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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.29 | | 0 | NC | 4 | | 25.37 | 126.85 | |
| Energy....kcal | 85 | | 0 | NC | 4 | | 25 | 125 | |
| Energy....kJ | 355 | | 0 | NC | 4 | | 104 | 521 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.23 | 0.015 | 8 | A | 1 | | 0.07 | 0.34 | |
| Carbohydrate, by difference....g | 2.79 | | 0 | NC | 4 | | 0.82 | 4.10 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.6 | 0.182 | 8 | A | 1 | | 3.1 | 15.6 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 85.62 | | 0 | NC | 4 | | 25.26 | 126.71 | |
| Energy....kcal | 86 | | 0 | NC | 4 | | 25 | 127 | |
| Energy....kJ | 360 | | 0 | NC | 4 | | 106 | 532 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.34 | 0.018 | 14 | A | 1 | | 0.10 | 0.50 | |
| Carbohydrate, by difference....g | 3.69 | | 0 | NC | 4 | | 1.09 | 5.46 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.3 | 0.350 | 14 | A | 1 | | 3.0 | 15.2 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.59 | | 0 | NC | 4 | | 25.11 | 127.29 | |
| Energy....kcal | 83 | | 0 | NC | 4 | | 24 | 123 | |
| Energy....kJ | 349 | | 0 | NC | 4 | | 101 | 513 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.27 | 0.010 | 30 | A | 1 | | 0.08 | 0.39 | |
| Carbohydrate, by difference....g | 2.45 | | 0 | NC | 4 | | 0.71 | 3.61 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.6 | 0.095 | 30 | A | 1 | | 3.1 | 15.6 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29g: 1 fluid ounce

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.56 | | 0 | NC | 4 | | 25.10 | 127.24 | |
| Energy....kcal | 83 | | 0 | NC | 4 | | 24 | 122 | |
| Energy....kJ | 347 | | 0 | NC | 4 | | 101 | 511 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.29 | 0.003 | 377 | A | 1 | | 0.08 | 0.43 | |
| Carbohydrate, by difference....g | 2.60 | | 0 | NC | 4 | | 0.76 | 3.83 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.5 | 0.028 | 376 | A | 1 | | 3.0 | 15.4 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29g: 1 fluid ounce

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.88 | | 0 | NC | 4 | | 25.84 | 129.18 | |
| Energy....kcal | 74 | | 0 | NC | 4 | | 22 | 109 | |
| Energy....kJ | 311 | | 0 | NC | 4 | | 91 | 457 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.31 | | 1 | A | 1 | | 0.09 | 0.46 | |
| Carbohydrate, by difference....g | 2.40 | | 0 | NC | 4 | | 0.71 | 3.53 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 9.3 | | 1 | A | 1 | | 2.7 | 13.7 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.38 | | 0 | NC | 4 | | 25.40 | 126.98 | |
| Energy....kcal | 83 | | 0 | NC | 4 | | 24 | 122 | |
| Energy....kJ | 348 | | 0 | NC | 4 | | 102 | 511 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.29 | 0.018 | 11 | A | 1 | | 0.09 | 0.43 | |
| Carbohydrate, by difference....g | 3.01 | | 0 | NC | 4 | | 0.88 | 4.42 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.2 | 0.236 | 11 | A | 1 | | 3.0 | 15.1 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.49 | | 0 | NC | 4 | | 25.72 | 128.61 | |
| Energy....kcal | 78 | | 0 | NC | 4 | | 23 | 114 | |
| Energy....kJ | 326 | | 0 | NC | 4 | | 96 | 478 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.21 | 0.015 | 15 | A | 1 | | 0.06 | 0.31 | |
| Carbohydrate, by difference....g | 2.38 | | 0 | NC | 4 | | 0.70 | 3.50 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 9.8 | 0.229 | 15 | A | 1 | | 2.9 | 14.5 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.02 | | 0 | NC | 4 | | 25.59 | 127.93 | |
| Energy....kcal | 80 | | 0 | NC | 4 | | 24 | 118 | |
| Energy....kJ | 337 | | 0 | NC | 4 | | 99 | 495 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.25 | 0.013 | 11 | A | 1 | | 0.07 | 0.37 | |
| Carbohydrate, by difference....g | 2.46 | | 0 | NC | 4 | | 0.72 | 3.62 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.2 | 0.222 | 11 | A | 1 | | 3.0 | 15.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.59 | | 0 | NC | 4 | | 25.46 | 127.29 | |
| Energy....kcal | 83 | | 0 | NC | 4 | | 24 | 122 | |
| Energy....kJ | 348 | | 0 | NC | 4 | | 102 | 512 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.27 | 0.003 | 142 | A | 1 | | 0.08 | 0.40 | |
| Carbohydrate, by difference....g | 2.51 | | 0 | NC | 4 | | 0.74 | 3.69 | |
| Fiber, total dietary....g | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.62 | | 1 | A | 1 | | 0.18 | 0.92 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 1 | A | 1 | | 2 | 11 | |
| Iron, Fe....mg | 0.46 | | 1 | A | 1 | | 0.14 | 0.68 | |
| Magnesium, Mg....mg | 12 | | 1 | A | 1 | | 3 | 17 | |
| Phosphorus, P....mg | 23 | | 1 | A | 1 | | 7 | 34 | |
| Potassium, K....mg | 127 | | 1 | A | 1 | | 37 | 187 | |
| Sodium, Na....mg | 4 | | 1 | A | 1 | | 1 | 6 | |
| Zinc, Zn....mg | 0.14 | | 1 | A | 1 | | 0.04 | 0.20 | |
| Copper, Cu....mg | 0.011 | | 1 | A | 1 | | 0.003 | 0.016 | |
| Manganese, Mn....mg | 0.132 | | 1 | A | 1 | | 0.039 | 0.194 | |
| Selenium, Se....µg | 0.2 | | 1 | A | 1 | | 0.1 | 0.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.005 | | 1 | A | 1 | | 0.002 | 0.008 | |
| Riboflavin....mg | 0.031 | | 1 | A | 1 | | 0.009 | 0.046 | |
| Niacin....mg | 0.224 | | 1 | A | 1 | | 0.066 | 0.329 | |
| Pantothenic acid....mg | 0.030 | | 1 | A | 1 | | 0.009 | 0.044 | |
| Vitamin B-6....mg | 0.057 | | 1 | A | 1 | | 0.017 | 0.084 | |
| Folate, total....µg | 1 | | 1 | A | 1 | | 0 | 1 | |
| Folic acid....µg | | | | | | | | | |
| Folate, food....µg | 1 | | 1 | A | 1 | | 0 | 1 | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| 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 | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | | | | | | | | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.6 | 0.038 | 142 | A | 1 | | 3.1 | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Alcohol, ethyl.....g | 10.6 | 0.038 | | A | 1 | | | 15.5 | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 85.81 | | 0 | NC | 4 | | 25.23 | 126.14 | |
| Energy....kcal | 88 | | 0 | NC | 4 | | 26 | 130 | |
| Energy....kJ | 369 | | 0 | NC | 4 | | 108 | 542 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.29 | 0.026 | 8 | A | 1 | | 0.08 | 0.42 | |
| Carbohydrate, by difference....g | 2.64 | | 0 | NC | 4 | | 0.78 | 3.89 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 11.2 | 0.260 | 8 | A | 1 | | 3.3 | 16.5 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.22 | | 0 | NC | 4 | | 25.44 | 126.75 | |
| Energy....kcal | 85 | | 0 | NC | 4 | | 25 | 125 | |
| Energy....kJ | 356 | | 0 | NC | 4 | | 105 | 523 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.31 | 0.013 | 25 | A | 1 | | 0.09 | 0.46 | |
| Carbohydrate, by difference....g | 2.68 | | 0 | NC | 4 | | 0.79 | 3.94 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.7 | 0.130 | 24 | A | 1 | | 3.2 | 15.8 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.94 | | 0 | NC | 4 | | 25.56 | 127.79 | |
| Energy....kcal | 82 | | 0 | NC | 4 | | 24 | 120 | |
| Energy....kJ | 341 | | 0 | NC | 4 | | 100 | 502 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.25 | 0.003 | 287 | A | 1 | | 0.07 | 0.37 | |
| Carbohydrate, by difference....g | 2.31 | | 0 | NC | 4 | | 0.68 | 3.39 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.4 | 0.039 | 287 | A | 1 | | 3.1 | 15.3 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.17 | | 0 | NC | 4 | | 25.33 | 126.66 | |
| Energy....kcal | 86 | | 0 | NC | 4 | | 25 | 126 | |
| Energy....kJ | 359 | | 0 | NC | 4 | | 106 | 528 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.26 | 0.009 | 14 | A | 1 | | 0.08 | 0.39 | |
| Carbohydrate, by difference....g | 2.62 | | 0 | NC | 4 | | 0.77 | 3.85 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.9 | 0.113 | 14 | A | 1 | | 3.2 | 16.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.53 | | 0 | NC | 4 | | 25.44 | 127.20 | |
| Energy....kcal | 83 | | 0 | NC | 4 | | 24 | 122 | |
| Energy....kJ | 348 | | 0 | NC | 4 | | 102 | 511 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.32 | 0.014 | 30 | A | 1 | | 0.09 | 0.47 | |
| Carbohydrate, by difference....g | 2.58 | | 0 | NC | 4 | | 0.76 | 3.79 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.5 | 0.146 | 30 | A | 1 | | 3.1 | 15.4 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 85.71 | | 0 | NC | 4 | | 25.20 | 126.00 | |
| Energy....kcal | 88 | | 0 | NC | 4 | | 26 | 130 | |
| Energy....kJ | 369 | | 0 | NC | 4 | | 109 | 543 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.27 | 0.004 | 164 | A | 1 | | 0.08 | 0.40 | |
| Carbohydrate, by difference....g | 2.86 | | 0 | NC | 4 | | 0.84 | 4.21 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 11.1 | 0.062 | 162 | A | 1 | | 3.3 | 16.3 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14006**
**Alcoholic beverage, beer, light**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 94.88 | | 0 | O | 4 | | 27.99 | 335.88 | |
| Energy....kcal | 29 | | 0 | NC | 4 | | 9 | 104 | |
| Energy....kJ | 123 | | 0 | NC | 4 | | 36 | 436 | |
| Protein (N x 6.25)....g | 0.24 | 0.005 | 167 | A | 1 | | 0.07 | 0.86 | |
| Total lipid (fat)....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.09 | 0.002 | 167 | A | 1 | | 0.03 | 0.33 | |
| Carbohydrate, by difference....g | 1.64 | | 0 | NC | 4 | | 0.49 | 5.82 | |
| Fiber, total dietary....g | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.09 | 0.017 | 4 | A | 1 | | 0.03 | 0.33 | |
| Sucrose....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose)....g | 0.09 | 0.017 | 4 | A | 1 | | 0.03 | 0.33 | |
| Fructose....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Lactose....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Galactose....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Starch....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | 0.231 | 4 | A | 1 | | 1 | 13 | |
| Iron, Fe....mg | 0.03 | 0.006 | 4 | A | 1 | | 0.01 | 0.09 | |
| Magnesium, Mg....mg | 5 | 0.362 | 4 | A | 1 | | 1 | 17 | |
| Phosphorus, P....mg | 12 | 1.519 | 4 | A | 1 | | 3 | 41 | |
| Potassium, K....mg | 21 | 1.577 | 4 | A | 1 | | 6 | 75 | |
| Sodium, Na....mg | 4 | 1.140 | 4 | A | 1 | | 1 | 15 | |
| Zinc, Zn....mg | 0.01 | 0.001 | 4 | A | 1 | | 0.00 | 0.03 | |
| Copper, Cu....mg | 0.006 | 0.001 | 4 | A | 1 | | 0.002 | 0.021 | |
| Manganese, Mn....mg | 0.006 | 0.001 | 4 | A | 1 | | 0.002 | 0.022 | |
| Selenium, Se....µg | 0.4 | 0.087 | 4 | A | 1 | | 0.1 | 1.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.005 | 0.000 | 4 | A | 1 | | 0.002 | 0.018 | |
| Riboflavin....mg | 0.015 | 0.000 | 4 | A | 1 | | 0.004 | 0.053 | |
| Niacin....mg | 0.391 | 0.023 | 4 | A | 1 | | 0.115 | 1.383 | |
| Pantothenic acid....mg | 0.030 | 0.000 | 4 | A | 1 | | 0.009 | 0.105 | |
| Vitamin B-6....mg | 0.034 | 0.002 | 4 | A | 1 | | 0.010 | 0.121 | |
| Folate, total....µg | 6 | 1.153 | 4 | A | 1 | | 2 | 23 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 6 | 1.153 | 4 | A | 1 | | 2 | 23 | |
| Folate, DFE....µg | 6 | | 0 | NC | 4 | | 2 | 23 | |
| Choline, total....mg | 8.8 | | 0 | AS | 1 | | 2.6 | 31.1 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.02 | | 0 | BFZN | 4 | | 0.01 | 0.07 | |
| 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 | | 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 | | | | | | | | | |

**NDB No. 14006**
**Alcoholic beverage, beer, light**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | | 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 | | 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 | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.010 | | 0 | A | 1 | | 0.003 | 0.035 | |
| Aspartic acid....g | 0.013 | | 0 | A | 1 | | 0.004 | 0.046 | |
| Glutamic acid....g | 0.039 | | 0 | A | 1 | | 0.012 | 0.138 | |
| Glycine....g | 0.011 | | 0 | A | 1 | | 0.003 | 0.039 | |

**NDB No. 14006**
**Alcoholic beverage, beer, light**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Proline....g | 0.029 | | 0 | A | 1 | | 0.009 | 0.102 | |
| Serine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 3.1 | 0.027 | 167 | A | 1 | | 0.9 | 11.1 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.5g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14007**

**Alcoholic beverage, beer, light, BUD LIGHT**

*Anheuser-Busch, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 95.00 | | 1 | MC | 9 | | 28.03 | 336.30 | |
| Energy....kcal | 29 | | 0 | NC | 4 | | 9 | 104 | |
| Energy....kJ | 123 | | 0 | NC | 4 | | 36 | 435 | |
| Protein (N x 6.25)....g | 0.25 | | 1 | MC | 9 | | 0.07 | 0.90 | |
| Total lipid (fat)....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Ash....g | 0.11 | | 1 | MC | 9 | | 0.03 | 0.39 | |
| Carbohydrate, by difference....g | 1.30 | | 0 | NC | 4 | | 0.38 | 4.61 | |
| Fiber, total dietary....g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Sucrose....g | | | | | | | | | |
| Glucose (dextrose)....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Fructose....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Lactose....g | | | | | | | | | |
| Maltose....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Galactose....g | | | | | | | | | |
| Starch....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 1 | MC | 9 | | 1 | 12 | |
| Iron, Fe....mg | 0.00 | | 1 | MC | 9 | | 0.00 | 0.01 | |
| Magnesium, Mg....mg | 7 | | 1 | MC | 9 | | 2 | 24 | |
| Phosphorus, P....mg | 11 | | 1 | MC | 9 | | 3 | 40 | |
| Potassium, K....mg | 26 | | 1 | MC | 9 | | 8 | 91 | |
| Sodium, Na....mg | 3 | | 1 | MC | 9 | | 1 | 9 | |
| Zinc, Zn....mg | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Copper, Cu....mg | 0.002 | | 1 | MC | 9 | | 0.001 | 0.007 | |
| Manganese, Mn....mg | 0.006 | | 1 | MC | 9 | | 0.002 | 0.021 | |
| Selenium, Se....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | MC | 9 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 3.3 | | 1 | MC | 9 | | 1.0 | 11.8 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 354g: 12 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14005**

**Alcoholic beverage, beer, light, BUDWEISER SELECT**

*Anheuser-Busch, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 95.30 | | 1 | MC | 9 | | 28.59 | 338.32 | |
| Energy....kcal | 28 | | 1 | MC | 9 | | 8 | 99 | |
| Energy....kJ | 117 | | 0 | MC | 9 | | 35 | 414 | |
| Protein....g | 0.20 | | 1 | MC | 9 | | 0.06 | 0.70 | |
| Total lipid (fat)....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Ash....g | 0.08 | | 1 | MC | 9 | | 0.02 | 0.29 | |
| Carbohydrate, by difference....g | 0.87 | | 1 | MC | 9 | | 0.26 | 3.10 | |
| Fiber, total dietary....g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Sucrose....g | | | | | | | | | |
| Glucose (dextrose)....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Fructose....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Lactose....g | | | | | | | | | |
| Maltose....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Galactose....g | | | | | | | | | |
| Starch....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 1 | MC | 9 | | 1 | 14 | |
| Iron, Fe....mg | 0.00 | | 1 | MC | 9 | | 0.00 | 0.01 | |
| Magnesium, Mg....mg | 6 | | 1 | MC | 9 | | 2 | 20 | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 26 | | 1 | MC | 9 | | 8 | 93 | |
| Sodium, Na....mg | 3 | | 1 | MC | 9 | | 1 | 9 | |
| Zinc, Zn....mg | 0.01 | | 1 | MC | 9 | | 0.00 | 0.04 | |
| Copper, Cu....mg | 0.001 | | 1 | MC | 9 | | 0.000 | 0.004 | |
| Manganese, Mn....mg | 0.007 | | 1 | MC | 9 | | 0.002 | 0.025 | |
| Selenium, Se....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | MC | 9 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 3.4 | | 1 | MC | 9 | | 1.0 | 11.9 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 30g: 1 fluid ounce

Measure 2 = 355g: 12 fluid ounce

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

**Food Group:** 14 Beverages

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

**NDB No. 14013**

**Alcoholic beverage, beer, light, MICHELOB ULTRA**

*Anheuser-Busch, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 95.40 | | 1 | MC | 9 | | 28.14 | 337.72 | |
| Energy....kcal | 27 | | 1 | MC | 9 | | 8 | 95 | |
| Energy....kJ | 112 | | 0 | MC | 9 | | 33 | 397 | |
| Protein....g | 0.17 | | 1 | MC | 9 | | 0.05 | 0.60 | |
| Total lipid (fat)....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Ash....g | 0.06 | | 1 | MC | 9 | | 0.02 | 0.21 | |
| Carbohydrate, by difference....g | 0.73 | | 1 | MC | 9 | | 0.22 | 2.60 | |
| Fiber, total dietary....g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Sucrose....g | | | | | | | | | |
| Glucose (dextrose)....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Fructose....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Lactose....g | | | | | | | | | |
| Maltose....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Galactose....g | | | | | | | | | |
| Starch....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 1 | MC | 9 | | 1 | 13 | |
| Iron, Fe....mg | 0.00 | | 1 | MC | 9 | | 0.00 | 0.01 | |
| Magnesium, Mg....mg | 4 | | 1 | MC | 9 | | 1 | 15 | |
| Phosphorus, P....mg | 8 | | 1 | MC | 9 | | 2 | 28 | |
| Potassium, K....mg | 17 | | 1 | MC | 9 | | 5 | 60 | |
| Sodium, Na....mg | 3 | | 1 | MC | 9 | | 1 | 9 | |
| Zinc, Zn....mg | 0.01 | | 1 | MC | 9 | | 0.00 | 0.02 | |
| Copper, Cu....mg | 0.002 | | 1 | MC | 9 | | 0.001 | 0.007 | |
| Manganese, Mn....mg | 0.005 | | 1 | MC | 9 | | 0.001 | 0.018 | |
| Selenium, Se....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | MC | 9 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 3.3 | | 1 | MC | 9 | | 1.0 | 11.8 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 354g: 12 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14004**

**Alcoholic beverage, beer, regular, BUDWEISER**

*Anheuser-Busch, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 92.77 | | 1 | MC | 9 | | 27.65 | 331.20 | |
| Energy....kcal | 41 | | 1 | MC | 9 | | 12 | 145 | |
| Energy....kJ | 170 | | 0 | MC | 9 | | 51 | 607 | |
| Protein (N x 6.25)....g | 0.36 | | 1 | MC | 9 | | 0.11 | 1.30 | |
| Total lipid (fat)....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Ash....g | 0.11 | | 1 | MC | 9 | | 0.03 | 0.39 | |
| Carbohydrate, by difference....g | 2.97 | | 1 | MC | 9 | | 0.88 | 10.60 | |
| Fiber, total dietary....g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Sucrose....g | | | | | | | | | |
| Glucose (dextrose)....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Fructose....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Lactose....g | | | | | | | | | |
| Maltose....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Galactose....g | | | | | | | | | |
| Starch....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 1 | MC | 9 | | 1 | 14 | |
| Iron, Fe....mg | 0.00 | | 1 | MC | 9 | | 0.00 | 0.01 | |
| Magnesium, Mg....mg | 7 | | 1 | MC | 9 | | 2 | 25 | |
| Phosphorus, P....mg | 13 | | 1 | MC | 9 | | 4 | 46 | |
| Potassium, K....mg | 33 | | 1 | MC | 9 | | 10 | 118 | |
| Sodium, Na....mg | 3 | | 1 | MC | 9 | | 1 | 9 | |
| Zinc, Zn....mg | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Copper, Cu....mg | 0.003 | | 1 | MC | 9 | | 0.001 | 0.011 | |
| Manganese, Mn....mg | 0.009 | | 1 | MC | 9 | | 0.003 | 0.032 | |
| Selenium, Se....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | MC | 9 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 3.9 | | 1 | MC | 9 | | 1.2 | 14.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.8g: 1 fl oz

Measure 2 = 357g: 12 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.96 | | 0 | NC | 4 | | 27.31 | 327.36 | |
| Energy....kcal | 43 | | 0 | NC | 4 | | 13 | 154 | |
| Energy....kJ | 181 | | 0 | NC | 4 | | 54 | 644 | |
| Protein (N x 6.25)....g | 0.46 | 0.007 | 588 | A | 1 | | 0.14 | 1.64 | |
| Total lipid (fat)....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.16 | 0.002 | 588 | A | 1 | | 0.05 | 0.58 | |
| Carbohydrate, by difference....g | 3.55 | | 0 | NC | 4 | | 1.05 | 12.64 | |
| Fiber, total dietary....g | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Sucrose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose)....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Fructose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Lactose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Galactose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Starch....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | 0.639 | 3 | A | 1 | | 1 | 15 | |
| Iron, Fe....mg | 0.02 | 0.004 | 3 | A | 1 | | 0.01 | 0.08 | |
| Magnesium, Mg....mg | 6 | 0.264 | 3 | A | 1 | | 2 | 21 | |
| Phosphorus, P....mg | 14 | 2.099 | 3 | A | 1 | | 4 | 49 | |
| Potassium, K....mg | 27 | 2.282 | 3 | A | 1 | | 8 | 97 | |
| Sodium, Na....mg | 4 | 0.546 | 3 | A | 1 | | 1 | 16 | |
| Zinc, Zn....mg | 0.01 | 0.001 | 3 | A | 1 | | 0.00 | 0.02 | |
| Copper, Cu....mg | 0.005 | 0.001 | 3 | A | 1 | | 0.002 | 0.019 | |
| Manganese, Mn....mg | 0.008 | 0.001 | 3 | A | 1 | | 0.002 | 0.030 | |
| Selenium, Se....µg | 0.6 | 0.044 | 3 | A | 1 | | 0.2 | 2.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.005 | 0.000 | 3 | A | 1 | | 0.002 | 0.019 | |
| Riboflavin....mg | 0.025 | 0.001 | 3 | A | 1 | | 0.007 | 0.089 | |
| Niacin....mg | 0.513 | 0.021 | 3 | A | 1 | | 0.152 | 1.826 | |
| Pantothenic acid....mg | 0.041 | 0.011 | 3 | A | 1 | | 0.012 | 0.146 | |
| Vitamin B-6....mg | 0.046 | 0.004 | 3 | A | 1 | | 0.014 | 0.163 | |
| Folate, total....µg | 6 | 0.706 | 3 | A | 1 | | 2 | 21 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 6 | 0.706 | 3 | A | 1 | | 2 | 21 | |
| Folate, DFE....µg | 6 | | 0 | NC | 4 | | 2 | 21 | |
| Choline, total....mg | 10.1 | | 0 | AS | 1 | | 3.0 | 36.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.02 | 0.001 | 33 | | 1 | | 0.01 | 0.07 | |
| 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 | | 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 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma....mg | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, delta....mg | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | | 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 | | 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 | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.012 | | 0 | A | 1 | | 0.004 | 0.043 | |
| Aspartic acid....g | 0.016 | | 0 | A | 1 | | 0.005 | 0.057 | |
| Glutamic acid....g | 0.047 | | 0 | A | 1 | | 0.014 | 0.167 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Glycine....g | 0.013 | | 0 | A | 1 | | 0.004 | 0.046 | |
| Proline....g | 0.035 | | 0 | A | 1 | | 0.010 | 0.125 | |
| Serine....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 3.9 | 0.032 | 588 | A | 1 | | 1.1 | 13.8 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.7g: 1 fl oz

Measure 2 = 356g: 1 can

**Footnotes:**

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

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 28.30 | | 1 | | 1 | | 9.51 | 14.15 | |
| Energy....kcal | 371 | | 0 | NC | 4 | | 125 | 186 | |
| Energy....kJ | 1552 | | 0 | | 4 | | 522 | 776 | |
| Protein (N x 6.25)....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.30 | | 1 | | 1 | | 0.10 | 0.15 | |
| Ash....g | 0.01 | | 0 | O | 4 | | 0.00 | 0.00 | |
| Carbohydrate, by difference....g | 41.60 | | 0 | NC | 4 | | 13.98 | 20.80 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 41.60 | | 0 | NR | 4 | | 13.98 | 20.80 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Iron, Fe....mg | 0.07 | | 1 | | 1 | | 0.02 | 0.04 | |
| Magnesium, Mg....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Phosphorus, P....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Potassium, K....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Sodium, Na....mg | 5 | | 1 | | 1 | | 2 | 3 | |
| Zinc, Zn....mg | 0.04 | | 0 | | 4 | | 0.01 | 0.02 | |
| Copper, Cu....mg | 0.080 | | 1 | | 1 | | 0.027 | 0.040 | |
| Manganese, Mn....mg | 0.040 | | 1 | | 1 | | 0.013 | 0.020 | |
| Selenium, Se....µg | 0.4 | | 0 | BFSN | 4 | | 0.1 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Niacin....mg | 0.003 | | 1 | | 1 | | 0.001 | 0.002 | |
| Pantothenic acid....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Folate, total....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 | Z | 7 | | 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 | | 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. 14034**
**Alcoholic beverage, creme de menthe, 72 proof**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.014 | | 0 | | 1 | | 0.005 | 0.007 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.010 | | 0 | | 1 | | 0.003 | 0.005 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.003 | | 0 | | 1 | | 0.001 | 0.002 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.015 | | 0 | | 1 | | 0.005 | 0.008 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.015 | | 0 | | 1 | | 0.005 | 0.008 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.167 | | 0 | | 1 | | 0.056 | 0.084 | |
| 18:2 undifferentiated....g | 0.058 | | 0 | | 1 | | 0.019 | 0.029 | |
| 18:3 undifferentiated....g | 0.109 | | 0 | | 1 | | 0.037 | 0.055 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 29.8 | | 1 | | 1 | | 10.0 | 14.9 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 = 33.6g: 1 fl oz

