c,c,c (ALA)....g	0.008	0.000	4	A	1		0.020	0.003	0.081
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.003		1	A	1		0.007	0.001	0.029
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.085		0	NC	4		0.207	0.026	0.829

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.078		0	NC	4		0.190	0.024	0.760
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4		0.017	0.002	0.070
Cholesterol.....mg	8	0.090	5	A	1		20	2	80
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1		0	0	0
Campesterol.....mg	0	0.000	4	A	1		0	0	0
Beta-sitosterol.....mg	0	0.000	4	A	1		0	0	0
Amino Acids:									
Tryptophan.....g	0.042		0	A	1		0.103	0.013	0.412
Threonine.....g	0.141		0	A	1		0.343	0.043	1.374
Isoleucine.....g	0.171		0	A	1		0.417	0.052	1.669
Leucine.....g	0.313		0	A	1		0.763	0.095	3.052
Lysine.....g	0.276		0	A	1		0.674	0.084	2.697
Methionine.....g	0.087		0	A	1		0.211	0.026	0.844
Cystine.....g	0.020		0	A	1		0.049	0.006	0.196
Phenylalanine.....g	0.171		0	A	1		0.417	0.052	1.670
Tyrosine.....g	0.167		0	A	1		0.407	0.051	1.629
Valine.....g	0.216		0	A	1		0.528	0.066	2.111
Arginine.....g	0.094		0	A	1		0.230	0.029	0.921
Histidine.....g	0.100		0	A	1		0.243	0.030	0.972
Alanine.....g	0.112		0	A	1		0.272	0.034	1.090
Aspartic acid.....g	0.283		0	A	1		0.690	0.086	2.759
Glutamic acid.....g	0.742		0	A	1		1.811	0.226	7.244
Glycine.....g	0.065		0	A	1		0.160	0.020	0.638
Proline.....g	0.326		0	A	1		0.795	0.099	3.181
Serine.....g	0.199		0	A	1		0.486	0.061	1.944
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 976g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01174
Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.21	0.193	17	A	1		219.45	877.78	
Energy....kcal	50		0	NC	4		123	493	
Energy....kJ	210		0	NC	4		517	2066	
Protein (N x 0)....g	3.30	0.033	13	A	1		8.13	32.52	
Total lipid (fat)....g	1.98	0.008	14	JO	11		4.86	19.46	
Ash....g	0.71	0.035	13	A	1		1.74	6.98	
Carbohydrate, by difference....g	4.80		0	NC	4		11.82	47.26	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	5.06	0.061	13	A	1		12.45	49.80	
Sucrose....g	0.01	0.000	13	A	1		0.02	0.08	
Glucose (dextrose)....g	0.01	0.000	13	A	1		0.02	0.08	
Fructose....g	0.01	0.000	13	A	1		0.02	0.08	
Lactose....g	5.01	0.062	13	A	1		12.33	49.34	
Maltose....g	0.01	0.000	13	A	1		0.02	0.08	
Galactose....g	0.02	0.008	13	A	1		0.04	0.16	
Starch....g									
Minerals:									
Calcium, Ca....mg	120	0.707	4	A	1		295	1181	
Iron, Fe....mg	0.02	0.002	4	A	1		0.06	0.24	
Magnesium, Mg....mg	11	0.098	31	A	1		28	111	
Phosphorus, P....mg	92	0.526	28	A	1		225	901	
Potassium, K....mg	140	2.114	31	A	1		344	1375	
Sodium, Na....mg	47	0.832	31	A	1		114	458	
Zinc, Zn....mg	0.48	0.015	29	A	1		1.19	4.77	
Copper, Cu....mg	0.006	0.000	30	A	1		0.014	0.055	
Manganese, Mn....mg	0.014	0.000	30	A	1		0.034	0.137	
Selenium, Se....µg	2.5	0.174	30	A	1		6.1	24.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2	0.000	5	A	1		0.5	1.8	
Thiamin....mg	0.039	0.005	13	A	1		0.097	0.388	
Riboflavin....mg	0.185	0.003	13	A	1		0.456	1.823	
Niacin....mg	0.092	0.002	12	A	1		0.226	0.904	
Pantothenic acid....mg	0.356	0.019	5	A	1		0.875	3.499	
Vitamin B-6....mg	0.038	0.001	13	A	1		0.094	0.377	
Folate, total....µg	5	0.149	12	A	1		11	45	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5	0.149	12	A	1		11	45	
Folate, DFE....µg	5		0	NC	4		11	45	
Choline, total....mg	16.4		0	AS	1		40.4	161.4	
Betaine....mg	0.9		2	A	1		2.3	9.3	
Vitamin B-12....µg	0.53	0.033	4	A	1		1.32	5.26	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	28		0	NC	4		69	274	
Retinol....µg	27		0	BFFN	4		67	269	
Carotene, beta....µg	7		0	BFZN	4		16	65	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	102		0	NC	4		251	1006	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.03	0.003	12	A	1		0.08	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	12	A	1		0.00	0.00	

NDB No. 01174
Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	12	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.1	0.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	BFFN	4		0.1	0.4	
Vitamin D....IU	1		0	BFFN	4		4	14	
Vitamin K (phylloquinone)....µg	0.2	0.048	4	A	1		0.4	1.7	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.257		0	NC	4		3.093	12.372	
4:0....g	0.077	0.001	5	A	1		0.188	0.754	
6:0....g	0.040	0.002	4	A	1		0.099	0.395	
8:0....g	0.020	0.001	5	A	1		0.050	0.200	
10:0....g	0.049	0.002	5	A	1		0.121	0.483	
12:0....g	0.055	0.002	5	A	1		0.134	0.537	
13:0....g	0.002		1	A	1		0.005	0.020	
14:0....g	0.175	0.003	5	A	1		0.432	1.726	
15:0....g	0.020	0.000	5	A	1		0.049	0.196	
16:0....g	0.558	0.009	5	A	1		1.373	5.493	
17:0....g	0.011	0.000	5	A	1		0.028	0.110	
18:0....g	0.243	0.004	5	A	1		0.597	2.390	
20:0....g	0.004	0.000	4	A	1		0.010	0.039	
22:0....g	0.002		1	A	1		0.005	0.020	
24:0....g									
Fatty acids, total monounsaturated....g	0.560		0	NC	4		1.377	5.510	
14:1....g	0.014	0.001	5	A	1		0.036	0.143	
15:1....g	0.004	0.000	5	A	1		0.010	0.040	
16:1 undifferentiated....g	0.027		0	AS	1		0.065	0.261	
16:1 c....g	0.027	0.001	4	A	1		0.065	0.261	
16:1 t....g									
17:1....g	0.005	0.000	5	A	1		0.012	0.048	
18:1 undifferentiated....g	0.507		0	AS	1		1.248	4.994	
18:1 c....g	0.430	0.005	4	A	1		1.057	4.228	
18:1 t....g	0.078	0.005	4	A	1		0.191	0.765	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002	0.000	5	A	1		0.005	0.020	
22:1 undifferentiated....g	0.000	0.000	5	A	1		0.001	0.004	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.073		0	NC	4		0.180	0.718	
18:2 undifferentiated....g	0.062		0	AS	1		0.152	0.607	
18:2 n-6 c,c....g	0.055	0.003	4	A	1		0.134	0.537	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g	0.007	0.000	4	A	1		0.018	0.070	
18:2 t not further defined....g									
18:3 undifferentiated....g	0.008		0	AS	1		0.020	0.082	
18:3 n-3 c,c,c (ALA)....g	0.008	0.000	4	A	1		0.020	0.082	
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	0.003		1	A	1		0.007	0.030	
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-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	0.085		0	NC	4		0.209	0.836	

NDB No. 01174
Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.078		0	NC	4		0.191	0.765	
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4		0.018	0.070	
Cholesterol.....mg	8	0.090	5	A	1		20	80	
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1		0	0	
Campesterol.....mg	0	0.000	4	A	1		0	0	
Beta-sitosterol.....mg	0	0.000	4	A	1		0	0	
Amino Acids:									
Tryptophan.....g	0.042		0	A	1		0.104	0.416	
Threonine.....g	0.141		0	A	1		0.346	1.385	
Isoleucine.....g	0.171		0	A	1		0.421	1.682	
Leucine.....g	0.313		0	A	1		0.769	3.077	
Lysine.....g	0.276		0	A	1		0.680	2.719	
Methionine.....g	0.087		0	A	1		0.213	0.851	
Cystine.....g	0.020		0	A	1		0.049	0.198	
Phenylalanine.....g	0.171		0	A	1		0.421	1.683	
Tyrosine.....g	0.167		0	A	1		0.411	1.643	
Valine.....g	0.216		0	A	1		0.532	2.129	
Arginine.....g	0.094		0	A	1		0.232	0.928	
Histidine.....g	0.100		0	A	1		0.245	0.980	
Alanine.....g	0.112		0	A	1		0.275	1.099	
Aspartic acid.....g	0.283		0	A	1		0.695	2.782	
Glutamic acid.....g	0.742		0	A	1		1.826	7.304	
Glycine.....g	0.065		0	A	1		0.161	0.644	
Proline.....g	0.326		0	A	1		0.802	3.207	
Serine.....g	0.199		0	A	1		0.490	1.960	
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	
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 = 246g: 1 cup

Measure 2 = 984g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01109
Milk, sheep, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	80.70		31		1		197.72	790.86	
Energy ... kcal	108		0	NC	4		264	1057	
Energy ... kJ	451				4		1105	4420	
Protein (N x 6.38) ... g	5.98		112		1		14.65	58.60	
Total lipid (fat) ... g	7.00		104		1		17.15	68.60	
Ash ... g	0.96		74		1		2.35	9.41	
Carbohydrate, by difference ... g	5.36		0	NC	4		13.13	52.53	
Fiber, total dietary ... g	0.0		0		4		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	193		92		1		474	1895	
Iron, Fe ... mg	0.10		1		1		0.25	0.98	
Magnesium, Mg ... mg	18		62		1		45	180	
Phosphorus, P ... mg	158		92		1		387	1548	
Potassium, K ... mg	137		74		1		334	1338	
Sodium, Na ... mg	44		74		1		108	432	
Zinc, Zn ... mg	0.54		0		4		1.32	5.29	
Copper, Cu ... mg	0.046		0		1		0.113	0.451	
Manganese, Mn ... mg	0.018		0		1		0.044	0.176	
Selenium, Se ... µg	1.7		0	BFZN	4		4.2	16.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	4.2		7		1		10.2	40.8	
Thiamin ... mg	0.065		9		1		0.159	0.637	
Riboflavin ... mg	0.355		11		1		0.870	3.479	
Niacin ... mg	0.417		7		1		1.022	4.087	
Pantothenic acid ... mg	0.407		5		1		0.997	3.989	
Vitamin B-6 ... mg	0.060		0		4		0.147	0.588	
Folate, total ... µg	7		0		4		17	69	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	7		0		4		17	69	
Folate, DFE ... µg	7		0	NC	4		17	69	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.71		14		1		1.74	6.97	
Vitamin A, RAE ... µg	44	0.000	11		1		108	433	
Retinol ... µg	44	0.000	11		1		108	433	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	147		11		1		360	1441	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 01109
Milk, sheep, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.603		0		1		11.277	45.109	
4:0....g	0.204		13		1		0.500	1.999	
6:0....g	0.145		13		1		0.355	1.421	
8:0....g	0.138		13		1		0.338	1.352	
10:0....g	0.400		14		1		0.980	3.920	
12:0....g	0.239		14		1		0.586	2.342	
13:0....g									
14:0....g	0.660		14		1		1.617	6.468	
15:0....g									
16:0....g	1.622		14		1		3.974	15.896	
17:0....g									
18:0....g	0.899		14		1		2.203	8.810	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.724		0		1		4.224	16.895	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.128		12		1		0.314	1.254	
17:1....g									
18:1 undifferentiated....g	1.558		14		1		3.817	15.268	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.308		0		1		0.755	3.018	
18:2 undifferentiated....g	0.181		14		1		0.443	1.774	
18:3 undifferentiated....g	0.127		12		1		0.311	1.245	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g									
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	27		0		4		66	265	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0		1		0.206	0.823	
Threonine....g	0.268		0		1		0.657	2.626	
Isoleucine....g	0.338		0		1		0.828	3.312	
Leucine....g	0.587		0		1		1.438	5.753	
Lysine....g	0.513		0		1		1.257	5.027	
Methionine....g	0.155		0		1		0.380	1.519	
Cystine....g	0.035		0		1		0.086	0.343	
Phenylalanine....g	0.284		0		1		0.696	2.783	
Tyrosine....g	0.281		0		1		0.688	2.754	
Valine....g	0.448		0		1		1.098	4.390	
Arginine....g	0.198		0		1		0.485	1.940	
Histidine....g	0.167		0		1		0.409	1.637	
Alanine....g	0.269		0		1		0.659	2.636	
Aspartic acid....g	0.328		0		1		0.804	3.214	
Glutamic acid....g	1.019		0		1		2.497	9.986	
Glycine....g	0.041		0		1		0.100	0.402	
Proline....g	0.580		0		4		1.421	5.684	
Serine....g	0.492		0		1		1.205	4.822	
Hydroxyproline....g									

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

NDB No. 01109
Milk, sheep, fluid

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 980g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01077
Milk, whole, 3.25% milkfat, with added vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.13	0.050	28	A	1		215.03	26.88	13.22
Energy....kcal	61		0	NC	4		148	18	9
Energy....kJ	254		0	NC	4		620	77	38
Protein (N x 6.38)....g	3.15	0.029	27	A	1		7.70	0.96	0.47
Total lipid (fat)....g	3.25		0	S	4		7.93	0.99	0.49
Ash....g	0.67	0.004	24	A	1		1.64	0.21	0.10
Carbohydrate, by difference....g	4.80		0	NC	4		11.71	1.46	0.72
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	5.05		0	AS	1		12.33	1.54	0.76
Sucrose....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Lactose....g	5.05	0.052	24	A	1		12.33	1.54	0.76
Maltose....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	113	1.760	16	A	1		275	34	17
Iron, Fe....mg	0.03	0.002	46	A	1		0.08	0.01	0.00
Magnesium, Mg....mg	10	0.116	42	A	1		25	3	2
Phosphorus, P....mg	84	1.087	42	A	1		205	26	13
Potassium, K....mg	132	1.985	41	A	1		323	40	20
Sodium, Na....mg	43	0.548	42	A	1		104	13	6
Zinc, Zn....mg	0.37	0.007	42	A	1		0.91	0.11	0.06
Copper, Cu....mg	0.025	0.001	42	A	1		0.061	0.008	0.004
Manganese, Mn....mg	0.004	0.000	41	A	1		0.011	0.001	0.001
Selenium, Se....µg	3.7	0.185	29	A	1		9.0	1.1	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	7	A	1		0.0	0.0	0.0
Thiamin....mg	0.046	0.001	24	A	1		0.112	0.014	0.007
Riboflavin....mg	0.169	0.001	23	A	1		0.411	0.051	0.025
Niacin....mg	0.089	0.003	24	A	1		0.216	0.027	0.013
Pantothenic acid....mg	0.373	0.003	8	A	1		0.910	0.114	0.056
Vitamin B-6....mg	0.036	0.000	24	A	1		0.087	0.011	0.005
Folate, total....µg	5	0.534	8		1		12	2	1
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5	0.534	8		1		12	2	1
Folate, DFE....µg	5		0	NC	4		12	2	1
Choline, total....mg	14.3		0	AS	1		34.9	4.4	2.1
Betaine....mg	0.6		1	A	1		1.5	0.2	0.1
Vitamin B-12....µg	0.45	0.021	14	A	1		1.09	0.14	0.07
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	46		0	AS	1		112	14	7
Retinol....µg	45	1.926	4	A	1		110	14	7
Carotene, beta....µg	7	0.618	10	A	1		16	2	1
Carotene, alpha....µg	0	0.000	10	A	1		0	0	0
Cryptoxanthin, beta....µg	0	0.000	10	A	1		0	0	0
Vitamin A, IU....IU	162		0	AS	1		395	49	24
Lycopene....µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin....µg	0	0.000	6	A	1		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.07	0.003	24	A	1		0.17	0.02	0.01
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.001	24	A	1		0.01	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00	0.001	24	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00	0.000	24	A	1		0.00	0.00	0.00

NDB No. 01077
Milk, whole, 3.25% milkfat, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	1.3		24	AS	1		3.1	0.4	0.2
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.3	0.082	24	A	1		3.1	0.4	0.2
Vitamin D....IU	51	3.297	24	A	1		125	16	8
Vitamin K (phylloquinone)....µg	0.3	0.007	8	A	1		0.6	0.1	0.0
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg	1.0	0.050	4	A	1		2.3	0.3	0.1
Lipids:									
Fatty acids, total saturated....g	1.865		0	NC	4		4.551	0.569	0.280
4:0....g	0.075	0.000	12	A	1		0.182	0.023	0.011
6:0....g	0.075	0.000	12	A	1		0.182	0.023	0.011
8:0....g	0.075	0.000	12	A	1		0.182	0.023	0.011
10:0....g	0.075	0.000	12	A	1		0.182	0.023	0.011
12:0....g	0.077	0.002	12	A	1		0.187	0.023	0.011
13:0....g	0.000		1	A	1		0.000	0.000	0.000
14:0....g	0.297	0.011	12	A	1		0.724	0.091	0.045
15:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:0....g	0.829	0.029	12	A	1		2.022	0.253	0.124
17:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:0....g	0.365	0.015	12	A	1		0.890	0.111	0.055
20:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.812		0	NC	4		1.982	0.248	0.122
14:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.812	0.032	12	A	1		1.982	0.248	0.122
20:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.195		0	NC	4		0.475	0.059	0.029
18:2 undifferentiated....g	0.120	0.005	12	A	1		0.293	0.037	0.018
18:3 undifferentiated....g	0.075	0.000	12	A	1		0.182	0.023	0.011
18:4....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	10	0.549	12	A	1		25	3	2
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.098	0.012	0.006
Threonine....g	0.134		0	A	1		0.328	0.041	0.020
Isoleucine....g	0.163		0	A	1		0.398	0.050	0.024
Leucine....g	0.299		0	A	1		0.728	0.091	0.045
Lysine....g	0.264		0	A	1		0.644	0.080	0.040
Methionine....g	0.083		0	A	1		0.202	0.025	0.012
Cystine....g	0.019		0	A	1		0.047	0.006	0.003
Phenylalanine....g	0.163		0	A	1		0.398	0.050	0.024
Tyrosine....g	0.159		0	A	1		0.389	0.049	0.024
Valine....g	0.206		0	A	1		0.504	0.063	0.031
Arginine....g	0.090		0	A	1		0.220	0.027	0.014
Histidine....g	0.095		0	A	1		0.232	0.029	0.014
Alanine....g	0.107		0	A	1		0.260	0.033	0.016

NDB No. 01077
Milk, whole, 3.25% milkfat, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.270		0	A	1		0.658	0.082	0.040
Glutamic acid....g	0.708		0	A	1		1.729	0.216	0.106
Glycine....g	0.062		0	A	1		0.152	0.019	0.009
Proline....g	0.311		0	A	1		0.759	0.095	0.047
Serine....g	0.190		0	A	1		0.464	0.058	0.029
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 15g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01211
Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.13	0.050	28	A	1		215.03	13.22	26.88
Energy....kcal	61		0	NC	4		149	9	19
Energy....kJ	256		0	NC	4		625	38	78
Protein....g	3.15	0.029	27	A	1		7.70	0.47	0.96
Total lipid (fat)....g	3.27	0.024	27	A	1		7.98	0.49	1.00
Ash....g	0.67	0.004	24	A	1		1.64	0.10	0.21
Carbohydrate, by difference....g	4.78		0	NC	4		11.66	0.72	1.46
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	5.05		0	AS	1		12.33	0.76	1.54
Sucrose....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Lactose....g	5.05	0.052	24	A	1		12.33	0.76	1.54
Maltose....g	0.00	0.000	24	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	113	1.760	16	A	1		275	17	34
Iron, Fe....mg	0.03	0.002	46	A	1		0.08	0.00	0.01
Magnesium, Mg....mg	10	0.116	42	A	1		25	2	3
Phosphorus, P....mg	84	1.087	42	A	1		205	13	26
Potassium, K....mg	132	1.985	41	A	1		323	20	40
Sodium, Na....mg	43	0.548	42	A	1		104	6	13
Zinc, Zn....mg	0.37	0.007	42	A	1		0.91	0.06	0.11
Copper, Cu....mg	0.025	0.001	42	A	1		0.061	0.004	0.008
Manganese, Mn....mg	0.004	0.000	41	A	1		0.011	0.001	0.001
Selenium, Se....µg	3.7	0.185	29	A	1		9.0	0.6	1.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	7	A	1		0.0	0.0	0.0
Thiamin....mg	0.046	0.001	24	A	1		0.112	0.007	0.014
Riboflavin....mg	0.169	0.001	23	A	1		0.411	0.025	0.051
Niacin....mg	0.089	0.003	24	A	1		0.216	0.013	0.027
Pantothenic acid....mg	0.373	0.003	8	A	1		0.910	0.056	0.114
Vitamin B-6....mg	0.036	0.000	24	A	1		0.087	0.005	0.011
Folate, total....µg	5	0.534	8		1		12	1	2
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	5	0.534	8		1		12	1	2
Folate, DFE....µg	5		0	NC	4		12	1	2
Choline, total....mg	14.3		0	AS	1		34.9	2.1	4.4
Betaine....mg	0.6		1	A	1		1.5	0.1	0.2
Vitamin B-12....µg	0.45	0.021	14	A	1		1.09	0.07	0.14
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	46		0	AS	1		112	7	14
Retinol....µg	45	1.926	4	A	1		110	7	14
Carotene, beta....µg	7	0.618	10	A	1		16	1	2
Carotene, alpha....µg	0	0.000	10	A	1		0	0	0
Cryptoxanthin, beta....µg	0	0.000	10	A	1		0	0	0
Vitamin A, IU....IU	162		0	AS	1		395	24	49
Lycopene....µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin....µg	0	0.000	6	A	1		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.07	0.003	24	A	1		0.17	0.01	0.02
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.001	24	A	1		0.01	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg	0.00	0.001	24	A	1		0.00	0.00	0.00
Tocotrienol, beta....mg	0.00	0.000	24	A	1		0.00	0.00	0.00

NDB No. 01211
Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	24	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.2	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.1		0	T	4		0.2	0.0	0.0
Vitamin D....IU	2		0	T	4		5	0	1
Vitamin K (phylloquinone)....µg	0.3	0.007	8	A	1		0.6	0.0	0.1
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg	1.0	0.050	4	A	1		2.3	0.1	0.3
Lipids:									
Fatty acids, total saturated....g	1.865		0	NR	4		4.551	0.280	0.569
4:0....g	0.075	0.000	12	A	1		0.182	0.011	0.023
6:0....g	0.075	0.000	12	A	1		0.182	0.011	0.023
8:0....g	0.075	0.000	12	A	1		0.182	0.011	0.023
10:0....g	0.075	0.000	12	A	1		0.182	0.011	0.023
12:0....g	0.077	0.002	12	A	1		0.187	0.011	0.023
13:0....g	0.000		1	A	1		0.000	0.000	0.000
14:0....g	0.297	0.011	12	A	1		0.724	0.045	0.091
15:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:0....g	0.829	0.029	12	A	1		2.022	0.124	0.253
17:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:0....g	0.365	0.015	12	A	1		0.890	0.055	0.111
20:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.812		0	NR	4		1.981	0.122	0.248
14:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.812	0.032	12	A	1		1.982	0.122	0.248
20:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.195		0	NR	4		0.476	0.029	0.059
18:2 undifferentiated....g	0.120	0.005	12	A	1		0.293	0.018	0.037
18:3 undifferentiated....g	0.075	0.000	12	A	1		0.182	0.011	0.023
18:4....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	10	0.549	12	A	1		25	2	3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.098	0.006	0.012
Threonine....g	0.134		0	A	1		0.328	0.020	0.041
Isoleucine....g	0.163		0	A	1		0.398	0.024	0.050
Leucine....g	0.299		0	A	1		0.728	0.045	0.091
Lysine....g	0.264		0	A	1		0.644	0.040	0.080
Methionine....g	0.083		0	A	1		0.202	0.012	0.025
Cystine....g	0.019		0	A	1		0.047	0.003	0.006
Phenylalanine....g	0.163		0	A	1		0.398	0.024	0.050
Tyrosine....g	0.159		0	A	1		0.389	0.024	0.049
Valine....g	0.206		0	A	1		0.504	0.031	0.063
Arginine....g	0.090		0	A	1		0.220	0.014	0.027
Histidine....g	0.095		0	A	1		0.232	0.014	0.029
Alanine....g	0.107		0	A	1		0.260	0.016	0.033