Measure 2 = 50g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14009**
**Alcoholic beverage, daiquiri, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.60 | | 1 | | 1 | | 22.75 | 154.42 | |
| Energy....kcal | 125 | | 0 | | 4 | | 38 | 259 | |
| Energy....kJ | 523 | | | | 4 | | 160 | 1083 | |
| Protein (N x 6.25)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.10 | | 1 | | 1 | | 0.03 | 0.21 | |
| Carbohydrate, by difference....g | 15.70 | | 0 | | 4 | | 4.79 | 32.50 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Iron, Fe....mg | 0.01 | | 1 | | 1 | | 0.00 | 0.02 | |
| Magnesium, Mg....mg | 1 | | 0 | | 4 | | 0 | 2 | |
| Phosphorus, P....mg | 2 | | 0 | | 4 | | 1 | 4 | |
| Potassium, K....mg | 11 | | 1 | | 1 | | 3 | 23 | |
| Sodium, Na....mg | 40 | | 1 | | 1 | | 12 | 83 | |
| Zinc, Zn....mg | 0.03 | | 0 | | 4 | | 0.01 | 0.06 | |
| Copper, Cu....mg | 0.016 | | 0 | | 4 | | 0.005 | 0.033 | |
| Manganese, Mn....mg | 0.005 | | 0 | | 4 | | 0.002 | 0.010 | |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.3 | | 0 | | 4 | | 0.4 | 2.7 | |
| Thiamin....mg | 0.001 | | 0 | | 4 | | 0.000 | 0.002 | |
| Riboflavin....mg | 0.001 | | 0 | | 4 | | 0.000 | 0.002 | |
| Niacin....mg | 0.014 | | 0 | | 4 | | 0.004 | 0.029 | |
| Pantothenic acid....mg | 0.007 | | 0 | | 4 | | 0.002 | 0.014 | |
| Vitamin B-6....mg | 0.003 | | 0 | | 4 | | 0.001 | 0.006 | |
| Folate, total....µg | 1 | | 0 | | 4 | | 0 | 2 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | | 4 | | 0 | 2 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2 | | 0 | | 4 | | 1 | 4 | |
| 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. 14009**
**Alcoholic beverage, daiquiri, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | | | | | | | | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| 18:2 undifferentiated....g | | | | | | | | | |
| 18:3 undifferentiated....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 9.6 | | 1 | | 1 | | 2.9 | 19.9 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 30.5g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 69.74 | | 0 | RA | 4 | | 21.06 | 41.84 | |
| Energy....kcal | 186 | | 0 | RA | 4 | | 56 | 111 | |
| Energy....kJ | 777 | | 0 | RA | 4 | | 235 | 466 | |
| Protein (N x 0)....g | 0.06 | | 0 | RA | 4 | | 0.02 | 0.04 | |
| Total lipid (fat)....g | 0.06 | | 0 | RA | 4 | | 0.02 | 0.04 | |
| Ash....g | 0.08 | | 0 | RA | 4 | | 0.02 | 0.05 | |
| Carbohydrate, by difference....g | 6.94 | | 0 | RA | 4 | | 2.09 | 4.16 | |
| Fiber, total dietary....g | 0.1 | | 0 | RA | 4 | | 0.0 | 0.1 | |
| Sugars, total....g | 5.58 | | 0 | RA | 4 | | 1.68 | 3.35 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 0 | RA | 4 | | 1 | 2 | |
| Iron, Fe....mg | 0.09 | | 0 | RA | 4 | | 0.03 | 0.05 | |
| Magnesium, Mg....mg | 2 | | 0 | RA | 4 | | 1 | 1 | |
| Phosphorus, P....mg | 5 | | 0 | RA | 4 | | 2 | 3 | |
| Potassium, K....mg | 21 | | 0 | RA | 4 | | 6 | 12 | |
| Sodium, Na....mg | 5 | | 0 | RA | 4 | | 1 | 3 | |
| Zinc, Zn....mg | 0.04 | | 0 | RA | 4 | | 0.01 | 0.03 | |
| Copper, Cu....mg | 0.022 | | 0 | RA | 4 | | 0.007 | 0.013 | |
| Manganese, Mn....mg | 0.015 | | 0 | RA | 4 | | 0.004 | 0.009 | |
| Selenium, Se....µg | 0.1 | | 0 | RA | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.6 | | 0 | RA | 4 | | 0.5 | 1.0 | |
| Thiamin....mg | 0.013 | | 0 | RA | 4 | | 0.004 | 0.008 | |
| Riboflavin....mg | 0.005 | | 0 | RA | 4 | | 0.001 | 0.003 | |
| Niacin....mg | 0.051 | | 0 | RA | 4 | | 0.015 | 0.030 | |
| Pantothenic acid....mg | 0.017 | | 0 | RA | 4 | | 0.005 | 0.010 | |
| Vitamin B-6....mg | 0.008 | | 0 | RA | 4 | | 0.002 | 0.005 | |
| Folate, total....µg | 2 | | 0 | RA | 4 | | 1 | 1 | |
| Folic acid....µg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Folate, food....µg | 2 | | 0 | RA | 4 | | 1 | 1 | |
| Folate, DFE....µg | 2 | | 0 | NC | 4 | | 1 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 2 | | 0 | RA | 4 | | 1 | 1 | |
| Carotene, alpha....µg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 4 | | 0 | NC | 4 | | 1 | 2 | |
| Lycopene....µg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.03 | | 0 | RA | 4 | | 0.01 | 0.02 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 0.1 | | 0 | RA | 4 | | 0.0 | 0.1 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.006 | | 0 | RA | 4 | | 0.002 | 0.004 | |
| 4:0....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.006 | | 0 | RA | 4 | | 0.002 | 0.004 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.006 | | 0 | RA | 4 | | 0.002 | 0.003 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | RA | 4 | | 0.000 | 0.001 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.005 | | 0 | RA | 4 | | 0.001 | 0.003 | |
| 20:1....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.016 | | 0 | RA | 4 | | 0.005 | 0.010 | |
| 18:2 undifferentiated....g | 0.011 | | 0 | RA | 4 | | 0.003 | 0.006 | |
| 18:3 undifferentiated....g | 0.006 | | 0 | RA | 4 | | 0.002 | 0.003 | |
| 18:4....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 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 | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 23.1 | | 0 | RA | 4 | | 7.0 | 13.9 | |
| Caffeine....mg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RA | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 30.2g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14533**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 57.50 | | 1 | | 1 | | 15.99 | 24.15 | |
| Energy....kcal | 295 | | 0 | NC | 4 | | 82 | 124 | |
| Energy....kJ | 1234 | | | | 4 | | 343 | 518 | |
| Protein (N x 6.25)....g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 235 | | 1 | | 0 | 0 | |
| Iron, Fe....mg | 0.04 | | 128 | | 1 | | 0.01 | 0.02 | |
| Magnesium, Mg....mg | 0 | | 231 | | 1 | | 0 | 0 | |
| Phosphorus, P....mg | 4 | | 13 | | 1 | | 1 | 2 | |
| Potassium, K....mg | 2 | | 254 | | 1 | | 1 | 1 | |
| Sodium, Na....mg | 1 | | 260 | | 1 | | 0 | 0 | |
| Zinc, Zn....mg | 0.04 | | 66 | | 1 | | 0.01 | 0.02 | |
| Copper, Cu....mg | 0.021 | | 136 | | 1 | | 0.006 | 0.009 | |
| Manganese, Mn....mg | 0.018 | | 12 | | 1 | | 0.005 | 0.008 | |
| Selenium, Se....µg | 0.0 | | 0 | BFPN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.006 | | 16 | | 1 | | 0.002 | 0.003 | |
| Riboflavin....mg | 0.004 | | 16 | | 1 | | 0.001 | 0.002 | |
| Niacin....mg | 0.013 | | 16 | | 1 | | 0.004 | 0.005 | |
| Pantothenic acid....mg | 0.000 | | 8 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.001 | | 8 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 14 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | | 14 | | 1 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | | | | | | | | | |
| 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. 14533**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 42.5 | | 0 | | 1 | | 11.8 | 17.9 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

**NDB No. 14533**

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

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

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

**Common Measures:**

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14037**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.60 | | 0 | | 1 | | 18.51 | 27.97 | |
| Energy....kcal | 231 | | 0 | NC | 4 | | 64 | 97 | |
| Energy....kJ | 967 | | 0 | | 4 | | 269 | 406 | |
| Protein (N x 6.25)....g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.01 | | 0 | O | 4 | | 0.00 | 0.00 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 235 | | 1 | | 0 | 0 | |
| Iron, Fe....mg | 0.04 | | 128 | | 1 | | 0.01 | 0.02 | |
| Magnesium, Mg....mg | 0 | | 231 | | 1 | | 0 | 0 | |
| Phosphorus, P....mg | 4 | | 13 | | 1 | | 1 | 2 | |
| Potassium, K....mg | 2 | | 254 | | 1 | | 1 | 1 | |
| Sodium, Na....mg | 1 | | 260 | | 1 | | 0 | 0 | |
| Zinc, Zn....mg | 0.04 | | 66 | | 1 | | 0.01 | 0.02 | |
| Copper, Cu....mg | 0.021 | | 136 | | 1 | | 0.006 | 0.009 | |
| Manganese, Mn....mg | 0.018 | | 12 | | 1 | | 0.005 | 0.008 | |
| Selenium, Se....µg | 0.0 | | 0 | BFPN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.006 | | 16 | | 1 | | 0.002 | 0.003 | |
| Riboflavin....mg | 0.004 | | 16 | | 1 | | 0.001 | 0.002 | |
| Niacin....mg | 0.013 | | 16 | | 1 | | 0.004 | 0.005 | |
| Pantothenic acid....mg | 0.000 | | 8 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.001 | | 8 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 14 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | | 14 | | 1 | | 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 | 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 | | 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. 14037**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 33.4 | | 0 | | 1 | | 9.3 | 14.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 14037**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14550**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.90 | | 1 | | 1 | | 17.76 | 26.84 | |
| Energy....kcal | 250 | | 0 | NC | 4 | | 70 | 105 | |
| Energy....kJ | 1046 | | 0 | | 4 | | 291 | 439 | |
| Protein (N x 6.25)....g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.01 | | 0 | O | 4 | | 0.00 | 0.00 | |
| Carbohydrate, by difference....g | 0.10 | | 0 | NC | 4 | | 0.03 | 0.04 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 235 | | 1 | | 0 | 0 | |
| Iron, Fe....mg | 0.04 | | 128 | | 1 | | 0.01 | 0.02 | |
| Magnesium, Mg....mg | 0 | | 231 | | 1 | | 0 | 0 | |
| Phosphorus, P....mg | 4 | | 13 | | 1 | | 1 | 2 | |
| Potassium, K....mg | 2 | | 254 | | 1 | | 1 | 1 | |
| Sodium, Na....mg | 1 | | 260 | | 1 | | 0 | 0 | |
| Zinc, Zn....mg | 0.04 | | 66 | | 1 | | 0.01 | 0.02 | |
| Copper, Cu....mg | 0.021 | | 136 | | 1 | | 0.006 | 0.009 | |
| Manganese, Mn....mg | 0.018 | | 12 | | 1 | | 0.005 | 0.008 | |
| Selenium, Se....µg | 0.0 | | 0 | BFPN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.006 | | 16 | | 1 | | 0.002 | 0.003 | |
| Riboflavin....mg | 0.004 | | 16 | | 1 | | 0.001 | 0.002 | |
| Niacin....mg | 0.013 | | 16 | | 1 | | 0.004 | 0.005 | |
| Pantothenic acid....mg | 0.000 | | 8 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.001 | | 8 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 14 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | | 14 | | 1 | | 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 | 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 | | 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 | NR | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14550**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 36.0 | | 0 | | 1 | | 10.0 | 15.1 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 14550**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14551**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.10 | | 1 | | 1 | | 17.26 | 26.08 | |
| Energy....kcal | 263 | | 0 | NC | 4 | | 73 | 110 | |
| Energy....kJ | 1100 | | 0 | | 4 | | 306 | 462 | |
| Protein (N x 6.25)....g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.01 | | 0 | O | 4 | | 0.00 | 0.00 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 235 | | 1 | | 0 | 0 | |
| Iron, Fe....mg | 0.04 | | 128 | | 1 | | 0.01 | 0.02 | |
| Magnesium, Mg....mg | 0 | | 231 | | 1 | | 0 | 0 | |
| Phosphorus, P....mg | 4 | | 13 | | 1 | | 1 | 2 | |
| Potassium, K....mg | 2 | | 254 | | 1 | | 1 | 1 | |
| Sodium, Na....mg | 1 | | 260 | | 1 | | 0 | 0 | |
| Zinc, Zn....mg | 0.04 | | 66 | | 1 | | 0.01 | 0.02 | |
| Copper, Cu....mg | 0.021 | | 136 | | 1 | | 0.006 | 0.009 | |
| Manganese, Mn....mg | 0.018 | | 12 | | 1 | | 0.005 | 0.008 | |
| Selenium, Se....µg | 0.0 | | 0 | BFPN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.006 | | 16 | | 1 | | 0.002 | 0.003 | |
| Riboflavin....mg | 0.004 | | 16 | | 1 | | 0.001 | 0.002 | |
| Niacin....mg | 0.013 | | 16 | | 1 | | 0.004 | 0.005 | |
| Pantothenic acid....mg | 0.000 | | 8 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.001 | | 8 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 14 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | | 14 | | 1 | | 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 | 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 | | 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. 14551**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 37.9 | | 0 | | 1 | | 10.5 | 15.9 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 14551**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14532**

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 60.30 | | 1 | | 1 | | 16.76 | 25.33 | |
| Energy | kcal | 275 | | 0 | NC | 4 | | 76 | 116 | |
| Energy | kJ | 1151 | | | | 4 | | 320 | 483 | |
| Protein (N x 6.25) | g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Ash | g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | 235 | | 1 | | 0 | 0 | |
| Iron, Fe | mg | 0.04 | | 128 | | 1 | | 0.01 | 0.02 | |
| Magnesium, Mg | mg | 0 | | 231 | | 1 | | 0 | 0 | |
| Phosphorus, P | mg | 4 | | 13 | | 1 | | 1 | 2 | |
| Potassium, K | mg | 2 | | 254 | | 1 | | 1 | 1 | |
| Sodium, Na | mg | 1 | | 260 | | 1 | | 0 | 0 | |
| Zinc, Zn | mg | 0.04 | | 66 | | 1 | | 0.01 | 0.02 | |
| Copper, Cu | mg | 0.021 | | 136 | | 1 | | 0.006 | 0.009 | |
| Manganese, Mn | mg | 0.018 | | 12 | | 1 | | 0.005 | 0.008 | |
| Selenium, Se | µg | 0.0 | | 0 | BFPN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.006 | | 16 | | 1 | | 0.002 | 0.003 | |
| Riboflavin | mg | 0.004 | | 16 | | 1 | | 0.001 | 0.002 | |
| Niacin | mg | 0.013 | | 16 | | 1 | | 0.004 | 0.005 | |
| Pantothenic acid | mg | 0.000 | | 8 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6 | mg | 0.001 | | 8 | | 1 | | 0.000 | 0.000 | |
| Folate, total | µg | 0 | | 14 | | 1 | | 0 | 0 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 0 | | 14 | | 1 | | 0 | 0 | |
| Folate, DFE | µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | | 4 | | 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 | | | | | | | | | |
| 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. 14532**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 39.7 | | 0 | | 1 | | 11.0 | 16.7 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

**NDB No. 14532**

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

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

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

**Common Measures:**

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.10 | | 1 | | 1 | | 17.26 | 26.08 | |
| Energy....kcal | 263 | | 0 | NC | 4 | | 73 | 110 | |
| Energy....kJ | 1100 | | 0 | | 4 | | 306 | 462 | |
| Protein (N x 6.25)....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 2 | | 1 | | 0 | 0 | |
| Iron, Fe....mg | 0.00 | 0.000 | 11 | | 1 | | 0.00 | 0.00 | |
| Magnesium, Mg....mg | 0 | | 2 | | 1 | | 0 | 0 | |
| Phosphorus, P....mg | 0 | | 0 | | 1 | | 0 | 0 | |
| Potassium, K....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Sodium, Na....mg | 2 | | 3 | | 1 | | 1 | 1 | |
| Zinc, Zn....mg | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Copper, Cu....mg | 0.004 | 0.003 | 16 | | 1 | | 0.001 | 0.002 | |
| Manganese, Mn....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Selenium, Se....µg | 0.0 | | 0 | BFPN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Niacin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 1 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | | 1 | | 1 | | 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 | 0 | | 0 | NC | 4 | | 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 | | 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. 14049**
**Alcoholic beverage, distilled, gin, 90 proof**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 37.9 | | 0 | | 1 | | 10.5 | 15.9 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 66.60 | | 1 | | 1 | | 18.51 | 27.97 | |
| Energy | kcal | 231 | | 0 | NC | 4 | | 64 | 97 | |
| Energy | kJ | 967 | | 0 | | 4 | | 269 | 406 | |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Ash | g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | 4 | | 1 | | 0 | 0 | |
| Iron, Fe | mg | 0.12 | | 14 | | 1 | | 0.03 | 0.05 | |
| Magnesium, Mg | mg | 0 | | 2 | | 1 | | 0 | 0 | |
| Phosphorus, P | mg | 5 | | 1 | | 1 | | 1 | 2 | |
| Potassium, K | mg | 2 | | 4 | | 1 | | 1 | 1 | |
| Sodium, Na | mg | 1 | | 5 | | 1 | | 0 | 0 | |
| Zinc, Zn | mg | 0.07 | | 1 | | 1 | | 0.02 | 0.03 | |
| Copper, Cu | mg | 0.050 | | 19 | | 1 | | 0.014 | 0.021 | |
| Manganese, Mn | mg | 0.018 | | 0 | | 4 | | 0.005 | 0.008 | |
| Selenium, Se | µg | 0.0 | | 0 | BFPN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.008 | | 1 | | 1 | | 0.002 | 0.003 | |
| Riboflavin | mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Niacin | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6 | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Folate, total | µg | 0 | | 1 | | 1 | | 0 | 0 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 0 | | 1 | | 1 | | 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 | 0 | | 0 | NC | 4 | | 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 | | 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. 14050**
**Alcoholic beverage, distilled, rum, 80 proof**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 33.4 | | 0 | | 1 | | 9.3 | 14.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.60 | | 1 | | 1 | | 18.51 | 27.97 | |
| Energy....kcal | 231 | | 0 | NC | 4 | | 64 | 97 | |
| Energy....kJ | 967 | | 0 | | 4 | | 269 | 406 | |
| Protein (N x 6.25)....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 3 | | 1 | | 0 | 0 | |
| Iron, Fe....mg | 0.01 | | 3 | | 1 | | 0.00 | 0.00 | |
| Magnesium, Mg....mg | 0 | | 3 | | 1 | | 0 | 0 | |
| Phosphorus, P....mg | 5 | | 1 | | 1 | | 1 | 2 | |
| Potassium, K....mg | 1 | | 3 | | 1 | | 0 | 0 | |
| Sodium, Na....mg | 1 | | 4 | | 1 | | 0 | 0 | |
| Zinc, Zn....mg | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Copper, Cu....mg | 0.010 | | 1 | | 1 | | 0.003 | 0.004 | |
| Manganese, Mn....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Selenium, Se....µg | 0.0 | | 0 | BFPN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.005 | | 4 | | 1 | | 0.001 | 0.002 | |
| Riboflavin....mg | 0.007 | | 4 | | 1 | | 0.002 | 0.003 | |
| Niacin....mg | 0.000 | | 4 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| 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 | 0 | | 0 | NC | 4 | | 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 | | | | | | | | | |

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

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

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

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

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

**Common Measures:**

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.90 | | 1 | | 1 | | 17.76 | 26.84 | |
| Energy....kcal | 250 | | 0 | NC | 4 | | 69 | 105 | |
| Energy....kJ | 1046 | | 0 | NC | 4 | | 291 | 439 | |
| Protein (N x 6.25)....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Carbohydrate, by difference....g | 0.10 | | 0 | NC | 4 | | 0.03 | 0.04 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.10 | | 0 | NR | 4 | | 0.03 | 0.04 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | 0.086 | 244 | JA | 6 | | 0 | 0 | |
| Iron, Fe....mg | 0.02 | 0.015 | 117 | JA | 6 | | 0.00 | 0.01 | |
| Magnesium, Mg....mg | 0 | 0.032 | 242 | JA | 6 | | 0 | 0 | |
| Phosphorus, P....mg | 3 | 2.735 | 28 | JA | 6 | | 1 | 1 | |
| Potassium, K....mg | 1 | 0.597 | 258 | JA | 6 | | 0 | 1 | |
| Sodium, Na....mg | 0 | 0.050 | 261 | JA | 6 | | 0 | 0 | |
| Zinc, Zn....mg | 0.02 | 0.023 | 81 | JA | 6 | | 0.01 | 0.01 | |
| Copper, Cu....mg | 0.014 | 0.008 | 117 | JA | 6 | | 0.004 | 0.006 | |
| Manganese, Mn....mg | 0.008 | 0.008 | 27 | JA | 6 | | 0.002 | 0.003 | |
| Selenium, Se....µg | 0.0 | 0.000 | 18 | A | 1 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.008 | | 10 | | 1 | | 0.002 | 0.003 | |
| Riboflavin....mg | 0.001 | 0.000 | 9 | | 1 | | 0.000 | 0.000 | |
| Niacin....mg | 0.050 | | 10 | | 1 | | 0.014 | 0.021 | |
| Pantothenic acid....mg | 0.000 | | 4 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 4 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 10 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | | 10 | | 1 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| 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 | 0 | | 0 | AS | 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 | | | | | | | | | |

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

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

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

**Common Measures:**

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 46.50 | | 1 | | 1 | | 14.46 | 21.86 | |
| Energy....kcal | 327 | | 0 | NC | 4 | | 102 | 154 | |
| Energy....kJ | 1368 | | 0 | NC | 4 | | 426 | 643 | |
| Protein (N x 6.38)....g | 2.80 | | 1 | | 1 | | 0.87 | 1.32 | |
| Total lipid (fat)....g | 15.70 | | 1 | | 1 | | 4.88 | 7.38 | |
| Ash....g | 0.40 | | 1 | | 1 | | 0.12 | 0.19 | |
| Carbohydrate, by difference....g | 20.90 | | 0 | NC | 4 | | 6.50 | 9.82 | |
| Fiber, total dietary....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 19.76 | | 0 | FLC | 4 | | 6.15 | 9.29 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 16 | | 1 | | 1 | | 5 | 8 | |
| Iron, Fe....mg | 0.13 | | 1 | | 1 | | 0.04 | 0.06 | |
| Magnesium, Mg....mg | 2 | | 1 | | 1 | | 1 | 1 | |
| Phosphorus, P....mg | 50 | | 1 | | 1 | | 16 | 24 | |
| Potassium, K....mg | 32 | | 1 | | 1 | | 10 | 15 | |
| Sodium, Na....mg | 92 | | 1 | | 1 | | 29 | 43 | |
| Zinc, Zn....mg | 0.16 | | 1 | | 1 | | 0.05 | 0.08 | |
| Copper, Cu....mg | 0.040 | | 1 | | 1 | | 0.012 | 0.019 | |
| Manganese, Mn....mg | 0.006 | | 0 | FLC | 4 | | 0.002 | 0.003 | |
| Selenium, Se....µg | 0.4 | | 0 | FLC | 4 | | 0.1 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.2 | | 0 | FLC | 4 | | 0.1 | 0.1 | |
| Thiamin....mg | 0.011 | | 0 | FLC | 4 | | 0.004 | 0.005 | |
| Riboflavin....mg | 0.057 | | 1 | | 1 | | 0.018 | 0.027 | |
| Niacin....mg | 0.078 | | 1 | | 1 | | 0.024 | 0.037 | |
| Pantothenic acid....mg | 0.087 | | 1 | | 1 | | 0.027 | 0.041 | |
| Vitamin B-6....mg | 0.011 | | 0 | FLC | 4 | | 0.003 | 0.005 | |
| Folate, total....µg | 2 | | 0 | FLC | 4 | | 0 | 1 | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food....µg | 2 | | 0 | FLC | 4 | | 0 | 1 | |
| Folate, DFE....µg | 2 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total....mg | 8.1 | | 0 | O | 4 | | 2.5 | 3.8 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.08 | | 0 | FLC | 4 | | 0.02 | 0.04 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 173 | | 0 | FLC | 4 | | 54 | 81 | |
| Retinol....µg | 171 | | 0 | FLC | 4 | | 53 | 80 | |
| Carotene, beta....µg | 30 | | 0 | FLC | 4 | | 9 | 14 | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 620 | | 0 | FLC | 4 | | 193 | 291 | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.45 | | 0 | FLC | 4 | | 0.14 | 0.21 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 1.3 | | 0 | FLC | 4 | | 0.4 | 0.6 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14415**

**Alcoholic beverage, liqueur, coffee with cream, 34 proof**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 9.664 | | 0 | | 1 | | 3.006 | 4.542 | |
| 4:0....g | 0.495 | | 0 | | 1 | | 0.154 | 0.233 | |
| 6:0....g | 0.294 | | 0 | | 1 | | 0.091 | 0.138 | |
| 8:0....g | 0.170 | | 0 | | 1 | | 0.053 | 0.080 | |
| 10:0....g | 0.387 | | 0 | | 1 | | 0.120 | 0.182 | |
| 12:0....g | 0.433 | | 0 | | 1 | | 0.135 | 0.204 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 1.546 | | 0 | | 1 | | 0.481 | 0.727 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.126 | | 0 | | 1 | | 1.283 | 1.939 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.358 | | 0 | | 1 | | 0.111 | 0.168 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.458 | | 0 | | 1 | | 1.386 | 2.095 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.340 | | 0 | | 1 | | 0.106 | 0.160 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.886 | | 0 | | 1 | | 1.209 | 1.826 | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.669 | | 0 | | 1 | | 0.208 | 0.314 | |
| 18:2 undifferentiated....g | 0.439 | | 0 | | 1 | | 0.137 | 0.206 | |
| 18:3 undifferentiated....g | 0.232 | | 0 | | 1 | | 0.072 | 0.109 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 58 | | 0 | FLC | 4 | | 18 | 27 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.040 | | 0 | | 1 | | 0.012 | 0.019 | |
| Threonine....g | 0.127 | | 0 | | 1 | | 0.039 | 0.060 | |
| Isoleucine....g | 0.170 | | 0 | | 1 | | 0.053 | 0.080 | |
| Leucine....g | 0.275 | | 0 | | 1 | | 0.086 | 0.129 | |
| Lysine....g | 0.223 | | 0 | | 1 | | 0.069 | 0.105 | |
| Methionine....g | 0.070 | | 0 | | 1 | | 0.022 | 0.033 | |
| Cystine....g | 0.026 | | 0 | | 1 | | 0.008 | 0.012 | |
| Phenylalanine....g | 0.136 | | 0 | | 1 | | 0.042 | 0.064 | |
| Tyrosine....g | 0.136 | | 0 | | 1 | | 0.042 | 0.064 | |
| Valine....g | 0.188 | | 0 | | 1 | | 0.058 | 0.088 | |
| Arginine....g | 0.102 | | 0 | | 1 | | 0.032 | 0.048 | |
| Histidine....g | 0.076 | | 0 | | 1 | | 0.024 | 0.036 | |
| Alanine....g | 0.097 | | 0 | | 1 | | 0.030 | 0.046 | |
| Aspartic acid....g | 0.213 | | 0 | | 1 | | 0.066 | 0.100 | |
| Glutamic acid....g | 0.588 | | 0 | | 1 | | 0.183 | 0.276 | |
| Glycine....g | 0.059 | | 0 | | 1 | | 0.018 | 0.028 | |
| Proline....g | 0.272 | | 0 | | 1 | | 0.085 | 0.128 | |
| Serine....g | 0.153 | | 0 | | 1 | | 0.048 | 0.072 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 13.8 | | 0 | | 1 | | 4.3 | 6.5 | |
| Caffeine....mg | 8 | | 0 | FLC | 4 | | 3 | 4 | |

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

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

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

**Common Measures:**

Measure 1 = 31.1g: 1 fl oz

Measure 2 = 47g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 31.00 | | 1 | | 1 | | 10.79 | 16.12 | |
| Energy....kcal | 336 | | 0 | NC | 4 | | 117 | 175 | |
| Energy....kJ | 1406 | | 0 | | 4 | | 489 | 731 | |
| Protein (N x 6.25)....g | 0.10 | | 2 | | 1 | | 0.03 | 0.05 | |
| Total lipid (fat)....g | 0.30 | | 2 | | 1 | | 0.10 | 0.16 | |
| Ash....g | 0.10 | | 2 | | 1 | | 0.03 | 0.05 | |
| Carbohydrate, by difference....g | 46.80 | | 0 | FLA | 4 | | 16.29 | 24.34 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 38.30 | | 0 | O | 4 | | 13.33 | 19.92 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 2 | | 1 | | 0 | 1 | |
| Iron, Fe....mg | 0.06 | | 2 | | 1 | | 0.02 | 0.03 | |
| Magnesium, Mg....mg | 3 | | 2 | | 1 | | 1 | 2 | |
| Phosphorus, P....mg | 6 | | 2 | | 1 | | 2 | 3 | |
| Potassium, K....mg | 30 | | 2 | | 1 | | 10 | 16 | |
| Sodium, Na....mg | 8 | | 2 | | 1 | | 3 | 4 | |
| Zinc, Zn....mg | 0.03 | | 2 | | 1 | | 0.01 | 0.02 | |
| Copper, Cu....mg | 0.040 | | 2 | | 1 | | 0.014 | 0.021 | |
| Manganese, Mn....mg | 0.014 | | 0 | FLA | 4 | | 0.005 | 0.007 | |
| Selenium, Se....µg | 0.4 | | 0 | FLA | 4 | | 0.1 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.004 | | 2 | | 1 | | 0.001 | 0.002 | |
| Riboflavin....mg | 0.012 | | 2 | | 1 | | 0.004 | 0.006 | |
| Niacin....mg | 0.144 | | 2 | | 1 | | 0.050 | 0.075 | |
| Pantothenic acid....mg | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.8 | | 0 | FLA | 4 | | 0.3 | 0.4 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.106 | | 0 | | 1 | | 0.037 | 0.055 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.078 | | 0 | | 1 | | 0.027 | 0.041 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.019 | | 0 | | 1 | | 0.007 | 0.010 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.022 | | 0 | | 1 | | 0.008 | 0.011 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.021 | | 0 | FLA | 4 | | 0.007 | 0.011 | |
| 20:1....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.105 | | 0 | FLA | 4 | | 0.037 | 0.055 | |
| 18:2 undifferentiated....g | 0.096 | | 0 | FLA | 4 | | 0.034 | 0.050 | |
| 18:3 undifferentiated....g | 0.008 | | 0 | FLA | 4 | | 0.003 | 0.004 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 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 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 21.7 | | 0 | | 1 | | 7.6 | 11.3 | |
| Caffeine....mg | 26 | | 0 | FLA | 4 | | 9 | 13 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 41.40 | | 1 | | 1 | | 14.41 | 21.53 | |
| Energy....kcal | 308 | | 0 | NC | 4 | | 107 | 160 | |
| Energy....kJ | 1289 | | 0 | | 4 | | 448 | 670 | |
| Protein (N x 6.25)....g | 0.10 | | 2 | | 1 | | 0.03 | 0.05 | |
| Total lipid (fat)....g | 0.30 | | 2 | | 1 | | 0.10 | 0.16 | |
| Ash....g | 0.10 | | 2 | | 1 | | 0.03 | 0.05 | |
| Carbohydrate, by difference....g | 32.20 | | 0 | NC | 4 | | 11.21 | 16.74 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 32.20 | | 0 | NR | 4 | | 11.21 | 16.74 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 2 | | 1 | | 0 | 1 | |
| Iron, Fe....mg | 0.06 | | 2 | | 1 | | 0.02 | 0.03 | |
| Magnesium, Mg....mg | 3 | | 2 | | 1 | | 1 | 2 | |
| Phosphorus, P....mg | 6 | | 2 | | 1 | | 2 | 3 | |
| Potassium, K....mg | 30 | | 2 | | 1 | | 10 | 16 | |
| Sodium, Na....mg | 8 | | 2 | | 1 | | 3 | 4 | |
| Zinc, Zn....mg | 0.03 | | 2 | | 1 | | 0.01 | 0.02 | |
| Copper, Cu....mg | 0.040 | | 2 | | 1 | | 0.014 | 0.021 | |
| Manganese, Mn....mg | 0.017 | | 0 | | 4 | | 0.006 | 0.009 | |
| Selenium, Se....µg | 0.3 | | 0 | FLA | 4 | | 0.1 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.004 | | 2 | | 1 | | 0.001 | 0.002 | |
| Riboflavin....mg | 0.012 | | 2 | | 1 | | 0.004 | 0.006 | |
| Niacin....mg | 0.144 | | 2 | | 1 | | 0.050 | 0.075 | |
| Pantothenic acid....mg | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total....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 | | 4 | | 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 | 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 | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.106 | | 0 | | 1 | | 0.037 | 0.055 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | | | | | | | | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.078 | | 0 | | 1 | | 0.027 | 0.041 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.019 | | 0 | | 1 | | 0.007 | 0.010 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.022 | | 0 | | 1 | | 0.008 | 0.011 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.021 | | 0 | | 1 | | 0.007 | 0.011 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.105 | | 0 | | 1 | | 0.037 | 0.055 | |
| 18:2 undifferentiated....g | 0.097 | | 0 | | 1 | | 0.034 | 0.050 | |
| 18:3 undifferentiated....g | 0.008 | | 0 | | 1 | | 0.003 | 0.004 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 26.0 | | 0 | | 1 | | 9.0 | 13.5 | |
| Caffeine....mg | 26 | | 0 | FLA | 4 | | 9 | 14 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 jigger 1.5 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14015**
**Alcoholic beverage, pina colada, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 54.90 | | 1 | | 1 | | 17.90 | 121.88 | |
| Energy....kcal | 237 | | 0 | NC | 4 | | 77 | 526 | |
| Energy....kJ | 992 | | | | 4 | | 323 | 2201 | |
| Protein (N x 6.25)....g | 0.60 | | 1 | | 1 | | 0.20 | 1.33 | |
| Total lipid (fat)....g | 7.60 | | 1 | | 1 | | 2.48 | 16.87 | |
| Ash....g | 0.30 | | 1 | | 1 | | 0.10 | 0.67 | |
| Carbohydrate, by difference....g | 27.60 | | 0 | NC | 4 | | 9.00 | 61.27 | |
| Fiber, total dietary....g | 0.1 | | 0 | | 4 | | 0.0 | 0.2 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 1 | | 1 | | 0 | 2 | |
| Iron, Fe....mg | 0.03 | | 1 | | 1 | | 0.01 | 0.07 | |
| Magnesium, Mg....mg | 6 | | 0 | | 4 | | 2 | 13 | |
| Phosphorus, P....mg | 36 | | 0 | | 4 | | 12 | 80 | |
| Potassium, K....mg | 83 | | 1 | | 1 | | 27 | 184 | |
| Sodium, Na....mg | 71 | | 1 | | 1 | | 23 | 158 | |
| Zinc, Zn....mg | 0.20 | | 0 | | 4 | | 0.07 | 0.44 | |
| Copper, Cu....mg | 0.087 | | 0 | | 4 | | 0.028 | 0.193 | |
| Manganese, Mn....mg | 0.319 | | 0 | | 4 | | 0.104 | 0.708 | |
| Selenium, Se....µg | 0.7 | | 0 | BFZN | 4 | | 0.2 | 1.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.5 | | 0 | | 4 | | 0.5 | 3.3 | |
| Thiamin....mg | 0.017 | | 0 | | 4 | | 0.006 | 0.038 | |
| Riboflavin....mg | 0.005 | | 0 | | 4 | | 0.002 | 0.011 | |
| Niacin....mg | 0.104 | | 0 | | 4 | | 0.034 | 0.231 | |
| Pantothenic acid....mg | 0.054 | | 0 | | 4 | | 0.018 | 0.120 | |
| Vitamin B-6....mg | 0.017 | | 0 | | 4 | | 0.006 | 0.038 | |
| Folate, total....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 | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 1 | | 0 | NC | 4 | | 0 | 3 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 24 | | 0 | | 4 | | 8 | 53 | |
| 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. 14015**
**Alcoholic beverage, pina colada, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 6.571 | | 0 | | 1 | | 2.142 | 14.588 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | 0.044 | | 0 | | 1 | | 0.014 | 0.098 | |
| 8:0....g | 0.570 | | 0 | | 1 | | 0.186 | 1.265 | |
| 10:0....g | 0.459 | | 0 | | 1 | | 0.150 | 1.019 | |
| 12:0....g | 3.391 | | 0 | | 1 | | 1.105 | 7.528 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 1.275 | | 0 | | 1 | | 0.416 | 2.831 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.622 | | 0 | | 1 | | 0.203 | 1.381 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.211 | | 0 | | 1 | | 0.069 | 0.468 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.442 | | 0 | | 1 | | 0.144 | 0.981 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.442 | | 0 | | 1 | | 0.144 | 0.981 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.137 | | 0 | | 1 | | 0.045 | 0.304 | |
| 18:2 undifferentiated....g | 0.137 | | 0 | | 1 | | 0.045 | 0.304 | |
| 18:3 undifferentiated....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 9.0 | | 1 | | 1 | | 2.9 | 20.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 32.6g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.99 | | 0 | RC | 4 | | 20.41 | 91.64 | |
| Energy....kcal | 174 | | 0 | RC | 4 | | 55 | 245 | |
| Energy....kJ | 728 | | 0 | RC | 4 | | 229 | 1027 | |
| Protein (N x 0)....g | 0.42 | | 0 | RC | 4 | | 0.13 | 0.59 | |
| Total lipid (fat)....g | 1.88 | | 0 | RC | 4 | | 0.59 | 2.65 | |
| Ash....g | 0.14 | | 0 | RC | 4 | | 0.04 | 0.19 | |
| Carbohydrate, by difference....g | 22.66 | | 0 | RC | 4 | | 7.11 | 31.94 | |
| Fiber, total dietary....g | 0.3 | | 0 | RC | 4 | | 0.1 | 0.4 | |
| Sugars, total....g | 22.33 | | 0 | RC | 4 | | 7.01 | 31.48 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 0 | RC | 4 | | 2 | 11 | |
| Iron, Fe....mg | 0.21 | | 0 | RC | 4 | | 0.06 | 0.29 | |
| Magnesium, Mg....mg | 8 | | 0 | RC | 4 | | 2 | 11 | |
| Phosphorus, P....mg | 7 | | 0 | RC | 4 | | 2 | 10 | |
| Potassium, K....mg | 71 | | 0 | RC | 4 | | 22 | 100 | |
| Sodium, Na....mg | 6 | | 0 | RC | 4 | | 2 | 8 | |
| Zinc, Zn....mg | 0.13 | | 0 | RC | 4 | | 0.04 | 0.19 | |
| Copper, Cu....mg | 0.079 | | 0 | RC | 4 | | 0.025 | 0.112 | |
| Manganese, Mn....mg | 0.528 | | 0 | RC | 4 | | 0.166 | 0.744 | |
| Selenium, Se....µg | 0.7 | | 0 | RC | 4 | | 0.2 | 1.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 4.9 | | 0 | RC | 4 | | 1.5 | 6.9 | |
| Thiamin....mg | 0.029 | | 0 | RC | 4 | | 0.009 | 0.041 | |
| Riboflavin....mg | 0.017 | | 0 | RC | 4 | | 0.005 | 0.024 | |
| Niacin....mg | 0.118 | | 0 | RC | 4 | | 0.037 | 0.166 | |
| Pantothenic acid....mg | 0.061 | | 0 | RC | 4 | | 0.019 | 0.086 | |
| Vitamin B-6....mg | 0.045 | | 0 | RC | 4 | | 0.014 | 0.064 | |
| Folate, total....µg | 12 | | 0 | RC | 4 | | 4 | 16 | |
| Folic acid....µg | 0 | | 0 | RC | 4 | | 0 | 0 | |
| Folate, food....µg | 12 | | 0 | RC | 4 | | 4 | 16 | |
| Folate, DFE....µg | 12 | | 0 | NC | 4 | | 4 | 16 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RC | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RC | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RC | 4 | | 0 | 0 | |
| Carotene, beta....µg | 1 | | 0 | RC | 4 | | 0 | 2 | |
| Carotene, alpha....µg | 0 | | 0 | RC | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RC | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 2 | | 0 | RC | 4 | | 1 | 3 | |
| Lycopene....µg | 0 | | 0 | RC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.02 | | 0 | RC | 4 | | 0.01 | 0.03 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 0.1 | | 0 | RC | 4 | | 0.0 | 0.2 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 14017**

**Alcoholic beverage, pina colada, prepared-from-recipe**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 1.636 | | 0 | RC | 4 | | 0.514 | 2.307 | |
| 4:0....g | 0.000 | | 0 | RC | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.011 | | 0 | RC | 4 | | 0.003 | 0.015 | |
| 8:0....g | 0.129 | | 0 | RC | 4 | | 0.041 | 0.182 | |
| 10:0....g | 0.103 | | 0 | RC | 4 | | 0.032 | 0.145 | |
| 12:0....g | 0.818 | | 0 | RC | 4 | | 0.257 | 1.153 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.323 | | 0 | RC | 4 | | 0.101 | 0.455 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.158 | | 0 | RC | 4 | | 0.049 | 0.222 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.096 | | 0 | RC | 4 | | 0.030 | 0.136 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.082 | | 0 | RC | 4 | | 0.026 | 0.116 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RC | 4 | | 0.000 | 0.001 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.082 | | 0 | RC | 4 | | 0.026 | 0.116 | |
| 20:1....g | 0.000 | | 0 | RC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RC | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.033 | | 0 | RC | 4 | | 0.010 | 0.046 | |
| 18:2 undifferentiated....g | 0.027 | | 0 | RC | 4 | | 0.009 | 0.038 | |
| 18:3 undifferentiated....g | 0.005 | | 0 | RC | 4 | | 0.002 | 0.007 | |
| 18:4....g | 0.000 | | 0 | RC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RC | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RC | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | | | | | | | | | |
| Threonine....g | | | | | | | | | |
| Isoleucine....g | | | | | | | | | |
| Leucine....g | | | | | | | | | |
| Lysine....g | | | | | | | | | |
| Methionine....g | | | | | | | | | |
| Cystine....g | | | | | | | | | |
| Phenylalanine....g | | | | | | | | | |
| Tyrosine....g | | | | | | | | | |
| Valine....g | | | | | | | | | |
| Arginine....g | | | | | | | | | |
| Histidine....g | | | | | | | | | |
| Alanine....g | | | | | | | | | |
| Aspartic acid....g | | | | | | | | | |
| Glutamic acid....g | | | | | | | | | |
| Glycine....g | | | | | | | | | |
| Proline....g | | | | | | | | | |
| Serine....g | | | | | | | | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 9.9 | | 0 | RC | 4 | | 3.1 | 14.0 | |
| Caffeine....mg | 0 | | 0 | RC | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RC | 4 | | 0 | 0 | |

**NDB No. 14017**

**Alcoholic beverage, pina colada, prepared-from-recipe**

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

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

**Common Measures:**

Measure 1 = 31.4g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

**NDB No. 43479**
**Alcoholic beverage, rice (sake)**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 78.40 | | 1 | | 1 | | 22.81 | | |
| Energy | kcal | 134 | | 0 | | 4 | | 39 | | |
| Energy | kJ | 561 | | 0 | | 4 | | 163 | | |
| Protein | g | 0.50 | | 1 | | 1 | | 0.15 | | |
| Total lipid (fat) | g | 0.00 | | 1 | | 1 | | 0.00 | | |
| Ash | g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Carbohydrate, by difference | g | 5.00 | | 0 | NC | 4 | | 1.46 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 5 | | 1 | | 1 | | 1 | | |
| Iron, Fe | mg | 0.10 | | 1 | | 1 | | 0.03 | | |
| Magnesium, Mg | mg | 6 | | 0 | | 4 | | 2 | | |
| Phosphorus, P | mg | 6 | | 1 | | 1 | | 2 | | |
| Potassium, K | mg | 25 | | 0 | | 4 | | 7 | | |
| Sodium, Na | mg | 2 | | 0 | | 4 | | 1 | | |
| Zinc, Zn | mg | 0.02 | | 0 | | 4 | | 0.01 | | |
| Copper, Cu | mg | 0.009 | | 0 | | 4 | | 0.003 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 1.4 | | 0 | BFPN | 4 | | 0.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.000 | | 1 | | 1 | | 0.000 | | |
| Riboflavin | mg | 0.000 | | 1 | | 1 | | 0.000 | | |
| Niacin | mg | 0.000 | | 1 | | 1 | | 0.000 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Folate, total | µg | 0 | | 0 | | 4 | | 0 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE | µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total | mg | 0.0 | | 0 | Z | 7 | | 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 | Z | 7 | | 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 | | 1 | | 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 | Z | 7 | | 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 | T | 4 | | 0.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 43479**
**Alcoholic beverage, rice (sake)**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 4 | | 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 | | 4 | | 0.000 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 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 | 16.1 | | 1 | | 1 | | 4.7 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 29.1g: 1 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14019**
**Alcoholic beverage, tequila sunrise, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 78.80 | | 1 | | 1 | | 24.51 | 166.27 | |
| Energy....kcal | 110 | | 0 | | 4 | | 34 | 232 | |
| Energy....kJ | 460 | | | | 4 | | 143 | 971 | |
| Protein (N x 6.25)....g | 0.30 | | 0 | | 4 | | 0.09 | 0.63 | |
| Total lipid (fat)....g | 0.10 | | 0 | | 4 | | 0.03 | 0.21 | |
| Ash....g | 0.10 | | 1 | | 1 | | 0.03 | 0.21 | |
| Carbohydrate, by difference....g | 11.30 | | 0 | | 4 | | 3.51 | 23.84 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Iron, Fe....mg | 0.02 | | 1 | | 1 | | 0.01 | 0.04 | |
| Magnesium, Mg....mg | 7 | | 0 | | 4 | | 2 | 15 | |
| Phosphorus, P....mg | 10 | | 0 | | 4 | | 3 | 21 | |
| Potassium, K....mg | 10 | | 1 | | 1 | | 3 | 21 | |
| Sodium, Na....mg | 57 | | 1 | | 1 | | 18 | 120 | |
| Zinc, Zn....mg | 0.60 | | 0 | | 4 | | 0.19 | 1.27 | |
| Copper, Cu....mg | 0.042 | | 0 | | 4 | | 0.013 | 0.089 | |
| Manganese, Mn....mg | 0.014 | | 0 | | 4 | | 0.004 | 0.030 | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 19.3 | | 0 | | 4 | | 6.0 | 40.7 | |
| Thiamin....mg | 0.038 | | 0 | | 4 | | 0.012 | 0.080 | |
| Riboflavin....mg | 0.016 | | 0 | | 4 | | 0.005 | 0.034 | |
| Niacin....mg | 0.190 | | 0 | | 4 | | 0.059 | 0.401 | |
| Pantothenic acid....mg | 0.088 | | 0 | | 4 | | 0.027 | 0.186 | |
| Vitamin B-6....mg | 0.050 | | 0 | | 4 | | 0.016 | 0.106 | |
| Folate, total....µg | 11 | | 0 | | 4 | | 3 | 22 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 11 | | 0 | | 4 | | 3 | 22 | |
| Folate, DFE....µg | 11 | | 0 | NC | 4 | | 3 | 22 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 5 | | 0 | NC | 4 | | 2 | 10 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 97 | | 0 | | 4 | | 30 | 205 | |
| 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. 14019**
**Alcoholic beverage, tequila sunrise, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | | | | | | | | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| 18:2 undifferentiated....g | | | | | | | | | |
| 18:3 undifferentiated....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 9.4 | | 1 | | 1 | | 2.9 | 19.8 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 31.1g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14027**
**Alcoholic beverage, whiskey sour, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 76.90 | | 1 | | 1 | | 23.69 | 160.72 | |
| Energy....kcal | 119 | | 0 | | 4 | | 37 | 249 | |
| Energy....kJ | 498 | | | | 4 | | 153 | 1041 | |
| Protein (N x 6.25)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.10 | | 1 | | 1 | | 0.03 | 0.21 | |
| Carbohydrate, by difference....g | 13.40 | | 0 | | 4 | | 4.13 | 28.01 | |
| Fiber, total dietary....g | 0.1 | | 0 | | 4 | | 0.0 | 0.2 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Iron, Fe....mg | 0.01 | | 1 | | 1 | | 0.00 | 0.02 | |
| Magnesium, Mg....mg | 1 | | 0 | | 4 | | 0 | 2 | |
| Phosphorus, P....mg | 6 | | 0 | | 4 | | 2 | 13 | |
| Potassium, K....mg | 11 | | 1 | | 1 | | 3 | 23 | |
| Sodium, Na....mg | 44 | | 1 | | 1 | | 14 | 92 | |
| Zinc, Zn....mg | 0.06 | | 0 | | 4 | | 0.02 | 0.13 | |
| Copper, Cu....mg | 0.009 | | 0 | | 4 | | 0.003 | 0.019 | |
| Manganese, Mn....mg | 0.006 | | 0 | | 4 | | 0.002 | 0.013 | |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.6 | | 0 | | 4 | | 0.5 | 3.3 | |
| Thiamin....mg | 0.011 | | 0 | | 4 | | 0.003 | 0.023 | |
| Riboflavin....mg | 0.006 | | 0 | | 4 | | 0.002 | 0.013 | |
| Niacin....mg | 0.020 | | 0 | | 4 | | 0.006 | 0.042 | |
| Pantothenic acid....mg | 0.008 | | 0 | | 4 | | 0.002 | 0.017 | |
| Vitamin B-6....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total....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 | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 13 | | 0 | | 4 | | 4 | 27 | |
| 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. 14027**
**Alcoholic beverage, whiskey sour, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | | | | | | | | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| 18:2 undifferentiated....g | | | | | | | | | |
| 18:3 undifferentiated....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 9.5 | | 1 | | 1 | | 2.9 | 19.9 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 30.8g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 72.44 | | 0 | RPA | 1 | | 22.02 | 76.78 | |
| Energy....kcal | 153 | | 0 | RPI | 6 | | 46 | 162 | |
| Energy....kJ | 638 | | 0 | RPI | 6 | | 194 | 677 | |
| Protein (N x 0)....g | 0.06 | | 0 | RPA | 1 | | 0.02 | 0.06 | |
| Total lipid (fat)....g | 0.06 | | 0 | RPA | 1 | | 0.02 | 0.06 | |
| Ash....g | 0.12 | | 0 | RPA | 1 | | 0.04 | 0.13 | |
| Carbohydrate, by difference....g | 12.82 | | 0 | RPI | 6 | | 3.90 | 13.59 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Sugars, total....g | 12.78 | | 0 | RPI | 6 | | 3.88 | 13.54 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 0 | RPA | 1 | | 0 | 1 | |
| Iron, Fe....mg | 0.08 | | 0 | RPA | 1 | | 0.02 | 0.09 | |
| Magnesium, Mg....mg | 1 | | 0 | RPA | 1 | | 0 | 1 | |
| Phosphorus, P....mg | 5 | | 0 | RPA | 1 | | 2 | 6 | |
| Potassium, K....mg | 18 | | 0 | RPA | 1 | | 5 | 19 | |
| Sodium, Na....mg | 61 | | 0 | RPA | 1 | | 19 | 65 | |
| Zinc, Zn....mg | 0.06 | | 0 | RPA | 1 | | 0.02 | 0.06 | |
| Copper, Cu....mg | 0.008 | | 0 | RPA | 1 | | 0.003 | 0.009 | |
| Manganese, Mn....mg | 0.007 | | 0 | RPA | 1 | | 0.002 | 0.008 | |
| Selenium, Se....µg | 0.2 | | 0 | RPI | 6 | | 0.1 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.6 | | 0 | RPA | 1 | | 0.5 | 1.7 | |
| Thiamin....mg | 0.010 | | 0 | RPA | 1 | | 0.003 | 0.011 | |
| Riboflavin....mg | 0.008 | | 0 | RPA | 1 | | 0.002 | 0.008 | |
| Niacin....mg | 0.005 | | 0 | RPA | 1 | | 0.002 | 0.006 | |
| Pantothenic acid....mg | 0.008 | | 0 | RPA | 1 | | 0.002 | 0.008 | |
| Vitamin B-6....mg | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.005 | | 0 | RPA | 1 | | 0.001 | 0.005 | |
| 4:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.005 | | 0 | RPA | 1 | | 0.001 | 0.005 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.001 | | 0 | RPA | 1 | | 0.000 | 0.001 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.001 | | 0 | RPA | 1 | | 0.000 | 0.001 | |
| 20:1....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.011 | | 0 | RPA | 1 | | 0.003 | 0.011 | |
| 18:2 undifferentiated....g | 0.008 | | 0 | RPA | 1 | | 0.002 | 0.008 | |
| 18:3 undifferentiated....g | 0.003 | | 0 | RPA | 1 | | 0.001 | 0.003 | |
| 18:4....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 14.5 | | 0 | RPI | 6 | | 4.4 | 15.4 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 30.4g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14025**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 69.15 | | 0 | RPI | 6 | | 20.33 | 71.23 | |
| Energy....kcal | 164 | | 0 | RPI | 6 | | 48 | 168 | |
| Energy....kJ | 684 | | 0 | RPI | 6 | | 201 | 705 | |
| Protein....g | 0.10 | | 0 | RPI | 6 | | 0.03 | 0.10 | |
| Total lipid (fat)....g | 0.02 | | 0 | RPI | 6 | | 0.00 | 0.02 | |
| Ash....g | 0.27 | | 0 | RPI | 6 | | 0.08 | 0.28 | |
| Carbohydrate, by difference....g | 15.85 | | 0 | RPI | 6 | | 4.66 | 16.33 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Sugars, total....g | 15.81 | | 0 | RPI | 6 | | 4.65 | 16.29 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 46 | | 0 | RPA | 1 | | 13 | 47 | |
| Iron, Fe....mg | 0.08 | | 0 | RPA | 1 | | 0.02 | 0.08 | |
| Magnesium, Mg....mg | 3 | | 0 | RPA | 1 | | 1 | 4 | |
| Phosphorus, P....mg | 4 | | 0 | RPA | 1 | | 1 | 4 | |
| Potassium, K....mg | 4 | | 0 | RPA | 1 | | 1 | 4 | |
| Sodium, Na....mg | 47 | | 0 | RPA | 1 | | 14 | 48 | |
| Zinc, Zn....mg | 0.04 | | 0 | RPA | 1 | | 0.01 | 0.04 | |
| Copper, Cu....mg | 0.034 | | 0 | RPA | 1 | | 0.010 | 0.035 | |
| Manganese, Mn....mg | 0.007 | | 0 | RPA | 1 | | 0.002 | 0.008 | |
| Selenium, Se....µg | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.4 | | 0 | RPI | 6 | | 0.1 | 0.5 | |
| Thiamin....mg | 0.003 | | 0 | RPI | 6 | | 0.001 | 0.003 | |
| Riboflavin....mg | 0.002 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| Niacin....mg | 0.005 | | 0 | RPI | 6 | | 0.002 | 0.005 | |
| Pantothenic acid....mg | 0.010 | | 0 | RPI | 6 | | 0.003 | 0.010 | |
| Vitamin B-6....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 5 | | 0 | RPI | 6 | | 1 | 5 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |

**NDB No. 14025**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.003 | | 0 | RPI | 6 | | 0.001 | 0.003 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.002 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.006 | | 0 | RPI | 6 | | 0.002 | 0.006 | |
| 18:2 undifferentiated....g | 0.004 | | 0 | RPI | 6 | | 0.001 | 0.004 | |
| 18:3 undifferentiated....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.002 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 14.6 | | 0 | RPI | 6 | | 4.3 | 15.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 103g: 1 packet prepared

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

**Food Group:** 14 Beverages

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

**NDB No. 43154**
**Alcoholic beverage, wine, cooking**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.90 | | 0 | | 4 | | 4.36 | 25.78 | |
| Energy....kcal | 50 | | 0 | NC | 4 | | 2 | 15 | |
| Energy....kJ | 209 | | 0 | NC | 4 | | 10 | 61 | |
| Protein (N x 6.25)....g | 0.50 | | 0 | | 4 | | 0.02 | 0.15 | |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Ash....g | 1.00 | | 0 | NR | 4 | | 0.05 | 0.29 | |
| Carbohydrate, by difference....g | 6.30 | | 0 | NC | 4 | | 0.31 | 1.83 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 1.55 | | 0 | BFSN | 4 | | 0.08 | 0.45 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 0 | | 4 | | 0 | 3 | |
| Iron, Fe....mg | 0.40 | | 0 | | 4 | | 0.02 | 0.12 | |
| Magnesium, Mg....mg | 10 | | 0 | | 4 | | 0 | 3 | |
| Phosphorus, P....mg | 15 | | 0 | | 4 | | 1 | 4 | |
| Potassium, K....mg | 88 | | 0 | | 4 | | 4 | 26 | |
| Sodium, Na....mg | 626 | | 0 | | 4 | | 31 | 182 | |
| Zinc, Zn....mg | 0.08 | | 0 | | 4 | | 0.00 | 0.02 | |
| Copper, Cu....mg | 0.011 | | 0 | | 4 | | 0.001 | 0.003 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.2 | | 0 | BFZN | 4 | | 0.0 | 0.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.010 | | 0 | | 4 | | 0.000 | 0.003 | |
| Niacin....mg | 0.100 | | 0 | | 4 | | 0.005 | 0.029 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.020 | | 0 | | 4 | | 0.001 | 0.006 | |
| Folate, total....µg | 1 | | 0 | | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | BFSN | 4 | | 0 | 0 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 5.0 | | 0 | O | 4 | | 0.2 | 1.4 | |
| 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 | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | BFSN | 4 | | 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 | | 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. 43154**
**Alcoholic beverage, wine, cooking**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 3.3 | | 0 | | 4 | | 0.2 | 1.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 4.9g: 1 tsp

Measure 2 = 29.0g: 1 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 72.53 | 0.173 | 6 | AI | 13 | | 21.40 | 74.70 | |
| Energy....kcal | 152 | | 0 | NC | 4 | | 45 | 157 | |
| Energy....kJ | 638 | | 0 | NC | 4 | | 188 | 657 | |
| Protein (N x 6.25)....g | 0.20 | | 7 | | 1 | | 0.06 | 0.21 | |
| Total lipid (fat)....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.30 | | 2 | | 1 | | 0.09 | 0.31 | |
| Carbohydrate, by difference....g | 11.67 | | 0 | NC | 4 | | 3.44 | 12.02 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 1.09 | 0.040 | 6 | AI | 13 | | 0.32 | 1.12 | |
| Sucrose....g | 0.00 | | 1 | AI | 13 | | 0.00 | 0.00 | |
| Glucose (dextrose)....g | 0.58 | 0.040 | 6 | AI | 13 | | 0.17 | 0.60 | |
| Fructose....g | 0.47 | 0.018 | 6 | AI | 13 | | 0.14 | 0.48 | |
| Lactose....g | | | | | | | | | |
| Maltose....g | 0.10 | | 2 | AI | 13 | | 0.03 | 0.10 | |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | 0.801 | 26 | | 1 | | 2 | 8 | |
| Iron, Fe....mg | 0.24 | 0.033 | 32 | | 1 | | 0.07 | 0.25 | |
| Magnesium, Mg....mg | 9 | 0.752 | 19 | | 1 | | 3 | 9 | |
| Phosphorus, P....mg | 9 | | 2 | | 1 | | 3 | 9 | |
| Potassium, K....mg | 92 | 8.026 | 81 | | 1 | | 27 | 95 | |
| Sodium, Na....mg | 9 | 1.406 | 89 | | 1 | | 3 | 9 | |
| Zinc, Zn....mg | 0.07 | 0.011 | 55 | | 1 | | 0.02 | 0.07 | |
| Copper, Cu....mg | 0.045 | 0.015 | 74 | | 1 | | 0.013 | 0.046 | |
| Manganese, Mn....mg | 0.119 | 0.063 | 7 | | 1 | | 0.035 | 0.123 | |
| Selenium, Se....µg | 0.5 | | 0 | BFSN | 4 | | 0.1 | 0.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.018 | 0.002 | 33 | | 1 | | 0.005 | 0.019 | |
| Riboflavin....mg | 0.018 | 0.002 | 33 | | 1 | | 0.005 | 0.019 | |
| Niacin....mg | 0.213 | 0.015 | 33 | | 1 | | 0.063 | 0.219 | |
| Pantothenic acid....mg | 0.032 | 0.002 | 3 | | 1 | | 0.009 | 0.033 | |
| Vitamin B-6....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | 0.046 | 3 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | 0.046 | 3 | | 1 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | | 4 | | 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 | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 15.3 | | 0 | | 1 | | 4.5 | 15.8 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.5g: 1 fl oz

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

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

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

**Food Group:** 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 70.51 | 0.442 | 9 | AI | 13 | | 20.80 | 72.62 | |
| Energy....kcal | 160 | | 0 | NC | 4 | | 47 | 165 | |
| Energy....kJ | 671 | | 0 | NC | 4 | | 198 | 691 | |
| Protein (N x 6.25)....g | 0.20 | | 7 | | 1 | | 0.06 | 0.21 | |
| Total lipid (fat)....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.30 | | 2 | | 1 | | 0.09 | 0.31 | |
| Carbohydrate, by difference....g | 13.69 | | 0 | NC | 4 | | 4.04 | 14.11 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 7.78 | 0.769 | 6 | AI | 13 | | 2.30 | 8.02 | |
| Sucrose....g | 0.05 | 0.050 | 3 | AI | 13 | | 0.01 | 0.05 | |
| Glucose (dextrose)....g | 2.60 | 0.789 | 6 | AI | 13 | | 0.77 | 2.68 | |
| Fructose....g | 5.15 | 0.206 | 6 | AI | 13 | | 1.52 | 5.31 | |
| Lactose....g | | | | | | | | | |
| Maltose....g | | | | | | | | | |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | 0.801 | 26 | | 1 | | 2 | 8 | |
| Iron, Fe....mg | 0.24 | 0.033 | 32 | | 1 | | 0.07 | 0.25 | |
| Magnesium, Mg....mg | 9 | 0.752 | 19 | | 1 | | 3 | 9 | |
| Phosphorus, P....mg | 9 | | 2 | | 1 | | 3 | 9 | |
| Potassium, K....mg | 92 | 8.026 | 81 | | 1 | | 27 | 95 | |
| Sodium, Na....mg | 9 | 1.406 | 89 | | 1 | | 3 | 9 | |
| Zinc, Zn....mg | 0.07 | 0.011 | 55 | | 1 | | 0.02 | 0.07 | |
| Copper, Cu....mg | 0.045 | 0.015 | 74 | | 1 | | 0.013 | 0.046 | |
| Manganese, Mn....mg | 0.119 | 0.063 | 7 | | 1 | | 0.035 | 0.123 | |
| Selenium, Se....µg | 0.5 | | 0 | BFSN | 4 | | 0.1 | 0.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.018 | 0.002 | 33 | | 1 | | 0.005 | 0.019 | |
| Riboflavin....mg | 0.018 | 0.002 | 33 | | 1 | | 0.005 | 0.019 | |
| Niacin....mg | 0.213 | 0.015 | 33 | | 1 | | 0.063 | 0.219 | |
| Pantothenic acid....mg | 0.032 | 0.002 | 3 | | 1 | | 0.009 | 0.033 | |
| Vitamin B-6....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | 0.046 | 3 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | 0.046 | 3 | | 1 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 5.0 | | 0 | BFZN | 4 | | 1.5 | 5.1 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | | 4 | | 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 | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | | 1 | AI | 13 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 15.3 | | 0 | | 1 | | 4.5 | 15.8 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.5g: 1 fl oz