NDB No. 01211
Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.270		0	A	1		0.658	0.040	0.082
Glutamic acid.....g	0.708		0	A	1		1.729	0.106	0.216
Glycine.....g	0.062		0	A	1		0.152	0.009	0.019
Proline.....g	0.311		0	A	1		0.759	0.047	0.095
Serine.....g	0.190		0	A	1		0.464	0.029	0.058
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 30.5g: 1 fl oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01250
Nutritional supplement for people with diabetes, liquid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.74		0	NR	4		181.01		
Energy....kcal	88		1	LC	8		200		
Energy....kJ	368		0	LC	8		835		
Protein (N x 6.38)....g	4.40		1	LC	8		9.99		
Total lipid (fat)....g	3.08		1	LC	8		6.99		
Ash....g	0.90		0	BFZN	4		2.04		
Carbohydrate, by difference....g	11.88		1	LC	8		26.98		
Fiber, total dietary....g	2.2		1	LC	8		5.0		
Sugars, total....g	2.64		0	O	4		5.99		
Starch....g									
Minerals:									
Calcium, Ca....mg	110		1	LC	8		250		
Iron, Fe....mg	1.98		1	LC	8		4.50		
Magnesium, Mg....mg	44		1	LC	8		100		
Phosphorus, P....mg	110		1	LC	8		250		
Potassium, K....mg	176		1	LC	8		400		
Sodium, Na....mg	92		1	LC	8		210		
Zinc, Zn....mg	1.65		1	LC	8		3.75		
Copper, Cu....mg	0.220		1	LC	8		0.500		
Manganese, Mn....mg	0.097		1	LC	8		0.220		
Selenium, Se....µg	7.7		1	LC	8		17.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	26.4		1	LC	8		59.9		
Thiamin....mg	0.165		1	LC	8		0.375		
Riboflavin....mg	0.187		1	LC	8		0.425		
Niacin....mg	2.201		1	LC	8		4.996		
Pantothenic acid....mg	1.100		1	LC	8		2.498		
Vitamin B-6....mg	0.220		1	LC	8		0.500		
Folate, total....µg	44		1	LC	8		100		
Folic acid....µg	44		0	NR	4		100		
Folate, food....µg	0		0	Z	7		0		
Folate, DFE....µg	75		0	NC	4		170		
Choline, total....mg	60.5		0	O	4		137.4		
Betaine....mg									
Vitamin B-12....µg	0.66		1	LC	8		1.50		
Vitamin B-12, added....µg	0.66		0	NR	4		1.50		
Vitamin A, RAE....µg	165		0	NC	4		375		
Retinol....µg	165		0	NR	4		375		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	550		1	LC	8		1249		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	1.46		0	O	4		3.31		
Vitamin E, added....mg	1.46		0	NR	4		3.31		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	NR	4		2.5		
Vitamin D....IU	44		1	LC	8		100		
Vitamin K (phylloquinone)....µg	8.8		0	O	4		20.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01250
Nutritional supplement for people with diabetes, liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.232		0	BFFN	4		0.527		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.003		0	BFFN	4		0.007		
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	0.150		0	BFFN	4		0.340		
17:0....g									
18:0....g	0.059		0	BFFN	4		0.134		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.318		0	BFFN	4		5.261		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	BFFN	4		0.007		
17:1....g									
18:1 undifferentiated....g	2.306		0	BFFN	4		5.234		
20:1....g	0.009		0	BFFN	4		0.020		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.395		0	BFFN	4		0.897		
18:2 undifferentiated....g	0.392		0	BFFN	4		0.890		
18:3 undifferentiated....g	0.003		0	BFFN	4		0.007		
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		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	2		1	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	2		0	BFZN	4		5		
Theobromine....mg	23		0	BFZN	4		52		

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

Common Measures:

Measure 1 = 227g: 1 can

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01185
Parmesan cheese topping, fat free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.60		0		4		0.43		
Energy	kcal	370		0	NC	4		19		
Energy	kJ	1548		0		4		77		
Protein	g	40.00		0	LC	8		2.00		
Total lipid (fat)	g	5.00		0	LC	8		0.25		
Ash	g	6.40		0	BFZN	4		0.32		
Carbohydrate, by difference	g	40.00		0	LC	8		2.00		
Fiber, total dietary	g	0.0		0	LC	8		0.0		
Sugars, total	g	1.50		0	BFNN	4		0.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	800		0	LC	8		40		
Iron, Fe	mg	5.00		0	LC	8		0.25		
Magnesium, Mg	mg	40		0	BFZN	4		2		
Phosphorus, P	mg	700		0	BFZN	4		35		
Potassium, K	mg	600		0	LC	8		30		
Sodium, Na	mg	1150		0	LC	8		58		
Zinc, Zn	mg	3.00		0	BFZN	4		0.15		
Copper, Cu	mg	0.020		0	BFZN	4		0.001		
Manganese, Mn	mg									
Selenium, Se	µg	43.3		0	BFNN	4		2.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.050		0	BFZN	4		0.003		
Riboflavin	mg	0.050		0	BFZN	4		0.003		
Niacin	mg	0.200		0	BFZN	4		0.010		
Pantothenic acid	mg									
Vitamin B-6	mg	0.100		0	BFZN	4		0.005		
Folate, total	µg	25		0	BFZN	4		1		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	25		0	BFZN	4		1		
Folate, DFE	µg	25		0	NC	4		1		
Choline, total	mg	15.4		0	CAZN	4		0.8		
Betaine	mg									
Vitamin B-12	µg	1.10		0	BFZN	4		0.06		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	40		0	NC	4		2		
Retinol	µg	39		0	BFFN	4		2		
Carotene, beta	µg	13		0	BFFN	4		1		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	151		0	NC	4		8		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFFN	4		0.00		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.4		0	BFFN	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01185
Parmesan cheese topping, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.110		0	BFZN	4		0.156		
4:0....g	0.162		0	BFZN	4		0.008		
6:0....g	0.096		0	BFZN	4		0.005		
8:0....g	0.056		0	BFZN	4		0.003		
10:0....g	0.126		0	BFZN	4		0.006		
12:0....g	0.140		0	BFZN	4		0.007		
13:0....g									
14:0....g	0.502		0	BFZN	4		0.025		
15:0....g									
16:0....g	1.303		0	BFZN	4		0.065		
17:0....g									
18:0....g	0.606		0	BFZN	4		0.030		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.446		0	BFZN	4		0.072		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.112		0	BFZN	4		0.006		
17:1....g									
18:1 undifferentiated....g	1.256		0	BFZN	4		0.063		
20:1....g	0.076		0	BFZN	4		0.004		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.186		0	BFZN	4		0.009		
18:2 undifferentiated....g	0.113		0	BFZN	4		0.006		
18:3 undifferentiated....g	0.073		0	BFZN	4		0.004		
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		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	20		0	LC	8		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	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 = 5.0g: 1 tablespoon

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01224

Protein supplement, milk based, Muscle Milk Light, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.00		0	NR	4		6.00		
Energy	kcal	396		0	NC	4		198		
Energy	kJ	1657		0	NC	4		828		
Protein (N x 6.38)	g	50.00		1	LC	8		25.00		
Total lipid (fat)	g	12.00		1	LC	8		6.00		
Ash	g	4.00		0	NR	4		2.00		
Carbohydrate, by difference	g	22.00		0	NR	4		11.00		
Fiber, total dietary	g	2.0		1	LC	8		1.0		
Sugars, total	g	4.00		1	LC	8		2.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	1200		1	LC	8		600		
Iron, Fe	mg	12.00		1	LC	8		6.00		
Magnesium, Mg	mg	280		1	LC	8		140		
Phosphorus, P	mg	700		1	LC	8		350		
Potassium, K	mg	840		1	LC	8		420		
Sodium, Na	mg	250		1	LC	8		125		
Zinc, Zn	mg	10.00		1	LC	8		5.00		
Copper, Cu	mg	1.400		1	LC	8		0.700		
Manganese, Mn	mg									
Selenium, Se	µg	33.8		0	BFPN	4		16.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	42.0		1	LC	8		21.0		
Thiamin	mg	1.000		1	LC	8		0.500		
Riboflavin	mg	1.200		1	LC	8		0.600		
Niacin	mg	14.000		1	LC	8		7.000		
Pantothenic acid	mg	8.000		1	LC	8		4.000		
Vitamin B-6	mg	1.400		1	LC	8		0.700		
Folate, total	µg	280		1	LC	8		140		
Folic acid	µg	280		1	LC	8		140		
Folate, food	µg	0		0	AS	1		0		
Folate, DFE	µg	476		0	NC	4		238		
Choline, total	mg	81.6		0	BFZN	4		40.8		
Betaine	mg									
Vitamin B-12	µg	4.20		1	LC	8		2.10		
Vitamin B-12, added	µg	4.20		0	NR	4		2.10		
Vitamin A, RAE	µg	1050		0	NC	4		525		
Retinol	µg	1050		0	NR	4		525		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	3500		1	LC	8		1750		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	9.45		1	LC	8		4.73		
Vitamin E, added	mg	9.45		0	NR	4		4.73		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	7.0		1	LC	8		3.5		
Vitamin D	IU	280		1	LC	8		140		
Vitamin K (phylloquinone)	µg	0.5		0	BFZN	4		0.2		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01224

Protein supplement, milk based, Muscle Milk Light, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.087		0	NC	4		0.544		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.435		0		4		0.217		
17:0....g									
18:0....g	0.653		0		4		0.326		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.474		0	NC	4		4.237		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	8.148		0		4		4.074		
20:1....g	0.217		0		4		0.108		
22:1 undifferentiated....g	0.109		0		4		0.055		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.239		0	NC	4		0.620		
18:2 undifferentiated....g	1.196		0		4		0.598		
18:3 undifferentiated....g	0.043		0		4		0.021		
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		
21:5....g									
22:4....g									
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	10		1	LC	8		5		
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 = 50g: 2 scoop

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01223
Protein supplement, milk based, Muscle Milk, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.00		0		8		1.65		
Energy....kcal	411		0	NC	4		45		
Energy....kJ	1720		0	NC	4		189		
Protein (N x 6.38)....g	45.71		1	LC	8		5.03		
Total lipid (fat)....g	17.14		1	LC	8		1.89		
Ash....g	3.65		0	NR	4		0.40		
Carbohydrate, by difference....g	18.50		0		8		2.04		
Fiber, total dietary....g	7.1		1	LC	8		0.8		
Sugars, total....g	5.71		1	LC	8		0.63		
Starch....g									
Minerals:									
Calcium, Ca....mg	500		1	LC	8		55		
Iron, Fe....mg	8.57		1	LC	8		0.94		
Magnesium, Mg....mg	200		1	LC	8		22		
Phosphorus, P....mg	643		1	LC	8		71		
Potassium, K....mg	1129		1	LC	8		124		
Sodium, Na....mg	329		1	LC	8		36		
Zinc, Zn....mg	7.14		1	LC	8		0.79		
Copper, Cu....mg	1.000		1	LC	8		0.110		
Manganese, Mn....mg									
Selenium, Se....µg	33.8		0	BFPN	4		3.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	30.0		1	LC	8		3.3		
Thiamin....mg	0.714		1	LC	8		0.079		
Riboflavin....mg	0.857		1	LC	8		0.094		
Niacin....mg	10.000		1	LC	8		1.100		
Pantothenic acid....mg	5.714		1	LC	8		0.629		
Vitamin B-6....mg	1.000		1	LC	8		0.110		
Folate, total....µg	200		0	NR	4		22		
Folic acid....µg	200		1	LC	8		22		
Folate, food....µg	0		0	NR	4		0		
Folate, DFE....µg	340		0	NC	4		37		
Choline, total....mg	81.6		0	BFZN	4		9.0		
Betaine....mg									
Vitamin B-12....µg	3.00		1	LC	8		0.33		
Vitamin B-12, added....µg	3.00		0	NR	4		0.33		
Vitamin A, RAE....µg	750		0	NC	4		83		
Retinol....µg	750		0	NR	4		83		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	2500		1	LC	8		275		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	7.07		1	LC	8		0.78		
Vitamin E, added....mg	7.07		0	NR	4		0.78		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	5.0		1	LC	8		0.6		
Vitamin D....IU	200		1	LC	8		22		
Vitamin K (phylloquinone)....µg	0.5		0	BFZN	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01223
Protein supplement, milk based, Muscle Milk, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.553		0	NC	4		0.171		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.621		0		4		0.068		
17:0....g									
18:0....g	0.932		0		4		0.103		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.105		0	NC	4		1.332		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	11.640		0		4		1.280		
20:1....g	0.309		0		4		0.034		
22:1 undifferentiated....g	0.156		0		4		0.017		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.770		0	NC	4		0.195		
18:2 undifferentiated....g	1.709		0		4		0.188		
18:3 undifferentiated....g	0.061		0		4		0.007		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	21		1	LC	8		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 11.0g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01267
Queso cotija

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.00		0	NR	4		1.90		
Energy....kcal	366		0	NC	4		18		
Energy....kJ	1531		0	NC	4		77		
Protein (N x 6.25)....g	20.00		0		8		1.00		
Total lipid (fat)....g	30.00		0		8		1.50		
Ash....g	8.03		0	BFZN	4		0.40		
Carbohydrate, by difference....g	3.97		0	NC	4		0.20		
Fiber, total dietary....g	0.0		0		8		0.0		
Sugars, total....g	0.00		0		8		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	800		0		8		40		
Iron, Fe....mg	0.00		0		8		0.00		
Magnesium, Mg....mg	38		0	BFZN	4		2		
Phosphorus, P....mg	729		0	BFZN	4		36		
Potassium, K....mg	125		0	BFZN	4		6		
Sodium, Na....mg	1400		0		8		70		
Zinc, Zn....mg	3.87		0	BFZN	4		0.19		
Copper, Cu....mg	0.238		0	BFZN	4		0.012		
Manganese, Mn....mg									
Selenium, Se....µg	17.7		0	BFZN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		8		0.0		
Thiamin....mg	0.029		0	BFZN	4		0.001		
Riboflavin....mg	0.486		0	BFZN	4		0.024		
Niacin....mg	0.114		0	BFZN	4		0.006		
Pantothenic acid....mg									
Vitamin B-6....mg	0.049		0	BFZN	4		0.002		
Folate, total....µg	10		0	BFZN	4		1		
Folic acid....µg	0		0	BFZN	4		0		
Folate, food....µg	10		0	BFZN	4		1		
Folate, DFE....µg	10		0	NC	4		1		
Choline, total....mg	15.4		0	BFZN	4		0.8		
Betaine....mg									
Vitamin B-12....µg	2.26		0	BFZN	4		0.11		
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....µg	229		0	BFZN	4		11		
Retinol....µg	223		0	BFZN	4		11		
Carotene, beta....µg	73		0	BFZN	4		4		
Carotene, alpha....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta....µg	0		0	BFZN	4		0		
Vitamin A, IU....IU	865		0	NC	4		43		
Lycopene....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin....µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.25		0	BFZN	4		0.01		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.5		0	BFZN	4		0.0		
Vitamin D....IU	21		0	NR	4		1		
Vitamin K (phylloquinone)....µg	1.9		0	BFZN	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01267
Queso cotija

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.500		0	NC	4		0.875		
4:0....g	1.583		0	BFFN	4		0.079		
6:0....g	0.592		0	BFFN	4		0.030		
8:0....g	0.055		0	BFFN	4		0.003		
10:0....g	0.544		0	BFFN	4		0.027		
12:0....g	0.825		0	BFFN	4		0.041		
13:0....g									
14:0....g	2.745		0	BFFN	4		0.137		
15:0....g									
16:0....g	7.747		0	BFFN	4		0.387		
17:0....g									
18:0....g	3.409		0	BFFN	4		0.170		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.333		0	NC	4		0.417		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.521		0	BFFN	4		0.026		
17:1....g									
18:1 undifferentiated....g	7.627		0	BFFN	4		0.381		
20:1....g	0.185		0	BFFN	4		0.009		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.187		0	NC	4		0.059		
18:2 undifferentiated....g	0.989		0	BFFN	4		0.049		
18:3 undifferentiated....g	0.199		0	BFFN	4		0.010		
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		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.000		0		8		0.000		
Cholesterol....mg	100		0		8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 5.0g: 2 tsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01200
Reddi Wip Fat Free Whipped Topping

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.44		0	O	4		2.66	49.83	
Energy....kcal	149		1	A	1		6	112	
Energy....kJ	623		0	A	1		25	468	
Protein (N x 6.38)....g	3.00		1	A	1		0.12	2.25	
Total lipid (fat)....g	5.00		1	A	1		0.20	3.75	
Ash....g	0.56		0	O	4		0.02	0.42	
Carbohydrate, by difference....g	25.00		1	A	1		1.00	18.75	
Fiber, total dietary....g	0.4		1	A	1		0.0	0.3	
Sugars, total....g	16.00		1	A	1		0.64	12.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	108		1	A	1		4	81	
Iron, Fe....mg	0.03		0	BFAN	4		0.00	0.02	
Magnesium, Mg....mg	8		0	BFAN	4		0	6	
Phosphorus, P....mg	68		0	BFAN	4		3	51	
Potassium, K....mg	108		0	BFAN	4		4	81	
Sodium, Na....mg	72		1	A	1		3	54	
Zinc, Zn....mg	0.31		0	BFAN	4		0.01	0.23	
Copper, Cu....mg	0.019		0	BFAN	4		0.001	0.014	
Manganese, Mn....mg									
Selenium, Se....µg	3.0		0	BFAN	4		0.1	2.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFNN	4		0.0	0.0	
Thiamin....mg	0.148		0	BFNN	4		0.006	0.111	
Riboflavin....mg	0.619		0	BFNN	4		0.025	0.464	
Niacin....mg	0.364		0	BFNN	4		0.015	0.273	
Pantothenic acid....mg									
Vitamin B-6....mg	0.123		0	BFNN	4		0.005	0.092	
Folate, total....µg	17		0	NR	4		1	13	
Folic acid....µg	0		0	BFNN	4		0	0	
Folate, food....µg	17		0	BFNN	4		1	13	
Folate, DFE....µg	17		0	NC	4		1	13	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....µg	1.48		0	BFNN	4		0.06	1.11	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	49		0	NC	4		2	37	
Retinol....µg	48		0	BNA	4		2	36	
Carotene, beta....µg	9		0	BNA	4		0	7	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	175		1	A	1		7	131	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.09		0	BFFN	4		0.00	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	BFFN	4		0.0	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01200
Reddi Wip Fat Free Whipped Topping

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.869		0	NC	4		0.115	2.152	
4:0....g	0.115		0	BFFN	4		0.005	0.086	
6:0....g	0.115		0	BFFN	4		0.005	0.086	
8:0....g	0.115		0	BFFN	4		0.005	0.086	
10:0....g	0.115		0	BFFN	4		0.005	0.086	
12:0....g	0.118		0	BFFN	4		0.005	0.088	
13:0....g									
14:0....g	0.457		0	BFFN	4		0.018	0.343	
15:0....g									
16:0....g	1.275		0	BFFN	4		0.051	0.956	
17:0....g									
18:0....g	0.561		0	BFFN	4		0.022	0.421	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.250		0	NC	4		0.050	0.937	
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	1.250		0	BFFN	4		0.050	0.937	
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	0.299		0	NC	4		0.012	0.225	
18:2 undifferentiated....g	0.185		0	BFFN	4		0.007	0.139	
18:3 undifferentiated....g	0.115		0	BFFN	4		0.005	0.086	
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	
21:5....g									
22:4....g									
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	16		1	A	1		1	12	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 4.0g: 1 tablespoon

Measure 2 = 75g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01180
Sour cream, fat free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.60		0		4		9.67	185.38	
Energy....kcal	74		0		4		9	170	
Energy....kJ	310		0		4		37	712	
Protein....g	3.10		0		8		0.37	7.13	
Total lipid (fat)....g	0.00		0		8		0.00	0.00	
Ash....g	0.70		0		4		0.08	1.61	
Carbohydrate, by difference....g	15.60		0		8		1.87	35.88	
Fiber, total dietary....g	0.0		0		8		0.0	0.0	
Sugars, total....g	0.39		0	BFNN	4		0.05	0.89	
Starch....g									
Minerals:									
Calcium, Ca....mg	125		0		8		15	288	
Iron, Fe....mg	0.00		0		8		0.00	0.00	
Magnesium, Mg....mg	10		0		4		1	23	
Phosphorus, P....mg	95		0		4		11	219	
Potassium, K....mg	129		0		4		15	297	
Sodium, Na....mg	141		0		8		17	324	
Zinc, Zn....mg	0.50		0		4		0.06	1.15	
Copper, Cu....mg	0.016		0		4		0.002	0.037	
Manganese, Mn....mg									
Selenium, Se....µg	5.3		0	BFNN	4		0.6	12.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		8		0.0	0.0	
Thiamin....mg	0.040		0		4		0.005	0.092	
Riboflavin....mg	0.150		0		4		0.018	0.345	
Niacin....mg	0.070		0		4		0.008	0.161	
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0		4		0.002	0.046	
Folate, total....µg	11		0		4		1	25	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		4		1	25	
Folate, DFE....µg	11		0	NC	4		1	25	
Choline, total....mg	19.2		0	BFZN	4		2.3	44.2	
Betaine....mg									
Vitamin B-12....µg	0.30		0		4		0.04	0.69	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	73		0	NC	4		9	167	
Retinol....µg	72		0	NC	4		9	166	
Carotene, beta....µg	9		0	NR	4		1	21	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	255		0	NC	4		31	587	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01180
Sour cream, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		0.000	0.000	
4:0....g	0.000		0		7		0.000	0.000	
6:0....g	0.000		0		7		0.000	0.000	
8:0....g	0.000		0		7		0.000	0.000	
10:0....g	0.000		0		7		0.000	0.000	
12:0....g	0.000		0		7		0.000	0.000	
13:0....g									
14:0....g	0.000		0		7		0.000	0.000	
15:0....g									
16:0....g	0.000		0		7		0.000	0.000	
17:0....g									
18:0....g	0.000		0		7		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		7		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		7		0.000	0.000	
20:1....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated....g	0.000		0		7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		7		0.000	0.000	
18:2 undifferentiated....g	0.000		0		7		0.000	0.000	
18:3 undifferentiated....g	0.000		0		7		0.000	0.000	
18:4....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	9		0		8		1	21	
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 = 12.0g: 1 tablespoon

Measure 2 = 230g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01074
Sour cream, imitation, cultured

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.15		2		1		20.17	163.65	
Energy....kcal	208		0	NC	4		59	479	
Energy....kJ	872		0		4		247	2006	
Protein (N x 6.29)....g	2.40	0.721	3		1		0.68	5.52	
Total lipid (fat)....g	19.52	0.418	9		1		5.53	44.90	
Ash....g	0.30		1		1		0.09	0.69	
Carbohydrate, by difference....g	6.63		0	NC	4		1.88	15.25	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	6.63		0	NR	4		1.88	15.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		2		1		1	6	
Iron, Fe....mg	0.39		0		4		0.11	0.90	
Magnesium, Mg....mg	6		0		4		2	15	
Phosphorus, P....mg	45		2		1		13	102	
Potassium, K....mg	161		2		1		46	369	
Sodium, Na....mg	102	28.006	3		1		29	235	
Zinc, Zn....mg	1.18		0		4		0.33	2.71	
Copper, Cu....mg	0.058		0		1		0.016	0.133	
Manganese, Mn....mg	0.110		0		1		0.031	0.253	
Selenium, Se....µg	2.5		0	BFNN	4		0.7	5.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg	0.000		0		1		0.000	0.000	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....µg	0		0		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	BFFN	4		0.0	0.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.74		0	BFFN	4		0.21	1.71	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.8		0	BFFN	4		1.4	11.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01074
Sour cream, imitation, cultured

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.791		0		1		5.044	40.919	
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	1.028		2		1		0.291	2.364	
10:0....g	1.006		2		1		0.285	2.314	
12:0....g	8.138		2		1		2.307	18.717	
13:0....g									
14:0....g	3.364		2		1		0.954	7.737	
15:0....g									
16:0....g	1.981		2		1		0.562	4.556	
17:0....g									
18:0....g	2.244		2		1		0.636	5.161	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.588		0		1		0.167	1.352	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.589		2		1		0.167	1.355	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.056		0		1		0.016	0.129	
18:2 undifferentiated....g	0.056		2		1		0.016	0.129	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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		0		1		0	0	
Phytosterols....mg	18		0		4		5	41	
Amino Acids:									
Tryptophan....g	0.033		0		4		0.009	0.076	
Threonine....g	0.101		0		4		0.029	0.232	
Isoleucine....g	0.147		0		4		0.042	0.338	
Leucine....g	0.237		0		4		0.067	0.545	
Lysine....g	0.193		0		4		0.055	0.444	
Methionine....g	0.073		0		4		0.021	0.168	
Cystine....g	0.010		0		4		0.003	0.023	
Phenylalanine....g	0.129		0		4		0.037	0.297	
Tyrosine....g	0.137		0		4		0.039	0.315	
Valine....g	0.172		0		4		0.049	0.396	
Arginine....g	0.095		0		4		0.027	0.219	
Histidine....g	0.071		0		4		0.020	0.163	
Alanine....g	0.075		0		4		0.021	0.173	
Aspartic acid....g	0.170		0		4		0.048	0.391	
Glutamic acid....g	0.545		0		4		0.155	1.254	
Glycine....g	0.048		0		4		0.014	0.110	
Proline....g	0.271		0		4		0.077	0.623	
Serine....g	0.148		0		4		0.042	0.340	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01074
Sour cream, imitation, cultured