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

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

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

**Food Group:** 14 Beverages

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

**NDB No. 43155**
**Alcoholic beverage, wine, light**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 92.23 | | 0 | NC | 4 | | 27.21 | 136.50 | |
| Energy....kcal | 49 | | 0 | NC | 4 | | 15 | 73 | |
| Energy....kJ | 206 | | 0 | NC | 4 | | 61 | 305 | |
| Protein....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.13 | | 0 | BFSN | 4 | | 0.04 | 0.19 | |
| Carbohydrate, by difference....g | 1.17 | | 0 | O | 4 | | 0.35 | 1.74 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 1.15 | | 0 | BFSN | 4 | | 0.34 | 1.70 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 0 | | 1 | | 3 | 13 | |
| Iron, Fe....mg | 0.40 | | 0 | | 1 | | 0.12 | 0.59 | |
| Magnesium, Mg....mg | 10 | | 0 | | 1 | | 3 | 15 | |
| Phosphorus, P....mg | 15 | | 0 | | 1 | | 4 | 22 | |
| Potassium, K....mg | 88 | | 0 | | 1 | | 26 | 130 | |
| Sodium, Na....mg | 7 | | 0 | | 1 | | 2 | 10 | |
| Zinc, Zn....mg | 0.08 | | 0 | | 1 | | 0.02 | 0.12 | |
| Copper, Cu....mg | 0.011 | | 0 | | 1 | | 0.003 | 0.016 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.2 | | 0 | BFZN | 4 | | 0.1 | 0.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.010 | | 0 | | 1 | | 0.003 | 0.015 | |
| Niacin....mg | 0.100 | | 0 | | 1 | | 0.030 | 0.148 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.020 | | 0 | | 1 | | 0.006 | 0.030 | |
| Folate, total....µg | 1 | | 0 | | 1 | | 0 | 1 | |
| Folic acid....µg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | BFSN | 4 | | 0 | 1 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total....mg | 5.0 | | 0 | BFZN | 4 | | 1.5 | 7.4 | |
| 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 | BFSN | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | BFSN | 4 | | 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 | | 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. 43155**
**Alcoholic beverage, wine, light**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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 | | 7 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 6.4 | | 0 | | 4 | | 1.9 | 9.5 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.58 | | 0 | NC | 4 | | 128.13 | 25.54 | |
| Energy....kcal | 83 | | 0 | NC | 4 | | 123 | 24 | |
| Energy....kJ | 347 | | 0 | NC | 4 | | 514 | 102 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.10 | 0.02 | |
| Total lipid (fat)....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.24 | 0.038 | 2526 | A | 1 | | 0.35 | 0.07 | |
| Carbohydrate, by difference....g | 2.72 | | 0 | NC | 4 | | 4.03 | 0.80 | |
| Fiber, total dietary....g | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.79 | | 2 | A | 1 | | 1.17 | 0.23 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 2 | A | 1 | | 13 | 3 | |
| Iron, Fe....mg | 0.37 | | 2 | A | 1 | | 0.54 | 0.11 | |
| Magnesium, Mg....mg | 11 | | 2 | A | 1 | | 16 | 3 | |
| Phosphorus, P....mg | 20 | | 2 | A | 1 | | 30 | 6 | |
| Potassium, K....mg | 99 | | 2 | A | 1 | | 146 | 29 | |
| Sodium, Na....mg | 5 | | 2 | A | 1 | | 7 | 1 | |
| Zinc, Zn....mg | 0.13 | | 2 | A | 1 | | 0.19 | 0.04 | |
| Copper, Cu....mg | 0.007 | | 2 | A | 1 | | 0.011 | 0.002 | |
| Manganese, Mn....mg | 0.124 | | 2 | A | 1 | | 0.184 | 0.037 | |
| Selenium, Se....µg | 0.2 | | 2 | A | 1 | | 0.3 | 0.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.005 | | 2 | A | 1 | | 0.008 | 0.002 | |
| Riboflavin....mg | 0.023 | | 2 | A | 1 | | 0.034 | 0.007 | |
| Niacin....mg | 0.166 | | 2 | A | 1 | | 0.246 | 0.049 | |
| Pantothenic acid....mg | 0.037 | | 2 | A | 1 | | 0.055 | 0.011 | |
| Vitamin B-6....mg | 0.054 | | 2 | A | 1 | | 0.080 | 0.016 | |
| Folate, total....µg | 1 | | 2 | A | 1 | | 1 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 1 | | 2 | A | 1 | | 1 | 0 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 1 | 0 | |
| Choline, total....mg | 5.0 | | 0 | AS | 1 | | 7.4 | 1.5 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 2 | A | 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 | | 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 | | 1 | AI | 13 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.4 | 0.158 | 2526 | A | 1 | | 15.4 | 3.1 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 148g: 1 serving 5 fl oz

Measure 2 = 29.5g: 1 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 86.49 | | 0 | NC | 4 | | 25.43 | 127.14 | |
| Energy | kcal | 85 | | 0 | O | 4 | | 25 | 125 | |
| Energy | kJ | 356 | | 0 | O | 4 | | 105 | 523 | |
| Protein (N x 6.25) | g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat) | g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Ash | g | 0.28 | 0.002 | 1300 | A | 1 | | 0.08 | 0.41 | |
| Carbohydrate, by difference | g | 2.61 | | 0 | NC | 4 | | 0.77 | 3.84 | |
| Fiber, total dietary | g | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.62 | | 1 | A | 1 | | 0.18 | 0.92 | |
| Sucrose | g | | | | | | | | | |
| Glucose (dextrose) | g | | | | | | | | | |
| Fructose | g | | | | | | | | | |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 8 | | 1 | A | 1 | | 2 | 11 | |
| Iron, Fe | mg | 0.46 | | 1 | A | 1 | | 0.14 | 0.68 | |
| Magnesium, Mg | mg | 12 | | 1 | A | 1 | | 3 | 17 | |
| Phosphorus, P | mg | 23 | | 1 | A | 1 | | 7 | 34 | |
| Potassium, K | mg | 127 | | 1 | A | 1 | | 37 | 187 | |
| Sodium, Na | mg | 4 | | 1 | A | 1 | | 1 | 6 | |
| Zinc, Zn | mg | 0.14 | | 1 | A | 1 | | 0.04 | 0.20 | |
| Copper, Cu | mg | 0.011 | | 1 | A | 1 | | 0.003 | 0.016 | |
| Manganese, Mn | mg | 0.132 | | 1 | A | 1 | | 0.039 | 0.194 | |
| Selenium, Se | µg | 0.2 | | 1 | A | 1 | | 0.1 | 0.3 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.005 | | 1 | A | 1 | | 0.002 | 0.008 | |
| Riboflavin | mg | 0.031 | | 1 | A | 1 | | 0.009 | 0.046 | |
| Niacin | mg | 0.224 | | 1 | A | 1 | | 0.066 | 0.329 | |
| Pantothenic acid | mg | 0.030 | | 1 | A | 1 | | 0.009 | 0.044 | |
| Vitamin B-6 | mg | 0.057 | | 1 | A | 1 | | 0.017 | 0.084 | |
| Folate, total | µg | 1 | | 1 | A | 1 | | 0 | 1 | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | µg | 1 | | 0 | NR | 4 | | 0 | 1 | |
| Folate, DFE | µg | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total | mg | 5.7 | | 0 | AS | 1 | | 1.7 | 8.3 | |
| Betaine | mg | 0.3 | | 1 | A | 1 | | 0.1 | 0.5 | |
| Vitamin B-12 | µg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Vitamin B-12, added | µg | 0.00 | | 0 | NR | 4 | | 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 | 1 | | 0 | O | 4 | | 0 | 1 | |
| Carotene, alpha | µg | 0 | | 0 | O | 4 | | 0 | 0 | |
| Cryptoxanthin, beta | µg | 0 | | 0 | O | 4 | | 0 | 0 | |
| Vitamin A, IU | IU | 2 | | 0 | NC | 4 | | 0 | 2 | |
| Lycopene | µg | 0 | | 0 | O | 4 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 6 | | 0 | O | 4 | | 2 | 9 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | O | 4 | | 0.00 | 0.00 | |
| Vitamin E, added | mg | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Tocotrienol, alpha | mg | | | | | | | | | |
| Tocotrienol, beta | mg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | O | 4 | | 0.1 | 0.6 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.6 | 0.020 | 1300 | A | 1 | | 3.1 | 15.5 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

**Footnotes:**

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

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

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.86 | | 0 | NC | 4 | | 25.54 | 127.68 | |
| Energy....kcal | 82 | | 0 | NC | 4 | | 24 | 120 | |
| Energy....kJ | 342 | | 0 | NC | 4 | | 100 | 502 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.20 | 0.002 | 1200 | A | 1 | | 0.06 | 0.29 | |
| Carbohydrate, by difference....g | 2.60 | | 0 | NC | 4 | | 0.77 | 3.83 | |
| Fiber, total dietary....g | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.96 | | 1 | A | 1 | | 0.28 | 1.41 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 1 | A | 1 | | 3 | 14 | |
| Iron, Fe....mg | 0.27 | | 1 | A | 1 | | 0.08 | 0.40 | |
| Magnesium, Mg....mg | 10 | | 1 | A | 1 | | 3 | 14 | |
| Phosphorus, P....mg | 18 | | 1 | A | 1 | | 5 | 26 | |
| Potassium, K....mg | 71 | | 1 | A | 1 | | 21 | 104 | |
| Sodium, Na....mg | 5 | | 1 | A | 1 | | 1 | 7 | |
| Zinc, Zn....mg | 0.12 | | 1 | A | 1 | | 0.04 | 0.18 | |
| Copper, Cu....mg | 0.004 | | 1 | A | 1 | | 0.001 | 0.005 | |
| Manganese, Mn....mg | 0.117 | | 1 | A | 1 | | 0.034 | 0.172 | |
| Selenium, Se....µg | 0.1 | | 1 | A | 1 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.005 | | 1 | A | 1 | | 0.002 | 0.008 | |
| Riboflavin....mg | 0.015 | | 1 | A | 1 | | 0.004 | 0.022 | |
| Niacin....mg | 0.108 | | 1 | A | 1 | | 0.032 | 0.159 | |
| Pantothenic acid....mg | 0.045 | | 1 | A | 1 | | 0.013 | 0.066 | |
| Vitamin B-6....mg | 0.050 | | 1 | A | 1 | | 0.015 | 0.074 | |
| Folate, total....µg | 1 | | 1 | A | 1 | | 0 | 1 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 1 | | 1 | A | 1 | | 0 | 1 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total....mg | 4.3 | | 0 | AS | 1 | | 1.3 | 6.3 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 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 | | 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 | 0.4 | | 0 | O | 4 | | 0.1 | 0.6 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.3 | 0.028 | 1200 | A | 1 | | 3.0 | 15.1 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

**Footnotes:**

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

2 Late harvest wines have not been included.

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14160**
**Alcoholic beverage, wine, table, white, Chardonnay**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.85 | | 0 | NC | 4 | | 25.45 | 127.67 | |
| Energy....kcal | 84 | | 0 | NC | 4 | | 25 | 123 | |
| Energy....kJ | 351 | | 0 | NC | 4 | | 103 | 515 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.22 | 0.002 | 504 | A | 1 | | 0.06 | 0.32 | |
| Carbohydrate, by difference....g | 2.16 | | 0 | NC | 4 | | 0.63 | 3.17 | |
| Fiber, total dietary....g | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.96 | | 1 | A | 1 | | 0.28 | 1.41 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 1 | A | 1 | | 3 | 14 | |
| Iron, Fe....mg | 0.27 | | 1 | A | 1 | | 0.08 | 0.40 | |
| Magnesium, Mg....mg | 10 | | 1 | A | 1 | | 3 | 14 | |
| Phosphorus, P....mg | 18 | | 1 | A | 1 | | 5 | 26 | |
| Potassium, K....mg | 71 | | 1 | A | 1 | | 21 | 104 | |
| Sodium, Na....mg | 5 | | 1 | A | 1 | | 1 | 7 | |
| Zinc, Zn....mg | 0.12 | | 1 | A | 1 | | 0.04 | 0.18 | |
| Copper, Cu....mg | 0.004 | | 1 | A | 1 | | 0.001 | 0.005 | |
| Manganese, Mn....mg | 0.117 | | 1 | A | 1 | | 0.034 | 0.172 | |
| Selenium, Se....µg | 0.1 | | 1 | A | 1 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.005 | | 1 | A | 1 | | 0.002 | 0.008 | |
| Riboflavin....mg | 0.015 | | 1 | A | 1 | | 0.004 | 0.022 | |
| Niacin....mg | 0.108 | | 1 | A | 1 | | 0.032 | 0.159 | |
| Pantothenic acid....mg | 0.045 | | 1 | A | 1 | | 0.013 | 0.066 | |
| Vitamin B-6....mg | 0.050 | | 1 | A | 1 | | 0.015 | 0.074 | |
| Folate, total....µg | 1 | | 1 | A | 1 | | 0 | 1 | |
| Folic acid....µg | | | | | | | | | |
| Folate, food....µg | 1 | | 1 | A | 1 | | 0 | 1 | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| 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 | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | | | | | | | | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.7 | 0.024 | 504 | A | 1 | | 3.1 | | |

**NDB No. 14160**
**Alcoholic beverage, wine, table, white, Chardonnay**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 10.7 | | 0.024 | A | 1 | | | 15.7 | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.78 | | 0 | NC | 4 | | 25.60 | 128.43 | |
| Energy....kcal | 80 | | 0 | NC | 4 | | 24 | 118 | |
| Energy....kJ | 334 | | 0 | NC | 4 | | 99 | 495 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.22 | 0.007 | 39 | A | 1 | | 0.06 | 0.32 | |
| Carbohydrate, by difference....g | 3.31 | | 0 | NC | 4 | | 0.98 | 4.90 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 9.6 | 0.157 | 39 | A | 1 | | 2.8 | 14.2 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.98 | | 0 | NC | 4 | | 25.49 | 127.86 | |
| Energy....kcal | 82 | | 0 | NC | 4 | | 24 | 121 | |
| Energy....kJ | 343 | | 0 | NC | 4 | | 100 | 504 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.17 | 0.007 | 32 | A | 1 | | 0.05 | 0.25 | |
| Carbohydrate, by difference....g | 2.27 | | 0 | NC | 4 | | 0.67 | 3.34 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.5 | 0.111 | 32 | A | 1 | | 3.1 | 15.5 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.03 | | 0 | NC | 4 | | 25.67 | 127.93 | |
| Energy....kcal | 81 | | 0 | NC | 4 | | 24 | 119 | |
| Energy....kJ | 337 | | 0 | NC | 4 | | 100 | 496 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.17 | 0.005 | 68 | A | 1 | | 0.05 | 0.25 | |
| Carbohydrate, by difference....g | 2.60 | | 0 | NC | 4 | | 0.77 | 3.82 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.1 | 0.100 | 66 | A | 1 | | 3.0 | 14.9 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

**Footnotes:**

1 Late harvest wines have not been included.

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.28 | | 0 | NC | 4 | | 25.75 | 129.18 | |
| Energy....kcal | 76 | | 0 | NC | 4 | | 23 | 113 | |
| Energy....kJ | 319 | | 0 | NC | 4 | | 94 | 473 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.15 | 0.012 | 13 | A | 1 | | 0.04 | 0.23 | |
| Carbohydrate, by difference....g | 3.48 | | 0 | NC | 4 | | 1.03 | 5.15 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 9.0 | 0.365 | 13 | A | 1 | | 2.7 | 13.3 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 85.69 | | 0 | NC | 4 | | 25.71 | 128.53 | |
| Energy....kcal | 82 | | 0 | NC | 4 | | 25 | 123 | |
| Energy....kJ | 342 | | 0 | NC | 4 | | 103 | 513 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.11 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.21 | 0.010 | 37 | A | 1 | | 0.06 | 0.32 | |
| Carbohydrate, by difference....g | 5.23 | | 0 | NC | 4 | | 1.57 | 7.84 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 8.8 | 0.253 | 37 | A | 1 | | 2.6 | 13.2 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 30.0g: 1 fl oz

Measure 2 = 150g: 1 serving 5 fl oz

**Footnotes:**

1 Late harvest wines have not been included.

2 Includes Muscat, Muscat Blanc and Muscat Canelli.

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.14 | | 0 | NC | 4 | | 25.53 | 128.10 | |
| Energy....kcal | 81 | | 0 | NC | 4 | | 24 | 120 | |
| Energy....kJ | 340 | | 0 | NC | 4 | | 100 | 500 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.24 | 0.014 | 11 | A | 1 | | 0.07 | 0.36 | |
| Carbohydrate, by difference....g | 1.94 | | 0 | NC | 4 | | 0.57 | 2.85 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.6 | 0.142 | 11 | A | 1 | | 3.1 | 15.6 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.98 | | 0 | NC | 4 | | 25.48 | 127.85 | |
| Energy....kcal | 83 | | 0 | NC | 4 | | 24 | 122 | |
| Energy....kJ | 346 | | 0 | NC | 4 | | 101 | 509 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.16 | 0.005 | 47 | A | 1 | | 0.05 | 0.23 | |
| Carbohydrate, by difference....g | 2.06 | | 0 | NC | 4 | | 0.60 | 3.03 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.7 | 0.086 | 47 | A | 1 | | 3.1 | 15.8 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.56 | | 0 | NC | 4 | | 25.62 | 128.11 | |
| Energy....kcal | 80 | | 0 | NC | 4 | | 24 | 119 | |
| Energy....kJ | 337 | | 0 | NC | 4 | | 100 | 498 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.17 | 0.003 | 146 | A | 1 | | 0.05 | 0.25 | |
| Carbohydrate, by difference....g | 3.74 | | 0 | NC | 4 | | 1.11 | 5.54 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 9.5 | 0.081 | 146 | A | 1 | | 2.8 | 14.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

**Footnotes:**

1 Late harvest wines have not been included.

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.16 | | 0 | NC | 4 | | 25.54 | 128.13 | |
| Energy....kcal | 81 | | 0 | NC | 4 | | 24 | 119 | |
| Energy....kJ | 340 | | 0 | NC | 4 | | 100 | 500 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.18 | 0.003 | 146 | A | 1 | | 0.05 | 0.27 | |
| Carbohydrate, by difference....g | 2.05 | | 0 | NC | 4 | | 0.60 | 3.02 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.5 | 0.062 | 146 | A | 1 | | 3.1 | 15.5 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

**Footnotes:**

1 Late harvest wines have not been included.

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.54 | | 0 | NC | 4 | | 25.53 | 127.22 | |
| Energy....kcal | 82 | | 0 | NC | 4 | | 24 | 121 | |
| Energy....kJ | 344 | | 0 | NC | 4 | | 101 | 505 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.10 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.21 | 0.017 | 31 | A | 1 | | 0.06 | 0.31 | |
| Carbohydrate, by difference....g | 3.12 | | 0 | NC | 4 | | 0.92 | 4.58 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 10.1 | 0.145 | 31 | A | 1 | | 3.0 | 14.8 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

**Footnotes:**

1 Late harvest wines have not been included.

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 77.76 | | 0 | NC | 4 | | 23.95 | 119.75 | |
| Energy....kcal | 112 | | 0 | NC | 4 | | 34 | 172 | |
| Energy....kJ | 467 | | 0 | NC | 4 | | 144 | 720 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.11 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.27 | 0.016 | 26 | A | 1 | | 0.08 | 0.42 | |
| Carbohydrate, by difference....g | 13.39 | | 0 | NC | 4 | | 4.12 | 20.62 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 8.5 | 0.235 | 26 | A | 1 | | 2.6 | 13.1 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 154g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14125**

**Alcoholic beverage, wine, table, white, late harvest, Gewurztraminer**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures 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 | | 0 | NC | 4 | | 24.22 | 120.68 | |
| Energy....kcal | 108 | | 0 | NC | 4 | | 33 | 164 | |
| Energy....kJ | 451 | | 0 | NC | 4 | | 137 | 685 | |
| Protein (N x 6.25)....g | 0.07 | | 0 | BFZN | 4 | | 0.02 | 0.11 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.20 | 0.032 | 3 | A | 1 | | 0.06 | 0.31 | |
| Carbohydrate, by difference....g | 11.39 | | 0 | NC | 4 | | 3.48 | 17.32 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 8.9 | 0.394 | 3 | A | 1 | | 2.7 | 13.6 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 152g: 1 serving 5 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14114**
**Beef broth and tomato juice, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 89.90 | | 1 | | 1 | | 27.42 | 151.03 | |
| Energy....kcal | 37 | | 0 | NC | 4 | | 11 | 62 | |
| Energy....kJ | 155 | | | | 4 | | 47 | 260 | |
| Protein (N x 6.25)....g | 0.60 | | 1 | | 1 | | 0.18 | 1.01 | |
| Total lipid (fat)....g | 0.10 | | 1 | | 1 | | 0.03 | 0.17 | |
| Ash....g | 0.90 | | 1 | | 1 | | 0.27 | 1.51 | |
| Carbohydrate, by difference....g | 8.50 | | 0 | NC | 4 | | 2.59 | 14.28 | |
| Fiber, total dietary....g | 0.1 | | 0 | RA | 4 | | 0.0 | 0.2 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | | 1 | | 1 | | 3 | 18 | |
| Iron, Fe....mg | 0.58 | | 1 | | 1 | | 0.18 | 0.97 | |
| Magnesium, Mg....mg | 3 | | 0 | | 4 | | 1 | 5 | |
| Phosphorus, P....mg | 13 | | 0 | | 4 | | 4 | 22 | |
| Potassium, K....mg | 96 | | 1 | | 1 | | 29 | 161 | |
| Sodium, Na....mg | 131 | | 1 | | 1 | | 40 | 220 | |
| Zinc, Zn....mg | 0.02 | | 0 | | 4 | | 0.01 | 0.03 | |
| Copper, Cu....mg | 0.017 | | 0 | | 4 | | 0.005 | 0.029 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 4 | | 0.009 | 0.047 | |
| Selenium, Se....µg | 0.7 | | 0 | FLA | 4 | | 0.2 | 1.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.9 | | 1 | | 1 | | 0.3 | 1.5 | |
| Thiamin....mg | 0.001 | | 1 | | 1 | | 0.000 | 0.002 | |
| Riboflavin....mg | 0.029 | | 1 | | 1 | | 0.009 | 0.049 | |
| Niacin....mg | 0.164 | | 1 | | 1 | | 0.050 | 0.276 | |
| Pantothenic acid....mg | 0.036 | | 0 | | 4 | | 0.011 | 0.060 | |
| Vitamin B-6....mg | 0.024 | | 0 | | 4 | | 0.007 | 0.040 | |
| Folate, total....µg | 4 | | 0 | | 4 | | 1 | 7 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 4 | | 0 | | 4 | | 1 | 7 | |
| Folate, DFE....µg | 4 | | 0 | NC | 4 | | 1 | 7 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.05 | | 0 | | 4 | | 0.02 | 0.08 | |
| Vitamin A, RAE....µg | 6 | | 0 | NC | 4 | | 2 | 11 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 128 | | 1 | | 1 | | 39 | 215 | |
| 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. 14114**
**Beef broth and tomato juice, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.032 | | 0 | | 1 | | 0.010 | 0.054 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.002 | | 0 | | 1 | | 0.001 | 0.003 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.018 | | 0 | | 1 | | 0.005 | 0.030 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.011 | | 0 | | 1 | | 0.003 | 0.018 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.029 | | 0 | | 1 | | 0.009 | 0.049 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.003 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.026 | | 0 | | 1 | | 0.008 | 0.044 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.022 | | 0 | | 1 | | 0.007 | 0.037 | |
| 18:2 undifferentiated....g | 0.021 | | 0 | | 1 | | 0.006 | 0.035 | |
| 18:3 undifferentiated....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | |
| Threonine....g | 0.011 | | 0 | | 1 | | 0.003 | 0.018 | |
| Isoleucine....g | 0.009 | | 0 | | 1 | | 0.003 | 0.015 | |
| Leucine....g | 0.018 | | 0 | | 1 | | 0.005 | 0.030 | |
| Lysine....g | 0.022 | | 0 | | 1 | | 0.007 | 0.037 | |
| Methionine....g | 0.004 | | 0 | | 1 | | 0.001 | 0.007 | |
| Cystine....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | |
| Phenylalanine....g | 0.013 | | 0 | | 1 | | 0.004 | 0.022 | |
| Tyrosine....g | 0.003 | | 0 | | 1 | | 0.001 | 0.005 | |
| Valine....g | 0.015 | | 0 | | 1 | | 0.005 | 0.025 | |
| Arginine....g | 0.041 | | 0 | | 1 | | 0.013 | 0.069 | |
| Histidine....g | 0.006 | | 0 | | 1 | | 0.002 | 0.010 | |
| Alanine....g | 0.052 | | 0 | | 1 | | 0.016 | 0.087 | |
| Aspartic acid....g | 0.044 | | 0 | | 1 | | 0.013 | 0.074 | |
| Glutamic acid....g | 0.090 | | 0 | | 1 | | 0.027 | 0.151 | |
| Glycine....g | 0.128 | | 0 | | 1 | | 0.039 | 0.215 | |
| Proline....g | 0.075 | | 0 | | 1 | | 0.023 | 0.126 | |
| Serine....g | 0.018 | | 0 | | 1 | | 0.005 | 0.030 | |
| Hydroxyproline....g | | | | | | | | | |

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

**NDB No. 14114**

**Beef broth and tomato juice, canned**

**Common Measures:**

Measure 1 = 30.5g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

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

Latino food
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.10 | 2.933 | 3 | A | 1 | | 198.60 | | |
| Energy....kcal | 54 | | 0 | NC | 4 | | 124 | | |
| Energy....kJ | 228 | | 0 | NC | 4 | | 519 | | |
| Protein....g | 0.48 | 0.075 | 3 | A | 1 | | 1.09 | | |
| Total lipid (fat)....g | 0.71 | 0.164 | 3 | A | 1 | | 1.62 | | |
| Ash....g | 0.19 | 0.062 | 3 | A | 1 | | 0.43 | | |
| Carbohydrate, by difference....g | 11.52 | | 0 | NC | 4 | | 26.26 | | |
| Fiber, total dietary....g | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | | |
| Sugars, total....g | 9.36 | 2.363 | 3 | A | 1 | | 21.34 | | |
| Sucrose....g | 6.17 | 0.182 | 3 | A | 1 | | 14.08 | | |
| Glucose (dextrose)....g | 1.64 | 1.266 | 3 | A | 1 | | 3.74 | | |
| Fructose....g | 1.55 | 0.935 | 3 | A | 1 | | 3.53 | | |
| Lactose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Maltose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Galactose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | | |
| Starch....g | 0.99 | 0.254 | 3 | A | 1 | | 2.26 | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | 6.104 | 3 | A | 1 | | 42 | | |
| Iron, Fe....mg | 0.01 | 0.000 | 3 | A | 1 | | 0.02 | | |
| Magnesium, Mg....mg | 3 | 0.973 | 3 | A | 1 | | 6 | | |
| Phosphorus, P....mg | 15 | 5.432 | 3 | A | 1 | | 35 | | |
| Potassium, K....mg | 34 | 15.207 | 3 | A | 1 | | 79 | | |
| Sodium, Na....mg | 14 | 7.241 | 3 | A | 1 | | 33 | | |
| Zinc, Zn....mg | 0.06 | 0.010 | 3 | A | 1 | | 0.14 | | |
| Copper, Cu....mg | 0.002 | 0.000 | 3 | A | 1 | | 0.005 | | |
| Manganese, Mn....mg | 0.010 | 0.002 | 3 | A | 1 | | 0.023 | | |
| Selenium, Se....µg | 0.4 | | 2 | A | 1 | | 1.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Riboflavin....mg | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | | |
| Niacin....mg | 0.047 | 0.014 | 3 | A | 1 | | 0.108 | | |
| Pantothenic acid....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Vitamin B-6....mg | 0.017 | 0.002 | 3 | A | 1 | | 0.038 | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.24 | | 1 | A | 1 | | 0.55 | | |
| Tocopherol, beta....mg | 0.02 | | 1 | A | 1 | | 0.05 | | |
| Tocopherol, gamma....mg | 0.02 | | 1 | A | 1 | | 0.05 | | |
| Tocopherol, delta....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Tocotrienol, alpha....mg | 0.01 | | 1 | A | 1 | | 0.02 | | |
| Tocotrienol, beta....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Tocotrienol, gamma....mg | 0.18 | | 1 | A | 1 | | 0.41 | | |
| Tocotrienol, delta....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Vitamin D (D2 + D3)....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Dihydrophylloquinone....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Menaquinone-4....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |

**NDB No. 14638**

**Beverage, Horchata, as served in restaurant**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 228g: 1 cup

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

**Food Group:** 14 Beverages

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

**NDB No. 14631**

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

Latino food

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 4.89 | | 1 | A | 1 | | 0.38 | 5.77 | |
| Energy....kcal | 413 | | 0 | NC | 4 | | 32 | 488 | |
| Energy....kJ | 1729 | | 0 | NC | 4 | | 135 | 2041 | |
| Protein (N x 6.25)....g | 7.50 | | 1 | A | 1 | | 0.59 | 8.85 | |
| Total lipid (fat)....g | 7.46 | | 1 | A | 1 | | 0.58 | 8.80 | |
| Ash....g | 1.10 | | 1 | A | 1 | | 0.09 | 1.30 | |
| Carbohydrate, by difference....g | 79.05 | | 0 | NC | 4 | | 6.17 | 93.28 | |
| Fiber, total dietary....g | 4.0 | | 1 | A | 1 | | 0.3 | 4.7 | |
| Sugars, total....g | 38.90 | | 0 | O | 4 | | 3.03 | 45.90 | |
| Starch....g | 32.10 | | 1 | A | 1 | | 2.50 | 37.88 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 60 | | 1 | A | 1 | | 5 | 71 | |
| Iron, Fe....mg | 5.80 | | 1 | A | 1 | | 0.45 | 6.84 | |
| Magnesium, Mg....mg | 77 | | 1 | A | 1 | | 6 | 91 | |
| Phosphorus, P....mg | 180 | | 1 | A | 1 | | 14 | 212 | |
| Potassium, K....mg | 180 | | 1 | A | 1 | | 14 | 212 | |
| Sodium, Na....mg | 3 | | 1 | A | 1 | | 0 | 3 | |
| Zinc, Zn....mg | 1.60 | | 1 | A | 1 | | 0.12 | 1.89 | |
| Copper, Cu....mg | 0.470 | | 1 | A | 1 | | 0.037 | 0.554 | |
| Manganese, Mn....mg | 1.200 | | 1 | A | 1 | | 0.094 | 1.416 | |
| Selenium, Se....µg | 7.8 | | 0 | FLA | 4 | | 0.6 | 9.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.3 | | 0 | FLA | 4 | | 0.0 | 0.3 | |
| Thiamin....mg | 0.030 | | 1 | A | 1 | | 0.002 | 0.035 | |
| Riboflavin....mg | 0.170 | | 1 | A | 1 | | 0.013 | 0.201 | |
| Niacin....mg | 2.200 | | 1 | A | 1 | | 0.172 | 2.596 | |
| Pantothenic acid....mg | 0.410 | | 1 | A | 1 | | 0.032 | 0.484 | |
| Vitamin B-6....mg | 0.179 | | 1 | A | 1 | | 0.014 | 0.211 | |
| Folate, total....µg | 12 | | 0 | FLA | 4 | | 1 | 14 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 12 | | 0 | FLA | 4 | | 1 | 14 | |
| Folate, DFE....µg | 12 | | 0 | NC | 4 | | 1 | 14 | |
| Choline, total....mg | 11.6 | | 0 | FLA | 4 | | 0.9 | 13.7 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 1 | | 0 | FLA | 4 | | 0 | 2 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 2 | | 0 | FLA | 4 | | 0 | 3 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 11 | | 0 | FLA | 4 | | 1 | 13 | |
| Vitamin E (alpha-tocopherol)....mg | 0.37 | | 0 | FLA | 4 | | 0.03 | 0.43 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 1.1 | | 0 | FLA | 4 | | 0.1 | 1.3 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14631**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.086 | | 0 | NC | 4 | | 0.163 | 2.461 | |
| 4:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.012 | | 1 | A | 1 | | 0.001 | 0.014 | |
| 12:0....g | 0.003 | | 1 | A | 1 | | 0.000 | 0.004 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.016 | | 1 | A | 1 | | 0.001 | 0.019 | |
| 15:0....g | 0.002 | | 1 | A | 1 | | 0.000 | 0.002 | |
| 16:0....g | 1.143 | | 1 | A | 1 | | 0.089 | 1.349 | |
| 17:0....g | 0.008 | | 1 | A | 1 | | 0.001 | 0.009 | |
| 18:0....g | 0.780 | | 1 | A | 1 | | 0.061 | 0.920 | |
| 20:0....g | 0.061 | | 1 | A | 1 | | 0.005 | 0.072 | |
| 22:0....g | 0.035 | | 1 | A | 1 | | 0.003 | 0.041 | |
| 24:0....g | 0.026 | | 1 | A | 1 | | 0.002 | 0.031 | |
| Fatty acids, total monounsaturated....g | 3.174 | | 0 | NC | 4 | | 0.248 | 3.745 | |
| 14:1....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 15:1....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.013 | | 0 | AS | 1 | | 0.001 | 0.015 | |
| 16:1 c....g | 0.013 | | 1 | A | 1 | | 0.001 | 0.015 | |
| 16:1 t....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 17:1....g | 0.003 | | 1 | A | 1 | | 0.000 | 0.004 | |
| 18:1 undifferentiated....g | 3.136 | | 0 | AS | 1 | | 0.245 | 3.700 | |
| 18:1 c....g | 3.124 | | 1 | A | 1 | | 0.244 | 3.686 | |
| 18:1 t....g | 0.012 | | 1 | A | 1 | | 0.001 | 0.014 | |
| 18:1-11 t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.020 | | 1 | A | 1 | | 0.002 | 0.023 | |
| 22:1 undifferentiated....g | 0.002 | | 0 | AS | 1 | | 0.000 | 0.002 | |
| 22:1 c....g | 0.002 | | 1 | A | 1 | | 0.000 | 0.002 | |
| 22:1 t....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated....g | 2.069 | | 0 | NC | 4 | | 0.161 | 2.441 | |
| 18:2 undifferentiated....g | 2.000 | | 0 | AS | 1 | | 0.156 | 2.360 | |
| 18:2 n-6 c,c....g | 1.991 | | 1 | A | 1 | | 0.155 | 2.349 | |
| 18:2 CLAs....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:2 t,t....g | | | | | | | | | |
| 18:2 i....g | | | | | | | | | |
| 18:2 t not further defined....g | 0.009 | | 1 | A | 1 | | 0.001 | 0.011 | |
| 18:3 undifferentiated....g | 0.058 | | 0 | AS | 1 | | 0.005 | 0.068 | |
| 18:3 n-3 c,c,c (ALA)....g | 0.058 | | 1 | A | 1 | | 0.005 | 0.068 | |
| 18:3 n-6 c,c,c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.003 | | 1 | A | 1 | | 0.000 | 0.004 | |
| 20:3 undifferentiated....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | |
| 20:3 n-3....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:4 undifferentiated....g | 0.003 | | 1 | A | 1 | | 0.000 | 0.004 | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.003 | | 1 | A | 1 | | 0.000 | 0.004 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | 0.002 | | 1 | A | 1 | | 0.000 | 0.002 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.021 | | 0 | NC | 4 | | 0.002 | 0.025 | |
| Fatty acids, total trans-monoenoic....g | 0.012 | | 0 | NC | 4 | | 0.001 | 0.014 | |
| Fatty acids, total trans-polyenoic....g | 0.009 | | 0 | NC | 4 | | 0.001 | 0.011 | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