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 230g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01179
Sour cream, light

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.10		0		4		9.37	179.63	
Energy....kcal	136		0		4		16	313	
Energy....kJ	569		0		4		68	1309	
Protein....g	3.50		0		8		0.42	8.05	
Total lipid (fat)....g	10.60		0		8		1.27	24.38	
Ash....g	0.70		0		4		0.08	1.61	
Carbohydrate, by difference....g	7.10		0		8		0.85	16.33	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	0.22		0	BFNN	4		0.03	0.52	
Starch....g									
Minerals:									
Calcium, Ca....mg	141		0		8		17	324	
Iron, Fe....mg	0.07		0		4		0.01	0.16	
Magnesium, Mg....mg	10		0		4		1	23	
Phosphorus, P....mg	71		0		8		9	163	
Potassium, K....mg	212		0		8		25	488	
Sodium, Na....mg	83		0	NR	4		10	191	
Zinc, Zn....mg	0.50		0		4		0.06	1.15	
Copper, Cu....mg	0.016		0		4		0.002	0.037	
Manganese, Mn....mg									
Selenium, Se....µg	3.1		0	BFNN	4		0.4	7.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		4		0.1	2.1	
Thiamin....mg	0.040		0		4		0.005	0.092	
Riboflavin....mg	0.120		0		8		0.014	0.276	
Niacin....mg	0.070		0		4		0.008	0.161	
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0		4		0.002	0.046	
Folate, total....µg	11		0		4		1	25	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		4		1	25	
Folate, DFE....µg	11		0	NC	4		1	25	
Choline, total....mg	19.2		0	T	4		2.3	44.2	
Betaine....mg									
Vitamin B-12....µg	0.42		0		8		0.05	0.97	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	90		0	NC	4		11	206	
Retinol....µg	88		0	BFFN	4		11	202	
Carotene, beta....µg	21		0	BFFN	4		2	47	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	328		0	NC	4		39	754	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFFN	4		0.04	0.70	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.0	0.4	
Vitamin D....IU	8		0	BFFN	4		1	18	
Vitamin K (phylloquinone)....µg	0.5		0	BFFN	4		0.1	1.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01179
Sour cream, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.600		0		4		0.792	15.180	
4:0....g	0.340		0		4		0.041	0.782	
6:0....g	0.200		0		4		0.024	0.460	
8:0....g	0.110		0		4		0.013	0.253	
10:0....g	0.260		0		4		0.031	0.598	
12:0....g	0.300		0		4		0.036	0.690	
13:0....g									
14:0....g	1.060		0		4		0.127	2.438	
15:0....g									
16:0....g	2.780		0		4		0.334	6.394	
17:0....g									
18:0....g	1.280		0		4		0.154	2.944	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.100		0		4		0.372	7.130	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.240		0		4		0.029	0.552	
17:1....g									
18:1 undifferentiated....g	2.660		0		4		0.319	6.118	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.400		0		4		0.048	0.920	
18:2 undifferentiated....g	0.240		0		4		0.029	0.552	
18:3 undifferentiated....g	0.160		0		4		0.019	0.368	
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	
21:5....g									
22:4....g									
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	35		0		8		4	81	
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 = 12.0g: 1 tablespoon

Measure 2 = 230g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01178
Sour cream, 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	71.00		0		4		8.52	163.30	
Energy....kcal	181		0		4		22	416	
Energy....kJ	757		0		4		91	1742	
Protein....g	7.00		0		8		0.84	16.10	
Total lipid (fat)....g	14.10		0		8		1.69	32.43	
Ash....g	0.90		0		4		0.11	2.07	
Carbohydrate, by difference....g	7.00		0		8		0.84	16.10	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	0.30		0	BFNN	4		0.04	0.68	
Starch....g									
Minerals:									
Calcium, Ca....mg	141		0		8		17	324	
Iron, Fe....mg	0.06		0		4		0.01	0.14	
Magnesium, Mg....mg	11		0		4		1	25	
Phosphorus, P....mg	85		0		4		10	196	
Potassium, K....mg	211		0		8		25	485	
Sodium, Na....mg	70		0		8		8	161	
Zinc, Zn....mg	0.27		0		4		0.03	0.62	
Copper, Cu....mg	0.010		0		4		0.001	0.023	
Manganese, Mn....mg									
Selenium, Se....µg	4.1		0	BFNN	4		0.5	9.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		4		0.1	2.1	
Thiamin....mg	0.040		0		4		0.005	0.092	
Riboflavin....mg	0.240		0		8		0.029	0.552	
Niacin....mg	0.070		0		4		0.008	0.161	
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0		4		0.002	0.046	
Folate, total....µg	11		0		4		1	25	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		4		1	25	
Folate, DFE....µg	11		0	NC	4		1	25	
Choline, total....mg	19.2		0	T	4		2.3	44.2	
Betaine....mg									
Vitamin B-12....µg	0.30		0		4		0.04	0.69	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	119		0	NC	4		14	274	
Retinol....µg	117		0	BFFN	4		14	269	
Carotene, beta....µg	27		0	BFFN	4		3	63	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	436		0	NC	4		52	1002	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFFN	4		0.05	0.93	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.0	0.6	
Vitamin D....IU	10		0	BFFN	4		1	24	
Vitamin K (phylloquinone)....µg	0.7		0	BFFN	4		0.1	1.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01178
Sour cream, 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
Lipids:									
Fatty acids, total saturated....g	8.700		0		4		1.044	20.010	
4:0....g	0.460		0		4		0.055	1.058	
6:0....g	0.270		0		4		0.032	0.621	
8:0....g	0.150		0		4		0.018	0.345	
10:0....g	0.360		0		4		0.043	0.828	
12:0....g	0.400		0		4		0.048	0.920	
13:0....g									
14:0....g	1.410		0		4		0.169	3.243	
15:0....g									
16:0....g	3.690		0		4		0.443	8.487	
17:0....g									
18:0....g	1.700		0		4		0.204	3.910	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.100		0		4		0.492	9.430	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.310		0		4		0.037	0.713	
17:1....g									
18:1 undifferentiated....g	3.530		0		4		0.424	8.119	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.500		0		4		0.060	1.150	
18:2 undifferentiated....g	0.310		0		4		0.037	0.713	
18:3 undifferentiated....g	0.200		0		4		0.024	0.460	
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	
21:5....g									
22:4....g									
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	35		0		8		4	81	
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 = 12.0g: 1 tablespoon

Measure 2 = 230g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01058
Sour dressing, non-butterfat, cultured, filled cream-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.79		0		1		8.97	175.76	
Energy....kcal	178		0	NC	4		21	417	
Energy....kJ	743		0	NC	4		89	1747	
Protein (N x 6.38)....g	3.25		0		1		0.39	7.64	
Total lipid (fat)....g	16.57		0		1		1.99	38.94	
Ash....g	0.71		0		1		0.09	1.67	
Carbohydrate, by difference....g	4.68		0	NC	4		0.56	11.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	4.68		0	NR	4		0.56	11.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	113		0		1		14	266	
Iron, Fe....mg	0.03		0		1		0.00	0.07	
Magnesium, Mg....mg	10		0		1		1	23	
Phosphorus, P....mg	87		0		1		10	205	
Potassium, K....mg	162		0		1		19	380	
Sodium, Na....mg	48		0		1		6	113	
Zinc, Zn....mg	0.37		0		1		0.04	0.87	
Copper, Cu....mg	0.010		0		1		0.001	0.024	
Manganese, Mn....mg	0.002		0		1		0.000	0.005	
Selenium, Se....µg	2.3		0	BFNN	4		0.3	5.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		0.1	2.2	
Thiamin....mg	0.038		0		1		0.005	0.089	
Riboflavin....mg	0.163		0		1		0.020	0.383	
Niacin....mg	0.074		0		1		0.009	0.174	
Pantothenic acid....mg	0.398		0		1		0.048	0.935	
Vitamin B-6....mg	0.017		0		1		0.002	0.040	
Folate, total....µg	12		0		1		1	28	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		0		1		1	28	
Folate, DFE....µg	12		0	NC	4		1	28	
Choline, total....mg	14.9		0	BFNN	4		1.8	35.0	
Betaine....mg									
Vitamin B-12....µg	0.33		0		1		0.04	0.77	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	NC	4		0	7	
Retinol....µg	3		0	NC	4		0	7	
Carotene, beta....µg	0		0	BFFN	4		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	10		0	NC	4		1	24	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.34		0	BFFN	4		0.16	3.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.1		0	BFFN	4		0.5	9.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01058

Sour dressing, non-butterfat, cultured, filled cream-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	13.272		0		1		1.593	31.189	
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	0.319		2		1		0.038	0.750	
10:0....g	0.824		2		1		0.099	1.936	
12:0....g	2.256		2		1		0.271	5.302	
13:0....g									
14:0....g	2.793		2		1		0.335	6.564	
15:0....g									
16:0....g	2.819		2		1		0.338	6.625	
17:0....g									
18:0....g	4.310		2		1		0.517	10.129	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.958		0		1		0.235	4.601	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.087		2		1		0.010	0.204	
17:1....g									
18:1 undifferentiated....g	1.873		2		1		0.225	4.402	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.468		0		1		0.056	1.100	
18:2 undifferentiated....g	0.468		2		1		0.056	1.100	
18:3 undifferentiated....g	0.000		2		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	5		0		1		1	13	
Phytosterols....mg	15		0		4		2	35	
Amino Acids:									
Tryptophan....g	0.045		0		4		0.005	0.106	
Threonine....g	0.147		0		4		0.018	0.345	
Isoleucine....g	0.197		0		4		0.024	0.463	
Leucine....g	0.318		0		4		0.038	0.747	
Lysine....g	0.258		0		4		0.031	0.606	
Methionine....g	0.082		0		4		0.010	0.193	
Cystine....g	0.030		0		4		0.004	0.071	
Phenylalanine....g	0.157		0		4		0.019	0.369	
Tyrosine....g	0.157		0		4		0.019	0.369	
Valine....g	0.217		0		4		0.026	0.510	
Arginine....g	0.118		0		4		0.014	0.277	
Histidine....g	0.088		0		4		0.011	0.207	
Alanine....g	0.112		0		4		0.013	0.263	
Aspartic acid....g	0.247		0		4		0.030	0.580	
Glutamic acid....g	0.681		0		4		0.082	1.600	
Glycine....g	0.069		0		4		0.008	0.162	
Proline....g	0.315		0		4		0.038	0.740	
Serine....g	0.177		0		4		0.021	0.416	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01058

Sour dressing, non-butterfat, cultured, filled cream-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 12.0g: 1 tbsp

Measure 2 = 235g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01182
USDA Commodity, cheese, cheddar, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.20		1	A	1		54.47		
Energy	kcal	282		0	NC	4		319		
Energy	kJ	1180		0		4		1333		
Protein	g	27.20		1	A	1		30.74		
Total lipid (fat)	g	18.30		1	A	1		20.68		
Ash	g	4.30		1	A	1		4.86		
Carbohydrate, by difference	g	2.00		0	NC	4		2.26		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.58		0	BFNN	4		0.66		
Starch	g									
Minerals:										
Calcium, Ca	mg	905		1	A	1		1023		
Iron, Fe	mg	0.13		1	A	1		0.15		
Magnesium, Mg	mg	35		1	A	1		40		
Phosphorus, P	mg	583		1	A	1		659		
Potassium, K	mg	93		1	A	1		105		
Sodium, Na	mg	725		1	A	1		819		
Zinc, Zn	mg	4.30		1	A	1		4.86		
Copper, Cu	mg	0.021		0	BFZN	4		0.024		
Manganese, Mn	mg									
Selenium, Se	µg	15.5		0	BFNN	4		17.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.030		1	A	1		0.034		
Riboflavin	mg	0.300		1	A	1		0.339		
Niacin	mg	0.060		1	A	1		0.068		
Pantothenic acid	mg									
Vitamin B-6	mg	0.084		1	A	1		0.095		
Folate, total	µg	20		0	BFNN	4		23		
Folic acid	µg	0		0	BFNN	4		0		
Folate, food	µg	20		0	BFNN	4		23		
Folate, DFE	µg	20		0	NC	4		23		
Choline, total	mg	15.4		0	T	4		17.4		
Betaine	mg									
Vitamin B-12	µg	1.66		1	A	1		1.88		
Vitamin B-12, added	µg	0.00		0	BFNN	4		0.00		
Vitamin A, RAE	µg	150		0	NC	4		170		
Retinol	µg	142		0	BFFN	4		161		
Carotene, beta	µg	95		0	BFNN	4		107		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	633		0	NC	4		715		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.16		0	BFFN	4		0.18		
Vitamin E, added	mg	0.00		0	BFNN	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.3		0	AS	1		0.4		
Vitamin D	IU	13		0	BFFN	4		15		
Vitamin K (phylloquinone)	µg	1.5		0	BFFN	4		1.7		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01182
USDA Commodity, cheese, cheddar, 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
Lipids:									
Fatty acids, total saturated....g	11.580		1	A	1		13.085		
4:0....g	0.720		1	A	1		0.814		
6:0....g	0.420		1	A	1		0.475		
8:0....g	0.240		1	A	1		0.271		
10:0....g	0.520		1	A	1		0.588		
12:0....g	0.560		1	A	1		0.633		
13:0....g									
14:0....g	1.880		1	A	1		2.124		
15:0....g									
16:0....g	5.020		1	A	1		5.673		
17:0....g									
18:0....g	2.240		1	A	1		2.531		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.020		1	A	1		5.673		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.300		1	A	1		0.339		
17:1....g									
18:1 undifferentiated....g	4.470		1	A	1		5.051		
20:1....g	0.040		1	A	1		0.045		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		1	A	1		0.848		
18:2 undifferentiated....g	0.570		1	A	1		0.644		
18:3 undifferentiated....g	0.130		1	A	1		0.147		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		1	A	1		0.034		
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									
Cholesterol....mg	56		1	A	1		63		
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 = 113g: 1 cup shredded

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01113
Whey, acid, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.51	0.174	52		1		2.00	0.10	
Energy....kcal	339		0	NC	4		193	10	
Energy....kJ	1419		0		4		809	41	
Protein (N x 6.38)....g	11.73	0.182	57		1		6.69	0.34	
Total lipid (fat)....g	0.54	0.031	49		1		0.31	0.02	
Ash....g	10.77	0.223	48		1		6.14	0.31	
Carbohydrate, by difference....g	73.45		0	NC	4		41.87	2.13	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	73.45		0	NR	4		41.87	2.13	
Starch....g									
Minerals:									
Calcium, Ca....mg	2054	105.458	23		1		1171	60	
Iron, Fe....mg	1.24	0.179	19		1		0.71	0.04	
Magnesium, Mg....mg	199	9.641	19		1		113	6	
Phosphorus, P....mg	1349	82.507	20		1		769	39	
Potassium, K....mg	2289	97.644	20		1		1304	66	
Sodium, Na....mg	968	85.329	18		1		552	28	
Zinc, Zn....mg	6.31	0.549	19		1		3.60	0.18	
Copper, Cu....mg	0.050		0		1		0.029	0.001	
Manganese, Mn....mg	0.015		0		1		0.009	0.000	
Selenium, Se....µg	27.3		0	BFNN	4		15.6	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.332	13		1		0.5	0.0	
Thiamin....mg	0.622	0.072	13		1		0.355	0.018	
Riboflavin....mg	2.060	0.130	13		1		1.174	0.060	
Niacin....mg	1.160	0.195	10		1		0.661	0.034	
Pantothenic acid....mg	5.632		0		1		3.210	0.163	
Vitamin B-6....mg	0.620	0.051	10		1		0.353	0.018	
Folate, total....µg	33	4.603	10		1		19	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	33	4.603	10		1		19	1	
Folate, DFE....µg	33		0	NC	4		19	1	
Choline, total....mg	225.0		0	BFSN	4		128.3	6.5	
Betaine....mg									
Vitamin B-12....µg	2.50	0.175	10		1		1.43	0.07	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	17		0	NC	4		10	0	
Retinol....µg	17		0	NC	4		10	0	
Carotene, beta....µg	1		0	BFFN	4		1	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	59		0	NC	4		34	2	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01113
Whey, acid, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.342		0		1		0.195	0.010	
4:0....g	0.023		2		1		0.013	0.001	
6:0....g	0.008		2		1		0.005	0.000	
8:0....g	0.005	0.001	4		1		0.003	0.000	
10:0....g	0.010	0.002	4		1		0.006	0.000	
12:0....g	0.006	0.002	4		1		0.003	0.000	
13:0....g									
14:0....g	0.046	0.005	4		1		0.026	0.001	
15:0....g									
16:0....g	0.150	0.013	4		1		0.086	0.004	
17:0....g									
18:0....g	0.060	0.004	4		1		0.034	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.149		0		1		0.085	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026	0.007	4		1		0.015	0.001	
17:1....g									
18:1 undifferentiated....g	0.114	0.009	4		1		0.065	0.003	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.021		0		1		0.012	0.001	
18:2 undifferentiated....g	0.018	0.003	4		1		0.010	0.001	
18:3 undifferentiated....g	0.003		2		1		0.002	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	3		0		4		2	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0		1		0.137	0.007	
Threonine....g	0.590		0		1		0.336	0.017	
Isoleucine....g	0.581		0		1		0.331	0.017	
Leucine....g	1.116		0		1		0.636	0.032	
Lysine....g	1.008		0		1		0.575	0.029	
Methionine....g	0.221		0		1		0.126	0.006	
Cystine....g	0.211		0		1		0.120	0.006	
Phenylalanine....g	0.386		0		1		0.220	0.011	
Tyrosine....g	0.300		0		1		0.171	0.009	
Valine....g	0.579		0		1		0.330	0.017	
Arginine....g	0.327		0		1		0.186	0.009	
Histidine....g	0.230		0		1		0.131	0.007	
Alanine....g	0.506		0		1		0.288	0.015	
Aspartic acid....g	1.149		0		1		0.655	0.033	
Glutamic acid....g	2.096		0		1		1.195	0.061	
Glycine....g	0.211		0		1		0.120	0.006	
Proline....g	0.699		0		1		0.398	0.020	
Serine....g	0.541		0		1		0.308	0.016	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01113
Whey, acid, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 57g: 1 cup

Measure 2 = 2.9g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01112
Whey, acid, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.42	0.098	10		1		229.81	919.25	
Energy....kcal	24		0	NC	4		59	235	
Energy....kJ	100		0		4		245	982	
Protein (N x 6.38)....g	0.76	0.028	21		1		1.87	7.48	
Total lipid (fat)....g	0.09	0.024	6		1		0.22	0.89	
Ash....g	0.61	0.038	9		1		1.50	6.00	
Carbohydrate, by difference....g	5.12		0	NC	4		12.60	50.38	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	5.12		0	NR	4		12.60	50.38	
Starch....g									
Minerals:									
Calcium, Ca....mg	103	3.539	15		1		253	1011	
Iron, Fe....mg	0.08		0		1		0.20	0.79	
Magnesium, Mg....mg	10	0.452	15		1		24	96	
Phosphorus, P....mg	78	3.746	14		1		191	764	
Potassium, K....mg	143	5.269	5		1		352	1408	
Sodium, Na....mg	48	3.250	5		1		118	473	
Zinc, Zn....mg	0.43		0		1		1.06	4.23	
Copper, Cu....mg	0.003		0		1		0.007	0.030	
Manganese, Mn....mg	0.002		0		1		0.005	0.020	
Selenium, Se....µg	1.8		0	BFNN	4		4.4	17.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.1	0.6	
Thiamin....mg	0.042		0		1		0.103	0.413	
Riboflavin....mg	0.140		0		1		0.344	1.378	
Niacin....mg	0.079		0		1		0.194	0.777	
Pantothenic acid....mg	0.381		0		1		0.937	3.749	
Vitamin B-6....mg	0.042		0		1		0.103	0.413	
Folate, total....µg	2		0		1		5	22	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		1		5	22	
Folate, DFE....µg	2		0	NC	4		5	22	
Choline, total....mg	16.0		0	BFZN	4		39.4	157.4	
Betaine....mg									
Vitamin B-12....µg	0.18	0.017	14		1		0.44	1.76	
Vitamin A, RAE....µg	2		0	NC	4		5	20	
Retinol....µg	2		0	NC	4		5	20	
Carotene, beta....µg	0		0	BFFN	4		1	2	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0	NC	4		17	69	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4		0.00	0.01	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01112
Whey, acid, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.057		0		1		0.140	0.561	
4:0....g	0.004		2		1		0.010	0.039	
6:0....g	0.001		2		1		0.002	0.010	
8:0....g	0.001	0.000	4		1		0.002	0.010	
10:0....g	0.002	0.001	4		1		0.005	0.020	
12:0....g	0.001	0.000	4		1		0.002	0.010	
13:0....g									
14:0....g	0.008	0.002	4		1		0.020	0.079	
15:0....g									
16:0....g	0.025	0.007	4		1		0.062	0.246	
17:0....g									
18:0....g	0.010	0.003	4		1		0.025	0.098	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.025		0		1		0.062	0.246	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004	0.002	4		1		0.010	0.039	
17:1....g									
18:1 undifferentiated....g	0.019	0.005	4		1		0.047	0.187	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.004		0		1		0.010	0.039	
18:2 undifferentiated....g	0.003	0.001	4		1		0.007	0.030	
18:3 undifferentiated....g	0.000		2		1		0.000	0.000	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0		4		1	5	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.039	0.157	
Threonine....g	0.038		0		1		0.093	0.374	
Isoleucine....g	0.038		0		1		0.093	0.374	
Leucine....g	0.072		0		1		0.177	0.708	
Lysine....g	0.065		0		1		0.160	0.640	
Methionine....g	0.014		0		1		0.034	0.138	
Cystine....g	0.014		0		1		0.034	0.138	
Phenylalanine....g	0.025		0		1		0.062	0.246	
Tyrosine....g	0.019		0		1		0.047	0.187	
Valine....g	0.038		0		1		0.093	0.374	
Arginine....g	0.021		0		1		0.052	0.207	
Histidine....g	0.015		0		1		0.037	0.148	
Alanine....g	0.033		0		1		0.081	0.325	
Aspartic acid....g	0.074		0		1		0.182	0.728	
Glutamic acid....g	0.136		0		1		0.335	1.338	
Glycine....g	0.014		0		1		0.034	0.138	
Proline....g	0.045		0		1		0.111	0.443	
Serine....g	0.035		0		1		0.086	0.344	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 01112
Whey, acid, fluid