**NDB No. 14631**

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

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

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

**Common Measures:**

Measure 1 = 7.8g: 1 tbsp

Measure 2 = 118g: 1 cup

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

**Food Group:** 14 Beverages

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

**NDB No. 14021**
**Beverages, Energy drink, Citrus**

*Pepsi-Cola North America*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.45 | | 0 | BFZN | 4 | | 212.28 | | |
| Energy....kcal | 45 | | 0 | NC | 4 | | 108 | | |
| Energy....kJ | 189 | | 0 | NC | 4 | | 454 | | |
| Protein....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.28 | | 0 | BFZN | 4 | | 0.67 | | |
| Carbohydrate, by difference....g | 11.27 | | 0 | NC | 4 | | 27.05 | | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total....g | 10.42 | | 0 | LC | 8 | | 25.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 0 | LC | 8 | | 20 | | |
| Iron, Fe....mg | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Magnesium, Mg....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Potassium, K....mg | 4 | | 0 | LC | 8 | | 10 | | |
| Sodium, Na....mg | 10 | | 0 | LC | 8 | | 25 | | |
| Zinc, Zn....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Manganese, Mn....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.0 | | 0 | LC | 8 | | 60.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Pantothenic acid....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Vitamin B-6....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | LC | 8 | | 0 | | |
| 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 | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, gamma....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, delta....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| 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 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |

**NDB No. 14021**
**Beverages, Energy drink, Citrus**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 13 | | 0 | LC | 8 | | 31 | | |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 240g: 8 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14644**

**Beverages, , PEPSICO QUAKER, Gatorade G2, low calorie**

*Quaker Oats Company - The Gatorade Company, a unit of Pepsi Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 97.94 | | 0 | O | 4 | | 232.12 | | |
| Energy....kcal | 8 | | 0 | MC | 9 | | 19 | | |
| Energy....kJ | 33 | | 0 | MC | 9 | | 78 | | |
| Protein....g | 0.05 | | 0 | MC | 9 | | 0.12 | | |
| Total lipid (fat)....g | 0.01 | | 0 | MC | 9 | | 0.02 | | |
| Ash....g | 0.07 | | 0 | O | 4 | | 0.15 | | |
| Carbohydrate, by difference....g | 1.94 | | 0 | MC | 9 | | 4.60 | | |
| Fiber, total dietary....g | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total....g | 1.30 | | 0 | MC | 9 | | 3.08 | | |
| Sucrose....g | 1.31 | | 0 | MC | 9 | | 3.10 | | |
| Glucose (dextrose)....g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Fructose....g | 0.08 | | 0 | MC | 9 | | 0.19 | | |
| Lactose....g | | | | | | | | | |
| Maltose....g | | | | | | | | | |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | MC | 9 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Magnesium, Mg....mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phosphorus, P....mg | 7 | | 0 | MC | 9 | | 16 | | |
| Potassium, K....mg | 13 | | 0 | MC | 9 | | 30 | | |
| Sodium, Na....mg | 45 | | 0 | MC | 9 | | 108 | | |
| Zinc, Zn....mg | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Manganese, Mn....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Selenium, Se....µg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Pantothenic acid....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Vitamin B-6....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Folate, total....µg | 0 | | 0 | MC | 9 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 3.38 | | 0 | MC | 9 | | 8.01 | | |
| Vitamin B-12, added....µg | 3.38 | | 0 | NR | 4 | | 8.01 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | MC | 9 | | 0 | | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | MC | 9 | | 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 | | | | | | | | | |

**NDB No. 14644**

**Beverages, , PEPSICO QUAKER, Gatorade G2, low calorie**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Vitamin D....IU | 0 | | 0 | MC | 9 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.2 | | 0 | BFZN | 4 | | 0.4 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | MC | 9 | | 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 | MC | 9 | | 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 | MC | 9 | | 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 | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Cholesterol....mg | 0 | | 0 | MC | 9 | | 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 = 237g: 8 fl oz

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 14644**

**Beverages, , PEPSICO QUAKER, Gatorade G2, low calorie**

**Food Group:** 14 Beverages

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

**NDB No. 14035**

**Beverages, ABBOTT, EAS soy protein powder**

*Abbott's Ross Products Division*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 2.83 | | 0 | FLC | 4 | | 1.25 | | |
| Energy....kcal | 405 | | 0 | LC | 8 | | 178 | | |
| Energy....kJ | 1694 | | 0 | LC | 8 | | 745 | | |
| Protein (N x 6.25)....g | 47.62 | | 0 | LC | 8 | | 20.95 | | |
| Total lipid (fat)....g | 3.57 | | 0 | LC | 8 | | 1.57 | | |
| Ash....g | 2.03 | | 0 | FLC | 4 | | 0.90 | | |
| Carbohydrate, by difference....g | 43.94 | | 0 | NC | 4 | | 19.34 | | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 40.48 | | 0 | LC | 8 | | 17.81 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 95 | | 0 | LC | 8 | | 42 | | |
| Iron, Fe....mg | 6.43 | | 0 | LC | 8 | | 2.83 | | |
| Magnesium, Mg....mg | 22 | | 0 | FLC | 4 | | 10 | | |
| Phosphorus, P....mg | 441 | | 0 | FLC | 4 | | 194 | | |
| Potassium, K....mg | 714 | | 0 | LC | 8 | | 314 | | |
| Sodium, Na....mg | 452 | | 0 | LC | 8 | | 199 | | |
| Zinc, Zn....mg | 2.29 | | 0 | FLC | 4 | | 1.01 | | |
| Copper, Cu....mg | 1.001 | | 0 | FLC | 4 | | 0.440 | | |
| Manganese, Mn....mg | 0.849 | | 0 | FLC | 4 | | 0.373 | | |
| Selenium, Se....µg | 0.7 | | 0 | FLC | 4 | | 0.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Thiamin....mg | 0.100 | | 0 | FLC | 4 | | 0.044 | | |
| Riboflavin....mg | 0.057 | | 0 | FLC | 4 | | 0.025 | | |
| Niacin....mg | 0.817 | | 0 | FLC | 4 | | 0.360 | | |
| Pantothenic acid....mg | 0.034 | | 0 | FLC | 4 | | 0.015 | | |
| Vitamin B-6....mg | 0.057 | | 0 | FLC | 4 | | 0.025 | | |
| Folate, total....µg | 100 | | 0 | FLC | 4 | | 44 | | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food....µg | 100 | | 0 | FLC | 4 | | 44 | | |
| Folate, DFE....µg | 100 | | 0 | NC | 4 | | 44 | | |
| Choline, total....mg | 113.7 | | 0 | FLC | 4 | | 50.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 0 | | 0 | LC | 8 | | 0 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.12 | | 0 | FLC | 4 | | 0.05 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Vitamin D....IU | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 2.7 | | 0 | FLC | 4 | | 1.2 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14035**
**Beverages, ABBOTT, EAS soy protein 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 | 0.000 | | 0 | NC | 4 | | 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 | 0.644 | | 0 | NC | 4 | | 0.283 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.013 | | 0 | FLC | 4 | | 0.006 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.631 | | 0 | FLC | 4 | | 0.278 | | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.956 | | 0 | NC | 4 | | 0.861 | | |
| 18:2 undifferentiated....g | 1.729 | | 0 | FLC | 4 | | 0.761 | | |
| 18:3 undifferentiated....g | 0.227 | | 0 | FLC | 4 | | 0.100 | | |
| 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 | 0 | | 0 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 44g: 1 scoop

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

**Food Group:** 14 Beverages

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

**NDB No. 14033**

**Beverages, ABBOTT, EAS whey protein powder**

*Abbott's Ross Products Division*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 6.61 | | 0 | NC | 4 | | 2.58 | | |
| Energy....kcal | 385 | | 0 | LC | 8 | | 150 | | |
| Energy....kJ | 1609 | | 0 | LC | 8 | | 628 | | |
| Protein (N x 6.25)....g | 66.67 | | 0 | LC | 8 | | 26.00 | | |
| Total lipid (fat)....g | 5.13 | | 0 | LC | 8 | | 2.00 | | |
| Ash....g | 3.65 | | 0 | BFZN | 4 | | 1.42 | | |
| Carbohydrate, by difference....g | 17.95 | | 0 | LC | 8 | | 7.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 5.13 | | 0 | LC | 8 | | 2.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 256 | | 0 | LC | 8 | | 100 | | |
| Iron, Fe....mg | 0.92 | | 0 | LC | 8 | | 0.36 | | |
| Magnesium, Mg....mg | 181 | | 0 | FLC | 4 | | 70 | | |
| Phosphorus, P....mg | 643 | | 0 | BFZN | 4 | | 251 | | |
| Potassium, K....mg | 564 | | 0 | LC | 8 | | 220 | | |
| Sodium, Na....mg | 385 | | 0 | LC | 8 | | 150 | | |
| Zinc, Zn....mg | 7.14 | | 0 | BFZN | 4 | | 2.79 | | |
| Copper, Cu....mg | 1.000 | | 0 | BFZN | 4 | | 0.390 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 24.8 | | 0 | FLC | 4 | | 9.7 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.8 | | 0 | FLC | 4 | | 0.3 | | |
| Thiamin....mg | 0.714 | | 0 | BFZN | 4 | | 0.279 | | |
| Riboflavin....mg | 0.857 | | 0 | BFZN | 4 | | 0.334 | | |
| Niacin....mg | 10.000 | | 0 | BFZN | 4 | | 3.900 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 1.000 | | 0 | BFZN | 4 | | 0.390 | | |
| Folate, total....µg | 200 | | 0 | BFZN | 4 | | 78 | | |
| Folic acid....µg | 200 | | 0 | BFZN | 4 | | 78 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 340 | | 0 | NC | 4 | | 133 | | |
| Choline, total....mg | 81.6 | | 0 | BFZN | 4 | | 31.8 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 2.27 | | 0 | FLC | 4 | | 0.88 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 15 | | 0 | NC | 4 | | 6 | | |
| Retinol....µg | 15 | | 0 | FLC | 4 | | 6 | | |
| 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 | 54 | | 0 | FLC | 4 | | 21 | | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.38 | | 0 | FLC | 4 | | 0.15 | | |
| 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 | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Vitamin D....IU | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.5 | | 0 | BFZN | 4 | | 0.2 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14033**
**Beverages, ABBOTT, EAS whey protein 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 | 2.564 | | 0 | NC | 4 | | 1.000 | | |
| 4:0....g | 0.055 | | 0 | FLC | 4 | | 0.021 | | |
| 6:0....g | 0.019 | | 0 | FLC | 4 | | 0.007 | | |
| 8:0....g | 0.012 | | 0 | FLC | 4 | | 0.005 | | |
| 10:0....g | 0.024 | | 0 | FLC | 4 | | 0.009 | | |
| 12:0....g | 0.014 | | 0 | FLC | 4 | | 0.006 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.122 | | 0 | FLC | 4 | | 0.048 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.819 | | 0 | FLC | 4 | | 0.709 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.499 | | 0 | FLC | 4 | | 0.195 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.281 | | 0 | NC | 4 | | 0.109 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.018 | | 0 | FLC | 4 | | 0.007 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.263 | | 0 | FLC | 4 | | 0.102 | | |
| 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 | 0.926 | | 0 | NC | 4 | | 0.361 | | |
| 18:2 undifferentiated....g | 0.821 | | 0 | FLC | 4 | | 0.320 | | |
| 18:3 undifferentiated....g | 0.105 | | 0 | FLC | 4 | | 0.041 | | |
| 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 | 205 | | 0 | LC | 8 | | 80 | | |
| 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 = 39g: 2 scoop

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

**Food Group:** 14 Beverages

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

**NDB No. 43528**

**Beverages, ABBOTT, ENSURE PLUS, ready-to-drink**

*Abbott's Ross Products Division*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 69.84 | | 1 | MC | 9 | | 176.00 | 22.00 | |
| Energy....kcal | 141 | | 0 | NC | 4 | | 355 | 44 | |
| Energy....kJ | 589 | | 0 | NC | 4 | | 1484 | 186 | |
| Protein....g | 5.16 | | 1 | MC | 9 | | 13.00 | 1.63 | |
| Total lipid (fat)....g | 4.52 | | 1 | MC | 9 | | 11.40 | 1.43 | |
| Ash....g | 0.60 | | 0 | NR | 4 | | 1.50 | 0.19 | |
| Carbohydrate, by difference....g | 19.88 | | 1 | MC | 9 | | 50.10 | 6.26 | |
| Fiber, total dietary....g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Sugars, total....g | 8.33 | | 0 | O | 4 | | 20.99 | 2.62 | |
| Starch....g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 79 | | 1 | MC | 9 | | 200 | 25 | |
| Iron, Fe....mg | 1.79 | | 1 | MC | 9 | | 4.50 | 0.56 | |
| Magnesium, Mg....mg | 40 | | 1 | MC | 9 | | 100 | 13 | |
| Phosphorus, P....mg | 79 | | 1 | MC | 9 | | 200 | 25 | |
| Potassium, K....mg | 175 | | 1 | MC | 9 | | 440 | 55 | |
| Sodium, Na....mg | 95 | | 1 | MC | 9 | | 240 | 30 | |
| Zinc, Zn....mg | 1.51 | | 1 | MC | 9 | | 3.80 | 0.48 | |
| Copper, Cu....mg | 0.198 | | 1 | MC | 9 | | 0.500 | 0.062 | |
| Manganese, Mn....mg | 0.516 | | 1 | MC | 9 | | 1.300 | 0.163 | |
| Selenium, Se....µg | 7.1 | | 1 | MC | 9 | | 18.0 | 2.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 11.9 | | 1 | MC | 9 | | 30.0 | 3.8 | |
| Thiamin....mg | 0.151 | | 1 | MC | 9 | | 0.380 | 0.048 | |
| Riboflavin....mg | 0.171 | | 1 | MC | 9 | | 0.430 | 0.054 | |
| Niacin....mg | 1.984 | | 1 | MC | 9 | | 5.000 | 0.625 | |
| Pantothenic acid....mg | 0.992 | | 1 | MC | 9 | | 2.500 | 0.313 | |
| Vitamin B-6....mg | 0.198 | | 1 | MC | 9 | | 0.500 | 0.062 | |
| Folate, total....µg | 40 | | 1 | MC | 9 | | 100 | 13 | |
| Folic acid....µg | 40 | | 1 | MC | 9 | | 100 | 13 | |
| Folate, food....µg | 0 | | 1 | AS | 1 | | 0 | 0 | |
| Folate, DFE....µg | 67 | | 0 | NC | 4 | | 170 | 21 | |
| Choline, total....mg | 32.4 | | 0 | LC | 8 | | 81.7 | 10.2 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.60 | | 1 | MC | 9 | | 1.50 | 0.19 | |
| Vitamin B-12, added....µg | 0.60 | | 0 | NR | 4 | | 1.50 | 0.19 | |
| Vitamin A, RAE....µg | 149 | | 0 | NC | 4 | | 375 | 47 | |
| Retinol....µg | 149 | | 0 | NR | 4 | | 375 | 47 | |
| 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 | 497 | | 0 | NC | 4 | | 1252 | 156 | |
| 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 | NR | 4 | | 3.38 | 0.42 | |
| Vitamin E, added....mg | 1.34 | | 0 | NR | 4 | | 3.38 | 0.42 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 1.0 | | 0 | O | 4 | | 2.5 | 0.3 | |
| Vitamin D....IU | 40 | | 1 | MC | 9 | | 100 | 13 | |
| Vitamin K (phylloquinone)....µg | 7.9 | | 1 | MC | 9 | | 20.0 | 2.5 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 43528**
**Beverages, ABBOTT, ENSURE PLUS, ready-to-drink**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.574 | | 0 | NC | 4 | | 1.448 | 0.181 | |
| 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 | 0.493 | | 0 | | 4 | | 1.243 | 0.155 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.081 | | 0 | | 4 | | 0.204 | 0.026 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.095 | | 0 | NC | 4 | | 2.760 | 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 | 1.095 | | 0 | | 4 | | 2.760 | 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 | 2.655 | | 0 | NC | 4 | | 6.691 | 0.836 | |
| 18:2 undifferentiated....g | 2.624 | | 0 | | 4 | | 6.612 | 0.826 | |
| 18:3 undifferentiated....g | 0.032 | | 0 | | 4 | | 0.080 | 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 | | 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 | 2 | | 1 | MC | 9 | | 4 | 1 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 252g: 1 cup

Measure 2 = 31.5g: 1 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14062**

**Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink**

*Abbott's Ross Products Division*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures 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 | NC | 4 | | 193.54 | | |
| Energy....kcal | 105 | | 0 | MC | 9 | | 268 | | |
| Energy....kJ | 441 | | 0 | MC | 9 | | 1120 | | |
| Protein (N x 6.25)....g | 3.80 | | 0 | MC | 9 | | 9.65 | | |
| Total lipid (fat)....g | 2.53 | | 0 | MC | 9 | | 6.43 | | |
| Ash....g | 0.60 | | 0 | BFZN | 4 | | 1.51 | | |
| Carbohydrate, by difference....g | 16.88 | | 0 | MC | 9 | | 42.87 | | |
| Fiber, total dietary....g | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total....g | 9.70 | | 0 | MC | 9 | | 24.65 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 127 | | 0 | MC | 9 | | 322 | | |
| Iron, Fe....mg | 1.90 | | 0 | MC | 9 | | 4.82 | | |
| Magnesium, Mg....mg | 42 | | 0 | MC | 9 | | 107 | | |
| Phosphorus, P....mg | 105 | | 0 | MC | 9 | | 268 | | |
| Potassium, K....mg | 156 | | 0 | MC | 9 | | 397 | | |
| Sodium, Na....mg | 84 | | 0 | MC | 9 | | 214 | | |
| Zinc, Zn....mg | 1.58 | | 0 | MC | 9 | | 4.02 | | |
| Copper, Cu....mg | 0.211 | | 0 | MC | 9 | | 0.536 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 7.4 | | 0 | MC | 9 | | 18.8 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 12.7 | | 0 | MC | 9 | | 32.2 | | |
| Thiamin....mg | 0.158 | | 0 | MC | 9 | | 0.402 | | |
| Riboflavin....mg | 0.179 | | 0 | MC | 9 | | 0.455 | | |
| Niacin....mg | 2.110 | | 0 | MC | 9 | | 5.359 | | |
| Pantothenic acid....mg | 1.055 | | 0 | MC | 9 | | 2.679 | | |
| Vitamin B-6....mg | 0.211 | | 0 | MC | 9 | | 0.536 | | |
| Folate, total....µg | 42 | | 0 | MC | 9 | | 107 | | |
| Folic acid....µg | 42 | | 0 | O | 4 | | 107 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 72 | | 0 | NC | 4 | | 182 | | |
| Choline, total....mg | 32.4 | | 0 | BFZN | 4 | | 82.4 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.63 | | 0 | MC | 9 | | 1.61 | | |
| Vitamin B-12, added....µg | 0.60 | | 0 | BFZN | 4 | | 1.51 | | |
| Vitamin A, RAE....µg | 158 | | 0 | BFZN | 4 | | 402 | | |
| Retinol....µg | 158 | | 0 | BFZN | 4 | | 402 | | |
| 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 | 527 | | 0 | MC | 9 | | 1340 | | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 1.42 | | 0 | MC | 9 | | 3.62 | | |
| Vitamin E, added....mg | 1.34 | | 0 | BFZN | 4 | | 3.41 | | |
| 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 | | 2.7 | | |
| Vitamin D....IU | 42 | | 0 | MC | 9 | | 107 | | |
| Vitamin K (phylloquinone)....µg | 8.4 | | 0 | MC | 9 | | 21.4 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14062**

**Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.422 | | 0 | MC | 9 | | 1.072 | | |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 6:0....g | 0.001 | | 0 | MC | 9 | | 0.002 | | |
| 8:0....g | 0.001 | | 0 | MC | 9 | | 0.002 | | |
| 10:0....g | 0.002 | | 0 | MC | 9 | | 0.004 | | |
| 12:0....g | 0.002 | | 0 | MC | 9 | | 0.004 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.005 | | 0 | MC | 9 | | 0.014 | | |
| 15:0....g | 0.001 | | 0 | MC | 9 | | 0.002 | | |
| 16:0....g | 0.255 | | 0 | MC | 9 | | 0.647 | | |
| 17:0....g | 0.002 | | 0 | MC | 9 | | 0.006 | | |
| 18:0....g | 0.081 | | 0 | MC | 9 | | 0.207 | | |
| 20:0....g | 0.010 | | 0 | MC | 9 | | 0.026 | | |
| 22:0....g | 0.006 | | 0 | MC | 9 | | 0.016 | | |
| 24:0....g | 0.003 | | 0 | MC | 9 | | 0.008 | | |
| Fatty acids, total monounsaturated....g | 0.844 | | 0 | MC | 9 | | 2.143 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.004 | | 0 | MC | 9 | | 0.010 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.784 | | 0 | MC | 9 | | 1.991 | | |
| 20:1....g | 0.010 | | 0 | MC | 9 | | 0.024 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.266 | | 0 | MC | 9 | | 3.215 | | |
| 18:2 undifferentiated....g | 0.604 | | 0 | BFZN | 4 | | 1.533 | | |
| 18:2 n-6 c,c....g | 1.232 | | 0 | MC | 9 | | 3.128 | | |
| 18:2 CLAs....g | | | | | | | | | |
| 18:2 t,t....g | | | | | | | | | |
| 18:2 i....g | | | | | | | | | |
| 18:2 t not further defined....g | | | | | | | | | |
| 18:3 undifferentiated....g | 0.062 | | 0 | BFZN | 4 | | 0.158 | | |
| 18:3 n-3 c,c,c (ALA)....g | 0.127 | | 0 | MC | 9 | | 0.323 | | |
| 18:3 n-6 c,c,c....g | | | | | | | | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.001 | | 0 | MC | 9 | | 0.002 | | |
| 20:2 n-6 c,c....g | 0.003 | | 0 | MC | 9 | | 0.008 | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.001 | | 0 | MC | 9 | | 0.002 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Cholesterol....mg | 2 | | 0 | MC | 9 | | 5 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | MC | 9 | | 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 = 254g: 8 fl oz

**NDB No. 14062**
**Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

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

**NDB No. 14461**

**Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink**

*The Coca-Cola Company*

thirst quencher

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.91 | | 1 | A | 1 | | 28.03 | 224.26 | 335.47 |
| Energy....kcal | 32 | | 0 | FLA | 4 | | 10 | 78 | 117 |
| Energy....kJ | 134 | | 0 | FLA | 4 | | 41 | 327 | 489 |
| Protein (N x 6.25)....g | 0.00 | 0.000 | 3 | LC | 8 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.05 | | 0 | FLA | 4 | | 0.02 | 0.12 | 0.18 |
| Ash....g | 0.20 | | 1 | A | 1 | | 0.06 | 0.49 | 0.73 |
| Carbohydrate, by difference....g | 7.84 | | 0 | NC | 4 | | 2.39 | 19.13 | 28.62 |
| Fiber, total dietary....g | 0.0 | 0.000 | 3 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 6.11 | 0.046 | 3 | LC | 8 | | 1.86 | 14.91 | 22.30 |
| Sucrose....g | 0.20 | | 1 | A | 1 | | 0.06 | 0.49 | 0.73 |
| Glucose (dextrose)....g | 2.20 | | 1 | A | 1 | | 0.67 | 5.37 | 8.03 |
| Fructose....g | 3.22 | | 1 | A | 1 | | 0.98 | 7.86 | 11.75 |
| Lactose....g | 0.20 | | 1 | A | 1 | | 0.06 | 0.49 | 0.73 |
| Maltose....g | 0.20 | | 1 | A | 1 | | 0.06 | 0.49 | 0.73 |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 2 | A | 1 | | 0 | 2 | 4 |
| Iron, Fe....mg | 0.09 | | 2 | A | 1 | | 0.03 | 0.21 | 0.32 |
| Magnesium, Mg....mg | 0 | | 2 | LC | 8 | | 0 | 0 | 0 |
| Phosphorus, P....mg | 1 | | 2 | A | 1 | | 0 | 2 | 3 |
| Potassium, K....mg | 18 | | 2 | A | 1 | | 6 | 44 | 66 |
| Sodium, Na....mg | 42 | | 0 | NR | 4 | | 13 | 102 | 152 |
| Zinc, Zn....mg | 0.01 | | 2 | A | 1 | | 0.00 | 0.01 | 0.02 |
| Copper, Cu....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.011 | | 1 | A | 1 | | 0.003 | 0.027 | 0.040 |
| Riboflavin....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 1.565 | | 2 | A | 1 | | 0.477 | 3.818 | 5.712 |
| Pantothenic acid....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.153 | | 1 | A | 1 | | 0.047 | 0.373 | 0.558 |
| Folate, total....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.91 | | 0 | LC | 8 | | 0.28 | 2.22 | 3.32 |
| Vitamin B-12, added....µg | 0.91 | | 0 | LC | 8 | | 0.28 | 2.22 | 3.32 |
| Vitamin A, RAE....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |

**NDB No. 14461**

**Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamin D....IU | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.008 | | 0 | FLA | 4 | | 0.002 | 0.019 | 0.028 |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.002 | 0.002 |
| 10:0....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.001 | 0.002 |
| 12:0....g | 0.004 | | 0 | FLA | 4 | | 0.001 | 0.010 | 0.014 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.004 | 0.005 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.002 | 0.003 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.001 | 0.001 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.011 | | 0 | FLA | 4 | | 0.003 | 0.028 | 0.041 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.009 | | 0 | FLA | 4 | | 0.003 | 0.021 | 0.032 |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.028 | | 0 | FLA | 4 | | 0.009 | 0.069 | 0.104 |
| 18:2 undifferentiated....g | 0.011 | | 0 | FLA | 4 | | 0.003 | 0.027 | 0.041 |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 244g: 8 fl oz

Measure 3 = 365g: 12 fl oz

**NDB No. 14461**
**Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink**

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

**Food Group:** 14 Beverages

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

**NDB No. 14036**

**Beverages, CYTOSPORT, Muscle Milk, ready-to-drink**

*CytoSport*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.80 | | 0 | MC | 9 | | 367.63 | | |
| Energy....kcal | 49 | | 0 | MC | 9 | | 203 | | |
| Energy....kJ | 205 | | 0 | MC | 9 | | 849 | | |
| Protein (N x 6.25)....g | 5.87 | | 0 | MC | 9 | | 24.30 | | |
| Total lipid (fat)....g | 2.01 | | 0 | MC | 9 | | 8.32 | | |
| Ash....g | 0.68 | | 0 | MC | 9 | | 2.82 | | |
| Carbohydrate, by difference....g | 2.06 | | 0 | MC | 9 | | 8.53 | | |
| Fiber, total dietary....g | 0.2 | | 0 | LC | 8 | | 1.0 | | |
| Sugars, total....g | 0.78 | | 0 | MC | 9 | | 3.23 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 69 | | 0 | MC | 9 | | 286 | | |
| Iron, Fe....mg | 1.30 | | 0 | MC | 9 | | 5.38 | | |
| Magnesium, Mg....mg | 20 | | 0 | MC | 9 | | 83 | | |
| Phosphorus, P....mg | 101 | | 0 | MC | 9 | | 418 | | |
| Potassium, K....mg | 198 | | 0 | LC | 8 | | 820 | | |
| Sodium, Na....mg | 95 | | 0 | MC | 9 | | 393 | | |
| Zinc, Zn....mg | 1.05 | | 0 | MC | 9 | | 4.35 | | |
| Copper, Cu....mg | 0.143 | | 0 | MC | 9 | | 0.592 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 27.6 | | 0 | MC | 9 | | 114.3 | | |
| Thiamin....mg | 0.133 | | 0 | MC | 9 | | 0.551 | | |
| Riboflavin....mg | 0.139 | | 0 | MC | 9 | | 0.575 | | |
| Niacin....mg | 1.416 | | 0 | MC | 9 | | 5.862 | | |
| Pantothenic acid....mg | 0.604 | | 0 | LC | 8 | | 2.500 | | |
| Vitamin B-6....mg | 0.224 | | 0 | MC | 9 | | 0.927 | | |
| Folate, total....µg | 33 | | 0 | MC | 9 | | 137 | | |
| Folic acid....µg | 33 | | 0 | O | 4 | | 137 | | |
| Folate, food....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, DFE....µg | 56 | | 0 | NC | 4 | | 232 | | |
| Choline, total....mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.69 | | 0 | MC | 9 | | 2.86 | | |
| Vitamin B-12, added....µg | 0.69 | | 0 | MC | 9 | | 2.86 | | |
| Vitamin A, RAE....µg | 88 | | 0 | FLC | 4 | | 365 | | |
| Retinol....µg | 88 | | 0 | FLC | 4 | | 365 | | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 365 | | 0 | MC | 9 | | 1511 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.83 | | 0 | FLC | 4 | | 3.44 | | |
| Vitamin E, added....mg | 0.83 | | 0 | FLC | 4 | | 3.44 | | |
| 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 | MC | 9 | | 2.9 | | |
| Vitamin D....IU | 28 | | 0 | MC | 9 | | 116 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14036**