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

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

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01115
Whey, sweet, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.19	0.089	151		1		4.63	0.24	
Energy....kcal	353		0	NC	4		512	26	
Energy....kJ	1476		0		4		2140	111	
Protein (N x 6.38)....g	12.93	0.087	165		1		18.75	0.97	
Total lipid (fat)....g	1.07	0.033	148		1		1.55	0.08	
Ash....g	8.35	0.061	147		1		12.11	0.63	
Carbohydrate, by difference....g	74.46		0	NC	4		107.97	5.58	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	74.46		0	NR	4		107.97	5.58	
Starch....g									
Minerals:									
Calcium, Ca....mg	796	31.447	66		1		1154	60	
Iron, Fe....mg	0.88	0.033	41		1		1.28	0.07	
Magnesium, Mg....mg	176	5.179	41		1		255	13	
Phosphorus, P....mg	932	39.872	65		1		1351	70	
Potassium, K....mg	2080	50.040	60		1		3016	156	
Sodium, Na....mg	1079	67.132	62		1		1565	81	
Zinc, Zn....mg	1.97	0.156	43		1		2.86	0.15	
Copper, Cu....mg	0.070		0		1		0.102	0.005	
Manganese, Mn....mg	0.009		0		1		0.013	0.001	
Selenium, Se....µg	27.2		0	BFNN	4		39.4	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5	0.335	41		1		2.2	0.1	
Thiamin....mg	0.519	0.014	44		1		0.753	0.039	
Riboflavin....mg	2.208	0.061	44		1		3.202	0.166	
Niacin....mg	1.258	0.051	43		1		1.824	0.094	
Pantothenic acid....mg	5.620		0		1		8.149	0.422	
Vitamin B-6....mg	0.584	0.016	41		1		0.847	0.044	
Folate, total....µg	12	0.944	40		1		17	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12	0.944	40		1		17	1	
Folate, DFE....µg	12		0	NC	4		17	1	
Choline, total....mg	225.0		0	BFSN	4		326.3	16.9	
Betaine....mg									
Vitamin B-12....µg	2.37	0.097	48		1		3.44	0.18	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	8		0	NC	4		12	1	
Retinol....µg	8		0	NC	4		12	1	
Carotene, beta....µg	2		0	BFFN	4		2	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	30		0	NC	4		43	2	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFFN	4		0.03	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.1	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01115
Whey, sweet, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.684		0		1		0.992	0.051	
4:0....g	0.059	0.006	4		1		0.086	0.004	
6:0....g	0.009	0.001	4		1		0.013	0.001	
8:0....g	0.010	0.001	4		1		0.015	0.001	
10:0....g	0.018	0.001	4		1		0.026	0.001	
12:0....g	0.012	0.001	4		1		0.017	0.001	
13:0....g									
14:0....g	0.104	0.005	4		1		0.151	0.008	
15:0....g									
16:0....g	0.326	0.016	4		1		0.473	0.024	
17:0....g									
18:0....g	0.097	0.006	4		1		0.141	0.007	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.297		0		1		0.431	0.022	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.033	0.003	4		1		0.048	0.002	
17:1....g									
18:1 undifferentiated....g	0.251	0.010	4		1		0.364	0.019	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.034		0		1		0.049	0.003	
18:2 undifferentiated....g	0.025	0.003	4		1		0.036	0.002	
18:3 undifferentiated....g	0.009	0.002	4		1		0.013	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
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	6		0		1		9	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.205		0		1		0.297	0.015	
Threonine....g	0.817		0		1		1.185	0.061	
Isoleucine....g	0.719		0		1		1.043	0.054	
Leucine....g	1.186		0		1		1.720	0.089	
Lysine....g	1.030		0		1		1.494	0.077	
Methionine....g	0.241		0		1		0.349	0.018	
Cystine....g	0.253		0		1		0.367	0.019	
Phenylalanine....g	0.407		0		1		0.590	0.031	
Tyrosine....g	0.363		0		1		0.526	0.027	
Valine....g	0.697		0		1		1.011	0.052	
Arginine....g	0.375		0		1		0.544	0.028	
Histidine....g	0.237		0		1		0.344	0.018	
Alanine....g	0.598		0		1		0.867	0.045	
Aspartic acid....g	1.269		0		1		1.840	0.095	
Glutamic acid....g	2.248		0		1		3.260	0.169	
Glycine....g	0.280		0		1		0.406	0.021	
Proline....g	0.786		0		1		1.140	0.059	
Serine....g	0.622		0		1		0.902	0.047	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01115
Whey, sweet, dried

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

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

Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 7.5g: 1 tbsp

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01114
Whey, sweet, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.12	0.028	32		1		229.08	916.30	
Energy....kcal	27		0	NC	4		66	263	
Energy....kJ	112		0		4		275	1099	
Protein (N x 6.38)....g	0.85	0.017	16		1		2.09	8.36	
Total lipid (fat)....g	0.36	0.013	31		1		0.89	3.54	
Ash....g	0.53	0.017	7		1		1.30	5.22	
Carbohydrate, by difference....g	5.14		0	NC	4		12.64	50.58	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	5.14		0	NR	4		12.64	50.58	
Starch....g									
Minerals:									
Calcium, Ca....mg	47	1.851	37		1		115	461	
Iron, Fe....mg	0.06		0		1		0.15	0.59	
Magnesium, Mg....mg	8	0.286	7		1		20	81	
Phosphorus, P....mg	46	0.845	37		1		112	449	
Potassium, K....mg	161	3.987	11		1		396	1584	
Sodium, Na....mg	54	4.221	9		1		132	526	
Zinc, Zn....mg	0.13		0		1		0.32	1.28	
Copper, Cu....mg	0.004		0		1		0.010	0.039	
Manganese, Mn....mg	0.001		0		1		0.002	0.010	
Selenium, Se....µg	1.9		0	BFNN	4		4.7	18.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.2	1.0	
Thiamin....mg	0.036	0.002	19		1		0.089	0.354	
Riboflavin....mg	0.158	0.004	26		1		0.389	1.555	
Niacin....mg	0.074	0.009	13		1		0.182	0.728	
Pantothenic acid....mg	0.383	0.008	8		1		0.942	3.769	
Vitamin B-6....mg	0.031	0.006	13		1		0.076	0.305	
Folate, total....µg	1		0		1		2	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		2	8	
Folate, DFE....µg	1		0	NC	4		2	8	
Choline, total....mg	16.0		0	BFZN	4		39.4	157.4	
Betaine....mg									
Vitamin B-12....µg	0.28	0.030	17		1		0.68	2.73	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	3		0	NC	4		8	30	
Retinol....µg	3		0	NC	4		7	30	
Carotene, beta....µg	1		0	BFFN	4		2	9	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	12		0	NC	4		28	114	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4		0.01	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.1	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01114
Whey, sweet, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.230		0		1		0.566	2.263	
4:0....g	0.020	0.002	4		1		0.049	0.197	
6:0....g	0.003	0.000	4		1		0.007	0.030	
8:0....g	0.003	0.000	4		1		0.007	0.030	
10:0....g	0.006	0.001	4		1		0.015	0.059	
12:0....g	0.004	0.000	4		1		0.010	0.039	
13:0....g									
14:0....g	0.035	0.002	4		1		0.086	0.344	
15:0....g									
16:0....g	0.110	0.006	4		1		0.271	1.082	
17:0....g									
18:0....g	0.033	0.002	4		1		0.081	0.325	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.100		0		1		0.246	0.984	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011	0.001	4		1		0.027	0.108	
17:1....g									
18:1 undifferentiated....g	0.084	0.004	4		1		0.207	0.827	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.011		0		1		0.027	0.108	
18:2 undifferentiated....g	0.008	0.001	4		1		0.020	0.079	
18:3 undifferentiated....g	0.003	0.001	4		1		0.007	0.030	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		1		1		5	20	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.032	0.128	
Threonine....g	0.054		0		1		0.133	0.531	
Isoleucine....g	0.047		0		1		0.116	0.462	
Leucine....g	0.078		0		1		0.192	0.768	
Lysine....g	0.068		0		1		0.167	0.669	
Methionine....g	0.016		0		1		0.039	0.157	
Cystine....g	0.017		0		1		0.042	0.167	
Phenylalanine....g	0.027		0		1		0.066	0.266	
Tyrosine....g	0.024		0		1		0.059	0.236	
Valine....g	0.046		0		1		0.113	0.453	
Arginine....g	0.025		0		1		0.062	0.246	
Histidine....g	0.016		0		1		0.039	0.157	
Alanine....g	0.039		0		1		0.096	0.384	
Aspartic acid....g	0.083		0		1		0.204	0.817	
Glutamic acid....g	0.148		0		1		0.364	1.456	
Glycine....g	0.018		0		1		0.044	0.177	
Proline....g	0.052		0		1		0.128	0.512	
Serine....g	0.041		0		1		0.101	0.403	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 01114
Whey, sweet, fluid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 246g: 1 cup

Measure 2 = 984g: 1 quart

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43268
Whipped cream substitute, dietetic, made from powdered mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	82.30		0		4		65.84		
Energy ... kcal	100		0	NC	4		80		
Energy ... kJ	418		0	NC	4		335		
Protein ... g	0.90		0		4		0.72		
Total lipid (fat) ... g	6.00		0		4		4.80		
Ash ... g	0.20		0	NR	4		0.16		
Carbohydrate, by difference ... g	10.60		0		4		8.48		
Fiber, total dietary ... g	0.0		0		7		0.0		
Sugars, total ... g	10.60		0	NR	4		8.48		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	3		0		4		2		
Iron, Fe ... mg	0.01		0		4		0.01		
Magnesium, Mg ... mg	1		0		4		1		
Phosphorus, P ... mg	30		0		4		24		
Potassium, K ... mg	26		0		1		21		
Sodium, Na ... mg	106		0		1		85		
Zinc, Zn ... mg	0.01		0		4		0.01		
Copper, Cu ... mg	0.022		0		1		0.018		
Manganese, Mn ... mg									
Selenium, Se ... µg	0.5		0	BFPN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0		7		0.0		
Thiamin ... mg	0.000		0		7		0.000		
Riboflavin ... mg	0.000		0		7		0.000		
Niacin ... mg	0.000		0		7		0.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.000		0		7		0.000		
Folate, total ... µg	0		0		7		0		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	0		0		7		0		
Folate, DFE ... µg	0		0	NC	4		0		
Choline, total ... mg	0.0		0	BFNN	4		0.0		
Betaine ... mg									
Vitamin B-12 ... µg	0.00		0		7		0.00		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	0		0	NC	4		0		
Retinol ... µg	0		0	NR	4		0		
Carotene, beta ... µg	0		0	Z	7		0		
Carotene, alpha ... µg	0		0	Z	7		0		
Cryptoxanthin, beta ... µg	0		0	Z	7		0		
Vitamin A, IU ... IU	0		0	NC	4		0		
Lycopene ... µg	0		0	Z	7		0		
Lutein + zeaxanthin ... µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.05		0	NR	4		0.04		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 43268
Whipped cream substitute, dietetic, made from powdered mix

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.186		0		4		2.549		
4:0....g	0.001		0		4		0.001		
6:0....g	0.000		0		4		0.000		
8:0....g	0.129		0		4		0.103		
10:0....g	0.129		0		4		0.103		
12:0....g	1.071		0		4		0.857		
13:0....g									
14:0....g	0.435		0		4		0.348		
15:0....g									
16:0....g	0.618		0		4		0.494		
17:0....g									
18:0....g	0.806		0		4		0.645		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.357		0		4		1.086		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		4		0.010		
17:1....g									
18:1 undifferentiated....g	1.342		0		4		1.074		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.158		0		4		0.926		
18:2 undifferentiated....g	1.077		0		4		0.862		
18:3 undifferentiated....g	0.078		0		4		0.062		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 80g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 42135
Whipped topping, frozen, low fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	59.70		0		4		44.78		
Energy ... kcal	224		0	NC	4		168		
Energy ... kJ	938		0	NC	4		704		
Protein ... g	3.00		0		1		2.25		
Total lipid (fat) ... g	13.10		0		1		9.83		
Ash ... g	0.60		0	NR	4		0.45		
Carbohydrate, by difference ... g	23.60		0	NC	4		17.70		
Fiber, total dietary ... g	0.0		0		7		0.0		
Sugars, total ... g	23.60		0	NR	4		17.70		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	71		0		1		53		
Iron, Fe ... mg	0.10		0		1		0.08		
Magnesium, Mg ... mg	7		0		1		5		
Phosphorus, P ... mg	74		0		1		56		
Potassium, K ... mg	101		0		1		76		
Sodium, Na ... mg	72		0		1		54		
Zinc, Zn ... mg	0.10		0		4		0.08		
Copper, Cu ... mg	0.010		0		1		0.008		
Manganese, Mn ... mg									
Selenium, Se ... µg	2.4		0	BFNN	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0		7		0.0		
Thiamin ... mg	0.020		0		1		0.015		
Riboflavin ... mg	0.090		0		1		0.068		
Niacin ... mg	0.100		0		1		0.075		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0		1		0.015		
Folate, total ... µg	3		0		1		2		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	3		0		1		2		
Folate, DFE ... µg	3		0	NC	4		2		
Choline, total ... mg	0.0		0	BFSN	4		0.0		
Betaine ... mg									
Vitamin B-12 ... µg	0.20		0		1		0.15		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	4		0	NC	4		3		
Retinol ... µg	0		0	BFFN	4		0		
Carotene, beta ... µg	45		0	BFFN	4		33		
Carotene, alpha ... µg	0		0	Z	7		0		
Cryptoxanthin, beta ... µg	0		0	Z	7		0		
Vitamin A, IU ... IU	74		0	NC	4		56		
Lycopene ... µg	0		0	Z	7		0		
Lutein + zeaxanthin ... µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.50		0	BFFN	4		0.37		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	3.2		0	BFFN	4		2.4		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 42135
Whipped topping, frozen, 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
Lipids:									
Fatty acids, total saturated....g	11.273		0		1		8.455		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.331		0		4		0.248		
10:0....g	0.466		0		4		0.350		
12:0....g	4.575		0		4		3.431		
13:0....g									
14:0....g	1.946		0		4		1.460		
15:0....g									
16:0....g	1.599		0		4		1.199		
17:0....g									
18:0....g	2.371		0		4		1.778		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.838		0		1		0.629		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.124		0		4		0.093		
17:1....g									
18:1 undifferentiated....g	0.714		0		4		0.536		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.269		0		1		0.202		
18:2 undifferentiated....g	0.155		0		4		0.116		
18:3 undifferentiated....g	0.114		0		4		0.086		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 75g: 1 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01281
Yogurt, Greek, non fat, strawberry, CHOBANI

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.62	0.384	6	A	1		119.42		
Energy....kcal	80		0	NC	4		120		
Energy....kJ	334		0	NC	4		501		
Protein....g	8.03	0.101	6	A	1		12.05		
Total lipid (fat)....g	0.12	0.024	6	A	1		0.19		
Ash....g	0.60	0.028	6	A	1		0.90		
Carbohydrate, by difference....g	11.62		0	NC	4		17.43		
Fiber, total dietary....g	0.7		1	A	1		1.0		
Sugars, total....g	10.86	0.210	3	A	1		16.29		
Sucrose....g	6.29	0.152	3	A	1		9.44		
Glucose (dextrose)....g	0.77	0.060	3	A	1		1.15		
Fructose....g	0.74	0.009	3	A	1		1.11		
Lactose....g	2.50	0.047	3	A	1		3.75		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.55	0.015	3	A	1		0.83		
Starch....g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca....mg	99	0.856	6	A	1		149		
Iron, Fe....mg	0.12	0.020	6	A	1		0.17		
Magnesium, Mg....mg	10	0.126	6	A	1		15		
Phosphorus, P....mg	112	1.147	6	A	1		167		
Potassium, K....mg	124	0.872	6	A	1		186		
Sodium, Na....mg	33	0.965	6	A	1		49		
Zinc, Zn....mg	0.44	0.003	6	A	1		0.65		
Copper, Cu....mg	0.019	0.000	6	A	1		0.028		
Manganese, Mn....mg	0.033	0.002	6	A	1		0.050		
Selenium, Se....µg	9.5	0.058	3	A	1		14.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	A	1		0.4		
Thiamin....mg	0.031		0	BFSN	4		0.047		
Riboflavin....mg	0.280	0.032	3	A	1		0.420		
Niacin....mg	0.213	0.007	3	A	1		0.320		
Pantothenic acid....mg	0.335		2	A	1		0.502		
Vitamin B-6....mg	0.050	0.002	3	A	1		0.075		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.45		2	A	1		0.67		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01281
Yogurt, Greek, non fat, strawberry, CHOBANI

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 saturated....g	0.103		0	NC	4		0.154		
4:0....g	0.007		1	A	1		0.011		
6:0....g	0.001		1	A	1		0.002		
8:0....g	0.003		1	A	1		0.005		
10:0....g	0.017		1	A	1		0.026		
12:0....g	0.006		1	A	1		0.009		
13:0....g									
14:0....g	0.010		1	A	1		0.015		
15:0....g	0.002		1	A	1		0.003		
16:0....g	0.038		1	A	1		0.057		
17:0....g	0.002		1	A	1		0.003		
18:0....g	0.017		1	A	1		0.026		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.024		0	NC	4		0.036		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.001		0	AS	1		0.002		
16:1 c....g	0.001		1	A	1		0.002		
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	0.023		0	AS	1		0.035		
18:1 c....g	0.023		1	A	1		0.035		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
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	0.010		0	NC	4		0.015		
18:2 undifferentiated....g	0.008		0	AS	1		0.012		
18:2 n-6 c,c....g	0.008		1	A	1		0.012		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000		
18:3 undifferentiated....g	0.002		0	AS	1		0.003		
18:3 n-3 c,c,c (ALA)....g	0.002		1	A	1		0.003		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g	0.000		1	A	1		0.000		
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-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
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	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
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.

NDB No. 01281

Yogurt, Greek, non fat, strawberry, CHOBANI

Common Measures:

Measure 1 = 150g: 5.3 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01280
Yogurt, Greek, non fat, strawberry, DANNON OIKOS

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.63	0.061	6	A	1		117.95		
Energy....kcal	84		0	NC	4		126		
Energy....kJ	352		0	NC	4		528		
Protein....g	8.03	0.067	6	A	1		12.05		
Total lipid (fat)....g	0.22	0.017	6	A	1		0.33		
Ash....g	0.59	0.013	6	A	1		0.88		
Carbohydrate, by difference....g	12.53		0	NC	4		18.80		
Fiber, total dietary....g	0.4		1	A	1		0.7		
Sugars, total....g	11.63	0.097	3	A	1		17.44		
Sucrose....g	3.96	0.073	3	A	1		5.93		
Glucose (dextrose)....g	0.25	0.062	3	A	1		0.37		
Fructose....g	4.44	0.037	3	A	1		6.66		
Lactose....g	2.42	0.022	3	A	1		3.63		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.56	0.007	3	A	1		0.84		
Starch....g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca....mg	94	0.933	6	A	1		141		
Iron, Fe....mg	0.06	0.004	6	A	1		0.09		
Magnesium, Mg....mg	11	0.173	6	A	1		16		
Phosphorus, P....mg	114	1.249	6	A	1		171		
Potassium, K....mg	145	1.789	6	A	1		218		
Sodium, Na....mg	33	0.570	6	A	1		50		
Zinc, Zn....mg	0.45	0.008	6	A	1		0.67		
Copper, Cu....mg	0.017	0.001	6	A	1		0.026		
Manganese, Mn....mg	0.029	0.000	6	A	1		0.043		
Selenium, Se....µg	8.9	0.058	3	A	1		13.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	A	1		0.3		
Thiamin....mg	0.033		0	BFSN	4		0.049		
Riboflavin....mg	0.217	0.029	3	A	1		0.325		
Niacin....mg	0.220	0.006	3	A	1		0.330		
Pantothenic acid....mg	0.385		2	A	1		0.577		
Vitamin B-6....mg	0.051	0.002	3	A	1		0.076		
Folate, total....µg	20		1	A	1		31		
Folic acid....µg									
Folate, food....µg	20		1	A	1		31		
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.59		2	A	1		0.89		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		1	AS	1		1.5		

NDB No. 01280
Yogurt, Greek, non fat, strawberry, DANNON OIKOS

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	40		1	A	1		59		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.110		0	NC	4		0.165		
4:0....g	0.007		1	A	1		0.011		
6:0....g	0.002		1	A	1		0.003		
8:0....g	0.003		1	A	1		0.005		
10:0....g	0.018		1	A	1		0.027		
12:0....g	0.007		1	A	1		0.011		
13:0....g									
14:0....g	0.011		1	A	1		0.016		
15:0....g	0.003		1	A	1		0.005		
16:0....g	0.039		1	A	1		0.059		
17:0....g	0.002		1	A	1		0.003		
18:0....g	0.018		1	A	1		0.027		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.024		0	NC	4		0.036		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.001		0	AS	1		0.002		
16:1 c....g	0.001		1	A	1		0.002		
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	0.022		0	AS	1		0.033		
18:1 c....g	0.022		1	A	1		0.033		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.001		1	A	1		0.002		
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	0.008		0	NC	4		0.012		
18:2 undifferentiated....g	0.007		0	AS	1		0.011		
18:2 n-6 c,c....g	0.007		1	A	1		0.011		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000		
18:3 undifferentiated....g	0.001		0	AS	1		0.002		
18:3 n-3 c,c,c (ALA)....g	0.001		1	A	1		0.002		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g	0.000		1	A	1		0.000		
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-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
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	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg									

NDB No. 01280
Yogurt, Greek, non fat, strawberry, DANNON OIKOS

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

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

Common Measures:

Measure 1 = 150g: 5.3 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01275
Yogurt, Greek, non fat, vanilla, CHOBANI

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.03	0.260	6	A	1		123.05		
Energy....kcal	71		0	NC	4		106		
Energy....kJ	295		0	NC	4		443		
Protein....g	9.07	0.100	6	A	1		13.60		
Total lipid (fat)....g	0.22	0.031	6	A	1		0.33		
Ash....g	0.59	0.014	6	A	1		0.89		
Carbohydrate, by difference....g	8.09		0	NC	4		12.13		
Fiber, total dietary....g	0.3		1	A	1		0.5		
Sugars, total....g	7.61	0.397	3	A	1		11.41		
Sucrose....g	3.44	0.254	3	A	1		5.15		
Glucose (dextrose)....g	0.30	0.115	3	A	1		0.45		
Fructose....g	0.47	0.059	3	A	1		0.70		
Lactose....g	2.72	0.026	3	A	1		4.08		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.68	0.023	3	A	1		1.01		
Starch....g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca....mg	106	1.145	6	A	1		159		
Iron, Fe....mg	0.05	0.004	6	A	1		0.07		
Magnesium, Mg....mg	11	0.095	6	A	1		16		
Phosphorus, P....mg	126	0.843	6	A	1		189		
Potassium, K....mg	130	2.892	6	A	1		195		
Sodium, Na....mg	36	1.341	6	A	1		54		
Zinc, Zn....mg	0.49	0.008	6	A	1		0.73		
Copper, Cu....mg	0.019	0.001	6	A	1		0.029		
Manganese, Mn....mg	0.008	0.000	6	A	1		0.012		
Selenium, Se....µg	10.6	0.153	3	A	1		15.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.028		0	BFSN	4		0.041		
Riboflavin....mg	0.233	0.032	3	A	1		0.350		
Niacin....mg	0.217	0.012	3	A	1		0.325		
Pantothenic acid....mg	0.390		2	A	1		0.585		
Vitamin B-6....mg	0.053	0.003	3	A	1		0.079		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.70		2	A	1		1.05		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01275
Yogurt, Greek, non fat, vanilla, CHOBANI

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.178		0	NC	4		0.267		
4:0....g	0.009		1	A	1		0.013		
6:0....g	0.003		1	A	1		0.005		
8:0....g	0.004		1	A	1		0.006		
10:0....g	0.022		1	A	1		0.033		
12:0....g	0.012		1	A	1		0.018		
13:0....g									
14:0....g	0.023		1	A	1		0.035		
15:0....g	0.004		1	A	1		0.006		
16:0....g	0.074		1	A	1		0.111		
17:0....g	0.002		1	A	1		0.003		
18:0....g	0.025		1	A	1		0.038		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.060		0	NC	4		0.090		
14:1....g	0.002		1	A	1		0.003		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.003		0	AS	1		0.005		
16:1 c....g	0.003		1	A	1		0.005		
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	0.054		0	AS	1		0.081		
18:1 c....g	0.047		1	A	1		0.070		
18:1 t....g	0.007		1	A	1		0.011		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.001		1	A	1		0.002		
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	0.011		0	NC	4		0.016		
18:2 undifferentiated....g	0.010		0	AS	1		0.015		
18:2 n-6 c,c....g	0.010		1	A	1		0.015		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000		
18:3 undifferentiated....g	0.001		0	AS	1		0.002		
18:3 n-3 c,c,c (ALA)....g	0.001		1	A	1		0.002		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g	0.000		1	A	1		0.000		
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-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
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	0.007		0	NC	4		0.011		
Fatty acids, total trans-monoenoic....g	0.007		0	NC	4		0.011		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
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.

NDB No. 01275
Yogurt, Greek, non fat, vanilla, CHOBANI

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

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 150g: 5.3 oz

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

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01278
Yogurt, Greek, non fat, vanilla, DANNON OIKOS

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.50	0.157	6	A	1		117.75		
Energy....kcal	85		0	NC	4		127		
Energy....kJ	354		0	NC	4		531		
Protein....g	8.12	0.036	6	A	1		12.18		
Total lipid (fat)....g	0.14	0.027	6	A	1		0.21		
Ash....g	0.52	0.019	6	A	1		0.78		
Carbohydrate, by difference....g	12.72		0	NC	4		19.08		
Fiber, total dietary....g	0.5		1	A	1		0.7		
Sugars, total....g	11.40	0.143	3	A	1		17.10		
Sucrose....g	3.78	0.139	3	A	1		5.67		
Glucose (dextrose)....g	0.27	0.085	3	A	1		0.40		
Fructose....g	4.34	0.117	3	A	1		6.51		
Lactose....g	2.47	0.082	3	A	1		3.71		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.54	0.015	3	A	1		0.80		
Starch....g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca....mg	89	0.933	6	A	1		134		
Iron, Fe....mg	0.04	0.002	6	A	1		0.06		
Magnesium, Mg....mg	10	0.085	6	A	1		14		
Phosphorus, P....mg	112	0.563	6	A	1		167		
Potassium, K....mg	115	2.405	6	A	1		172		
Sodium, Na....mg	32	1.075	6	A	1		48		
Zinc, Zn....mg	0.40	0.009	6	A	1		0.60		
Copper, Cu....mg	0.017	0.001	6	A	1		0.025		
Manganese, Mn....mg	0.009	0.000	6	A	1		0.013		
Selenium, Se....µg	8.2	0.333	3	A	1		12.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.033		0	BFSN	4		0.049		
Riboflavin....mg	0.260	0.032	3	A	1		0.390		
Niacin....mg	0.187	0.007	3	A	1		0.280		
Pantothenic acid....mg	0.375		2	A	1		0.562		
Vitamin B-6....mg	0.047	0.001	3	A	1		0.070		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.66		2	A	1		0.99		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.9		2	AS	1		1.3		
Vitamin D....IU	35		2	A	1		53		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01278
Yogurt, Greek, non fat, vanilla, DANNON OIKOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 saturated....g	0.090		0	NC	4		0.135		
4:0....g	0.006		1	A	1		0.009		
6:0....g	0.001		1	A	1		0.002		
8:0....g	0.002		1	A	1		0.003		
10:0....g	0.017		1	A	1		0.026		
12:0....g	0.006		1	A	1		0.009		
13:0....g									
14:0....g	0.010		1	A	1		0.015		
15:0....g	0.002		1	A	1		0.003		
16:0....g	0.031		1	A	1		0.046		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.015		1	A	1		0.022		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.020		0	NC	4		0.030		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		0	AS	1		0.000		
16:1 c....g	0.000		1	A	1		0.000		
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	0.020		0	AS	1		0.030		
18:1 c....g	0.020		1	A	1		0.030		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
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	0.008		0	NC	4		0.012		
18:2 undifferentiated....g	0.007		0	AS	1		0.011		
18:2 n-6 c,c....g	0.007		1	A	1		0.011		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000		
18:3 undifferentiated....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g	0.000		1	A	1		0.000		
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	0.001		1	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
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	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
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.

NDB No. 01278

Yogurt, Greek, non fat, vanilla, DANNON OIKOS

Common Measures:

Measure 1 = 150g: 5.3 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01256
Yogurt, Greek, plain, 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	85.10	0.059	18	A	1		144.67		
Energy....kcal	59		0	NC	4		100		
Energy....kJ	246		0	NC	4		418		
Protein....g	10.19	0.179	16	A	1		17.33		
Total lipid (fat)....g	0.39	0.032	18	A	1		0.66		
Ash....g	0.72	0.010	18	A	1		1.22		
Carbohydrate, by difference....g	3.60		0	NC	4		6.12		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	3.24		3	A	1		5.51		
Sucrose....g	0.00		3	A	1		0.00		
Glucose (dextrose)....g	0.00		3	A	1		0.00		
Fructose....g	0.00		3	A	1		0.00		
Lactose....g	2.54		3	A	1		4.32		
Maltose....g	0.00		3	A	1		0.00		
Galactose....g	0.70		3	A	1		1.19		
Starch....g									
Minerals:									
Calcium, Ca....mg	110	0.351	18	A	1		187		
Iron, Fe....mg	0.07	0.003	18	A	1		0.12		
Magnesium, Mg....mg	11	0.056	18	A	1		18		
Phosphorus, P....mg	135	0.535	18	A	1		229		
Potassium, K....mg	141	0.514	18	A	1		240		
Sodium, Na....mg	36	0.321	18	A	1		60		
Zinc, Zn....mg	0.52	0.004	18	A	1		0.88		
Copper, Cu....mg	0.017	0.000	18	A	1		0.028		
Manganese, Mn....mg	0.009	0.000	18	A	1		0.015		
Selenium, Se....µg	9.7	0.118	9	A	1		16.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.023	0.002	9	A	1		0.039		
Riboflavin....mg	0.278	0.007	9	A	1		0.472		
Niacin....mg	0.208	0.006	9	A	1		0.354		
Pantothenic acid....mg	0.331	0.001	6	A	1		0.563		
Vitamin B-6....mg	0.063	0.001	9	A	1		0.107		
Folate, total....µg	7		0	DA	1		12		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	7		0	DA	1		12		
Folate, DFE....µg	7		0	NC	4		12		
Choline, total....mg	15.1		0	AS	1		25.6		
Betaine....mg	0.8		1	A	1		1.4		
Vitamin B-12....µg	0.75	0.009	9	A	1		1.28		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	1		0	AS	1		2		
Retinol....µg	1		3	A	1		2		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	4		0	AS	1		7		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.01	0.000	9	A	1		0.02		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00	0.000	9	A	1		0.00		
Tocopherol, gamma....mg	0.00	0.001	9	A	1		0.00		
Tocopherol, delta....mg	0.00	0.000	9	A	1		0.00		
Tocotrienol, alpha....mg	0.00	0.000	9	A	1		0.00		
Tocotrienol, beta....mg	0.00	0.000	9	A	1		0.00		

NDB No. 01256
Yogurt, Greek, plain, 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
Tocotrienol, gamma....mg	0.00	0.000	9	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	9	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		2	AS	1		0.0		
Vitamin D2 (ergocalciferol)....µg	0.0		1	A	1		0.0		
Vitamin D3 (cholecalciferol)....µg	0.0		1	A	1		0.0		
Vitamin D....IU	0		1	A	1		0		
Vitamin K (phylloquinone)....µg	0.0		3	A	1		0.0		
Dihydrophylloquinone....µg	0.0		3	A	1		0.0		
Menaquinone-4....µg	0.0		3	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.117		0	NC	4		0.199		
4:0....g	0.000	0.000	9	A	1		0.000		
6:0....g	0.003	0.000	9	A	1		0.004		
8:0....g	0.004	0.000	9	A	1		0.007		
10:0....g	0.013	0.001	9	A	1		0.022		
12:0....g	0.006	0.000	9	A	1		0.011		
13:0....g									
14:0....g	0.015	0.000	9	A	1		0.026		
15:0....g	0.003	0.000	9	A	1		0.006		
16:0....g	0.049	0.002	9	A	1		0.083		
17:0....g	0.003	0.000	9	A	1		0.005		
18:0....g	0.021	0.001	9	A	1		0.035		
20:0....g	0.000	0.000	9	A	1		0.000		
22:0....g	0.000	0.000	9	A	1		0.000		
24:0....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total monounsaturated....g	0.053		0	NC	4		0.091		
14:1....g	0.001	0.000	9	A	1		0.001		
15:1....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated....g	0.002	0.000	9	AS	1		0.004		
16:1 c....g	0.002	0.000	9	A	1		0.004		
16:1 t....g	0.000	0.000	9	A	1		0.000		
17:1....g	0.000	0.000	9	A	1		0.000		
18:1 undifferentiated....g	0.049	0.001	9	AS	1		0.082		
18:1 c....g	0.043	0.001	9	A	1		0.073		
18:1 t....g	0.006	0.001	9	A	1		0.009		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002	0.001	9	A	1		0.003		
22:1 undifferentiated....g	0.000	0.000	9	AS	1		0.000		
22:1 c....g	0.000	0.000	9	A	1		0.000		
22:1 t....g	0.000	0.000	9	A	1		0.000		
24:1 c....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.012		0	NC	4		0.020		
18:2 undifferentiated....g	0.010	0.001	9	AS	1		0.017		
18:2 n-6 c,c....g	0.010	0.001	9	A	1		0.017		
18:2 CLAs....g	0.000	0.000	9	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000	0.000	9	A	1		0.000		
18:3 undifferentiated....g	0.001	0.001	9	AS	1		0.002		
18:3 n-3 c,c,c (ALA)....g	0.001	0.001	9	A	1		0.002		
18:3 n-6 c,c,c....g	0.000	0.000	9	A	1		0.000		
18:3i....g	0.000	0.000	9	A	1		0.000		
18:4....g	0.000	0.000	9	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	9	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	9	AS	1		0.000		
20:3 n-3....g	0.000	0.000	9	A	1		0.000		
20:3 n-6....g	0.000	0.000	9	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	9	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	9	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	9	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	9	A	1		0.000		

NDB No. 01256
Yogurt, Greek, plain, 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
22:6 n-3 (DHA)....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total trans....g	0.006		0	NC	4		0.010		
Fatty acids, total trans-monoenoic....g	0.006		0	NC	4		0.010		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	5	0.050	9	A	1		9		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	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 = 170g: 1 container

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01276
Yogurt, Greek, strawberry, DANNON OIKOS

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.60	0.058	6	A	1		114.90		
Energy....kcal	106		0	NC	4		159		
Energy....kJ	443		0	NC	4		665		
Protein....g	8.25	0.073	6	A	1		12.38		
Total lipid (fat)....g	2.92	0.070	6	A	1		4.37		
Ash....g	0.56	0.019	6	A	1		0.85		
Carbohydrate, by difference....g	11.67		0	NC	4		17.50		
Fiber, total dietary....g	1.0		1	A	1		1.5		
Sugars, total....g	11.00	0.119	3	A	1		16.50		
Sucrose....g	3.71	0.106	3	A	1		5.56		
Glucose (dextrose)....g	0.30	0.061	3	A	1		0.45		
Fructose....g	4.12	0.040	3	A	1		6.18		
Lactose....g	2.33	0.040	3	A	1		3.49		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.54	0.006	3	A	1		0.81		
Starch....g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca....mg	86	1.088	6	A	1		129		
Iron, Fe....mg	0.07	0.003	6	A	1		0.10		
Magnesium, Mg....mg	10	0.107	6	A	1		15		
Phosphorus, P....mg	110	1.057	6	A	1		164		
Potassium, K....mg	131	1.476	6	A	1		196		
Sodium, Na....mg	34	0.459	6	A	1		51		
Zinc, Zn....mg	0.39	0.009	6	A	1		0.58		
Copper, Cu....mg	0.018	0.001	6	A	1		0.027		
Manganese, Mn....mg	0.034	0.001	6	A	1		0.051		
Selenium, Se....µg	9.5	0.524	3	A	1		14.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.036		0	BFSN	4		0.054		
Riboflavin....mg	0.227	0.037	3	A	1		0.340		
Niacin....mg	0.210	0.000	3	A	1		0.315		
Pantothenic acid....mg	0.390		2	A	1		0.585		
Vitamin B-6....mg	0.050	0.001	3	A	1		0.074		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.56		2	A	1		0.85		
Vitamin A, RAE....µg	1		0	AS	1		1		
Vitamin A, IU....IU	13		0	AS	1		19		
Lycopene....µg	0		1	A	1		0		
Lutein + zeaxanthin....µg	3		1	A	1		5		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		2	AS	1		0.0		
Vitamin D....IU	0		2	A	1		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01276
Yogurt, Greek, strawberry, DANNON OIKOS

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 saturated....g	1.832		0	NC	4		2.749		
4:0....g	0.069		1	A	1		0.103		
6:0....g	0.053		1	A	1		0.079		
8:0....g	0.035		1	A	1		0.053		
10:0....g	0.093		1	A	1		0.140		
12:0....g	0.093		1	A	1		0.140		
13:0....g									
14:0....g	0.292		1	A	1		0.438		
15:0....g	0.031		1	A	1		0.046		
16:0....g	0.859		1	A	1		1.289		
17:0....g	0.019		1	A	1		0.028		
18:0....g	0.285		1	A	1		0.427		
20:0....g	0.004		1	A	1		0.006		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.745		0	NC	4		1.117		
14:1....g	0.028		1	A	1		0.042		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.048		0	AS	1		0.072		
16:1 c....g	0.039		1	A	1		0.059		
16:1 t....g	0.009		1	A	1		0.013		
17:1....g	0.006		1	A	1		0.009		
18:1 undifferentiated....g	0.657		0	AS	1		0.985		
18:1 c....g	0.598		1	A	1		0.897		
18:1 t....g	0.059		1	A	1		0.089		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		1	A	1		0.009		
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	0.131		0	NC	4		0.196		
18:2 undifferentiated....g	0.107		0	AS	1		0.161		
18:2 n-6 c,c....g	0.078		1	A	1		0.117		
18:2 CLAs....g	0.012		1	A	1		0.018		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.017		1	A	1		0.026		
18:3 undifferentiated....g	0.013		0	AS	1		0.020		
18:3 n-3 c,c,c (ALA)....g	0.013		1	A	1		0.020		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g	0.000		1	A	1		0.000		
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	0.003		0	AS	1		0.005		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.003		1	A	1		0.005		
20:4 undifferentiated....g	0.005		1	A	1		0.007		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.003		1	A	1		0.005		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.085		0	NC	4		0.127		
Fatty acids, total trans-monoenoic....g	0.068		0	NC	4		0.102		
Fatty acids, total trans-polyenoic....g	0.017		0	NC	4		0.026		
Cholesterol....mg	13		1	A	1		19		
Phytosterols....mg									

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

NDB No. 01276

Yogurt, Greek, strawberry, DANNON OIKOS

Common Measures:

Measure 1 = 150g: 5.3 oz

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01187
Yogurt, chocolate, nonfat milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.57		0	NC	4		121.67		
Energy	kcal	112		0	MC	9		190		
Energy	kJ	469		0	MC	9		797		
Protein	g	3.53		0	MC	9		6.00		
Total lipid (fat)	g	0.00		0	MC	9		0.00		
Ash	g	1.37		0	RA	4		2.33		
Carbohydrate, by difference	g	23.53		0	MC	9		40.00		
Fiber, total dietary	g	1.2		0	MC	9		2.0		
Sugars, total	g	14.97		0	BFNN	4		25.44		
Starch	g									
Minerals:										
Calcium, Ca	mg	88		0	MC	9		150		
Iron, Fe	mg	0.42		0	MC	9		0.71		
Magnesium, Mg	mg	40		0	RA	4		68		
Phosphorus, P	mg	166		0	RA	4		282		
Potassium, K	mg	339		0	RA	4		576		
Sodium, Na	mg	135		0	MC	9		230		
Zinc, Zn	mg	1.13		0	RA	4		1.92		
Copper, Cu	mg	0.209		0	RA	4		0.355		
Manganese, Mn	mg									
Selenium, Se	µg	7.0		0	BFNN	4		11.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.047		0	RA	4		0.080		
Riboflavin	mg	0.215		0	RA	4		0.366		
Niacin	mg	0.223		0	RA	4		0.379		
Pantothenic acid	mg									
Vitamin B-6	mg	0.047		0	RA	4		0.080		
Folate, total	µg	12		0	RA	4		20		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	12		0	RA	4		20		
Folate, DFE	µg	12		0	NC	4		20		
Choline, total	mg	15.2		0	T	4		25.8		
Betaine	mg									
Vitamin B-12	µg	0.50		0	RA	4		0.85		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	0		0	NC	4		0		
Retinol	µg	0		0	BFFN	4		0		
Carotene, beta	µg	0		0	BFFN	4		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFFN	4		0.00		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0		0	BFFN	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01187
Yogurt, chocolate, nonfat milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	MC	9		0.000		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.000		0	RA	4		0.000		
10:0....g	0.000		0	RA	4		0.000		
12:0....g	0.000		0	RA	4		0.000		
13:0....g									
14:0....g	0.000		0	RA	4		0.000		
15:0....g									
16:0....g	0.000		0	RA	4		0.000		
17:0....g									
18:0....g	0.000		0	RA	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	RA	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	RA	4		0.000		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	RA	4		0.000		
18:2 undifferentiated....g	0.000		0	RA	4		0.000		
18:3 undifferentiated....g	0.000		0	RA	4		0.000		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	1		0	RA	4		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	2		0	BFZN	4		3		
Theobromine....mg	23		0	BFZN	4		39		

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

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01222

Yogurt, chocolate, nonfat milk, fortified with vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.57		0	NC	4		121.67		
Energy....kcal	112		0	MC	9		190		
Energy....kJ	469		0	MC	9		797		
Protein....g	3.53		0	MC	9		6.00		
Total lipid (fat)....g	0.00		0	MC	9		0.00		
Ash....g	1.37		0	RA	4		2.33		
Carbohydrate, by difference....g	23.53		0	MC	9		40.00		
Fiber, total dietary....g	1.2		0	MC	9		2.0		
Sugars, total....g	14.97		0	BFNN	4		25.44		
Starch....g									
Minerals:									
Calcium, Ca....mg	88		0	MC	9		150		
Iron, Fe....mg	0.42		0	MC	9		0.71		
Magnesium, Mg....mg	40		0	RA	4		68		
Phosphorus, P....mg	166		0	RA	4		282		
Potassium, K....mg	339		0	RA	4		576		
Sodium, Na....mg	135		0	MC	9		230		
Zinc, Zn....mg	1.13		0	RA	4		1.92		
Copper, Cu....mg	0.209		0	RA	4		0.355		
Manganese, Mn....mg									
Selenium, Se....µg	7.0		0	BFNN	4		11.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.047		0	RA	4		0.080		
Riboflavin....mg	0.215		0	RA	4		0.366		
Niacin....mg	0.223		0	RA	4		0.379		
Pantothenic acid....mg									
Vitamin B-6....mg	0.047		0	RA	4		0.080		
Folate, total....µg	12		0	RA	4		20		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	12		0	RA	4		20		
Folate, DFE....µg	12		0	NC	4		20		
Choline, total....mg	15.2		0	T	4		25.8		
Betaine....mg									
Vitamin B-12....µg	0.50		0	RA	4		0.85		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	NC	4		0		
Retinol....µg	0		0	BFFN	4		0		
Carotene, beta....µg	0		0	BFFN	4		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		2.0		
Vitamin D....IU	47		0	NR	4		80		
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01222

Yogurt, chocolate, nonfat milk, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	MC	9		0.000		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.000		0	RA	4		0.000		
10:0....g	0.000		0	RA	4		0.000		
12:0....g	0.000		0	RA	4		0.000		
13:0....g									
14:0....g	0.000		0	RA	4		0.000		
15:0....g									
16:0....g	0.000		0	RA	4		0.000		
17:0....g									
18:0....g	0.000		0	RA	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	RA	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	RA	4		0.000		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	RA	4		0.000		
18:2 undifferentiated....g	0.000		0	RA	4		0.000		
18:3 undifferentiated....g	0.000		0	RA	4		0.000		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	1		0	RA	4		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	2		0	BFZN	4		3		
Theobromine....mg	23		0	BFZN	4		39		

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

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01235

Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.50		0	RA	4		49.98		
Energy....kcal	104		0	RA	4		70		
Energy....kJ	433		0	RA	4		295		
Protein....g	4.40		0	RA	4		2.99		
Total lipid (fat)....g	0.80		0	RA	4		0.54		
Ash....g	1.60		0	RA	4		1.09		
Carbohydrate, by difference....g	19.70		0	RA	4		13.40		
Fiber, total dietary....g	2.0		0	RA	4		1.4		
Sugars, total....g	12.61		0	RA	4		8.57		
Starch....g									
Minerals:									
Calcium, Ca....mg	159		0	RA	4		108		
Iron, Fe....mg	0.04		0	RA	4		0.03		
Magnesium, Mg....mg	40		0	RA	4		27		
Phosphorus, P....mg	129		0	RA	4		88		
Potassium, K....mg	339		0	RA	4		231		
Sodium, Na....mg	81		0	RA	4		55		
Zinc, Zn....mg	0.49		0	RA	4		0.33		
Copper, Cu....mg	0.203		0	RA	4		0.138		
Manganese, Mn....mg									
Selenium, Se....µg	2.8		0	RA	4		1.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0	RA	4		0.5		
Thiamin....mg	0.040		0	RA	4		0.027		
Riboflavin....mg	0.180		0	RA	4		0.122		
Niacin....mg	0.200		0	RA	4		0.136		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0	RA	4		0.027		
Folate, total....µg	12		0	RA	4		8		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	12		0	RA	4		8		
Folate, DFE....µg	12		0	NC	4		8		
Choline, total....mg	3.1		0	RA	4		2.1		
Betaine....mg									
Vitamin B-12....µg	0.49		0	RA	4		0.33		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....µg	2		0	NC	4		1		
Retinol....µg	1		0	RA	4		1		
Carotene, beta....µg	8		0	RA	4		5		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	17		0	NC	4		11		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.08		0	RA	4		0.06		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	RA	4		0.0		
Vitamin D....IU	0		0	RA	4		0		
Vitamin K (phylloquinone)....µg	0.3		0	RA	4		0.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01235

Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.488		0	RA	4		0.332		
4:0....g	0.027		0	RA	4		0.018		
6:0....g	0.009		0	RA	4		0.006		
8:0....g	0.009		0	RA	4		0.006		
10:0....g	0.018		0	RA	4		0.012		
12:0....g	0.009		0	RA	4		0.006		
13:0....g									
14:0....g	0.071		0	RA	4		0.048		
15:0....g									
16:0....g	0.241		0	RA	4		0.164		
17:0....g									
18:0....g	0.104		0	RA	4		0.071		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.205		0	RA	4		0.139		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0	RA	4		0.012		
17:1....g									
18:1 undifferentiated....g	0.187		0	RA	4		0.127		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0	RA	4		0.020		
18:2 undifferentiated....g	0.021		0	RA	4		0.014		
18:3 undifferentiated....g	0.009		0	RA	4		0.006		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	4		0	RA	4		3		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RA	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 = 68g: .5 cup

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43261
Yogurt, fruit variety, nonfat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.40		0		4		128.18	94.25	184.73
Energy....kcal	95		0	NC	4		162	119	234
Energy....kJ	399		0	NC	4		679	499	978
Protein....g	4.40		0		4		7.48	5.50	10.78
Total lipid (fat)....g	0.20		0		4		0.34	0.25	0.49
Ash....g	1.00		0	NR	4		1.70	1.25	2.45
Carbohydrate, by difference....g	19.00		0		4		32.30	23.75	46.55
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	19.00		0	NR	4		32.30	23.75	46.55
Starch....g									
Minerals:									
Calcium, Ca....mg	152		0		4		258	190	372
Iron, Fe....mg	0.07		0		4		0.12	0.09	0.17
Magnesium, Mg....mg	15		0		4		26	19	37
Phosphorus, P....mg	119		0		4		202	149	292
Potassium, K....mg	194		0		4		330	243	475
Sodium, Na....mg	58		0		4		99	73	142
Zinc, Zn....mg	0.74		0		4		1.26	0.93	1.81
Copper, Cu....mg	0.011		0		4		0.019	0.014	0.027
Manganese, Mn....mg	0.035		0	RA	4		0.059	0.043	0.085
Selenium, Se....µg	6.0		0	BFNN	4		10.2	7.5	14.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		4		1.2	0.9	1.7
Thiamin....mg	0.040		0		4		0.068	0.050	0.098
Riboflavin....mg	0.180		0		4		0.306	0.225	0.441
Niacin....mg	0.100		0		4		0.170	0.125	0.245
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0		4		0.068	0.050	0.098
Folate, total....µg	9		0		4		15	11	22
Folic acid....µg	0		0	RA	4		0	0	0
Folate, food....µg	9		0		4		15	11	22
Folate, DFE....µg	9		0	NC	4		15	11	22
Choline, total....mg	16.4		0	AS	1		27.8	20.4	40.1
Betaine....mg	0.7		1	A	1		1.2	0.9	1.7
Vitamin B-12....µg	0.47		0		4		0.80	0.59	1.15
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	2		0	NC	4		3	2	5
Retinol....µg	2		0	RA	4		3	2	4
Carotene, beta....µg	4		0	RA	4		6	4	9
Carotene, alpha....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	0
Vitamin A, IU....IU	12		0	NC	4		20	14	28
Lycopene....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....µg	8		0	RA	4		14	10	20
Vitamin E (alpha-tocopherol)....mg	0.06		0	RA	4		0.10	0.07	0.15
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.1		0	RA	4		1.9	1.4	2.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 43261
Yogurt, fruit variety, nonfat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.119		0		4		0.202	0.149	0.292
4:0....g	0.009		0		4		0.015	0.011	0.022
6:0....g	0.001		0		4		0.002	0.001	0.002
8:0....g	0.002		0		4		0.003	0.003	0.005
10:0....g	0.004		0		4		0.007	0.005	0.010
12:0....g	0.003		0		4		0.005	0.004	0.007
13:0....g									
14:0....g	0.017		0		4		0.029	0.021	0.042
15:0....g									
16:0....g	0.055		0		4		0.094	0.069	0.135
17:0....g									
18:0....g	0.019		0		4		0.032	0.024	0.047
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.050		0		4		0.085	0.063	0.123
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		4		0.012	0.009	0.017
17:1....g									
18:1 undifferentiated....g	0.041		0		4		0.070	0.051	0.100
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.016		0		4		0.027	0.020	0.039
18:2 undifferentiated....g	0.010		0		4		0.017	0.013	0.025
18:3 undifferentiated....g	0.006		0		4		0.010	0.008	0.015
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	2		0		4		3	3	5
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0	RA	4		0.047	0.035	0.068
Threonine....g	0.202		0	RA	4		0.344	0.253	0.496
Isoleucine....g	0.269		0	RA	4		0.457	0.336	0.659
Leucine....g	0.496		0	RA	4		0.844	0.620	1.216
Lysine....g	0.439		0	RA	4		0.746	0.548	1.075
Methionine....g	0.145		0	RA	4		0.247	0.181	0.356
Cystine....g	0.045		0	RA	4		0.077	0.057	0.111
Phenylalanine....g	0.270		0	RA	4		0.458	0.337	0.660
Tyrosine....g	0.247		0	RA	4		0.420	0.309	0.605
Valine....g	0.407		0	RA	4		0.692	0.509	0.997
Arginine....g	0.151		0	RA	4		0.257	0.189	0.370
Histidine....g	0.122		0	RA	4		0.208	0.153	0.299
Alanine....g	0.212		0	RA	4		0.361	0.266	0.521
Aspartic acid....g	0.394		0	RA	4		0.669	0.492	0.964
Glutamic acid....g	0.966		0	RA	4		1.642	1.207	2.366
Glycine....g	0.121		0	RA	4		0.206	0.152	0.297
Proline....g	0.581		0	RA	4		0.987	0.726	1.423
Serine....g	0.305		0	RA	4		0.518	0.381	0.747
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 43261
Yogurt, fruit variety, nonfat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 container (6 oz)