**Beverages, CYTOSPORT, Muscle Milk, ready-to-drink**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.221 | | 0 | LC | 8 | | 0.915 | | |
| 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 | 0.054 | | 0 | FLC | 4 | | 0.223 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.081 | | 0 | FLC | 4 | | 0.335 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.884 | | 0 | FLC | 4 | | 3.660 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.519 | | 0 | FLC | 4 | | 2.147 | | |
| 20:1....g | 0.014 | | 0 | FLC | 4 | | 0.058 | | |
| 22:1 undifferentiated....g | 0.007 | | 0 | FLC | 4 | | 0.029 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.221 | | 0 | LC | 8 | | 0.915 | | |
| 18:2 undifferentiated....g | 0.130 | | 0 | FLC | 4 | | 0.539 | | |
| 18:3 undifferentiated....g | 0.005 | | 0 | FLC | 4 | | 0.019 | | |
| 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 | 2 | | 0 | MC | 9 | | 7 | | |
| 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 = 414g: 14 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14083**

**Beverages, Chocolate malt, powder, prepared with fat free milk**

*Nestle USA, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.95 | | 0 | RA | 4 | | 222.60 | | |
| Energy....kcal | 49 | | 0 | RA | 4 | | 126 | | |
| Energy....kJ | 205 | | 0 | RA | 4 | | 526 | | |
| Protein....g | 3.25 | | 0 | RA | 4 | | 8.33 | | |
| Total lipid (fat)....g | 0.17 | | 0 | RA | 4 | | 0.44 | | |
| Ash....g | 0.98 | | 0 | RA | 4 | | 2.52 | | |
| Carbohydrate, by difference....g | 8.64 | | 0 | RA | 4 | | 22.11 | | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 7.77 | | 0 | RA | 4 | | 19.88 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 234 | | 0 | RA | 4 | | 600 | | |
| Iron, Fe....mg | 0.74 | | 0 | RA | 4 | | 1.90 | | |
| Magnesium, Mg....mg | 20 | | 0 | RA | 4 | | 52 | | |
| Phosphorus, P....mg | 97 | | 0 | RA | 4 | | 247 | | |
| Potassium, K....mg | 158 | | 0 | RA | 4 | | 406 | | |
| Sodium, Na....mg | 77 | | 0 | RA | 4 | | 196 | | |
| Zinc, Zn....mg | 0.97 | | 0 | RA | 4 | | 2.48 | | |
| Copper, Cu....mg | 0.089 | | 0 | RA | 4 | | 0.227 | | |
| Manganese, Mn....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Selenium, Se....µg | 2.0 | | 0 | RA | 4 | | 5.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 3.3 | | 0 | RA | 4 | | 8.4 | | |
| Thiamin....mg | 0.093 | | 0 | RA | 4 | | 0.238 | | |
| Riboflavin....mg | 0.134 | | 0 | RA | 4 | | 0.343 | | |
| Niacin....mg | 0.865 | | 0 | RA | 4 | | 2.216 | | |
| Pantothenic acid....mg | 0.357 | | 0 | BFZN | 4 | | 0.915 | | |
| Vitamin B-6....mg | 0.116 | | 0 | RA | 4 | | 0.298 | | |
| Folate, total....µg | 5 | | 0 | RA | 4 | | 13 | | |
| Folic acid....µg | 0 | | 0 | RA | 4 | | 0 | | |
| Folate, food....µg | 5 | | 0 | RA | 4 | | 13 | | |
| Folate, DFE....µg | 5 | | 0 | NC | 4 | | 13 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.36 | | 0 | RA | 4 | | 0.93 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 137 | | 0 | NC | 4 | | 352 | | |
| Retinol....µg | 137 | | 0 | BFZN | 4 | | 352 | | |
| Carotene, beta....µg | 0 | | 0 | RA | 4 | | 1 | | |
| Carotene, alpha....µg | 0 | | 0 | RA | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin A, IU....IU | 458 | | 0 | NC | 4 | | 1173 | | |
| Lycopene....µg | 0 | | 0 | RA | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RA | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.54 | | 0 | RA | 4 | | 1.38 | | |
| 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 | 1.5 | | 0 | RA | 4 | | 3.9 | | |
| Vitamin D....IU | 60 | | 0 | RA | 4 | | 154 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | RA | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14083**

**Beverages, Chocolate malt, powder, prepared with fat free 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 | 0.112 | | 0 | RA | 4 | | 0.287 | | |
| 4:0....g | 0.009 | | 0 | RA | 4 | | 0.022 | | |
| 6:0....g | 0.001 | | 0 | RA | 4 | | 0.002 | | |
| 8:0....g | 0.002 | | 0 | RA | 4 | | 0.005 | | |
| 10:0....g | 0.004 | | 0 | RA | 4 | | 0.010 | | |
| 12:0....g | 0.003 | | 0 | RA | 4 | | 0.007 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.016 | | 0 | RA | 4 | | 0.042 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.051 | | 0 | RA | 4 | | 0.130 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.018 | | 0 | RA | 4 | | 0.047 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.045 | | 0 | RA | 4 | | 0.115 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.007 | | 0 | RA | 4 | | 0.017 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.036 | | 0 | RA | 4 | | 0.093 | | |
| 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 | 0.007 | | 0 | RA | 4 | | 0.017 | | |
| 18:2 undifferentiated....g | 0.005 | | 0 | RA | 4 | | 0.012 | | |
| 18:3 undifferentiated....g | 0.002 | | 0 | RA | 4 | | 0.005 | | |
| 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 | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| Cholesterol....mg | 2 | | 0 | RA | 4 | | 4 | | |
| 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 = 256g: 1 serving

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

**Food Group:** 14 Beverages

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

**NDB No. 14538**

**Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.40 | | 2 | | 1 | | 0.51 | 0.65 | |
| Energy....kcal | 359 | | 0 | NC | 4 | | 54 | 68 | |
| Energy....kJ | 1504 | | 0 | NC | 4 | | 226 | 286 | |
| Protein (N x 6.25)....g | 25.10 | | 2 | | 1 | | 3.77 | 4.77 | |
| Total lipid (fat)....g | 3.00 | | 2 | | 1 | | 0.45 | 0.57 | |
| Ash....g | 10.50 | | 2 | | 1 | | 1.58 | 2.00 | |
| Carbohydrate, by difference....g | 58.00 | | 0 | NC | 4 | | 8.70 | 11.02 | |
| Fiber, total dietary....g | 1.1 | | 0 | FLA | 4 | | 0.2 | 0.2 | |
| Sugars, total....g | 55.58 | | 0 | FLA | 4 | | 8.34 | 10.56 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1440 | | 1 | | 1 | | 216 | 274 | |
| Iron, Fe....mg | 4.96 | | 2 | | 1 | | 0.74 | 0.94 | |
| Magnesium, Mg....mg | 208 | | 2 | | 1 | | 31 | 40 | |
| Phosphorus, P....mg | 1630 | | 1 | | 1 | | 245 | 310 | |
| Potassium, K....mg | 2702 | | 2 | | 1 | | 405 | 513 | |
| Sodium, Na....mg | 653 | | 1 | | 1 | | 98 | 124 | |
| Zinc, Zn....mg | 3.44 | | 2 | | 1 | | 0.52 | 0.65 | |
| Copper, Cu....mg | 0.730 | | 2 | | 1 | | 0.110 | 0.139 | |
| Manganese, Mn....mg | 0.665 | | 2 | | 1 | | 0.100 | 0.126 | |
| Selenium, Se....µg | 24.0 | | 0 | FLA | 4 | | 3.6 | 4.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.267 | | 2 | | 1 | | 0.040 | 0.051 | |
| Riboflavin....mg | 1.400 | | 2 | | 1 | | 0.210 | 0.266 | |
| Niacin....mg | 1.084 | | 2 | | 1 | | 0.163 | 0.206 | |
| Pantothenic acid....mg | 3.826 | | 2 | | 1 | | 0.574 | 0.727 | |
| Vitamin B-6....mg | 0.318 | | 2 | | 1 | | 0.048 | 0.060 | |
| Folate, total....µg | 27 | | 0 | FLA | 4 | | 4 | 5 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 27 | | 0 | FLA | 4 | | 4 | 5 | |
| Folate, DFE....µg | 27 | | 0 | NC | 4 | | 4 | 5 | |
| Choline, total....mg | 175.6 | | 0 | FLA | 4 | | 26.3 | 33.4 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 2.78 | | 0 | FLA | 4 | | 0.42 | 0.53 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 479 | | 0 | FLA | 4 | | 72 | 91 | |
| Retinol....µg | 479 | | 0 | FLA | 4 | | 72 | 91 | |
| Carotene, beta....µg | 1 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 1600 | | 0 | FLA | 4 | | 240 | 304 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.21 | | 0 | FLA | 4 | | 0.03 | 0.04 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 4.2 | | 0 | FLA | 4 | | 0.6 | 0.8 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14538**

**Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.777 | | 0 | | 1 | | 0.267 | 0.338 | |
| 4:0....g | 0.074 | | 0 | FLA | 4 | | 0.011 | 0.014 | |
| 6:0....g | 0.013 | | 0 | FLA | 4 | | 0.002 | 0.002 | |
| 8:0....g | 0.015 | | 0 | FLA | 4 | | 0.002 | 0.003 | |
| 10:0....g | 0.031 | | 0 | FLA | 4 | | 0.005 | 0.006 | |
| 12:0....g | 0.022 | | 0 | FLA | 4 | | 0.003 | 0.004 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.164 | | 0 | FLA | 4 | | 0.025 | 0.031 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.013 | | 0 | FLA | 4 | | 0.152 | 0.192 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.379 | | 0 | FLA | 4 | | 0.057 | 0.072 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.979 | | 0 | FLA | 4 | | 0.147 | 0.186 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.048 | | 0 | FLA | 4 | | 0.007 | 0.009 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.910 | | 0 | FLA | 4 | | 0.136 | 0.173 | |
| 20:1....g | 0.003 | | 0 | FLA | 4 | | 0.000 | 0.001 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.088 | | 0 | FLA | 4 | | 0.013 | 0.017 | |
| 18:2 undifferentiated....g | 0.077 | | 0 | FLA | 4 | | 0.012 | 0.015 | |
| 18:3 undifferentiated....g | 0.011 | | 0 | FLA | 4 | | 0.002 | 0.002 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 11 | | 0 | FLA | 4 | | 2 | 2 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 34 | | 0 | BFZN | 4 | | 5 | 6 | |
| Theobromine....mg | 608 | | 0 | BFZN | 4 | | 91 | 116 | |

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

**Common Measures:**

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

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14090**
**Beverages, Coconut water, ready-to-drink**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 95.03 | 0.285 | 11 | A | 1 | | 232.82 | | |
| Energy....kcal | 18 | | 0 | NC | 4 | | 44 | | |
| Energy....kJ | 75 | | 0 | NC | 4 | | 184 | | |
| Protein....g | 0.22 | 0.017 | 11 | A | 1 | | 0.53 | | |
| Total lipid (fat)....g | 0.00 | 0.000 | 11 | A | 1 | | 0.00 | | |
| Ash....g | 0.52 | 0.015 | 11 | A | 1 | | 1.27 | | |
| Carbohydrate, by difference....g | 4.24 | | 0 | NC | 4 | | 10.38 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | 3.92 | 0.549 | 5 | A | 1 | | 9.60 | | |
| Sucrose....g | 0.96 | 0.248 | 5 | A | 1 | | 2.35 | | |
| Glucose (dextrose)....g | 0.82 | 0.215 | 5 | A | 1 | | 2.01 | | |
| Fructose....g | 2.14 | 0.840 | 5 | A | 1 | | 5.24 | | |
| Lactose....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | | |
| Maltose....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | | |
| Galactose....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | 1.393 | 9 | A | 1 | | 18 | | |
| Iron, Fe....mg | 0.03 | 0.003 | 9 | A | 1 | | 0.08 | | |
| Magnesium, Mg....mg | 6 | 0.949 | 9 | A | 1 | | 16 | | |
| Phosphorus, P....mg | 5 | 0.957 | 9 | A | 1 | | 12 | | |
| Potassium, K....mg | 165 | 9.667 | 9 | A | 1 | | 405 | | |
| Sodium, Na....mg | 26 | 5.419 | 9 | A | 1 | | 64 | | |
| Zinc, Zn....mg | 0.02 | 0.005 | 9 | A | 1 | | 0.06 | | |
| Copper, Cu....mg | 0.008 | 0.001 | 9 | A | 1 | | 0.020 | | |
| Manganese, Mn....mg | 0.221 | 0.048 | 9 | A | 1 | | 0.542 | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 9.9 | 4.035 | 5 | A | 1 | | 24.2 | | |
| Thiamin....mg | 0.030 | | 1 | A | 1 | | 0.073 | | |
| Riboflavin....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Niacin....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Folate, total....µg | 0 | | 1 | A | 1 | | 0 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 0 | | 1 | A | 1 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| 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 | | 1 | A | 1 | | 0 | | |
| Carotene, alpha....µg | 0 | | 1 | A | 1 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 1 | A | 1 | | 0 | | |
| Vitamin A, IU....IU | 0 | | 0 | AS | 1 | | 0 | | |
| Lycopene....µg | 0 | | 1 | A | 1 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 1 | A | 1 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |

**NDB No. 14090**
**Beverages, Coconut water, ready-to-drink**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | | | | | | | | | |
| **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 | | | | | | | | | |
| **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 = 245g: 1 cup

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 14090**
**Beverages, Coconut water, ready-to-drink**

**Food Group:** 14 Beverages

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

**NDB No. 14060**

**Beverages, Energy Drink with carbonated water and high fructose corn syrup**

*Shadow Beverage*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 84.52 | | 0 | NC | 4 | | 202.86 | | |
| Energy....kcal | 62 | | 0 | NC | 4 | | 148 | | |
| Energy....kJ | 258 | | 0 | NC | 4 | | 619 | | |
| Protein (N x 6.25)....g | 0.42 | | 0 | LC | 8 | | 1.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.06 | | 0 | NR | 4 | | 0.14 | | |
| Carbohydrate, by difference....g | 15.00 | | 0 | LC | 8 | | 36.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 13.75 | | 0 | LC | 8 | | 33.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Magnesium, Mg....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Potassium, K....mg | 10 | | 0 | LC | 8 | | 25 | | |
| Sodium, Na....mg | 48 | | 0 | LC | 8 | | 115 | | |
| Zinc, Zn....mg | 0.63 | | 0 | LC | 8 | | 1.50 | | |
| Copper, Cu....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 7.3 | | 0 | LC | 8 | | 17.5 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.0 | | 0 | LC | 8 | | 60.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.833 | | 0 | LC | 8 | | 2.000 | | |
| Folate, total....µg | 167 | | 0 | LC | 8 | | 400 | | |
| Folic acid....µg | 167 | | 0 | NR | 4 | | 400 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 283 | | 0 | NC | 4 | | 680 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 2.50 | | 0 | LC | 8 | | 6.00 | | |
| Vitamin B-12, added....µg | 2.50 | | 0 | NR | 4 | | 6.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | Z | 7 | | 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 | Z | 7 | | 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 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14060**

**Beverages, Energy Drink with carbonated water and high fructose corn syrup**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | LC | 8 | | 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 | 0.000 | | 0 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 38 | | 0 | NR | 4 | | 92 | | |
| 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 = 240g: 8 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14061**
**Beverages, Energy Drink, sugar 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 | 99.11 | | 0 | NC | 4 | | 237.86 | | |
| Energy....kcal | 4 | | 0 | LC | 8 | | 10 | | |
| Energy....kJ | 17 | | 0 | LC | 8 | | 41 | | |
| Protein....g | 0.42 | | 0 | LC | 8 | | 1.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.06 | | 0 | NR | 4 | | 0.14 | | |
| Carbohydrate, by difference....g | 0.42 | | 0 | LC | 8 | | 1.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Magnesium, Mg....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Potassium, K....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Sodium, Na....mg | 42 | | 0 | LC | 8 | | 100 | | |
| Zinc, Zn....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.0 | | 0 | LC | 8 | | 60.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.833 | | 0 | LC | 8 | | 2.000 | | |
| Folate, total....µg | 167 | | 0 | NR | 4 | | 400 | | |
| Folic acid....µg | 167 | | 0 | NR | 4 | | 400 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 283 | | 0 | NC | 4 | | 680 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 2.50 | | 0 | LC | 8 | | 6.00 | | |
| Vitamin B-12, added....µg | 2.50 | | 0 | NR | 4 | | 6.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | Z | 7 | | 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 | LC | 8 | | 0 | | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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. 14061**
**Beverages, Energy Drink, sugar free**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | LC | 8 | | 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 | LC | 8 | | 0.000 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 20:1....g | 0.000 | | 0 | 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 | LC | 8 | | 0.000 | | |
| 18:2 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | 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 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 32 | | 0 | LC | 8 | | 77 | | |
| 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 = 240g: 8 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14026**

**Beverages, Energy Drink, sugar-free with guarana**

*The Coca-Cola Company*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.35 | | 0 | BFZN | 4 | | 472.08 | | |
| Energy....kcal | 4 | | 0 | NC | 4 | | 20 | | |
| Energy....kJ | 17 | | 0 | NC | 4 | | 82 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.62 | | 0 | BFZN | 4 | | 2.98 | | |
| Carbohydrate, by difference....g | 1.03 | | 0 | NC | 4 | | 4.94 | | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Magnesium, Mg....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Potassium, K....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Sodium, Na....mg | 85 | | 0 | LC | 8 | | 410 | | |
| Zinc, Zn....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.833 | | 0 | LC | 8 | | 4.000 | | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 2.50 | | 0 | LC | 8 | | 12.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | NC | 4 | | 0 | | |
| 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 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14026**

**Beverages, Energy Drink, sugar-free with guarana**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | BFZN | 4 | | 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 34 | | 0 | MC | 9 | | 162 | | |
| 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 = 480g: 16 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14082**

**Beverages, GEROLSTEINER BRUNNEN GmbH & Co.KG,Gerolsteiner, water, bottled, naturally sparkling, mineral**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.95 | | 0 | NC | 4 | | | | |
| Energy....kcal | 0 | | 0 | LC | 8 | | | | |
| Energy....kJ | 0 | | 0 | LC | 8 | | | | |
| Protein....g | 0.00 | | 0 | LC | 8 | | | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | | | |
| Ash....g | 0.05 | | 0 | O | 4 | | | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | LC | 8 | | | | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | | | |
| Sugars, total....g | 0.00 | | 0 | LC | 8 | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 33 | | 0 | LC | 8 | | | | |
| Iron, Fe....mg | 0.00 | | 0 | Z | 7 | | | | |
| Magnesium, Mg....mg | 11 | | 0 | MC | 9 | | | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | | | |
| Potassium, K....mg | 2 | | 0 | MC | 9 | | | | |
| Sodium, Na....mg | 13 | | 0 | LC | 8 | | | | |
| Zinc, Zn....mg | 0.00 | | 0 | Z | 7 | | | | |
| Copper, Cu....mg | 0.000 | | 0 | Z | 7 | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | | | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | | | |
| Niacin....mg | 0.000 | | 0 | Z | 7 | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 0 | Z | 7 | | | | |
| Folate, total....µg | 0 | | 0 | Z | 7 | | | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | | | |
| Vitamin A, RAE....µg | 0 | | 0 | Z | 7 | | | | |
| Retinol....µg | 0 | | 0 | Z | 7 | | | | |
| Carotene, beta....µg | 0 | | 0 | Z | 7 | | | | |
| Carotene, alpha....µg | 0 | | 0 | Z | 7 | | | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | Z | 7 | | | | |
| Vitamin A, IU....IU | 0 | | 0 | AS | 1 | | | | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | Z | 7 | | | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | | | |
| 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 | | | | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | Z | 7 | | | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14082**

**Beverages, GEROLSTEINER BRUNNEN GmbH & Co.KG,Gerolsteiner, water, bottled, naturally sparkling, mineral**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | | | |
| 4:0....g | 0.000 | | 0 | Z | 7 | | | | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | | | |
| 8:0....g | 0.000 | | 0 | Z | 7 | | | | |
| 10:0....g | 0.000 | | 0 | Z | 7 | | | | |
| 12:0....g | 0.000 | | 0 | Z | 7 | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | Z | 7 | | | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | Z | 7 | | | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | Z | 7 | | | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | Z | 7 | | | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | | | |
| 20:1....g | 0.000 | | 0 | Z | 7 | | | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | Z | 7 | | | | |
| 18:2 undifferentiated....g | 0.000 | | 0 | Z | 7 | | | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | Z | 7 | | | | |
| 18:4....g | 0.000 | | 0 | Z | 7 | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | Z | 7 | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | Z | 7 | | | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | Z | 7 | | | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | Z | 7 | | | | |
| Fatty acids, total trans....g | 0.000 | | 0 | LC | 8 | | | | |
| Cholesterol....mg | 0 | | 0 | LC | 8 | | | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | | | |

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

**Common Measures:**

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

**Food Group:** 14 Beverages

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

**NDB No. 14070**

**Beverages, Green tea, LIPTON, brewed from bags**

*Lipton*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 99.93 | 0.021 | 6 | A | 1 | | 251.83 | 29.68 | |
| Energy | kcal | 1 | | 0 | NC | 4 | | 2 | 0 | |
| Energy | kJ | 4 | | 0 | NC | 4 | | 10 | 1 | |
| Protein | g | 0.25 | 0.079 | 6 | A | 1 | | 0.62 | 0.07 | |
| Total lipid (fat) | g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Ash | g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Sucrose | g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose) | g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Fructose | g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Lactose | g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Maltose | g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Galactose | g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | 0.013 | 6 | A | 1 | | 1 | 0 | |
| Iron, Fe | mg | 0.02 | 0.000 | 6 | A | 1 | | 0.05 | 0.01 | |
| Magnesium, Mg | mg | 1 | 0.019 | 6 | A | 1 | | 1 | 0 | |
| Phosphorus, P | mg | 0 | 0.025 | 6 | A | 1 | | 1 | 0 | |
| Potassium, K | mg | 9 | 0.284 | 6 | A | 1 | | 22 | 3 | |
| Sodium, Na | mg | 1 | 0.001 | 6 | A | 1 | | 2 | 0 | |
| Zinc, Zn | mg | 0.01 | 0.002 | 6 | A | 1 | | 0.02 | 0.00 | |
| Copper, Cu | mg | 0.005 | 0.000 | 6 | A | 1 | | 0.011 | 0.001 | |
| Manganese, Mn | mg | 0.169 | 0.007 | 6 | A | 1 | | 0.427 | 0.050 | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 1 | A | 1 | | 0.7 | 0.1 | |
| Thiamin | mg | 0.007 | | 1 | A | 1 | | 0.019 | 0.002 | |
| Riboflavin | mg | 0.058 | | 1 | A | 1 | | 0.146 | 0.017 | |
| Niacin | mg | 0.030 | | 1 | A | 1 | | 0.075 | 0.009 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.005 | | 1 | A | 1 | | 0.013 | 0.002 | |
| Folate, total | µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Folic acid | µg | | | | | | | | | |
| Folate, food | µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Folate, DFE | µg | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | | | | | | | | | |
| 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 | | | | | | | | | |

**NDB No. 14070**

**Beverages, Green tea, LIPTON, brewed from bags**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | | | | | | | | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 11 | 0.551 | 3 | A | 1 | | 28 | 3 | |
| Theobromine....mg | 0 | 0.000 | 3 | A | 1 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 252g: 1 cup

Measure 2 = 29.7g: 1 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14071**

**Beverages, Green tea, SALADA brewed from bags**

*Salada*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.95 | 0.029 | 4 | A | 1 | | 253.87 | 29.69 | |
| Energy....kcal | 1 | | 0 | NC | 4 | | 2 | 0 | |
| Energy....kJ | 3 | | 0 | NC | 4 | | 8 | 1 | |
| Protein....g | 0.19 | 0.084 | 4 | A | 1 | | 0.47 | 0.06 | |
| Total lipid (fat)....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Sucrose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Fructose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Lactose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Galactose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | 0.102 | 4 | A | 1 | | 2 | 0 | |
| Iron, Fe....mg | 0.02 | 0.000 | 4 | A | 1 | | 0.05 | 0.01 | |
| Magnesium, Mg....mg | 0 | 0.026 | 4 | A | 1 | | 1 | 0 | |
| Phosphorus, P....mg | 0 | 0.015 | 4 | A | 1 | | 1 | 0 | |
| Potassium, K....mg | 7 | 0.160 | 4 | A | 1 | | 17 | 2 | |
| Sodium, Na....mg | 1 | 0.002 | 4 | A | 1 | | 2 | 0 | |
| Zinc, Zn....mg | 0.01 | 0.001 | 4 | A | 1 | | 0.02 | 0.00 | |
| Copper, Cu....mg | 0.005 | 0.000 | 4 | A | 1 | | 0.011 | 0.001 | |
| Manganese, Mn....mg | 0.184 | 0.011 | 4 | A | 1 | | 0.467 | 0.055 | |
| Selenium, Se....µg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 8 | | 2 | A | 1 | | 22 | 3 | |
| Theobromine....mg | 0 | | 2 | A | 1 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 254g: 1 cup

Measure 2 = 29.7g: 1 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14072**
**Beverages, Green tea, brewed, from bags**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.90 | | 2 | A | 1 | | 244.76 | 29.57 | |
| Energy....kcal | 1 | | 0 | NC | 4 | | 2 | 0 | |
| Energy....kJ | 3 | | 0 | NC | 4 | | 7 | 1 | |
| Protein....g | 0.18 | | 2 | A | 1 | | 0.44 | 0.05 | |
| Total lipid (fat)....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 2 | A | 1 | | 1 | 0 | |
| Iron, Fe....mg | 0.02 | | 2 | A | 1 | | 0.04 | 0.01 | |
| Magnesium, Mg....mg | 1 | | 2 | A | 1 | | 1 | 0 | |
| Phosphorus, P....mg | 0 | | 2 | A | 1 | | 1 | 0 | |
| Potassium, K....mg | 7 | | 2 | A | 1 | | 18 | 2 | |
| Sodium, Na....mg | 1 | | 2 | A | 1 | | 2 | 0 | |
| Zinc, Zn....mg | 0.01 | | 2 | A | 1 | | 0.02 | 0.00 | |
| Copper, Cu....mg | 0.004 | | 2 | A | 1 | | 0.011 | 0.001 | |
| Manganese, Mn....mg | 0.216 | | 2 | A | 1 | | 0.529 | 0.064 | |
| Selenium, Se....µg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 18 | | 1 | A | 1 | | 43 | 5 | |
| Theobromine....mg | 0 | | 1 | A | 1 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 245g: 1 cup

Measure 2 = 29.6g: 1 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14065**

**Beverages, Hi-C Flashin' Fruit Punch**

*The Coca-Cola Company*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.49 | | 0 | NC | 4 | | 174.99 | | |
| Energy....kcal | 45 | | 0 | LC | 8 | | 90 | | |
| Energy....kJ | 188 | | 0 | LC | 8 | | 376 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.01 | | 0 | NR | 4 | | 0.02 | | |
| Carbohydrate, by difference....g | 12.50 | | 0 | LC | 8 | | 25.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | 12.50 | | 0 | LC | 8 | | 25.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Magnesium, Mg....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Potassium, K....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Sodium, Na....mg | 8 | | 0 | LC | 8 | | 15 | | |
| Zinc, Zn....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 30.0 | | 0 | LC | 8 | | 60.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Folate, total....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | Z | 7 | | 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 | Z | 7 | | 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 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14065**
**Beverages, Hi-C Flashin' Fruit Punch**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | | | | | | | | |
| **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 = 200g: 6.75 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14076**

**Beverages, ICELANDIC, Glacial Natural spring water**

*Icelandic Glacial Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 100.00 | | 0 | O | 4 | | 100.00 | | |
| Energy....kcal | 0 | | 0 | LC | 8 | | 0 | | |
| Energy....kJ | 0 | | 0 | LC | 8 | | 0 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 0 | LC | 8 | | 1 | | |
| Iron, Fe....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Magnesium, Mg....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Potassium, K....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Sodium, Na....mg | 1 | | 0 | LC | 8 | | 1 | | |
| Zinc, Zn....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Folate, total....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | Z | 7 | | 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 | Z | 7 | | 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 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14076**

**Beverages, ICELANDIC, Glacial Natural spring water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | LC | 8 | | 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 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 100g: 1 serving