Measure 2 = 125g: 1 container (4.4 oz)

Measure 3 = 245g: 1 cup (8 fl oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01218
Yogurt, fruit variety, nonfat, fortified with vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.40		0		4		128.18	94.25	184.73
Energy....kcal	95		0	NC	4		162	119	234
Energy....kJ	399		0	NC	4		679	499	978
Protein....g	4.40		0		4		7.48	5.50	10.78
Total lipid (fat)....g	0.20		0		4		0.34	0.25	0.49
Ash....g	1.00		0	NR	4		1.70	1.25	2.45
Carbohydrate, by difference....g	19.00		0		4		32.30	23.75	46.55
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	19.00		0	NR	4		32.30	23.75	46.55
Starch....g									
Minerals:									
Calcium, Ca....mg	152		0		4		258	190	372
Iron, Fe....mg	0.07		0		4		0.12	0.09	0.17
Magnesium, Mg....mg	15		0		4		26	19	37
Phosphorus, P....mg	119		0		4		202	149	292
Potassium, K....mg	194		0		4		330	243	475
Sodium, Na....mg	58		0		4		99	73	142
Zinc, Zn....mg	0.74		0		4		1.26	0.93	1.81
Copper, Cu....mg	0.011		0		4		0.019	0.014	0.027
Manganese, Mn....mg	0.035		0	RA	4		0.059	0.043	0.085
Selenium, Se....µg	6.0		0	BFNN	4		10.2	7.5	14.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		4		1.2	0.9	1.7
Thiamin....mg	0.040		0		4		0.068	0.050	0.098
Riboflavin....mg	0.180		0		4		0.306	0.225	0.441
Niacin....mg	0.100		0		4		0.170	0.125	0.245
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0		4		0.068	0.050	0.098
Folate, total....µg	9		0		4		15	11	22
Folic acid....µg	0		0	RA	4		0	0	0
Folate, food....µg	9		0		4		15	11	22
Folate, DFE....µg	9		0	NC	4		15	11	22
Choline, total....mg	16.4		0	AS	1		27.8	20.4	40.1
Betaine....mg	0.7		1	A	1		1.2	0.9	1.7
Vitamin B-12....µg	0.47		0		4		0.80	0.59	1.15
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	2		0	NC	4		3	2	5
Retinol....µg	2		0	RA	4		3	2	4
Carotene, beta....µg	4		0	RA	4		6	4	9
Carotene, alpha....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	0
Vitamin A, IU....IU	12		0	NC	4		20	14	28
Lycopene....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....µg	8		0	RA	4		14	10	20
Vitamin E (alpha-tocopherol)....mg	0.06		0	RA	4		0.10	0.07	0.15
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.3		45	AS	1		2.2	1.6	3.2
Vitamin D....IU	52	0.622	45	A	1		89	66	129
Vitamin K (phylloquinone)....µg	1.1		0	RA	4		1.9	1.4	2.8
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01218

Yogurt, fruit variety, nonfat, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.119		0		4		0.202	0.149	0.292
4:0....g	0.009		0		4		0.015	0.011	0.022
6:0....g	0.001		0		4		0.002	0.001	0.002
8:0....g	0.002		0		4		0.003	0.003	0.005
10:0....g	0.004		0		4		0.007	0.005	0.010
12:0....g	0.003		0		4		0.005	0.004	0.007
13:0....g									
14:0....g	0.017		0		4		0.029	0.021	0.042
15:0....g									
16:0....g	0.055		0		4		0.094	0.069	0.135
17:0....g									
18:0....g	0.019		0		4		0.032	0.024	0.047
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.050		0		4		0.085	0.063	0.123
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		4		0.012	0.009	0.017
17:1....g									
18:1 undifferentiated....g	0.041		0		4		0.070	0.051	0.100
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.016		0		4		0.027	0.020	0.039
18:2 undifferentiated....g	0.010		0		4		0.017	0.013	0.025
18:3 undifferentiated....g	0.006		0		4		0.010	0.008	0.015
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	2		0		4		3	3	5
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0	RA	4		0.047	0.035	0.068
Threonine....g	0.202		0	RA	4		0.344	0.253	0.496
Isoleucine....g	0.269		0	RA	4		0.457	0.336	0.659
Leucine....g	0.496		0	RA	4		0.844	0.620	1.216
Lysine....g	0.439		0	RA	4		0.746	0.548	1.075
Methionine....g	0.145		0	RA	4		0.247	0.181	0.356
Cystine....g	0.045		0	RA	4		0.077	0.057	0.111
Phenylalanine....g	0.270		0	RA	4		0.458	0.337	0.660
Tyrosine....g	0.247		0	RA	4		0.420	0.309	0.605
Valine....g	0.407		0	RA	4		0.692	0.509	0.997
Arginine....g	0.151		0	RA	4		0.257	0.189	0.370
Histidine....g	0.122		0	RA	4		0.208	0.153	0.299
Alanine....g	0.212		0	RA	4		0.361	0.266	0.521
Aspartic acid....g	0.394		0	RA	4		0.669	0.492	0.964
Glutamic acid....g	0.966		0	RA	4		1.642	1.207	2.366
Glycine....g	0.121		0	RA	4		0.206	0.152	0.297
Proline....g	0.581		0	RA	4		0.987	0.726	1.423
Serine....g	0.305		0	RA	4		0.518	0.381	0.747
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01218
Yogurt, fruit variety, nonfat, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 container (6 oz)

Measure 2 = 125g: 1 container (4.4 oz)

Measure 3 = 245g: 1 cup (8 fl oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01121
Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.48	0.610	26		1		126.62	182.48	169.07
Energy....kcal	102		0	NC	4		173	250	231
Energy....kJ	426		0	NC	4		725	1044	968
Protein (N x 6.38)....g	4.37	0.026	26		1		7.43	10.71	9.92
Total lipid (fat)....g	1.08	0.052	26		1		1.84	2.65	2.45
Ash....g	1.02	0.027	12		1		1.73	2.50	2.32
Carbohydrate, by difference....g	19.05		0	NC	4		32.39	46.67	43.24
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	19.05		0	NR	4		32.39	46.67	43.24
Starch....g									
Minerals:									
Calcium, Ca....mg	152		0		1		258	372	345
Iron, Fe....mg	0.07		0		1		0.12	0.17	0.16
Magnesium, Mg....mg	15		0		1		25	36	33
Phosphorus, P....mg	119		0		1		203	293	271
Potassium, K....mg	195		0		1		331	477	442
Sodium, Na....mg	58		0		1		99	143	133
Zinc, Zn....mg	0.74		0		1		1.26	1.81	1.68
Copper, Cu....mg	0.080		0		1		0.136	0.196	0.182
Manganese, Mn....mg	0.065		0		1		0.111	0.159	0.148
Selenium, Se....µg	3.1		0	BFNN	4		5.3	7.6	7.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		1.1	1.6	1.5
Thiamin....mg	0.037		0		1		0.063	0.091	0.084
Riboflavin....mg	0.178		0		1		0.303	0.436	0.404
Niacin....mg	0.095		0		1		0.162	0.233	0.216
Pantothenic acid....mg	0.489		0		1		0.831	1.198	1.110
Vitamin B-6....mg	0.040		0		1		0.068	0.098	0.091
Folate, total....µg	9		0		1		16	23	21
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	9		0		1		16	23	21
Folate, DFE....µg	9		0	NC	4		16	23	21
Choline, total....mg	14.0		0	AS	1		23.9	34.4	31.9
Betaine....mg	0.8		2	A	1		1.4	2.0	1.9
Vitamin B-12....µg	0.47		0		1		0.79	1.14	1.06
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	10		0	NC	4		17	25	23
Retinol....µg	10		0	T	4		17	25	23
Carotene, beta....µg	2		0	BFFN	4		3	4	4
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	36		0	NC	4		62	89	82
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFFN	4		0.03	0.05	0.04
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	0.0
Vitamin D....IU	1		0	BFFN	4		1	2	2
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.1	0.2	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01121
Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.697		0		1		1.185	1.708	1.582
4:0....g	0.032	0.002	3		1		0.054	0.078	0.073
6:0....g	0.022	0.001	3		1		0.037	0.054	0.050
8:0....g	0.014	0.001	3		1		0.024	0.034	0.032
10:0....g	0.031	0.002	3		1		0.053	0.076	0.070
12:0....g	0.037	0.002	3		1		0.063	0.091	0.084
13:0....g									
14:0....g	0.114	0.006	3		1		0.194	0.279	0.259
15:0....g									
16:0....g	0.294	0.014	3		1		0.500	0.720	0.667
17:0....g									
18:0....g	0.105	0.005	3		1		0.179	0.257	0.238
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.297		0		1		0.505	0.728	0.674
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024	0.001	3		1		0.041	0.059	0.054
17:1....g									
18:1 undifferentiated....g	0.247	0.012	3		1		0.420	0.605	0.561
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		1		0.053	0.076	0.070
18:2 undifferentiated....g	0.022	0.001	3		1		0.037	0.054	0.050
18:3 undifferentiated....g	0.009	0.001	3		1		0.015	0.022	0.020
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		7	10	10
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0		1		0.043	0.061	0.057
Threonine....g	0.179		0		1		0.304	0.439	0.406
Isoleucine....g	0.238		0		1		0.405	0.583	0.540
Leucine....g	0.440		0		1		0.748	1.078	0.999
Lysine....g	0.392		0		1		0.666	0.960	0.890
Methionine....g	0.129		0		1		0.219	0.316	0.293
Cystine....g	0.040		0		4		0.068	0.098	0.091
Phenylalanine....g	0.238		0		1		0.405	0.583	0.540
Tyrosine....g	0.221		0		1		0.376	0.541	0.502
Valine....g	0.362		0		1		0.615	0.887	0.822
Arginine....g	0.132		0		1		0.224	0.323	0.300
Histidine....g	0.108		0		1		0.184	0.265	0.245
Alanine....g	0.187		0		1		0.318	0.458	0.424
Aspartic acid....g	0.347		0		1		0.590	0.850	0.788
Glutamic acid....g	0.856		0		1		1.455	2.097	1.943
Glycine....g	0.105		0		1		0.179	0.257	0.238
Proline....g	0.518		0		1		0.881	1.269	1.176
Serine....g	0.271		0		1		0.461	0.664	0.615
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01121
Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 container (6 oz)

Measure 2 = 245g: 1 cup (8 fl oz)

Measure 3 = 227g: 1 container (8 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01217

Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.48	0.610	26		1		126.62	182.48	169.07
Energy....kcal	102		0	NC	4		173	250	231
Energy....kJ	426		0	NC	4		725	1044	968
Protein (N x 6.38)....g	4.37	0.026	26		1		7.43	10.71	9.92
Total lipid (fat)....g	1.08	0.052	26		1		1.84	2.65	2.45
Ash....g	1.02	0.027	12		1		1.73	2.50	2.32
Carbohydrate, by difference....g	19.05		0	NC	4		32.39	46.67	43.24
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	19.05		0	NR	4		32.39	46.67	43.24
Starch....g									
Minerals:									
Calcium, Ca....mg	152		0		1		258	372	345
Iron, Fe....mg	0.07		0		1		0.12	0.17	0.16
Magnesium, Mg....mg	15		0		1		25	36	33
Phosphorus, P....mg	119		0		1		203	293	271
Potassium, K....mg	195		0		1		331	477	442
Sodium, Na....mg	58		0		1		99	143	133
Zinc, Zn....mg	0.74		0		1		1.26	1.81	1.68
Copper, Cu....mg	0.080		0		1		0.136	0.196	0.182
Manganese, Mn....mg	0.065		0		1		0.111	0.159	0.148
Selenium, Se....µg	3.1		0	BFNN	4		5.3	7.6	7.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		1.1	1.6	1.5
Thiamin....mg	0.037		0		1		0.063	0.091	0.084
Riboflavin....mg	0.178		0		1		0.303	0.436	0.404
Niacin....mg	0.095		0		1		0.162	0.233	0.216
Pantothenic acid....mg	0.489		0		1		0.831	1.198	1.110
Vitamin B-6....mg	0.040		0		1		0.068	0.098	0.091
Folate, total....µg	9		0		1		16	23	21
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	9		0		1		16	23	21
Folate, DFE....µg	9		0	NC	4		16	23	21
Choline, total....mg	14.0		0	AS	1		23.9	34.4	31.9
Betaine....mg	0.8		2	A	1		1.4	2.0	1.9
Vitamin B-12....µg	0.47		0		1		0.79	1.14	1.06
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	10		0	NC	4		17	25	23
Retinol....µg	10		0	T	4		17	25	23
Carotene, beta....µg	2		0	BFFN	4		3	4	4
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	36		0	NC	4		62	89	82
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFFN	4		0.03	0.05	0.04
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.3		45	AS	1		2.2	3.2	3.0
Vitamin D....IU	52	0.622	45	A	1		89	129	119
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.1	0.2	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01217

Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.697		0		1		1.185	1.708	1.582
4:0....g	0.032	0.002	3		1		0.054	0.078	0.073
6:0....g	0.022	0.001	3		1		0.037	0.054	0.050
8:0....g	0.014	0.001	3		1		0.024	0.034	0.032
10:0....g	0.031	0.002	3		1		0.053	0.076	0.070
12:0....g	0.037	0.002	3		1		0.063	0.091	0.084
13:0....g									
14:0....g	0.114	0.006	3		1		0.194	0.279	0.259
15:0....g									
16:0....g	0.294	0.014	3		1		0.500	0.720	0.667
17:0....g									
18:0....g	0.105	0.005	3		1		0.179	0.257	0.238
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.297		0		1		0.505	0.728	0.674
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024	0.001	3		1		0.041	0.059	0.054
17:1....g									
18:1 undifferentiated....g	0.247	0.012	3		1		0.420	0.605	0.561
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		1		0.053	0.076	0.070
18:2 undifferentiated....g	0.022	0.001	3		1		0.037	0.054	0.050
18:3 undifferentiated....g	0.009	0.001	3		1		0.015	0.022	0.020
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		7	10	10
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0		1		0.043	0.061	0.057
Threonine....g	0.179		0		1		0.304	0.439	0.406
Isoleucine....g	0.238		0		1		0.405	0.583	0.540
Leucine....g	0.440		0		1		0.748	1.078	0.999
Lysine....g	0.392		0		1		0.666	0.960	0.890
Methionine....g	0.129		0		1		0.219	0.316	0.293
Cystine....g	0.040		0		4		0.068	0.098	0.091
Phenylalanine....g	0.238		0		1		0.405	0.583	0.540
Tyrosine....g	0.221		0		1		0.376	0.541	0.502
Valine....g	0.362		0		1		0.615	0.887	0.822
Arginine....g	0.132		0		1		0.224	0.323	0.300
Histidine....g	0.108		0		1		0.184	0.265	0.245
Alanine....g	0.187		0		1		0.318	0.458	0.424
Aspartic acid....g	0.347		0		1		0.590	0.850	0.788
Glutamic acid....g	0.856		0		1		1.455	2.097	1.943
Glycine....g	0.105		0		1		0.179	0.257	0.238
Proline....g	0.518		0		1		0.881	1.269	1.176
Serine....g	0.271		0		1		0.461	0.664	0.615
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01217

Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 container (6 oz)

Measure 2 = 245g: 1 cup (8 fl oz)

Measure 3 = 227g: 1 container (8 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01122
Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.10	0.514	20		1		125.97	83.73	168.21
Energy....kcal	105		0	NC	4		179	119	239
Energy....kJ	440		0	NC	4		748	497	998
Protein (N x 6.38)....g	4.86	0.052	20		1		8.26	5.49	11.03
Total lipid (fat)....g	1.41	0.106	17		1		2.40	1.59	3.20
Ash....g	1.03	0.034	12		1		1.75	1.16	2.34
Carbohydrate, by difference....g	18.60		0	NC	4		31.62	21.02	42.22
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	169		0		1		287	191	383
Iron, Fe....mg	0.07		0		1		0.12	0.08	0.16
Magnesium, Mg....mg	16		0		1		28	18	37
Phosphorus, P....mg	133		0		1		226	150	301
Potassium, K....mg	216		0		1		368	244	491
Sodium, Na....mg	65		0		1		110	73	147
Zinc, Zn....mg	0.82		0		1		1.39	0.93	1.86
Copper, Cu....mg	0.080		0		1		0.136	0.090	0.182
Manganese, Mn....mg	0.065		0		1		0.111	0.073	0.148
Selenium, Se....µg	3.1		0	BFNN	4		5.3	3.5	7.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		1.3	0.8	1.7
Thiamin....mg	0.041		0		1		0.070	0.046	0.093
Riboflavin....mg	0.198		0		1		0.337	0.224	0.449
Niacin....mg	0.105		0		1		0.179	0.119	0.238
Pantothenic acid....mg	0.544		0		1		0.925	0.615	1.235
Vitamin B-6....mg	0.045		0		1		0.077	0.051	0.102
Folate, total....µg	10		0		1		18	12	24
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	10		0		1		18	12	24
Folate, DFE....µg	10		0	NC	4		18	12	24
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.52		0		1		0.88	0.59	1.18
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	60		0		1		102	68	136
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 01122
Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.909		0		1		1.545	1.027	2.063
4:0....g	0.042	0.003	3		1		0.071	0.047	0.095
6:0....g	0.029	0.002	3		1		0.049	0.033	0.066
8:0....g	0.018	0.001	3		1		0.031	0.020	0.041
10:0....g	0.040	0.003	3		1		0.068	0.045	0.091
12:0....g	0.048	0.004	3		1		0.082	0.054	0.109
13:0....g									
14:0....g	0.149	0.011	3		1		0.253	0.168	0.338
15:0....g									
16:0....g	0.384	0.029	3		1		0.653	0.434	0.872
17:0....g									
18:0....g	0.137	0.010	3		1		0.233	0.155	0.311
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.387		0		1		0.658	0.437	0.878
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031	0.002	3		1		0.053	0.035	0.070
17:1....g									
18:1 undifferentiated....g	0.322	0.024	3		1		0.547	0.364	0.731
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0		1		0.068	0.045	0.091
18:2 undifferentiated....g	0.028	0.002	3		1		0.048	0.032	0.064
18:3 undifferentiated....g	0.012	0.001	3		1		0.020	0.014	0.027
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
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	6		0		1		9	6	12
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0		1		0.046	0.031	0.061
Threonine....g	0.200		0		1		0.340	0.226	0.454
Isoleucine....g	0.265		0		1		0.451	0.299	0.602
Leucine....g	0.490		0		1		0.833	0.554	1.112
Lysine....g	0.436		0		1		0.741	0.493	0.990
Methionine....g	0.143		0		1		0.243	0.162	0.325
Cystine....g	0.044		0		4		0.075	0.050	0.100
Phenylalanine....g	0.265		0		1		0.451	0.299	0.602
Tyrosine....g	0.245		0		1		0.417	0.277	0.556
Valine....g	0.402		0		1		0.683	0.454	0.913
Arginine....g	0.146		0		1		0.248	0.165	0.331
Histidine....g	0.120		0		1		0.204	0.136	0.272
Alanine....g	0.208		0		1		0.354	0.235	0.472
Aspartic acid....g	0.385		0		1		0.655	0.435	0.874
Glutamic acid....g	0.951		0		1		1.617	1.075	2.159
Glycine....g	0.117		0		1		0.199	0.132	0.266
Proline....g	0.576		0		1		0.979	0.651	1.308
Serine....g	0.301		0		1		0.512	0.340	0.683
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.

NDB No. 01122

Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Measure 2 = 113g: .5 container (4 oz)

Measure 3 = 227g: 1 container (8 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01120
Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.30	0.595	17		1		128.01	94.13	106.93
Energy....kcal	99		0	NC	4		169	124	141
Energy....kJ	415		0	NC	4		706	519	590
Protein (N x 6.38)....g	3.98	0.030	19		1		6.77	4.98	5.65
Total lipid (fat)....g	1.15	0.086	17		1		1.96	1.44	1.63
Ash....g	0.93	0.049	9		1		1.58	1.16	1.32
Carbohydrate, by difference....g	18.64		0	NC	4		31.69	23.30	26.47
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	18.64		0	NR	4		31.69	23.30	26.47
Starch....g									
Minerals:									
Calcium, Ca....mg	138		0		1		235	173	196
Iron, Fe....mg	0.06		0		1		0.10	0.08	0.09
Magnesium, Mg....mg	13		0		1		23	17	19
Phosphorus, P....mg	109		0		1		185	136	154
Potassium, K....mg	177		0		1		301	221	251
Sodium, Na....mg	53		0		1		90	67	76
Zinc, Zn....mg	0.67		0		1		1.14	0.84	0.95
Copper, Cu....mg	0.079		0		1		0.134	0.099	0.112
Manganese, Mn....mg	0.064		0		1		0.109	0.080	0.091
Selenium, Se....µg	2.8		0	BFNN	4		4.8	3.5	4.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		1.0	0.8	0.9
Thiamin....mg	0.034		0		1		0.058	0.043	0.048
Riboflavin....mg	0.162		0		1		0.275	0.203	0.230
Niacin....mg	0.086		0		1		0.146	0.108	0.122
Pantothenic acid....mg	0.446		0		1		0.758	0.558	0.633
Vitamin B-6....mg	0.037		0		1		0.063	0.046	0.053
Folate, total....µg	9		0		1		14	11	12
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	9		0		1		14	11	12
Folate, DFE....µg	9		0	NC	4		14	11	12
Choline, total....mg	15.2		0	T	4		25.8	19.0	21.6
Betaine....mg									
Vitamin B-12....µg	0.43		0		1		0.72	0.53	0.60
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	11		0	NC	4		19	14	16
Retinol....µg	11		0	T	4		19	14	16
Carotene, beta....µg	2		0	BFFN	4		3	2	3
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	40		0	NC	4		68	50	56
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFFN	4		0.04	0.03	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	0.0
Vitamin D....IU	1		0	BFFN	4		1	1	1
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.1	0.1	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01120
Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.742		0		1		1.261	0.928	1.054
4:0....g	0.034	0.003	3		1		0.058	0.043	0.048
6:0....g	0.023	0.002	3		1		0.039	0.029	0.033
8:0....g	0.015	0.001	3		1		0.026	0.019	0.021
10:0....g	0.033	0.003	3		1		0.056	0.041	0.047
12:0....g	0.039	0.003	3		1		0.066	0.049	0.055
13:0....g									
14:0....g	0.121	0.009	3		1		0.206	0.151	0.172
15:0....g									
16:0....g	0.313	0.024	3		1		0.532	0.391	0.444
17:0....g									
18:0....g	0.112	0.008	3		1		0.190	0.140	0.159
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.316		0		1		0.537	0.395	0.449
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025	0.002	3		1		0.043	0.031	0.036
17:1....g									
18:1 undifferentiated....g	0.263	0.020	3		1		0.447	0.329	0.373
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.033		0		1		0.056	0.041	0.047
18:2 undifferentiated....g	0.023	0.002	3		1		0.039	0.029	0.033
18:3 undifferentiated....g	0.010	0.001	3		1		0.017	0.013	0.014
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	5		0		1		8	6	6
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.037	0.028	0.031
Threonine....g	0.163		0		1		0.277	0.204	0.231
Isoleucine....g	0.217		0		1		0.369	0.271	0.308
Leucine....g	0.401		0		1		0.682	0.501	0.569
Lysine....g	0.357		0		1		0.607	0.446	0.507
Methionine....g	0.117		0		1		0.199	0.146	0.166
Cystine....g	0.036		0		4		0.061	0.045	0.051
Phenylalanine....g	0.217		0		1		0.369	0.271	0.308
Tyrosine....g	0.201		0		1		0.342	0.251	0.285
Valine....g	0.329		0		1		0.559	0.411	0.467
Arginine....g	0.120		0		1		0.204	0.150	0.170
Histidine....g	0.099		0		1		0.168	0.124	0.141
Alanine....g	0.170		0		1		0.289	0.213	0.241
Aspartic acid....g	0.316		0		1		0.537	0.395	0.449
Glutamic acid....g	0.779		0		1		1.324	0.974	1.106
Glycine....g	0.096		0		1		0.163	0.120	0.136
Proline....g	0.472		0		1		0.802	0.590	0.670
Serine....g	0.246		0		1		0.418	0.308	0.349
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01120
Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 container (6 oz)

Measure 2 = 125g: 1 container (4.4 oz)

Measure 3 = 142g: 1 container (5 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01216

Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.30	0.595	17		1		128.01	94.13	106.93
Energy....kcal	99		0	NC	4		169	124	141
Energy....kJ	415		0	NC	4		706	519	590
Protein (N x 6.38)....g	3.98	0.030	19		1		6.77	4.98	5.65
Total lipid (fat)....g	1.15	0.086	17		1		1.96	1.44	1.63
Ash....g	0.93	0.049	9		1		1.58	1.16	1.32
Carbohydrate, by difference....g	18.64		0	NC	4		31.69	23.30	26.47
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	18.64		0	NR	4		31.69	23.30	26.47
Starch....g									
Minerals:									
Calcium, Ca....mg	138		0		1		235	173	196
Iron, Fe....mg	0.06		0		1		0.10	0.08	0.09
Magnesium, Mg....mg	13		0		1		23	17	19
Phosphorus, P....mg	109		0		1		185	136	154
Potassium, K....mg	177		0		1		301	221	251
Sodium, Na....mg	53		0		1		90	67	76
Zinc, Zn....mg	0.67		0		1		1.14	0.84	0.95
Copper, Cu....mg	0.079		0		1		0.134	0.099	0.112
Manganese, Mn....mg	0.064		0		1		0.109	0.080	0.091
Selenium, Se....µg	2.8		0	BFNN	4		4.8	3.5	4.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		1.0	0.8	0.9
Thiamin....mg	0.034		0		1		0.058	0.043	0.048
Riboflavin....mg	0.162		0		1		0.275	0.203	0.230
Niacin....mg	0.086		0		1		0.146	0.108	0.122
Pantothenic acid....mg	0.446		0		1		0.758	0.558	0.633
Vitamin B-6....mg	0.037		0		1		0.063	0.046	0.053
Folate, total....µg	9		0		1		14	11	12
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	9		0		1		14	11	12
Folate, DFE....µg	9		0	NC	4		14	11	12
Choline, total....mg	15.2		0	T	4		25.8	19.0	21.6
Betaine....mg									
Vitamin B-12....µg	0.43		0		1		0.72	0.53	0.60
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	11		0	NC	4		19	14	16
Retinol....µg	11		0	T	4		19	14	16
Carotene, beta....µg	2		0	BFFN	4		3	2	3
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	40		0	NC	4		68	50	56
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFFN	4		0.04	0.03	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.3		45	AS	1		2.2	1.6	1.9
Vitamin D....IU	52	0.622	45	A	1		89	66	75
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.1	0.1	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01216

Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.742		0		1		1.261	0.928	1.054
4:0....g	0.034	0.003	3		1		0.058	0.043	0.048
6:0....g	0.023	0.002	3		1		0.039	0.029	0.033
8:0....g	0.015	0.001	3		1		0.026	0.019	0.021
10:0....g	0.033	0.003	3		1		0.056	0.041	0.047
12:0....g	0.039	0.003	3		1		0.066	0.049	0.055
13:0....g									
14:0....g	0.121	0.009	3		1		0.206	0.151	0.172
15:0....g									
16:0....g	0.313	0.024	3		1		0.532	0.391	0.444
17:0....g									
18:0....g	0.112	0.008	3		1		0.190	0.140	0.159
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.316		0		1		0.537	0.395	0.449
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025	0.002	3		1		0.043	0.031	0.036
17:1....g									
18:1 undifferentiated....g	0.263	0.020	3		1		0.447	0.329	0.373
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.033		0		1		0.056	0.041	0.047
18:2 undifferentiated....g	0.023	0.002	3		1		0.039	0.029	0.033
18:3 undifferentiated....g	0.010	0.001	3		1		0.017	0.013	0.014
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	5		0		1		8	6	6
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.037	0.028	0.031
Threonine....g	0.163		0		1		0.277	0.204	0.231
Isoleucine....g	0.217		0		1		0.369	0.271	0.308
Leucine....g	0.401		0		1		0.682	0.501	0.569
Lysine....g	0.357		0		1		0.607	0.446	0.507
Methionine....g	0.117		0		1		0.199	0.146	0.166
Cystine....g	0.036		0		4		0.061	0.045	0.051
Phenylalanine....g	0.217		0		1		0.369	0.271	0.308
Tyrosine....g	0.201		0		1		0.342	0.251	0.285
Valine....g	0.329		0		1		0.559	0.411	0.467
Arginine....g	0.120		0		1		0.204	0.150	0.170
Histidine....g	0.099		0		1		0.168	0.124	0.141
Alanine....g	0.170		0		1		0.289	0.213	0.241
Aspartic acid....g	0.316		0		1		0.537	0.395	0.449
Glutamic acid....g	0.779		0		1		1.324	0.974	1.106
Glycine....g	0.096		0		1		0.163	0.120	0.136
Proline....g	0.472		0		1		0.802	0.590	0.670
Serine....g	0.246		0		1		0.418	0.308	0.349
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01216

Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 container (6 oz)

Measure 2 = 125g: 1 container (4.4 oz)

Measure 3 = 142g: 1 container (5 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01203
Yogurt, fruit, lowfat, with low calorie sweetener

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.10	0.514	20		1		125.97	181.55	168.21
Energy....kcal	105		0	NC	4		179	258	239
Energy....kJ	440		0	NC	4		748	1078	998
Protein (N x 6.38)....g	4.86	0.052	20		1		8.26	11.91	11.03
Total lipid (fat)....g	1.41	0.106	17		1		2.40	3.45	3.20
Ash....g	1.03	0.034	12		1		1.75	2.52	2.34
Carbohydrate, by difference....g	18.60		0	NC	4		31.62	45.57	42.22
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	2.90		0	O	4		4.93	7.11	6.58
Starch....g									
Minerals:									
Calcium, Ca....mg	152		0		4		258	372	345
Iron, Fe....mg	0.07		0		1		0.12	0.17	0.16
Magnesium, Mg....mg	16		0		1		28	40	37
Phosphorus, P....mg	133		0		1		226	325	301
Potassium, K....mg	194		0		4		330	475	440
Sodium, Na....mg	58		0		4		99	142	132
Zinc, Zn....mg	0.82		0		1		1.39	2.01	1.86
Copper, Cu....mg	0.080		0		1		0.136	0.196	0.182
Manganese, Mn....mg	0.065		0		1		0.111	0.159	0.148
Selenium, Se....µg	3.1		0	BFNN	4		5.3	7.6	7.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		1.3	1.8	1.7
Thiamin....mg	0.041		0		1		0.070	0.100	0.093
Riboflavin....mg	0.180		0		4		0.306	0.441	0.409
Niacin....mg	0.105		0		1		0.179	0.257	0.238
Pantothenic acid....mg	0.544		0		1		0.925	1.333	1.235
Vitamin B-6....mg	0.045		0		1		0.077	0.110	0.102
Folate, total....µg	10		0		1		18	25	24
Folic acid....µg	0		0	BFNN	4		0	0	0
Folate, food....µg	10		0	NR	4		17	25	23
Folate, DFE....µg	10		0	NC	4		17	25	23
Choline, total....mg	15.2		0	T	4		25.8	37.2	34.5
Betaine....mg									
Vitamin B-12....µg	0.52		0		1		0.88	1.27	1.18
Vitamin B-12, added....µg	0.00		0	BFNN	4		0.00	0.00	0.00
Vitamin A, RAE....µg	131		0	NC	4		223	322	298
Retinol....µg	131		0	T	4		223	321	297
Carotene, beta....µg	4		0	BFNN	4		6	9	8
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	443		0	NC	4		752	1084	1005
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.06		0	BFNN	4		0.10	0.15	0.14
Vitamin E, added....mg	0.00		0	BFNN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.1	0.1
Vitamin D....IU	1		0	BFFN	4		2	3	2
Vitamin K (phylloquinone)....µg	1.2		0	BFNN	4		2.0	2.8	2.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01203
Yogurt, fruit, low fat, with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.909		0		1		1.545	2.227	2.063
4:0....g	0.042	0.003	3		1		0.071	0.103	0.095
6:0....g	0.029	0.002	3		1		0.049	0.071	0.066
8:0....g	0.018	0.001	3		1		0.031	0.044	0.041
10:0....g	0.040	0.003	3		1		0.068	0.098	0.091
12:0....g	0.048	0.004	3		1		0.082	0.118	0.109
13:0....g									
14:0....g	0.149	0.011	3		1		0.253	0.365	0.338
15:0....g									
16:0....g	0.384	0.029	3		1		0.653	0.941	0.872
17:0....g									
18:0....g	0.137	0.010	3		1		0.233	0.336	0.311
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.387		0		1		0.658	0.948	0.878
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031	0.002	3		1		0.053	0.076	0.070
17:1....g									
18:1 undifferentiated....g	0.322	0.024	3		1		0.547	0.789	0.731
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0		1		0.068	0.098	0.091
18:2 undifferentiated....g	0.028	0.002	3		1		0.048	0.069	0.064
18:3 undifferentiated....g	0.012	0.001	3		1		0.020	0.029	0.027
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	6		0		1		9	13	12
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0		1		0.046	0.066	0.061
Threonine....g	0.200		0		1		0.340	0.490	0.454
Isoleucine....g	0.265		0		1		0.451	0.649	0.602
Leucine....g	0.490		0		1		0.833	1.201	1.112
Lysine....g	0.436		0		1		0.741	1.068	0.990
Methionine....g	0.143		0		1		0.243	0.350	0.325
Cystine....g	0.044		0		4		0.075	0.108	0.100
Phenylalanine....g	0.265		0		1		0.451	0.649	0.602
Tyrosine....g	0.245		0		1		0.417	0.600	0.556
Valine....g	0.402		0		1		0.683	0.985	0.913
Arginine....g	0.146		0		1		0.248	0.358	0.331
Histidine....g	0.120		0		1		0.204	0.294	0.272
Alanine....g	0.208		0		1		0.354	0.510	0.472
Aspartic acid....g	0.385		0		1		0.655	0.943	0.874
Glutamic acid....g	0.951		0		1		1.617	2.330	2.159
Glycine....g	0.117		0		1		0.199	0.287	0.266
Proline....g	0.576		0		1		0.979	1.411	1.308
Serine....g	0.301		0		1		0.512	0.737	0.683
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01203
Yogurt, fruit, low fat, with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 6 oz container (6 oz)

Measure 2 = 245g: 1 cup (8 fl oz)

Measure 3 = 227g: 1 8 oz container (8 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01219

Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.10	0.514	20		1		125.97	181.55	168.21
Energy....kcal	105		0	NC	4		179	258	239
Energy....kJ	440		0	NC	4		748	1078	998
Protein (N x 6.38)....g	4.86	0.052	20		1		8.26	11.91	11.03
Total lipid (fat)....g	1.41	0.106	17		1		2.40	3.45	3.20
Ash....g	1.03	0.034	12		1		1.75	2.52	2.34
Carbohydrate, by difference....g	18.60		0	NC	4		31.62	45.57	42.22
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	2.90		0	O	4		4.93	7.11	6.58
Starch....g									
Minerals:									
Calcium, Ca....mg	152		0		4		258	372	345
Iron, Fe....mg	0.07		0		1		0.12	0.17	0.16
Magnesium, Mg....mg	16		0		1		28	40	37
Phosphorus, P....mg	133		0		1		226	325	301
Potassium, K....mg	194		0		4		330	475	440
Sodium, Na....mg	58		0		4		99	142	132
Zinc, Zn....mg	0.82		0		1		1.39	2.01	1.86
Copper, Cu....mg	0.080		0		1		0.136	0.196	0.182
Manganese, Mn....mg	0.065		0		1		0.111	0.159	0.148
Selenium, Se....µg	3.1		0	BFNN	4		5.3	7.6	7.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		1.3	1.8	1.7
Thiamin....mg	0.041		0		1		0.070	0.100	0.093
Riboflavin....mg	0.180		0		4		0.306	0.441	0.409
Niacin....mg	0.105		0		1		0.179	0.257	0.238
Pantothenic acid....mg	0.544		0		1		0.925	1.333	1.235
Vitamin B-6....mg	0.045		0		1		0.077	0.110	0.102
Folate, total....µg	10		0		1		18	25	24
Folic acid....µg	0		0	BFNN	4		0	0	0
Folate, food....µg	10		0	NR	4		17	25	23
Folate, DFE....µg	10		0	NC	4		17	25	23
Choline, total....mg	15.2		0	T	4		25.8	37.2	34.5
Betaine....mg									
Vitamin B-12....µg	0.52		0		1		0.88	1.27	1.18
Vitamin B-12, added....µg	0.00		0	BFNN	4		0.00	0.00	0.00
Vitamin A, RAE....µg	131		0	NC	4		223	322	298
Retinol....µg	131		0	T	4		223	321	297
Carotene, beta....µg	4		0	BFNN	4		6	9	8
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	443		0	NC	4		752	1084	1005
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.06		0	BFNN	4		0.10	0.15	0.14
Vitamin E, added....mg	0.00		0	BFNN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.3		45	AS	1		2.2	3.2	3.0
Vitamin D....IU	52	0.622	45	A	1		89	129	119
Vitamin K (phylloquinone)....µg	1.2		0	BFNN	4		2.0	2.8	2.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01219

Yogurt, fruit, low fat, with low calorie sweetener, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.909		0		1		1.545	2.227	2.063
4:0....g	0.042	0.003	3		1		0.071	0.103	0.095
6:0....g	0.029	0.002	3		1		0.049	0.071	0.066
8:0....g	0.018	0.001	3		1		0.031	0.044	0.041
10:0....g	0.040	0.003	3		1		0.068	0.098	0.091
12:0....g	0.048	0.004	3		1		0.082	0.118	0.109
13:0....g									
14:0....g	0.149	0.011	3		1		0.253	0.365	0.338
15:0....g									
16:0....g	0.384	0.029	3		1		0.653	0.941	0.872
17:0....g									
18:0....g	0.137	0.010	3		1		0.233	0.336	0.311
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.387		0		1		0.658	0.948	0.878
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031	0.002	3		1		0.053	0.076	0.070
17:1....g									
18:1 undifferentiated....g	0.322	0.024	3		1		0.547	0.789	0.731
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0		1		0.068	0.098	0.091
18:2 undifferentiated....g	0.028	0.002	3		1		0.048	0.069	0.064
18:3 undifferentiated....g	0.012	0.001	3		1		0.020	0.029	0.027
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	6		0		1		9	13	12
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0		1		0.046	0.066	0.061
Threonine....g	0.200		0		1		0.340	0.490	0.454
Isoleucine....g	0.265		0		1		0.451	0.649	0.602
Leucine....g	0.490		0		1		0.833	1.201	1.112
Lysine....g	0.436		0		1		0.741	1.068	0.990
Methionine....g	0.143		0		1		0.243	0.350	0.325
Cystine....g	0.044		0		4		0.075	0.108	0.100
Phenylalanine....g	0.265		0		1		0.451	0.649	0.602
Tyrosine....g	0.245		0		1		0.417	0.600	0.556
Valine....g	0.402		0		1		0.683	0.985	0.913
Arginine....g	0.146		0		1		0.248	0.358	0.331
Histidine....g	0.120		0		1		0.204	0.294	0.272
Alanine....g	0.208		0		1		0.354	0.510	0.472
Aspartic acid....g	0.385		0		1		0.655	0.943	0.874
Glutamic acid....g	0.951		0		1		1.617	2.330	2.159
Glycine....g	0.117		0		1		0.199	0.287	0.266
Proline....g	0.576		0		1		0.979	1.411	1.308
Serine....g	0.301		0		1		0.512	0.737	0.683
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01219

Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 6 oz container (6 oz)

Measure 2 = 245g: 1 cup (8 fl oz)

Measure 3 = 227g: 1 8 oz container (8 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.07	0.304	28		1		144.62	193.11	96.13
Energy....kcal	63		0	NC	4		108	144	72
Energy....kJ	265		0	NC	4		450	601	299
Protein (N x 6.38)....g	5.25	0.104	30		1		8.93	11.92	5.93
Total lipid (fat)....g	1.55	0.072	38		1		2.64	3.52	1.75
Ash....g	1.09	0.034	16		1		1.85	2.47	1.23
Carbohydrate, by difference....g	7.04		0	NC	4		11.97	15.98	7.96
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	7.04		0	NR	4		11.97	15.98	7.96
Starch....g									
Minerals:									
Calcium, Ca....mg	183	5.716	14		1		310	415	206
Iron, Fe....mg	0.08	0.008	4		1		0.14	0.18	0.09
Magnesium, Mg....mg	17	1.036	4		1		30	40	20
Phosphorus, P....mg	144	5.951	16		1		244	326	162
Potassium, K....mg	234		7		1		397	531	264
Sodium, Na....mg	70		9		1		119	159	79
Zinc, Zn....mg	0.89	0.102	12		1		1.51	2.02	1.01
Copper, Cu....mg	0.013		0		1		0.022	0.030	0.015
Manganese, Mn....mg	0.004		0		1		0.007	0.009	0.005
Selenium, Se....µg	3.3	0.332	17	A	1		5.6	7.5	3.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8	0.199	8		1		1.4	1.8	0.9
Thiamin....mg	0.044	0.002	26		1		0.075	0.100	0.050
Riboflavin....mg	0.214	0.009	11		1		0.364	0.486	0.242
Niacin....mg	0.114		2		1		0.194	0.259	0.129
Pantothenic acid....mg	0.591	0.052	9		1		1.005	1.342	0.668
Vitamin B-6....mg	0.049	0.008	10		1		0.083	0.111	0.055
Folate, total....µg	11	1.300	4		1		19	25	13
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	11	1.300	4		1		19	25	13
Folate, DFE....µg	11		0	NC	4		19	25	13
Choline, total....mg	15.2		0	AS	1		25.8	34.5	17.2
Betaine....mg	0.9		2	A	1		1.4	1.9	1.0
Vitamin B-12....µg	0.56	0.054	8		1		0.96	1.28	0.64
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	14		0	NC	4		24	32	16
Retinol....µg	14		0	T	4		24	32	16
Carotene, beta....µg	2		0	BFFN	4		4	6	3
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	51		0	NC	4		86	115	57
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.03		0	BFFN	4		0.05	0.06	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.1	0.0
Vitamin D....IU	1		0	BFFN	4		2	3	1
Vitamin K (phylloquinone)....µg	0.2	0.120	9	A	1		0.4	0.5	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.000		0		1		1.700	2.270	1.130
4:0....g	0.046	0.002	3		1		0.078	0.104	0.052
6:0....g	0.032	0.002	3		1		0.054	0.073	0.036
8:0....g	0.020	0.001	3		1		0.034	0.045	0.023
10:0....g	0.044	0.002	3		1		0.075	0.100	0.050
12:0....g	0.053	0.003	3		1		0.090	0.120	0.060
13:0....g									
14:0....g	0.163	0.008	3		1		0.277	0.370	0.184
15:0....g									
16:0....g	0.422	0.020	3		1		0.717	0.958	0.477
17:0....g									
18:0....g	0.151	0.007	3		1		0.257	0.343	0.171
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.426		0		1		0.724	0.967	0.481
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.034	0.002	3		1		0.058	0.077	0.038
17:1....g									
18:1 undifferentiated....g	0.354	0.017	3		1		0.602	0.804	0.400
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.044		0		1		0.075	0.100	0.050
18:2 undifferentiated....g	0.031	0.001	3		1		0.053	0.070	0.035
18:3 undifferentiated....g	0.013	0.001	3		1		0.022	0.030	0.015
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	6	0.589	5		1		10	14	7
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.030		0		1		0.051	0.068	0.034
Threonine....g	0.216		0		1		0.367	0.490	0.244
Isoleucine....g	0.286		0		1		0.486	0.649	0.323
Leucine....g	0.529		0		1		0.899	1.201	0.598
Lysine....g	0.471		0		1		0.801	1.069	0.532
Methionine....g	0.155		0		1		0.264	0.352	0.175
Cystine....g	0.048		0		4		0.082	0.109	0.054
Phenylalanine....g	0.286		0		1		0.486	0.649	0.323
Tyrosine....g	0.265		0		1		0.451	0.602	0.299
Valine....g	0.434		0		1		0.738	0.985	0.490
Arginine....g	0.158		0		1		0.269	0.359	0.179
Histidine....g	0.130		0		1		0.221	0.295	0.147
Alanine....g	0.225		0		1		0.383	0.511	0.254
Aspartic acid....g	0.416		0		1		0.707	0.944	0.470
Glutamic acid....g	1.028		0		1		1.748	2.334	1.162
Glycine....g	0.127		0		1		0.216	0.288	0.144
Proline....g	0.622		0		1		1.057	1.412	0.703
Serine....g	0.325		0		1		0.553	0.738	0.367
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 container (6 oz)

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

Measure 3 = 113g: .5 container (4 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.23		0		1		144.89	193.47	208.81
Energy....kcal	56		0	NC	4		95	127	137
Energy....kJ	233		0	NC	4		397	530	572
Protein (N x 6.38)....g	5.73		0		1		9.74	13.01	14.04
Total lipid (fat)....g	0.18		0		1		0.31	0.41	0.44
Ash....g	1.18		0		1		2.01	2.68	2.89
Carbohydrate, by difference....g	7.68		0	NC	4		13.06	17.43	18.82
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	7.68		0	NR	4		13.06	17.43	18.82
Starch....g									
Minerals:									
Calcium, Ca....mg	199		0		1		338	452	488
Iron, Fe....mg	0.09		0		1		0.15	0.20	0.22
Magnesium, Mg....mg	19		0		1		32	43	47
Phosphorus, P....mg	157		0		1		266	355	383
Potassium, K....mg	255		0		1		433	579	625
Sodium, Na....mg	77		0		1		130	174	187
Zinc, Zn....mg	0.97		0		1		1.65	2.20	2.38
Copper, Cu....mg	0.015		0		1		0.026	0.034	0.037
Manganese, Mn....mg	0.005		0		1		0.009	0.011	0.012
Selenium, Se....µg	3.6		0	BFNN	4		6.1	8.2	8.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		1.5	2.0	2.1
Thiamin....mg	0.048		0		1		0.082	0.109	0.118
Riboflavin....mg	0.234		0		1		0.398	0.531	0.573
Niacin....mg	0.124		0		1		0.211	0.281	0.304
Pantothenic acid....mg	0.641		0		1		1.090	1.455	1.570
Vitamin B-6....mg	0.053		0		1		0.090	0.120	0.130
Folate, total....µg	12		0		1		21	28	30
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	12		0		1		21	28	30
Folate, DFE....µg	12		0	NC	4		21	28	30
Choline, total....mg	15.2		0	T	4		25.8	34.5	37.2
Betaine....mg									
Vitamin B-12....µg	0.61		0		1		1.04	1.39	1.50
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	2		0	NC	4		3	5	5
Retinol....µg	2		0	T	4		3	5	5
Carotene, beta....µg	0		0	BFFN	4		0	1	1
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	7		0	NC	4		12	16	18
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4		0.01	0.01	0.01
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.2	0.120	9	A	1		0.4	0.5	0.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.116		0		1		0.197	0.263	0.284
4:0....g	0.005		3		1		0.009	0.011	0.012
6:0....g	0.004		3		1		0.007	0.009	0.010
8:0....g	0.002		3		1		0.003	0.005	0.005
10:0....g	0.005		3		1		0.009	0.011	0.012
12:0....g	0.006		3		1		0.010	0.014	0.015
13:0....g									
14:0....g	0.019		3		1		0.032	0.043	0.047
15:0....g									
16:0....g	0.049		3		1		0.083	0.111	0.120
17:0....g									
18:0....g	0.018		3		1		0.031	0.041	0.044
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.049		0		1		0.083	0.111	0.120
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		3		1		0.007	0.009	0.010
17:1....g									
18:1 undifferentiated....g	0.041		3		1		0.070	0.093	0.100
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.005		0		1		0.009	0.011	0.012
18:2 undifferentiated....g	0.004		3		1		0.007	0.009	0.010
18:3 undifferentiated....g	0.001		3		1		0.002	0.002	0.002
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		3	4	4
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.054	0.073	0.078
Threonine....g	0.235		0		1		0.400	0.533	0.576
Isoleucine....g	0.313		0		1		0.532	0.711	0.767
Leucine....g	0.577		0		1		0.981	1.310	1.414
Lysine....g	0.514		0		1		0.874	1.167	1.259
Methionine....g	0.169		0		1		0.287	0.384	0.414
Cystine....g	0.052		0		4		0.088	0.118	0.127
Phenylalanine....g	0.313		0		1		0.532	0.711	0.767
Tyrosine....g	0.289		0		1		0.491	0.656	0.708
Valine....g	0.474		0		1		0.806	1.076	1.161
Arginine....g	0.172		0		1		0.292	0.390	0.421
Histidine....g	0.142		0		1		0.241	0.322	0.348
Alanine....g	0.245		0		1		0.417	0.556	0.600
Aspartic acid....g	0.454		0		1		0.772	1.031	1.112
Glutamic acid....g	1.122		0		1		1.907	2.547	2.749
Glycine....g	0.138		0		1		0.235	0.313	0.338
Proline....g	0.679		0		1		1.154	1.541	1.664
Serine....g	0.355		0		1		0.604	0.806	0.870
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 container (6 oz)