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

**Food Group:** 14 Beverages

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

**NDB No. 14068**

**Beverages, KELLOGG'S SPECIAL K20, protein water mix**

*Kellogg, Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.95 | | 0 | MC | 9 | | 0.57 | | |
| Energy....kcal | 380 | | 0 | NC | 4 | | 55 | | |
| Energy....kJ | 1589 | | 0 | NC | 4 | | 230 | | |
| Protein....g | 35.20 | | 0 | MC | 9 | | 5.10 | | |
| Total lipid (fat)....g | 0.60 | | 0 | MC | 9 | | 0.09 | | |
| Ash....g | 1.85 | | 0 | MC | 9 | | 0.27 | | |
| Carbohydrate, by difference....g | 58.40 | | 0 | MC | 9 | | 8.47 | | |
| Fiber, total dietary....g | 37.5 | | 0 | MC | 9 | | 5.4 | | |
| Sugars, total....g | 2.00 | | 0 | MC | 9 | | 0.29 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 115 | | 0 | MC | 9 | | 17 | | |
| Iron, Fe....mg | 2.00 | | 0 | MC | 9 | | 0.29 | | |
| Magnesium, Mg....mg | 7 | | 0 | MC | 9 | | 1 | | |
| Phosphorus, P....mg | 69 | | 0 | MC | 9 | | 10 | | |
| Potassium, K....mg | 490 | | 0 | MC | 9 | | 71 | | |
| Sodium, Na....mg | 280 | | 0 | MC | 9 | | 41 | | |
| Zinc, Zn....mg | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Niacin....mg | 27.650 | | 0 | MC | 9 | | 4.009 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 2.800 | | 0 | MC | 9 | | 0.406 | | |
| Folate, total....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folic acid....µg | 0 | | 0 | MC | 9 | | 0 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 76.7 | | 0 | FLC | 4 | | 11.1 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 8.30 | | 0 | MC | 9 | | 1.20 | | |
| Vitamin B-12, added....µg | 8.30 | | 0 | MC | 9 | | 1.20 | | |
| Vitamin A, RAE....µg | 2 | | 0 | NC | 4 | | 0 | | |
| Retinol....µg | 2 | | 0 | NR | 4 | | 0 | | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 8 | | 0 | MC | 9 | | 1 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Vitamin E, added....mg | 0.00 | | 0 | MC | 9 | | 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 | MC | 9 | | 0.0 | | |
| Vitamin D....IU | 0 | | 0 | MC | 9 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14068**

**Beverages, KELLOGG'S SPECIAL K20, protein water mix**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.236 | | 0 | NC | 4 | | 0.034 | | |
| 4:0....g | 0.009 | | 0 | FLC | 4 | | 0.001 | | |
| 6:0....g | 0.003 | | 0 | FLC | 4 | | 0.000 | | |
| 8:0....g | 0.002 | | 0 | FLC | 4 | | 0.000 | | |
| 10:0....g | 0.004 | | 0 | FLC | 4 | | 0.001 | | |
| 12:0....g | 0.002 | | 0 | FLC | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.019 | | 0 | FLC | 4 | | 0.003 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.150 | | 0 | FLC | 4 | | 0.022 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.046 | | 0 | FLC | 4 | | 0.007 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.146 | | 0 | NC | 4 | | 0.021 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.014 | | 0 | FLC | 4 | | 0.002 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.132 | | 0 | FLC | 4 | | 0.019 | | |
| 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 | 0.400 | | 0 | NC | 4 | | 0.058 | | |
| 18:2 undifferentiated....g | 0.354 | | 0 | FLC | 4 | | 0.051 | | |
| 18:3 undifferentiated....g | 0.046 | | 0 | FLC | 4 | | 0.007 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 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 | MC | 9 | | 0.000 | | |
| Cholesterol....mg | 4 | | 0 | MC | 9 | | 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 = 14.5g: 1 packet

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

**Food Group:** 14 Beverages

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

**NDB No. 14059**

**Beverages, KELLOGG'S, SPECIAL K Protein Shake**

*Kellogg, Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 84.50 | | 0 | MC | 9 | | 250.12 | | |
| Energy....kcal | 64 | | 0 | NC | 4 | | 189 | | |
| Energy....kJ | 268 | | 0 | NC | 4 | | 793 | | |
| Protein (N x 6.25)....g | 3.20 | | 0 | MC | 9 | | 9.47 | | |
| Total lipid (fat)....g | 1.60 | | 0 | MC | 9 | | 4.74 | | |
| Ash....g | 1.50 | | 0 | NR | 4 | | 4.44 | | |
| Carbohydrate, by difference....g | 9.20 | | 0 | MC | 9 | | 27.23 | | |
| Fiber, total dietary....g | 1.7 | | 0 | MC | 9 | | 5.0 | | |
| Sugars, total....g | 5.95 | | 0 | MC | 9 | | 17.61 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 113 | | 0 | MC | 9 | | 334 | | |
| Iron, Fe....mg | 0.50 | | 0 | MC | 9 | | 1.48 | | |
| Magnesium, Mg....mg | 39 | | 0 | MC | 9 | | 114 | | |
| Phosphorus, P....mg | 113 | | 0 | MC | 9 | | 334 | | |
| Potassium, K....mg | 168 | | 0 | MC | 9 | | 497 | | |
| Sodium, Na....mg | 73 | | 0 | MC | 9 | | 216 | | |
| Zinc, Zn....mg | 0.70 | | 0 | MC | 9 | | 2.07 | | |
| Copper, Cu....mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 5.6 | | 0 | MC | 9 | | 16.6 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 20.0 | | 0 | MC | 9 | | 59.2 | | |
| Thiamin....mg | 0.160 | | 0 | MC | 9 | | 0.473 | | |
| Riboflavin....mg | 0.190 | | 0 | MC | 9 | | 0.562 | | |
| Niacin....mg | 2.200 | | 0 | MC | 9 | | 6.512 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.230 | | 0 | MC | 9 | | 0.681 | | |
| Folate, total....µg | 39 | | 0 | MC | 9 | | 115 | | |
| Folic acid....µg | 39 | | 0 | MC | 9 | | 115 | | |
| Folate, food....µg | 0 | | 0 | AS | 1 | | 0 | | |
| Folate, DFE....µg | 66 | | 0 | NC | 4 | | 196 | | |
| Choline, total....mg | 7.5 | | 0 | BFFN | 4 | | 22.3 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.70 | | 0 | MC | 9 | | 2.07 | | |
| Vitamin B-12, added....µg | 0.63 | | 0 | MC | 9 | | 1.86 | | |
| Vitamin A, RAE....µg | 169 | | 0 | NC | 4 | | 501 | | |
| Retinol....µg | 169 | | 0 | NR | 4 | | 500 | | |
| Carotene, beta....µg | 3 | | 0 | BFFN | 4 | | 8 | | |
| Carotene, alpha....µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Vitamin A, IU....IU | 563 | | 0 | MC | 9 | | 1666 | | |
| Lycopene....µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 4.50 | | 0 | MC | 9 | | 13.32 | | |
| Vitamin E, added....mg | 4.50 | | 0 | MC | 9 | | 13.32 | | |
| 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 | | 3.3 | | |
| Vitamin D....IU | 45 | | 0 | MC | 9 | | 133 | | |
| Vitamin K (phylloquinone)....µg | 6.4 | | 0 | MC | 9 | | 18.9 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14059**
**Beverages, KELLOGG'S, SPECIAL K Protein Shake**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.208 | | 0 | MC | 9 | | 0.617 | | |
| 4:0....g | 0.011 | | 0 | BFFN | 4 | | 0.032 | | |
| 6:0....g | 0.006 | | 0 | BFFN | 4 | | 0.019 | | |
| 8:0....g | 0.004 | | 0 | BFFN | 4 | | 0.011 | | |
| 10:0....g | 0.008 | | 0 | BFFN | 4 | | 0.025 | | |
| 12:0....g | 0.009 | | 0 | BFFN | 4 | | 0.028 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.034 | | 0 | BFFN | 4 | | 0.099 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.088 | | 0 | BFFN | 4 | | 0.259 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.040 | | 0 | BFFN | 4 | | 0.119 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.834 | | 0 | MC | 9 | | 2.468 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.066 | | 0 | BFFN | 4 | | 0.195 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.734 | | 0 | BFFN | 4 | | 2.172 | | |
| 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 | 0.521 | | 0 | MC | 9 | | 1.542 | | |
| 18:2 undifferentiated....g | 0.304 | | 0 | BFFN | 4 | | 0.899 | | |
| 18:3 undifferentiated....g | 0.196 | | 0 | BFFN | 4 | | 0.581 | | |
| 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 | 0.052 | | 0 | MC | 9 | | 0.154 | | |
| Cholesterol....mg | 4 | | 0 | MC | 9 | | 12 | | |
| 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 = 296g: 1 serving

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

**Food Group:** 14 Beverages

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

**NDB No. 14022**

**Beverages, MONSTER energy drink, low carb**

*Monster energy company*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.35 | | 0 | BFZN | 4 | | 236.04 | | |
| Energy....kcal | 5 | | 0 | MA | 12 | | 13 | | |
| Energy....kJ | 23 | | 0 | MA | 12 | | 55 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | MA | 12 | | 0.01 | | |
| Total lipid (fat)....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Ash....g | 0.40 | | 0 | NC | 4 | | 0.96 | | |
| Carbohydrate, by difference....g | 1.38 | | 0 | MA | 12 | | 3.30 | | |
| Fiber, total dietary....g | 0.0 | | 0 | MA | 12 | | 0.0 | | |
| Sugars, total....g | 1.38 | | 0 | MA | 12 | | 3.30 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Magnesium, Mg....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Potassium, K....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Sodium, Na....mg | 75 | | 0 | LC | 8 | | 180 | | |
| Zinc, Zn....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.708 | | 0 | LC | 8 | | 1.700 | | |
| Niacin....mg | 8.333 | | 0 | LC | 8 | | 20.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.833 | | 0 | LC | 8 | | 2.000 | | |
| Folate, total....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 2.50 | | 0 | LC | 8 | | 6.00 | | |
| Vitamin B-12, added....µg | 2.50 | | 0 | LC | 8 | | 6.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | Z | 7 | | 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 | Z | 7 | | 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 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14022**
**Beverages, MONSTER energy drink, low carb**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 30 | | 0 | LC | 8 | | 72 | | |
| 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 = 240g: 8 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14041**

**Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink**

*Nestle USA, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 71.10 | | 0 | MC | 9 | | 168.50 | | |
| Energy....kcal | 138 | | 0 | LC | 8 | | 328 | | |
| Energy....kJ | 579 | | 0 | LC | 8 | | 1372 | | |
| Protein (N x 6.38)....g | 5.38 | | 0 | LC | 8 | | 12.75 | | |
| Total lipid (fat)....g | 5.38 | | 0 | LC | 8 | | 12.75 | | |
| Ash....g | 0.97 | | 0 | FLC | 4 | | 2.31 | | |
| Carbohydrate, by difference....g | 17.29 | | 0 | LC | 8 | | 40.99 | | |
| Fiber, total dietary....g | 1.2 | | 0 | LC | 8 | | 2.7 | | |
| Sugars, total....g | 8.46 | | 0 | LC | 8 | | 20.04 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 135 | | 0 | LC | 8 | | 319 | | |
| Iron, Fe....mg | 1.73 | | 0 | LC | 8 | | 4.10 | | |
| Magnesium, Mg....mg | 38 | | 0 | LC | 8 | | 91 | | |
| Phosphorus, P....mg | 115 | | 0 | LC | 8 | | 273 | | |
| Potassium, K....mg | 138 | | 0 | LC | 8 | | 328 | | |
| Sodium, Na....mg | 77 | | 0 | LC | 8 | | 182 | | |
| Zinc, Zn....mg | 1.73 | | 0 | LC | 8 | | 4.10 | | |
| Copper, Cu....mg | 0.192 | | 0 | LC | 8 | | 0.455 | | |
| Manganese, Mn....mg | 0.269 | | 0 | LC | 8 | | 0.638 | | |
| Selenium, Se....µg | 6.7 | | 0 | LC | 8 | | 15.9 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 23.1 | | 0 | LC | 8 | | 54.7 | | |
| Thiamin....mg | 0.144 | | 0 | LC | 8 | | 0.342 | | |
| Riboflavin....mg | 0.163 | | 0 | LC | 8 | | 0.387 | | |
| Niacin....mg | 1.537 | | 0 | MC | 9 | | 3.643 | | |
| Pantothenic acid....mg | 0.961 | | 0 | LC | 8 | | 2.277 | | |
| Vitamin B-6....mg | 0.269 | | 0 | LC | 8 | | 0.638 | | |
| Folate, total....µg | 38 | | 0 | MC | 9 | | 91 | | |
| Folic acid....µg | 38 | | 0 | NR | 4 | | 91 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 65 | | 0 | NC | 4 | | 155 | | |
| Choline, total....mg | 21.1 | | 0 | MC | 9 | | 50.1 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.81 | | 0 | LC | 8 | | 1.91 | | |
| Vitamin B-12, added....µg | 0.81 | | 0 | NR | 4 | | 1.91 | | |
| Vitamin A, RAE....µg | 84 | | 0 | NC | 4 | | 199 | | |
| Retinol....µg | 72 | | 0 | MC | 9 | | 171 | | |
| Carotene, beta....µg | 144 | | 0 | MC | 9 | | 342 | | |
| Carotene, alpha....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin A, IU....IU | 480 | | 0 | MC | 9 | | 1139 | | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 5.19 | | 0 | LC | 8 | | 12.30 | | |
| 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 | 2.3 | | 0 | MC | 9 | | 5.5 | | |
| Vitamin D....IU | 92 | | 0 | MC | 9 | | 219 | | |
| Vitamin K (phylloquinone)....µg | 12.3 | | 0 | LC | 8 | | 29.1 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14041**

**Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.420 | | 0 | LC | 8 | | 0.994 | | |
| 4:0.....g | 0.001 | | 0 | FLC | 4 | | 0.002 | | |
| 6:0.....g | 0.000 | | 0 | FLC | 4 | | 0.001 | | |
| 8:0.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 10:0.....g | 0.000 | | 0 | FLC | 4 | | 0.001 | | |
| 12:0.....g | 0.000 | | 0 | FLC | 4 | | 0.001 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.004 | | 0 | FLC | 4 | | 0.009 | | |
| 15:0.....g | 0.029 | | 0 | FLC | 4 | | 0.068 | | |
| 16:0.....g | 0.139 | | 0 | FLC | 4 | | 0.330 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.158 | | 0 | FLC | 4 | | 0.375 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | 0.036 | | 0 | FLC | 4 | | 0.085 | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 2.551 | | 0 | FLC | 4 | | 6.047 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.003 | | 0 | FLC | 4 | | 0.008 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 2.207 | | 0 | FLC | 4 | | 5.232 | | |
| 20:1.....g | 0.026 | | 0 | FLC | 4 | | 0.061 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.122 | | 0 | FLC | 4 | | 0.290 | | |
| 18:2 undifferentiated.....g | 0.101 | | 0 | FLC | 4 | | 0.240 | | |
| 18:3 undifferentiated.....g | 0.006 | | 0 | FLC | 4 | | 0.014 | | |
| 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 | 4 | | 0 | LC | 8 | | 9 | | |
| 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 = 237g: 1 bottle

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

**Food Group:** 14 Beverages

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

**NDB No. 14043**

**Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, no sugar added**

*Nestle USA, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.15 | | 0 | NC | 4 | | 290.33 | | |
| Energy....kcal | 45 | | 0 | LC | 8 | | 150 | | |
| Energy....kJ | 186 | | 0 | LC | 8 | | 627 | | |
| Protein (N x 6.25)....g | 3.86 | | 0 | LC | 8 | | 13.01 | | |
| Total lipid (fat)....g | 1.49 | | 0 | LC | 8 | | 5.00 | | |
| Ash....g | 3.75 | | 0 | FLC | 4 | | 12.64 | | |
| Carbohydrate, by difference....g | 4.75 | | 0 | LC | 8 | | 16.01 | | |
| Fiber, total dietary....g | 0.6 | | 0 | LC | 8 | | 2.0 | | |
| Sugars, total....g | 3.56 | | 0 | MC | 9 | | 12.01 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 149 | | 0 | LC | 8 | | 500 | | |
| Iron, Fe....mg | 1.34 | | 0 | LC | 8 | | 4.50 | | |
| Magnesium, Mg....mg | 36 | | 0 | LC | 8 | | 120 | | |
| Phosphorus, P....mg | 149 | | 0 | LC | 8 | | 500 | | |
| Potassium, K....mg | 160 | | 0 | LC | 8 | | 540 | | |
| Sodium, Na....mg | 71 | | 0 | LC | 8 | | 240 | | |
| Zinc, Zn....mg | 1.11 | | 0 | LC | 8 | | 3.75 | | |
| Copper, Cu....mg | 0.149 | | 0 | LC | 8 | | 0.500 | | |
| Manganese, Mn....mg | 7.425 | | 0 | LC | 8 | | 25.022 | | |
| Selenium, Se....µg | 13.8 | | 0 | FLC | 4 | | 46.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.9 | | 0 | MC | 9 | | 84.1 | | |
| Thiamin....mg | 0.111 | | 0 | LC | 8 | | 0.375 | | |
| Riboflavin....mg | 0.126 | | 0 | LC | 8 | | 0.425 | | |
| Niacin....mg | 1.485 | | 0 | LC | 8 | | 5.004 | | |
| Pantothenic acid....mg | 0.743 | | 0 | LC | 8 | | 2.502 | | |
| Vitamin B-6....mg | 0.149 | | 0 | LC | 8 | | 0.500 | | |
| Folate, total....µg | 30 | | 0 | LC | 8 | | 100 | | |
| Folic acid....µg | 30 | | 0 | O | 4 | | 100 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 50 | | 0 | NC | 4 | | 170 | | |
| Choline, total....mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.45 | | 0 | LC | 8 | | 1.50 | | |
| Vitamin B-12, added....µg | 0.45 | | 0 | LC | 8 | | 1.50 | | |
| Vitamin A, RAE....µg | 200 | | 0 | NC | 4 | | 676 | | |
| Retinol....µg | 200 | | 0 | NR | 4 | | 676 | | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 668 | | 0 | LC | 8 | | 2252 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 1.04 | | 0 | LC | 8 | | 3.50 | | |
| Vitamin E, added....mg | 1.04 | | 0 | NR | 4 | | 3.50 | | |
| 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 | NR | 4 | | 5.0 | | |
| Vitamin D....IU | 59 | | 0 | MC | 9 | | 200 | | |
| Vitamin K (phylloquinone)....µg | 7.4 | | 0 | LC | 8 | | 25.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |

**NDB No. 14043**

**Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, 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 |
| Menaquinone-4 µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 0.446 | | 0 | LC | 8 | | 1.501 | | |
| 4:0 g | 0.005 | | 0 | FLC | 4 | | 0.018 | | |
| 6:0 g | 0.004 | | 0 | FLC | 4 | | 0.012 | | |
| 8:0 g | 0.002 | | 0 | FLC | 4 | | 0.006 | | |
| 10:0 g | 0.005 | | 0 | FLC | 4 | | 0.015 | | |
| 12:0 g | 0.005 | | 0 | FLC | 4 | | 0.018 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.019 | | 0 | FLC | 4 | | 0.064 | | |
| 15:0 g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0 g | 0.320 | | 0 | FLC | 4 | | 1.078 | | |
| 17:0 g | 0.002 | | 0 | FLC | 4 | | 0.006 | | |
| 18:0 g | 0.069 | | 0 | FLC | 4 | | 0.234 | | |
| 20:0 g | 0.011 | | 0 | FLC | 4 | | 0.037 | | |
| 22:0 g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 0.339 | | 0 | FLC | 4 | | 1.143 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.003 | | 0 | FLC | 4 | | 0.010 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 0.333 | | 0 | FLC | 4 | | 1.122 | | |
| 20:1 g | 0.001 | | 0 | FLC | 4 | | 0.005 | | |
| 22:1 undifferentiated g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.628 | | 0 | FLC | 4 | | 2.118 | | |
| 18:2 undifferentiated g | 0.614 | | 0 | FLC | 4 | | 2.070 | | |
| 18:3 undifferentiated g | 0.015 | | 0 | FLC | 4 | | 0.049 | | |
| 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 | 3 | | 0 | LC | 8 | | 10 | | |
| Phytosterols mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine mg | 2 | | 0 | MC | 9 | | 7 | | |
| 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 = 337g: 11 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14080**

**Beverages, NESTLE, Ovaltine, rich chocolate, powder**

*Nestle USA, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.28 | | 0 | MC | 9 | | 0.14 | | |
| Energy....kcal | 364 | | 0 | LC | 8 | | 40 | | |
| Energy....kJ | 1521 | | 0 | LC | 8 | | 167 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 5.76 | | 0 | MC | 9 | | 0.63 | | |
| Carbohydrate, by difference....g | 92.96 | | 0 | NC | 4 | | 10.23 | | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 81.82 | | 0 | LC | 8 | | 9.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 909 | | 0 | LC | 8 | | 100 | | |
| Iron, Fe....mg | 16.36 | | 0 | LC | 8 | | 1.80 | | |
| Magnesium, Mg....mg | 218 | | 0 | LC | 8 | | 24 | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Potassium, K....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Sodium, Na....mg | 636 | | 0 | LC | 8 | | 70 | | |
| Zinc, Zn....mg | 13.64 | | 0 | LC | 8 | | 1.50 | | |
| Copper, Cu....mg | 1.818 | | 0 | LC | 8 | | 0.200 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 54.5 | | 0 | LC | 8 | | 6.0 | | |
| Thiamin....mg | 1.364 | | 0 | LC | 8 | | 0.150 | | |
| Riboflavin....mg | 0.000 | | 0 | LC | 8 | | 0.000 | | |
| Niacin....mg | 18.182 | | 0 | LC | 8 | | 2.000 | | |
| Pantothenic acid....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Vitamin B-6....mg | 1.818 | | 0 | LC | 8 | | 0.200 | | |
| Folate, total....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | NR | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 1365 | | 0 | O | 4 | | 150 | | |
| Retinol....µg | 1365 | | 0 | O | 4 | | 150 | | |
| 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 | 4545 | | 0 | LC | 8 | | 500 | | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 12.27 | | 0 | LC | 8 | | 1.35 | | |
| Vitamin E, added....mg | 12.27 | | 0 | LC | 8 | | 1.35 | | |
| 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 | 9.1 | | 0 | LC | 8 | | 1.0 | | |
| Vitamin D....IU | 364 | | 0 | LC | 8 | | 40 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14080**

**Beverages, NESTLE, Ovaltine, rich chocolate, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | LC | 8 | | 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 | 0.000 | | 0 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | LC | 8 | | 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: 2 tbsp

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

**Food Group:** 14 Beverages

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

**NDB No. 14038**

**Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink**

*Ocean Spray Cranberries, INc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 96.18 | | 0 | FLC | 4 | | 240.44 | | |
| Energy....kcal | 15 | | 0 | LC | 8 | | 36 | | |
| Energy....kJ | 61 | | 0 | LC | 8 | | 153 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.11 | | 0 | FLC | 4 | | 0.27 | | |
| Carbohydrate, by difference....g | 3.75 | | 0 | LC | 8 | | 9.38 | | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 3.75 | | 0 | LC | 8 | | 9.38 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Magnesium, Mg....mg | 2 | | 0 | FLC | 4 | | 4 | | |
| Phosphorus, P....mg | 1 | | 0 | FLC | 4 | | 2 | | |
| Potassium, K....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Sodium, Na....mg | 21 | | 0 | LC | 8 | | 52 | | |
| Zinc, Zn....mg | 0.01 | | 0 | FLC | 4 | | 0.03 | | |
| Copper, Cu....mg | 0.010 | | 0 | FLC | 4 | | 0.026 | | |
| Manganese, Mn....mg | 0.029 | | 0 | FLC | 4 | | 0.073 | | |
| Selenium, Se....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.0 | | 0 | LC | 8 | | 62.5 | | |
| Thiamin....mg | 0.003 | | 0 | FLC | 4 | | 0.007 | | |
| Riboflavin....mg | 0.354 | | 0 | LC | 8 | | 0.885 | | |
| Niacin....mg | 4.167 | | 0 | LC | 8 | | 10.417 | | |
| Pantothenic acid....mg | 2.083 | | 0 | LC | 8 | | 5.208 | | |
| Vitamin B-6....mg | 0.417 | | 0 | LC | 8 | | 1.042 | | |
| Folate, total....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.4 | | 0 | FLC | 4 | | 0.9 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 1.25 | | 0 | LC | 8 | | 3.13 | | |
| Vitamin B-12, added....µg | 1.25 | | 0 | NR | 4 | | 3.13 | | |
| Vitamin A, RAE....µg | 0 | | 0 | Z | 7 | | 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 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 0 | | 0 | LC | 8 | | 0 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Vitamin D....IU | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.1 | | 0 | FLC | 4 | | 0.1 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14038**

**Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **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 | 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 | 0.000 | | 0 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 23 | | 0 | MC | 9 | | 57 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 250g: 1 can

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

**Food Group:** 14 Beverages

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

**NDB No. 14309**

**Beverages, OVALTINE, Classic Malt powder**

*Nestle USA, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.43 | | 0 | MC | 9 | | 0.30 | 0.30 | |
| Energy....kcal | 372 | | 0 | FLA | 4 | | 78 | 78 | |
| Energy....kJ | 1555 | | 0 | FLA | 4 | | 327 | 327 | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | 0.00 | |
| Ash....g | 5.24 | | 0 | MC | 9 | | 1.10 | 1.10 | |
| Carbohydrate, by difference....g | 93.33 | | 0 | NC | 4 | | 19.60 | 19.60 | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total....g | 63.64 | | 0 | LC | 8 | | 13.36 | 13.36 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 909 | | 0 | LC | 8 | | 191 | 191 | |
| Iron, Fe....mg | 16.36 | | 0 | LC | 8 | | 3.44 | 3.44 | |
| Magnesium, Mg....mg | 218 | | 0 | LC | 8 | | 46 | 46 | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Potassium, K....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Sodium, Na....mg | 636 | | 0 | LC | 8 | | 134 | 134 | |
| Zinc, Zn....mg | 13.64 | | 0 | LC | 8 | | 2.86 | 2.86 | |
| Copper, Cu....mg | 1.818 | | 0 | LC | 8 | | 0.382 | 0.382 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 54.5 | | 0 | LC | 8 | | 11.5 | 11.5 | |
| Thiamin....mg | 1.364 | | 0 | LC | 8 | | 0.286 | 0.286 | |
| Riboflavin....mg | 0.000 | | 0 | LC | 8 | | 0.000 | 0.000 | |
| Niacin....mg | 18.182 | | 0 | LC | 8 | | 3.818 | 3.818 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 1.818 | | 0 | LC | 8 | | 0.382 | 0.382 | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | LC | 8 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 1365 | | 0 | MC | 9 | | 287 | 287 | |
| Retinol....µg | 1365 | | 0 | MC | 9 | | 287 | 287 | |
| 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 | 4545 | | 0 | LC | 8 | | 955 | 955 | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 12.27 | | 0 | LC | 8 | | 2.58 | 2.58 | |
| Vitamin E, added....mg | 12.27 | | 0 | LC | 8 | | 2.58 | 2.58 | |
| 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 | 9.1 | | 0 | MC | 9 | | 1.9 | 1.9 | |
| Vitamin D....IU | 364 | | 0 | LC | 8 | | 76 | 76 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14309**
**Beverages, OVALTINE, Classic Malt 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 | 0.000 | | 0 | LC | 8 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.000 | | 0 | LC | 8 | | 0.000 | 0.000 | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | LC | 8 | | 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 serving (4 tbsp or 1 envelope)

Measure 2 = 21g: 1 individual serving (4-5 heaping tsp or 1 envelope)

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

**Food Group:** 14 Beverages

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

**NDB No. 14315**

**Beverages, OVALTINE, chocolate malt powder**

*Ovaltine*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.28 | | 0 | MC | 9 | | 1.00 | 0.27 | |
| Energy....kcal | 372 | | 0 | NC | 4 | | 290 | 78 | |
| Energy....kJ | 1556 | | 0 | NC | 4 | | 1214 | 327 | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | 0.00 | |
| Ash....g | 5.76 | | 0 | MC | 9 | | 4.49 | 1.21 | |
| Carbohydrate, by difference....g | 92.96 | | 0 | NC | 4 | | 72.51 | 19.52 | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total....g | 72.73 | | 0 | LC | 8 | | 56.73 | 15.27 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 909 | | 0 | LC | 8 | | 709 | 191 | |
| Iron, Fe....mg | 16.36 | | 0 | LC | 8 | | 12.76 | 3.44 | |
| Magnesium, Mg....mg | 218 | | 0 | LC | 8 | | 170 | 46 | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Potassium, K....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Sodium, Na....mg | 636 | | 0 | LC | 8 | | 496 | 134 | |
| Zinc, Zn....mg | 13.64 | | 0 | LC | 8 | | 10.64 | 2.86 | |
| Copper, Cu....mg | 1.818 | | 0 | LC | 8 | | 1.418 | 0.382 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 54.5 | | 0 | LC | 8 | | 42.5 | 11.5 | |
| Thiamin....mg | 1.364 | | 0 | LC | 8 | | 1.064 | 0.286 | |
| Riboflavin....mg | 0.000 | | 0 | LC | 8 | | 0.000 | 0.000 | |
| Niacin....mg | 18.182 | | 0 | LC | 8 | | 14.182 | 3.818 | |
| Pantothenic acid....mg | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 1.818 | | 0 | LC | 8 | | 1.418 | 0.382 | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | LC | 8 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 1365 | | 0 | O | 4 | | 1065 | 287 | |
| Retinol....µg | 1365 | | 0 | O | 4 | | 1065 | 287 | |
| Carotene, beta....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 4545 | | 0 | LC | 8 | | 3545 | 955 | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 12.27 | | 0 | LC | 8 | | 9.57 | 2.58 | |
| 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 | 9.1 | | 0 | O | 4 | | 7.1 | 1.9 | |
| Vitamin D....IU | 364 | | 0 | LC | 8 | | 284 | 76 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14315**
**Beverages, OVALTINE, chocolate malt 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 | 0.000 | | 0 | LC | 8 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.000 | | 0 | LC | 8 | | 0.000 | 0.000 | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | LC | 8 | | 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 = 78g: 1 cup

Measure 2 = 21g: 1 serving (4 tbsp or 1 envelope)