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

Measure 3 = 245g: 1 cup (8 fl oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01116
Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.90		0		1		149.43	199.53	99.33
Energy....kcal	61		0	NC	4		104	139	69
Energy....kJ	257		0	NC	4		437	583	290
Protein (N x 6.38)....g	3.47		0		1		5.90	7.88	3.92
Total lipid (fat)....g	3.25		0		1		5.53	7.38	3.67
Ash....g	0.72		0		1		1.22	1.63	0.81
Carbohydrate, by difference....g	4.66		0	NC	4		7.92	10.58	5.27
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	4.66		0	NR	4		7.92	10.58	5.27
Starch....g									
Minerals:									
Calcium, Ca....mg	121		0		1		205	274	136
Iron, Fe....mg	0.05		0		1		0.09	0.11	0.06
Magnesium, Mg....mg	12		0		1		20	26	13
Phosphorus, P....mg	95		0		1		161	215	107
Potassium, K....mg	155		0		1		263	351	175
Sodium, Na....mg	46		0		1		79	105	52
Zinc, Zn....mg	0.59		0		1		1.00	1.34	0.67
Copper, Cu....mg	0.009		0		1		0.015	0.020	0.010
Manganese, Mn....mg	0.004		0		1		0.007	0.009	0.005
Selenium, Se....µg	2.2		0	BFNN	4		3.7	5.0	2.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		0.9	1.2	0.6
Thiamin....mg	0.029		0		1		0.049	0.066	0.033
Riboflavin....mg	0.142		0		1		0.241	0.322	0.160
Niacin....mg	0.075		0		1		0.128	0.170	0.085
Pantothenic acid....mg	0.389		0		1		0.661	0.883	0.440
Vitamin B-6....mg	0.032		0		1		0.054	0.073	0.036
Folate, total....µg	7		0		1		13	17	8
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	7		0		1		13	17	8
Folate, DFE....µg	7		0	NC	4		13	17	8
Choline, total....mg	15.2		0	T	4		25.8	34.5	17.2
Betaine....mg									
Vitamin B-12....µg	0.37		0		1		0.63	0.84	0.42
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	27		0	NC	4		47	62	31
Retinol....µg	27		0	T	4		46	61	31
Carotene, beta....µg	5		0	BFFN	4		9	12	6
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	99		0	NC	4		168	224	111
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.06		0	BFFN	4		0.10	0.13	0.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.1	0.1	0.1
Vitamin D....IU	2		0	BFFN	4		4	5	3
Vitamin K (phylloquinone)....µg	0.2		0	BFFN	4		0.4	0.5	0.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01116
Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.096		0		1		3.563	4.758	2.368
4:0....g	0.096		3		1		0.163	0.218	0.108
6:0....g	0.066		3		1		0.112	0.150	0.075
8:0....g	0.042		3		1		0.071	0.095	0.047
10:0....g	0.093		3		1		0.158	0.211	0.105
12:0....g	0.111		3		1		0.189	0.252	0.125
13:0....g									
14:0....g	0.343		3		1		0.583	0.779	0.388
15:0....g									
16:0....g	0.886		3		1		1.506	2.011	1.001
17:0....g									
18:0....g	0.317		3		1		0.539	0.720	0.358
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.893		0		1		1.518	2.027	1.009
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.071		3		1		0.121	0.161	0.080
17:1....g									
18:1 undifferentiated....g	0.743		3		1		1.263	1.687	0.840
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.092		0		1		0.156	0.209	0.104
18:2 undifferentiated....g	0.065		3		1		0.111	0.148	0.073
18:3 undifferentiated....g	0.027		3		1		0.046	0.061	0.031
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	13		0		1		22	29	14
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.034	0.045	0.023
Threonine....g	0.142		0		1		0.241	0.322	0.160
Isoleucine....g	0.189		0		1		0.321	0.429	0.214
Leucine....g	0.350		0		1		0.595	0.795	0.396
Lysine....g	0.311		0		1		0.529	0.706	0.351
Methionine....g	0.102		0		1		0.173	0.232	0.115
Cystine....g	0.032		0		4		0.054	0.073	0.036
Phenylalanine....g	0.189		0		1		0.321	0.429	0.214
Tyrosine....g	0.175		0		1		0.298	0.397	0.198
Valine....g	0.287		0		1		0.488	0.651	0.324
Arginine....g	0.104		0		1		0.177	0.236	0.118
Histidine....g	0.086		0		1		0.146	0.195	0.097
Alanine....g	0.148		0		1		0.252	0.336	0.167
Aspartic acid....g	0.275		0		1		0.468	0.624	0.311
Glutamic acid....g	0.679		0		1		1.154	1.541	0.767
Glycine....g	0.084		0		1		0.143	0.191	0.095
Proline....g	0.411		0		1		0.699	0.933	0.464
Serine....g	0.215		0		1		0.366	0.488	0.243
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01116
Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 container (6 oz)

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

Measure 3 = 113g: .5 container (4 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01231

Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.00		0	RA	4		134.30		
Energy....kcal	86		0	NC	4		146		
Energy....kJ	361		0	NC	4		614		
Protein....g	4.93		0	RA	4		8.38		
Total lipid (fat)....g	1.25		0	RA	4		2.13		
Ash....g	1.02		0	RA	4		1.73		
Carbohydrate, by difference....g	13.80		0	RA	4		23.46		
Fiber, total dietary....g	0.0		0	RA	4		0.0		
Sugars, total....g	5.43		0	O	4		9.23		
Starch....g									
Minerals:									
Calcium, Ca....mg	171		0	RA	4		291		
Iron, Fe....mg	0.07		0	RA	4		0.12		
Magnesium, Mg....mg	16		0	RA	4		28		
Phosphorus, P....mg	135		0	RA	4		229		
Potassium, K....mg	219		0	RA	4		373		
Sodium, Na....mg	66		0	RA	4		112		
Zinc, Zn....mg	0.83		0	RA	4		1.41		
Copper, Cu....mg	0.013		0	RA	4		0.022		
Manganese, Mn....mg	0.004		0	RA	4		0.007		
Selenium, Se....µg	4.9		0	RA	4		8.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0	RA	4		1.3		
Thiamin....mg	0.042		0	RA	4		0.071		
Riboflavin....mg	0.201		0	RA	4		0.342		
Niacin....mg	0.107		0	RA	4		0.182		
Pantothenic acid....mg	0.552		0	RA	4		0.938		
Vitamin B-6....mg	0.045		0	RA	4		0.077		
Folate, total....µg	11		0	RA	4		18		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	11		0	RA	4		18		
Folate, DFE....µg	11		0	NC	4		18		
Choline, total....mg	15.2		0	RA	4		25.8		
Betaine....mg									
Vitamin B-12....µg	0.53		0	RA	4		0.90		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....µg	12		0	RA	4		21		
Retinol....µg	12		0	RA	4		20		
Carotene, beta....µg	2		0	RA	4		3		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	43		0	RA	4		74		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.02		0	RA	4		0.04		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	RA	4		0.0		
Vitamin D....IU	1		0	RA	4		2		
Vitamin K (phylloquinone)....µg	0.1		0	RA	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01231

Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.752		0	RA	4		1.278		
4:0....g	0.037		0	RA	4		0.063		
6:0....g	0.025		0	RA	4		0.043		
8:0....g	0.016		0	RA	4		0.027		
10:0....g	0.036		0	RA	4		0.061		
12:0....g	0.043		0	RA	4		0.073		
13:0....g									
14:0....g	0.132		0	RA	4		0.224		
15:0....g									
16:0....g	0.341		0	RA	4		0.580		
17:0....g									
18:0....g	0.122		0	RA	4		0.207		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.313		0	RA	4		0.532		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027		0	RA	4		0.046		
17:1....g									
18:1 undifferentiated....g	0.286		0	RA	4		0.486		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.035		0	RA	4		0.060		
18:2 undifferentiated....g	0.025		0	RA	4		0.043		
18:3 undifferentiated....g	0.010		0	RA	4		0.017		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	5		0	RA	4		8		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	4		0		

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

Common Measures:

Measure 1 = 170g: 1 container

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01184

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.43		0		4		148.63		
Energy	kcal	43		0	LC	8		73		
Energy	kJ	180		0	LC	8		306		
Protein	g	3.86		0	LC	8		6.56		
Total lipid (fat)	g	0.18		0	BFZN	4		0.31		
Ash	g	1.00		0	BFZN	4		1.70		
Carbohydrate, by difference	g	7.50		0	LC	8		12.75		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	7.50		0	NR	4		12.75		
Starch	g									
Minerals:										
Calcium, Ca	mg	143		0	LC	8		243		
Iron, Fe	mg	0.12		0	LC	8		0.20		
Magnesium, Mg	mg	13		0	BFZN	4		22		
Phosphorus, P	mg	109		0	BFZN	4		185		
Potassium, K	mg	177		0	BFZN	4		301		
Sodium, Na	mg	59		0	LC	8		100		
Zinc, Zn	mg	0.67		0	BFZN	4		1.14		
Copper, Cu	mg	0.079		0	BFZN	4		0.134		
Manganese, Mn	mg									
Selenium, Se	µg	3.1		0	BFNN	4		5.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0	LC	8		1.9		
Thiamin	mg	0.034		0	BFZN	4		0.058		
Riboflavin	mg	0.162		0	BFZN	4		0.275		
Niacin	mg	0.086		0	BFZN	4		0.146		
Pantothenic acid	mg									
Vitamin B-6	mg	0.037		0	BFZN	4		0.063		
Folate, total	µg	8		0	BFZN	4		14		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	8		0	BFZN	4		14		
Folate, DFE	µg	8		0	NC	4		14		
Choline, total	mg	15.2		0	T	4		25.8		
Betaine	mg									
Vitamin B-12	µg	0.43		0	BFZN	4		0.73		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	2		0	NC	4		3		
Retinol	µg	2		0	BFFN	4		3		
Carotene, beta	µg	0		0	BFFN	4		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	6		0	NC	4		11		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFFN	4		0.01		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0		0	BFFN	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 01184

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.116		0	BFZN	4		0.197		
4:0....g	0.005		0	BFZN	4		0.009		
6:0....g	0.005		0	BFZN	4		0.009		
8:0....g	0.002		0	BFZN	4		0.003		
10:0....g	0.005		0	BFZN	4		0.009		
12:0....g	0.006		0	BFZN	4		0.010		
13:0....g									
14:0....g	0.019		0	BFZN	4		0.032		
15:0....g									
16:0....g	0.049		0	BFZN	4		0.083		
17:0....g									
18:0....g	0.018		0	BFZN	4		0.031		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.049		0	BFZN	4		0.083		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	BFZN	4		0.007		
17:1....g									
18:1 undifferentiated....g	0.041		0	BFZN	4		0.070		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.005		0	BFZN	4		0.009		
18:2 undifferentiated....g	0.004		0	BFZN	4		0.007		
18:3 undifferentiated....g	0.001		0	BFZN	4		0.002		
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		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	2		0	LC	8		3		
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 = 170g: 1 container (6 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01221

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	87.43		0		4		148.63		
Energy ... kcal	43		0	LC	8		73		
Energy ... kJ	180		0	LC	8		306		
Protein ... g	3.86		0	LC	8		6.56		
Total lipid (fat) ... g	0.18		0	BFZN	4		0.31		
Ash ... g	1.00		0	BFZN	4		1.70		
Carbohydrate, by difference ... g	7.50		0	LC	8		12.75		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g	7.50		0	NR	4		12.75		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	143		0	LC	8		243		
Iron, Fe ... mg	0.12		0	LC	8		0.20		
Magnesium, Mg ... mg	13		0	BFZN	4		22		
Phosphorus, P ... mg	109		0	BFZN	4		185		
Potassium, K ... mg	177		0	BFZN	4		301		
Sodium, Na ... mg	59		0	LC	8		100		
Zinc, Zn ... mg	0.67		0	BFZN	4		1.14		
Copper, Cu ... mg	0.079		0	BFZN	4		0.134		
Manganese, Mn ... mg									
Selenium, Se ... µg	3.1		0	BFNN	4		5.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.1		0	LC	8		1.9		
Thiamin ... mg	0.034		0	BFZN	4		0.058		
Riboflavin ... mg	0.162		0	BFZN	4		0.275		
Niacin ... mg	0.086		0	BFZN	4		0.146		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.037		0	BFZN	4		0.063		
Folate, total ... µg	8		0	BFZN	4		14		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	8		0	BFZN	4		14		
Folate, DFE ... µg	8		0	NC	4		14		
Choline, total ... mg	15.2		0	T	4		25.8		
Betaine ... mg									
Vitamin B-12 ... µg	0.43		0	BFZN	4		0.73		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	2		0	NC	4		3		
Retinol ... µg	2		0	BFFN	4		3		
Carotene, beta ... µg	0		0	BFFN	4		0		
Carotene, alpha ... µg	0		0	Z	7		0		
Cryptoxanthin, beta ... µg	0		0	Z	7		0		
Vitamin A, IU ... IU	6		0	NC	4		11		
Lycopene ... µg	0		0	Z	7		0		
Lutein + zeaxanthin ... µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	0.00		0	BFFN	4		0.01		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	1.2		0	AS	1		2.0		
Vitamin D ... IU	47		0	NR	4		80		
Vitamin K (phylloquinone) ... µg	0.0		0	BFFN	4		0.0		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 01221

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.116		0	BFZN	4		0.197		
4:0....g	0.005		0	BFZN	4		0.009		
6:0....g	0.005		0	BFZN	4		0.009		
8:0....g	0.002		0	BFZN	4		0.003		
10:0....g	0.005		0	BFZN	4		0.009		
12:0....g	0.006		0	BFZN	4		0.010		
13:0....g									
14:0....g	0.019		0	BFZN	4		0.032		
15:0....g									
16:0....g	0.049		0	BFZN	4		0.083		
17:0....g									
18:0....g	0.018		0	BFZN	4		0.031		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.049		0	BFZN	4		0.083		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	BFZN	4		0.007		
17:1....g									
18:1 undifferentiated....g	0.041		0	BFZN	4		0.070		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.005		0	BFZN	4		0.009		
18:2 undifferentiated....g	0.004		0	BFZN	4		0.007		
18:3 undifferentiated....g	0.001		0	BFZN	4		0.002		
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		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	2		0	LC	8		3		
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 = 170g: 1 container (6 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01119
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.00		0		1		134.30	179.33	193.55
Energy....kcal	85		0	NC	4		145	194	209
Energy....kJ	358		0	NC	4		608	812	876
Protein (N x 6.38)....g	4.93		3		1		8.38	11.19	12.08
Total lipid (fat)....g	1.25		3		1		2.13	2.84	3.06
Ash....g	1.02		0		1		1.73	2.32	2.50
Carbohydrate, by difference....g	13.80		0		4		23.46	31.33	33.81
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	13.80		0	NR	4		23.46	31.33	33.81
Starch....g									
Minerals:									
Calcium, Ca....mg	171		0		1		291	389	420
Iron, Fe....mg	0.07		0		1		0.12	0.16	0.17
Magnesium, Mg....mg	16		0		1		28	37	40
Phosphorus, P....mg	135		0		1		229	306	330
Potassium, K....mg	219		0		1		373	498	537
Sodium, Na....mg	66		0		1		112	149	161
Zinc, Zn....mg	0.83		0		1		1.41	1.88	2.03
Copper, Cu....mg	0.013		0		1		0.022	0.030	0.032
Manganese, Mn....mg	0.004		0		1		0.007	0.009	0.010
Selenium, Se....µg	4.9		0	BFNN	4		8.3	11.1	12.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		1.3	1.7	1.8
Thiamin....mg	0.042		0		1		0.071	0.095	0.103
Riboflavin....mg	0.201		0		1		0.342	0.456	0.492
Niacin....mg	0.107		0		1		0.182	0.243	0.262
Pantothenic acid....mg	0.552		0		1		0.938	1.253	1.352
Vitamin B-6....mg	0.045		0		1		0.077	0.102	0.110
Folate, total....µg	11		0		1		18	24	26
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	11		0		1		18	24	26
Folate, DFE....µg	11		0	NC	4		18	24	26
Choline, total....mg	15.2		0	T	4		25.8	34.5	37.2
Betaine....mg									
Vitamin B-12....µg	0.53		0		1		0.90	1.20	1.29
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	12		0	NC	4		21	28	30
Retinol....µg	12		0	T	4		20	27	29
Carotene, beta....µg	2		0	BFFN	4		3	5	5
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	43		0	NC	4		74	98	106
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFFN	4		0.04	0.05	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.1	0.1
Vitamin D....IU	1		0	BFFN	4		2	2	2
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.1	0.2	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01119
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.806		0		1		1.370	1.830	1.975
4:0....g	0.037		3		1		0.063	0.084	0.091
6:0....g	0.025		3		1		0.043	0.057	0.061
8:0....g	0.016		3		1		0.027	0.036	0.039
10:0....g	0.036		3		1		0.061	0.082	0.088
12:0....g	0.043		3		1		0.073	0.098	0.105
13:0....g									
14:0....g	0.132		3		1		0.224	0.300	0.323
15:0....g									
16:0....g	0.341		3		1		0.580	0.774	0.835
17:0....g									
18:0....g	0.122		3		1		0.207	0.277	0.299
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.343		0		1		0.583	0.779	0.840
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027		3		1		0.046	0.061	0.066
17:1....g									
18:1 undifferentiated....g	0.286		3		1		0.486	0.649	0.701
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.036		0		1		0.061	0.082	0.088
18:2 undifferentiated....g	0.025		3		1		0.043	0.057	0.061
18:3 undifferentiated....g	0.010		3		1		0.017	0.023	0.025
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
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	5		0		1		8	11	12
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1		0.048	0.064	0.069
Threonine....g	0.202		0		1		0.343	0.459	0.495
Isoleucine....g	0.269		0		1		0.457	0.611	0.659
Leucine....g	0.497		0		1		0.845	1.128	1.218
Lysine....g	0.442		0		1		0.751	1.003	1.083
Methionine....g	0.145		0		1		0.247	0.329	0.355
Cystine....g	0.045		0		4		0.077	0.102	0.110
Phenylalanine....g	0.269		0		1		0.457	0.611	0.659
Tyrosine....g	0.249		0		1		0.423	0.565	0.610
Valine....g	0.408		0		1		0.694	0.926	1.000
Arginine....g	0.148		0		1		0.252	0.336	0.363
Histidine....g	0.122		0		1		0.207	0.277	0.299
Alanine....g	0.211		0		1		0.359	0.479	0.517
Aspartic acid....g	0.391		0		1		0.665	0.888	0.958
Glutamic acid....g	0.965		0		1		1.641	2.191	2.364
Glycine....g	0.119		0		1		0.202	0.270	0.292
Proline....g	0.584		0		1		0.993	1.326	1.431
Serine....g	0.305		0		1		0.519	0.692	0.747
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01119
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 container (6 oz)

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

Measure 3 = 245g: 1 cup (8 fl oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 01220

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.00		0		1		134.30	179.33	89.27
Energy....kcal	85		0	NC	4		145	194	97
Energy....kJ	358		0	NC	4		608	812	404
Protein (N x 6.38)....g	4.93		3		1		8.38	11.19	5.57
Total lipid (fat)....g	1.25		3		1		2.13	2.84	1.41
Ash....g	1.02		0		1		1.73	2.32	1.15
Carbohydrate, by difference....g	13.80		0		4		23.46	31.33	15.59
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	13.80		0	NR	4		23.46	31.33	15.59
Starch....g									
Minerals:									
Calcium, Ca....mg	171		0		1		291	389	194
Iron, Fe....mg	0.07		0		1		0.12	0.16	0.08
Magnesium, Mg....mg	16		0		1		28	37	19
Phosphorus, P....mg	135		0		1		229	306	152
Potassium, K....mg	219		0		1		373	498	248
Sodium, Na....mg	66		0		1		112	149	74
Zinc, Zn....mg	0.83		0		1		1.41	1.88	0.94
Copper, Cu....mg	0.013		0		1		0.022	0.030	0.015
Manganese, Mn....mg	0.004		0		1		0.007	0.009	0.005
Selenium, Se....µg	4.9		0	BFNN	4		8.3	11.1	5.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		1.3	1.7	0.8
Thiamin....mg	0.042		0		1		0.071	0.095	0.047
Riboflavin....mg	0.201		0		1		0.342	0.456	0.227
Niacin....mg	0.107		0		1		0.182	0.243	0.121
Pantothenic acid....mg	0.552		0		1		0.938	1.253	0.624
Vitamin B-6....mg	0.045		0		1		0.077	0.102	0.051
Folate, total....µg	11		0		1		18	24	12
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	11		0		1		18	24	12
Folate, DFE....µg	11		0	NC	4		18	24	12
Choline, total....mg	15.2		0	T	4		25.8	34.5	17.2
Betaine....mg									
Vitamin B-12....µg	0.53		0		1		0.90	1.20	0.60
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	12		0	NC	4		21	28	14
Retinol....µg	12		0	T	4		20	27	14
Carotene, beta....µg	2		0	BFFN	4		3	5	2
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	43		0	NC	4		74	98	49
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.02		0	BFFN	4		0.04	0.05	0.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		2.0	2.7	1.3
Vitamin D....IU	47		0	NR	4		80	107	53
Vitamin K (phylloquinone)....µg	0.1		0	BFFN	4		0.1	0.2	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 01220

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.806		0		1		1.370	1.830	0.911
4:0....g	0.037		3		1		0.063	0.084	0.042
6:0....g	0.025		3		1		0.043	0.057	0.028
8:0....g	0.016		3		1		0.027	0.036	0.018
10:0....g	0.036		3		1		0.061	0.082	0.041
12:0....g	0.043		3		1		0.073	0.098	0.049
13:0....g									
14:0....g	0.132		3		1		0.224	0.300	0.149
15:0....g									
16:0....g	0.341		3		1		0.580	0.774	0.385
17:0....g									
18:0....g	0.122		3		1		0.207	0.277	0.138
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.343		0		1		0.583	0.779	0.388
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027		3		1		0.046	0.061	0.031
17:1....g									
18:1 undifferentiated....g	0.286		3		1		0.486	0.649	0.323
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.036		0		1		0.061	0.082	0.041
18:2 undifferentiated....g	0.025		3		1		0.043	0.057	0.028
18:3 undifferentiated....g	0.010		3		1		0.017	0.023	0.011
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	5		0		1		8	11	6
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1		0.048	0.064	0.032
Threonine....g	0.202		0		1		0.343	0.459	0.228
Isoleucine....g	0.269		0		1		0.457	0.611	0.304
Leucine....g	0.497		0		1		0.845	1.128	0.562
Lysine....g	0.442		0		1		0.751	1.003	0.499
Methionine....g	0.145		0		1		0.247	0.329	0.164
Cystine....g	0.045		0		4		0.077	0.102	0.051
Phenylalanine....g	0.269		0		1		0.457	0.611	0.304
Tyrosine....g	0.249		0		1		0.423	0.565	0.281
Valine....g	0.408		0		1		0.694	0.926	0.461
Arginine....g	0.148		0		1		0.252	0.336	0.167
Histidine....g	0.122		0		1		0.207	0.277	0.138
Alanine....g	0.211		0		1		0.359	0.479	0.238
Aspartic acid....g	0.391		0		1		0.665	0.888	0.442
Glutamic acid....g	0.965		0		1		1.641	2.191	1.090
Glycine....g	0.119		0		1		0.202	0.270	0.134
Proline....g	0.584		0		1		0.993	1.326	0.660
Serine....g	0.305		0		1		0.519	0.692	0.345
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 01220

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 170g: 1 container (6 oz)

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

Measure 3 = 113g: .5 container (4 oz)

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

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)