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

**Food Group:** 14 Beverages

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

**NDB No. 14064**
**Beverages, Orange juice, light, No pulp**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 94.19 | | 0 | NC | 4 | | 226.05 | | |
| Energy....kcal | 21 | | 0 | LC | 8 | | 50 | | |
| Energy....kJ | 87 | | 0 | LC | 8 | | 209 | | |
| Protein (N x 6.25)....g | 0.21 | | 0 | LC | 8 | | 0.50 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.19 | | 0 | BFZN | 4 | | 0.45 | | |
| Carbohydrate, by difference....g | 5.42 | | 0 | LC | 8 | | 13.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 4.17 | | 0 | LC | 8 | | 10.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Magnesium, Mg....mg | 10 | | 0 | LC | 8 | | 24 | | |
| Phosphorus, P....mg | 4 | | 0 | BFZN | 4 | | 10 | | |
| Potassium, K....mg | 188 | | 0 | LC | 8 | | 450 | | |
| Sodium, Na....mg | 4 | | 0 | LC | 8 | | 10 | | |
| Zinc, Zn....mg | 0.02 | | 0 | BFZN | 4 | | 0.05 | | |
| Copper, Cu....mg | 0.018 | | 0 | BFZN | 4 | | 0.043 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 30.0 | | 0 | LC | 8 | | 72.0 | | |
| Thiamin....mg | 0.063 | | 0 | LC | 8 | | 0.150 | | |
| Riboflavin....mg | 0.028 | | 0 | LC | 8 | | 0.068 | | |
| Niacin....mg | 0.333 | | 0 | LC | 8 | | 0.800 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.050 | | 0 | LC | 8 | | 0.120 | | |
| Folate, total....µg | 10 | | 0 | LC | 8 | | 24 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 10 | | 0 | NR | 4 | | 24 | | |
| Folate, DFE....µg | 10 | | 0 | NC | 4 | | 24 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 10 | | 0 | O | 4 | | 25 | | |
| Retinol....µg | 0 | | 0 | NR | 4 | | 0 | | |
| Carotene, beta....µg | 79 | | 0 | BFZN | 4 | | 189 | | |
| Carotene, alpha....µg | 2 | | 0 | BFZN | 4 | | 5 | | |
| Cryptoxanthin, beta....µg | 60 | | 0 | BFZN | 4 | | 144 | | |
| Vitamin A, IU....IU | 208 | | 0 | LC | 8 | | 500 | | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin....µg | 47 | | 0 | BFZN | 4 | | 113 | | |
| Vitamin E (alpha-tocopherol)....mg | 1.25 | | 0 | NR | 4 | | 3.00 | | |
| Vitamin E, added....mg | 1.25 | | 0 | NR | 4 | | 3.00 | | |
| 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. 14064**
**Beverages, Orange juice, light, No pulp**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 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 | 0.000 | | 0 | LC | 8 | | 0.000 | | |
| Cholesterol.....mg | 0 | | 0 | 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 = 240g: 8 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14409**

**Beverages, Orange-flavor drink, breakfast type, low calorie, powder**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.80 | | 0 | MC | 9 | | 0.05 | | |
| Energy | kcal | 217 | | 0 | MC | 9 | | 5 | | |
| Energy | kJ | 908 | | 0 | MC | 9 | | 23 | | |
| Protein | g | 3.60 | | 0 | MC | 9 | | 0.09 | | |
| Total lipid (fat) | g | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Ash | g | 8.70 | | 0 | MC | 9 | | 0.22 | | |
| Carbohydrate, by difference | g | 85.90 | | 0 | NC | 4 | | 2.15 | | |
| Fiber, total dietary | g | 3.8 | | 0 | MC | 9 | | 0.1 | | |
| Sugars, total | g | 2.60 | | 0 | MC | 9 | | 0.07 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 1378 | | 0 | MC | 9 | | 34 | | |
| Iron, Fe | mg | 0.07 | | 0 | MC | 9 | | 0.00 | | |
| Magnesium, Mg | mg | 275 | | 0 | MC | 9 | | 7 | | |
| Phosphorus, P | mg | 629 | | 0 | MC | 9 | | 16 | | |
| Potassium, K | mg | 3132 | | 0 | MC | 9 | | 78 | | |
| Sodium, Na | mg | 81 | | 0 | MC | 9 | | 2 | | |
| Zinc, Zn | mg | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Copper, Cu | mg | 0.003 | | 0 | MC | 9 | | 0.000 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 0.0 | | 0 | FLM | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2400.0 | | 0 | MC | 9 | | 60.0 | | |
| Thiamin | mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Riboflavin | mg | 6.800 | | 0 | MC | 9 | | 0.170 | | |
| Niacin | mg | 80.000 | | 0 | MC | 9 | | 2.000 | | |
| Pantothenic acid | mg | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Vitamin B-6 | mg | 8.000 | | 0 | MC | 9 | | 0.200 | | |
| Folate, total | µg | 0 | | 0 | MC | 9 | | 0 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 0 | | 0 | MC | 9 | | 0 | | |
| Folate, DFE | µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | MC | 9 | | 0.00 | | |
| Vitamin A, RAE | µg | 6006 | | 0 | NC | 4 | | 150 | | |
| Retinol | µg | 6006 | | 0 | O | 4 | | 150 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 20000 | | 0 | MC | 9 | | 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. 14409**

**Beverages, Orange-flavor drink, breakfast type, low calorie, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 4:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:1....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| 18:2 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLM | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 2.5g: 1 portion, amount of dry mix to make 8 fl oz prepared

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

**Food Group:** 14 Beverages

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

**NDB No. 14460**

**Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink. (1 )**

*Quaker Oats Company - The Gatorade Company, a unit of Pepsi Co.*

Gatorade G02 Perform, thirst quencher

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 93.38 | | 1 | A | 1 | | 28.48 | 227.85 | 568.68 |
| Energy....kcal | 26 | | 0 | NC | 4 | | 8 | 64 | 159 |
| Energy....kJ | 110 | | 0 | NC | 4 | | 33 | 267 | 667 |
| Protein (N x 6.25)....g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.14 | | 2 | A | 1 | | 0.04 | 0.33 | 0.83 |
| Carbohydrate, by difference....g | 6.43 | | 0 | NC | 4 | | 1.96 | 15.70 | 39.18 |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 5.24 | | 0 | NC | 4 | | 1.60 | 12.79 | 31.91 |
| Sucrose....g | 0.92 | | 1 | A | 1 | | 0.28 | 2.24 | 5.60 |
| Glucose (dextrose)....g | 2.19 | | 1 | A | 1 | | 0.67 | 5.34 | 13.34 |
| Fructose....g | 1.82 | | 1 | A | 1 | | 0.56 | 4.44 | 11.08 |
| Lactose....g | 0.20 | | 1 | A | 1 | | 0.06 | 0.49 | 1.22 |
| Maltose....g | 0.20 | | 1 | A | 1 | | 0.06 | 0.49 | 1.22 |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 2 | A | 1 | | 0 | 2 | 4 |
| Iron, Fe....mg | 0.05 | | 2 | A | 1 | | 0.01 | 0.11 | 0.29 |
| Magnesium, Mg....mg | 0 | | 2 | A | 1 | | 0 | 0 | 1 |
| Phosphorus, P....mg | 10 | | 2 | A | 1 | | 3 | 24 | 60 |
| Potassium, K....mg | 15 | | 2 | A | 1 | | 5 | 37 | 91 |
| Sodium, Na....mg | 39 | | 2 | A | 1 | | 12 | 94 | 236 |
| Zinc, Zn....mg | 0.01 | | 2 | A | 1 | | 0.00 | 0.02 | 0.04 |
| Copper, Cu....mg | 0.006 | | 2 | A | 1 | | 0.002 | 0.015 | 0.038 |
| Manganese, Mn....mg | 0.013 | | 2 | A | 1 | | 0.004 | 0.031 | 0.076 |
| Selenium, Se....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.4 | | 1 | A | 1 | | 0.1 | 1.1 | 2.7 |
| Thiamin....mg | 0.011 | | 1 | A | 1 | | 0.003 | 0.027 | 0.066 |
| Riboflavin....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.220 | | 1 | A | 1 | | 0.067 | 0.537 | 1.339 |
| Pantothenic acid....mg | 0.055 | | 1 | A | 1 | | 0.017 | 0.134 | 0.336 |
| Vitamin B-6....mg | 0.022 | | 1 | A | 1 | | 0.007 | 0.053 | 0.133 |
| Folate, total....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |

**NDB No. 14460**

**Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink. (1 )**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | FLA | 4 | | 0.1 | 0.4 | 1.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 22:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 244g: 8 fl oz

Measure 3 = 609g: 1 bottle

**NDB No. 14460**

**Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink. (1 )**

**Footnotes:**

1 old name: Sports drink, QUAKER OATS, GATORADE, fruit-flavored, ready-to-drink NFNAP data and Fluoride for SR18

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

**Food Group:** 14 Beverages

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

**NDB No. 14079**

**Beverages, PEPSICO, Mountain Dew Original**

*Pepsi-Cola North America*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.89 | | 0 | O | 4 | | 410.99 | | |
| Energy....kcal | 49 | | 0 | LC | 8 | | 230 | | |
| Energy....kJ | 203 | | 0 | LC | 8 | | 960 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | | | | | | | | | |
| Carbohydrate, by difference....g | 13.11 | | 0 | LC | 8 | | 62.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 12.90 | | 0 | LC | 8 | | 61.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Potassium, K....mg | 2 | | 0 | LC | 8 | | 10 | | |
| Sodium, Na....mg | 18 | | 0 | LC | 8 | | 85 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 15 | | 0 | LC | 8 | | 72 | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 473g: 16 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14078**

**Beverages, PEPSICO, Mountain Dew, Kickstart, Black Cherry**

*Pepsi-Cola North America*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 95.41 | | 0 | NC | 4 | | 226.12 | 451.28 | |
| Energy....kcal | 17 | | 0 | LC | 8 | | 40 | 80 | |
| Energy....kJ | 71 | | 0 | LC | 8 | | 168 | 336 | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | 0.00 | |
| Ash....g | | | | | | | | | |
| Carbohydrate, by difference....g | 4.23 | | 0 | LC | 8 | | 10.02 | 20.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 4.02 | | 0 | LC | 8 | | 9.52 | 19.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | 30 | | 0 | LC | 8 | | 71 | 142 | |
| Potassium, K....mg | 25 | | 0 | LC | 8 | | 60 | 120 | |
| Sodium, Na....mg | 36 | | 0 | LC | 8 | | 85 | 170 | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 19 | | 0 | LC | 8 | | 46 | 92 | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 237g: 1 cup

Measure 2 = 473g: 16 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14599**

**Beverages, Powerade Zero Ion4, calorie-free, assorted flavors**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.89 | | 0 | O | 4 | | 236.74 | 354.61 | |
| Energy....kcal | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Energy....kJ | 0 | | 0 | LC | 8 | | 0 | 0 | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Ash....g | 0.14 | | 0 | BFZN | 4 | | 0.32 | 0.49 | |
| Carbohydrate, by difference....g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 1 | LC | 8 | | 4 | 6 | |
| Iron, Fe....mg | 0.05 | | 0 | BFZN | 4 | | 0.11 | 0.17 | |
| Magnesium, Mg....mg | 1 | | 1 | LC | 8 | | 2 | 2 | |
| Phosphorus, P....mg | 0 | | 0 | O | 4 | | 0 | 0 | |
| Potassium, K....mg | 10 | | 1 | LC | 8 | | 23 | 35 | |
| Sodium, Na....mg | 42 | | 1 | LC | 8 | | 100 | 150 | |
| Zinc, Zn....mg | 0.01 | | 0 | BFZN | 4 | | 0.02 | 0.02 | |
| Copper, Cu....mg | 0.006 | | 0 | BFZN | 4 | | 0.015 | 0.022 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 2.5 | | 0 | BFZN | 4 | | 6.0 | 9.0 | |
| Thiamin....mg | 0.011 | | 0 | BFZN | 4 | | 0.026 | 0.039 | |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Niacin....mg | 0.845 | 0.000 | 4 | LC | 8 | | 2.003 | 3.001 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.056 | | 1 | LC | 8 | | 0.134 | 0.200 | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.17 | | 1 | LC | 8 | | 0.40 | 0.60 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.57 | | 0 | BFZN | 4 | | 1.35 | 2.03 | |
| 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 | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.2 | | 0 | BFZN | 4 | | 0.4 | 0.6 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14599**

**Beverages, Powerade Zero Ion4, calorie-free, assorted flavors**

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

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

**Common Measures:**

Measure 1 = 237g: 8 fl oz

Measure 2 = 355g: 12 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14462**
**Beverages, Propel Zero, fruit-flavored, non-carbonated**

sport drink, thirst quencher
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.78 | | 2 | A | 1 | | 29.64 | 494.91 | 351.67 |
| Energy....kcal | 5 | | 0 | NC | 4 | | 1 | 23 | 16 |
| Energy....kJ | 19 | | 0 | NC | 4 | | 6 | 95 | 68 |
| Protein....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.08 | | 0 | O | 4 | | 0.02 | 0.38 | 0.27 |
| Carbohydrate, by difference....g | 1.14 | | 0 | NC | 4 | | 0.34 | 5.71 | 4.06 |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | LC | 8 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 2 | A | 1 | | 0 | 4 | 3 |
| Iron, Fe....mg | 0.03 | | 2 | A | 1 | | 0.01 | 0.15 | 0.11 |
| Magnesium, Mg....mg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Phosphorus, P....mg | 25 | | 0 | NR | 4 | | 8 | 125 | 89 |
| Potassium, K....mg | 16 | | 2 | A | 1 | | 5 | 82 | 59 |
| Sodium, Na....mg | 33 | | 0 | NR | 4 | | 10 | 167 | 119 |
| Zinc, Zn....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.01 | 0.01 |
| Copper, Cu....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 8.8 | | 2 | A | 1 | | 2.6 | 44.1 | 31.3 |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 4.095 | | 2 | A | 1 | | 1.228 | 20.516 | 14.578 |
| Pantothenic acid....mg | 1.570 | | 2 | A | 1 | | 0.471 | 7.865 | 5.589 |
| Vitamin B-6....mg | 0.556 | | 2 | A | 1 | | 0.167 | 2.788 | 1.981 |
| Folate, total....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added....µg | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol)....mg | 1.67 | | 2 | A | 1 | | 0.50 | 8.34 | 5.93 |
| Vitamin E, added....mg | 1.67 | | 0 | NR | 4 | | 0.50 | 8.34 | 5.93 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |

**NDB No. 14462**
**Beverages, Propel Zero, fruit-flavored, non-carbonated**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | NR | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 30g: 1 fluid ounce

Measure 2 = 501g: 1 bottle 16.9 fl oz in packages of 6

Measure 3 = 356g: 1 bottle 12 fl oz in packages of 8

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 14462**

**Beverages, Propel Zero, fruit-flavored, non-carbonated**

**Food Group:** 14 Beverages

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

**NDB No. 14067**
**Beverages, Protein powder soy based**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.13 | | 0 | NC | 4 | | 1.86 | | |
| Energy | kcal | 388 | | 0 | NC | 4 | | 175 | | |
| Energy | kJ | 1622 | | 0 | NC | 4 | | 730 | | |
| Protein | g | 55.56 | | 0 | LC | 8 | | 25.00 | | |
| Total lipid (fat) | g | 5.56 | | 0 | LC | 8 | | 2.50 | | |
| Ash | g | 5.87 | | 0 | BFFN | 4 | | 2.64 | | |
| Carbohydrate, by difference | g | 28.89 | | 0 | LC | 8 | | 13.00 | | |
| Fiber, total dietary | g | 6.7 | | 0 | LC | 8 | | 3.0 | | |
| Sugars, total | g | 22.22 | | 0 | LC | 8 | | 10.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 178 | | 0 | LC | 8 | | 80 | | |
| Iron, Fe | mg | 12.00 | | 0 | LC | 8 | | 5.40 | | |
| Magnesium, Mg | mg | 64 | | 0 | BFFN | 4 | | 29 | | |
| Phosphorus, P | mg | 1272 | | 0 | BFFN | 4 | | 572 | | |
| Potassium, K | mg | 933 | | 0 | LC | 8 | | 420 | | |
| Sodium, Na | mg | 733 | | 0 | LC | 8 | | 330 | | |
| Zinc, Zn | mg | 6.60 | | 0 | BFFN | 4 | | 2.97 | | |
| Copper, Cu | mg | 2.620 | | 0 | BFFN | 4 | | 1.179 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 1.3 | | 0 | BFFN | 4 | | 0.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Thiamin | mg | 0.288 | | 0 | BFFN | 4 | | 0.130 | | |
| Riboflavin | mg | 0.164 | | 0 | BFFN | 4 | | 0.074 | | |
| Niacin | mg | 2.357 | | 0 | BFFN | 4 | | 1.060 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.164 | | 0 | BFFN | 4 | | 0.074 | | |
| Folate, total | µg | 289 | | 0 | BFFN | 4 | | 130 | | |
| Folic acid | µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Folate, food | µg | 289 | | 0 | BFFN | 4 | | 130 | | |
| Folate, DFE | µg | 289 | | 0 | NC | 4 | | 130 | | |
| Choline, total | mg | 312.9 | | 0 | BFFN | 4 | | 140.8 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | BFFN | 4 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | BFFN | 4 | | 0.00 | | |
| Vitamin A, RAE | µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| 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 | 0 | | 0 | LC | 8 | | 0 | | |
| Lycopene | µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | BFFN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFFN | 4 | | 0.00 | | |
| 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 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 0.0 | | 0 | BFFN | 4 | | 0.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 14067**
**Beverages, Protein powder soy based**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.111 | | 0 | LC | 8 | | 0.500 | | |
| 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 | 0.013 | | 0 | BFFN | 4 | | 0.006 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.508 | | 0 | BFFN | 4 | | 0.229 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.170 | | 0 | BFFN | 4 | | 0.077 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.057 | | 0 | BFFN | 4 | | 0.476 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.013 | | 0 | BFFN | 4 | | 0.006 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.044 | | 0 | BFFN | 4 | | 0.470 | | |
| 20:1....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.701 | | 0 | BFFN | 4 | | 1.215 | | |
| 18:2 undifferentiated....g | 2.381 | | 0 | BFFN | 4 | | 1.072 | | |
| 18:3 undifferentiated....g | 0.320 | | 0 | BFFN | 4 | | 0.144 | | |
| 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 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.722 | | 0 | LC | 8 | | 0.325 | | |
| Threonine....g | 2.169 | | 0 | LC | 8 | | 0.976 | | |
| Isoleucine....g | 2.762 | | 0 | LC | 8 | | 1.243 | | |
| Leucine....g | 4.602 | | 0 | LC | 8 | | 2.071 | | |
| Lysine....g | 3.551 | | 0 | LC | 8 | | 1.598 | | |
| Methionine....g | 0.722 | | 0 | LC | 8 | | 0.325 | | |
| Cystine....g | 0.722 | | 0 | LC | 8 | | 0.325 | | |
| Phenylalanine....g | 2.958 | | 0 | LC | 8 | | 1.331 | | |
| Tyrosine....g | 2.169 | | 0 | LC | 8 | | 0.976 | | |
| Valine....g | 2.827 | | 0 | LC | 8 | | 1.272 | | |
| Arginine....g | 4.273 | | 0 | LC | 8 | | 1.923 | | |
| Histidine....g | 1.511 | | 0 | LC | 8 | | 0.680 | | |
| Alanine....g | 2.433 | | 0 | LC | 8 | | 1.095 | | |
| Aspartic acid....g | 6.576 | | 0 | LC | 8 | | 2.959 | | |
| Glutamic acid....g | 10.849 | | 0 | LC | 8 | | 4.882 | | |
| Glycine....g | 2.367 | | 0 | LC | 8 | | 1.065 | | |
| Proline....g | 2.893 | | 0 | LC | 8 | | 1.302 | | |
| Serine....g | 2.958 | | 0 | LC | 8 | | 1.331 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |

**NDB No. 14067**
**Beverages, Protein powder soy based**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 = 45g: 1 scoop

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

**Food Group:** 14 Beverages

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

**NDB No. 14066**
**Beverages, Protein powder whey based**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.44 | | 0 | FLC | 4 | | 1.10 | | |
| Energy | kcal | 352 | | 0 | FLC | 4 | | 113 | | |
| Energy | kJ | 1472 | | 0 | FLC | 4 | | 471 | | |
| Protein | g | 78.13 | | 0 | LC | 8 | | 25.00 | | |
| Total lipid (fat) | g | 1.56 | | 0 | LC | 8 | | 0.50 | | |
| Ash | g | 10.55 | | 0 | FLC | 4 | | 3.38 | | |
| Carbohydrate, by difference | g | 6.25 | | 0 | LC | 8 | | 2.00 | | |
| Fiber, total dietary | g | 3.1 | | 0 | LC | 8 | | 1.0 | | |
| Sugars, total | g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 469 | | 0 | LC | 8 | | 150 | | |
| Iron, Fe | mg | 1.13 | | 0 | LC | 8 | | 0.36 | | |
| Magnesium, Mg | mg | 195 | | 0 | FLC | 4 | | 62 | | |
| Phosphorus, P | mg | 1321 | | 0 | FLC | 4 | | 423 | | |
| Potassium, K | mg | 500 | | 0 | LC | 8 | | 160 | | |
| Sodium, Na | mg | 156 | | 0 | LC | 8 | | 50 | | |
| Zinc, Zn | mg | 6.18 | | 0 | FLC | 4 | | 1.98 | | |
| Copper, Cu | mg | 0.049 | | 0 | FLC | 4 | | 0.016 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 26.7 | | 0 | FLC | 4 | | 8.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Thiamin | mg | 0.609 | | 0 | FLC | 4 | | 0.195 | | |
| Riboflavin | mg | 2.017 | | 0 | FLC | 4 | | 0.646 | | |
| Niacin | mg | 1.136 | | 0 | FLC | 4 | | 0.364 | | |
| Pantothenic acid | mg | 5.516 | | 0 | FLC | 4 | | 1.765 | | |
| Vitamin B-6 | mg | 0.607 | | 0 | FLC | 4 | | 0.194 | | |
| Folate, total | µg | 33 | | 0 | FLC | 4 | | 10 | | |
| Folic acid | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | µg | 33 | | 0 | FLC | 4 | | 10 | | |
| Folate, DFE | µg | 33 | | 0 | NC | 4 | | 10 | | |
| Choline, total | mg | 224.0 | | 0 | FLC | 4 | | 71.7 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 2.45 | | 0 | FLC | 4 | | 0.78 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 0 | | 0 | LC | 8 | | 0 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Tocotrienol, alpha | mg | | | | | | | | | |
| Tocotrienol, beta | mg | | | | | | | | | |
| Tocotrienol, gamma | mg | | | | | | | | | |
| Tocotrienol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Vitamin D | IU | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 14066**
**Beverages, Protein powder whey based**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.781 | | 0 | LC | 8 | | 0.250 | | |
| 4:0.....g | 0.036 | | 0 | FLC | 4 | | 0.011 | | |
| 6:0.....g | 0.012 | | 0 | FLC | 4 | | 0.004 | | |
| 8:0.....g | 0.008 | | 0 | FLC | 4 | | 0.002 | | |
| 10:0.....g | 0.016 | | 0 | FLC | 4 | | 0.005 | | |
| 12:0.....g | 0.009 | | 0 | FLC | 4 | | 0.003 | | |
| 13:0.....g | | | | | | | | | |
| 14:0.....g | 0.073 | | 0 | FLC | 4 | | 0.024 | | |
| 15:0.....g | | | | | | | | | |
| 16:0.....g | 0.432 | | 0 | FLC | 4 | | 0.138 | | |
| 17:0.....g | | | | | | | | | |
| 18:0.....g | 0.142 | | 0 | FLC | 4 | | 0.045 | | |
| 20:0.....g | | | | | | | | | |
| 22:0.....g | | | | | | | | | |
| 24:0.....g | | | | | | | | | |
| Fatty acids, total monounsaturated.....g | 0.158 | | 0 | FLC | 4 | | 0.051 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.018 | | 0 | FLC | 4 | | 0.006 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.135 | | 0 | FLC | 4 | | 0.043 | | |
| 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 | 0.299 | | 0 | FLC | 4 | | 0.096 | | |
| 18:2 undifferentiated.....g | 0.264 | | 0 | FLC | 4 | | 0.085 | | |
| 18:3 undifferentiated.....g | 0.034 | | 0 | FLC | 4 | | 0.011 | | |
| 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 | 16 | | 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 = 32g: .33 cup

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

**Food Group:** 14 Beverages

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

**NDB No. 14044**

**Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan**

*Unilever*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.33 | | 0 | NC | 4 | | 260.56 | | |
| Energy....kcal | 58 | | 0 | MC | 9 | | 171 | | |
| Energy....kJ | 243 | | 0 | MC | 9 | | 717 | | |
| Protein....g | 6.59 | | 0 | MC | 9 | | 19.44 | | |
| Total lipid (fat)....g | 2.88 | | 0 | MC | 9 | | 8.50 | | |
| Ash....g | 0.61 | | 0 | MC | 9 | | 1.80 | | |
| Carbohydrate, by difference....g | 0.85 | | 0 | MC | 9 | | 2.51 | | |
| Fiber, total dietary....g | 0.4 | | 0 | MC | 9 | | 1.1 | | |
| Sugars, total....g | 0.60 | | 0 | MC | 9 | | 1.77 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 130 | | 0 | MC | 9 | | 383 | | |
| Iron, Fe....mg | 0.96 | | 0 | MC | 9 | | 2.83 | | |
| Magnesium, Mg....mg | 44 | | 0 | MC | 9 | | 131 | | |
| Phosphorus, P....mg | 136 | | 0 | LC | 8 | | 400 | | |
| Potassium, K....mg | 179 | | 0 | MC | 9 | | 528 | | |
| Sodium, Na....mg | 72 | | 0 | MC | 9 | | 212 | | |
| Zinc, Zn....mg | 0.85 | | 0 | MC | 9 | | 2.51 | | |
| Copper, Cu....mg | 0.014 | | 0 | FLC | 4 | | 0.041 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 4.5 | | 0 | MC | 9 | | 13.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 19.4 | | 0 | MC | 9 | | 57.1 | | |
| Thiamin....mg | 0.170 | | 0 | MC | 9 | | 0.502 | | |
| Riboflavin....mg | 0.190 | | 0 | MC | 9 | | 0.561 | | |
| Niacin....mg | 2.390 | | 0 | MC | 9 | | 7.051 | | |
| Pantothenic acid....mg | 1.195 | | 0 | MC | 9 | | 3.525 | | |
| Vitamin B-6....mg | 0.208 | | 0 | MC | 9 | | 0.614 | | |
| Folate, total....µg | 39 | | 0 | MC | 9 | | 114 | | |
| Folic acid....µg | 41 | | 0 | LC | 8 | | 120 | | |
| Folate, food....µg | 0 | | 0 | AS | 1 | | 0 | | |
| Folate, DFE....µg | 69 | | 0 | NC | 4 | | 204 | | |
| Choline, total....mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.60 | | 0 | MC | 9 | | 1.77 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 171 | | 0 | NC | 4 | | 505 | | |
| Retinol....µg | 171 | | 0 | NR | 4 | | 505 | | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 565 | | 0 | MC | 9 | | 1667 | | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 4.58 | | 0 | LC | 8 | | 13.50 | | |
| Vitamin E, added....mg | 4.58 | | 0 | LC | 8 | | 13.50 | | |
| 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 | | 3.3 | | |
| Vitamin D....IU | 45 | | 0 | MC | 9 | | 133 | | |
| Vitamin K (phylloquinone)....µg | 6.5 | | 0 | MC | 9 | | 19.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14044**

**Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.450 | | 0 | MC | 9 | | 1.328 | | |
| 4:0....g | 0.004 | | 0 | FLC | 4 | | 0.013 | | |
| 6:0....g | 0.001 | | 0 | FLC | 4 | | 0.004 | | |
| 8:0....g | 0.001 | | 0 | FLC | 4 | | 0.003 | | |
| 10:0....g | 0.003 | | 0 | FLC | 4 | | 0.008 | | |
| 12:0....g | 0.002 | | 0 | FLC | 4 | | 0.007 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.014 | | 0 | FLC | 4 | | 0.041 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 0.289 | | 0 | FLC | 4 | | 0.853 | | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0....g | 0.137 | | 0 | FLC | 4 | | 0.403 | | |
| 20:0....g | 0.038 | | 0 | FLC | 4 | | 0.111 | | |
| 22:0....g | 0.019 | | 0 | FLC | 4 | | 0.056 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.100 | | 0 | MC | 9 | | 6.195 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.008 | | 0 | FLC | 4 | | 0.023 | | |
| 17:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 1.692 | | 0 | FLC | 4 | | 4.992 | | |
| 20:1....g | 0.036 | | 0 | FLC | 4 | | 0.106 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.290 | | 0 | MC | 9 | | 0.856 | | |
| 18:2 undifferentiated....g | 0.518 | | 0 | FLC | 4 | | 1.527 | | |
| 18:3 undifferentiated....g | 0.249 | | 0 | FLC | 4 | | 0.734 | | |
| 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 | 0.000 | | 0 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 4 | | 0 | MC | 9 | | 12 | | |
| 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 = 295g: 1 bottle

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

**Food Group:** 14 Beverages

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

**NDB No. 14055**

**Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, powder, 3-2-1 Plan**

*Unilever*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 6.05 | | 0 | NR | 4 | | 1.57 | | |
| Energy....kcal | 368 | | 0 | MC | 9 | | 96 | | |
| Energy....kJ | 1540 | | 0 | MC | 9 | | 400 | | |
| Protein (N x 6.38)....g | 27.87 | | 0 | MC | 9 | | 7.25 | | |
| Total lipid (fat)....g | 11.62 | | 0 | MC | 9 | | 3.02 | | |
| Ash....g | 3.01 | | 0 | MC | 9 | | 0.78 | | |
| Carbohydrate, by difference....g | 47.48 | | 0 | MC | 9 | | 12.34 | | |
| Fiber, total dietary....g | 18.2 | | 0 | MC | 9 | | 4.7 | | |
| Sugars, total....g | 20.59 | | 0 | MC | 9 | | 5.35 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1039 | | 0 | MC | 9 | | 270 | | |
| Iron, Fe....mg | 24.84 | | 0 | MC | 9 | | 6.46 | | |
| Magnesium, Mg....mg | 473 | | 0 | MC | 9 | | 123 | | |
| Phosphorus, P....mg | 563 | | 0 | MC | 9 | | 146 | | |
| Potassium, K....mg | 752 | | 0 | MC | 9 | | 196 | | |
| Sodium, Na....mg | 495 | | 0 | MC | 9 | | 129 | | |
| Zinc, Zn....mg | 17.29 | | 0 | MC | 9 | | 4.50 | | |
| Copper, Cu....mg | 0.769 | | 0 | LC | 8 | | 0.200 | | |
| Manganese, Mn....mg | 269.100 | | 0 | MC | 9 | | 69.966 | | |
| Selenium, Se....µg | 67.5 | | 0 | MC | 9 | | 17.6 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 103.8 | | 0 | LC | 8 | | 27.0 | | |
| Thiamin....mg | 1.499 | | 0 | MC | 9 | | 0.390 | | |
| Riboflavin....mg | 0.654 | | 0 | LC | 8 | | 0.170 | | |
| Niacin....mg | 38.442 | | 0 | MC | 9 | | 9.995 | | |
| Pantothenic acid....mg | 15.377 | | 0 | MC | 9 | | 3.998 | | |
| Vitamin B-6....mg | 2.307 | | 0 | MC | 9 | | 0.600 | | |
| Folate, total....µg | 385 | | 0 | LC | 8 | | 100 | | |
| Folic acid....µg | 384 | | 0 | BFZN | 4 | | 100 | | |
| Folate, food....µg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 653 | | 0 | NC | 4 | | 170 | | |
| Choline, total....mg | 3.4 | | 0 | BFZN | 4 | | 0.9 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 8.07 | | 0 | MC | 9 | | 2.10 | | |
| Vitamin B-12, added....µg | 8.08 | | 0 | BFZN | 4 | | 2.10 | | |
| Vitamin A, RAE....µg | 865 | | 0 | BFZN | 4 | | 225 | | |
| Retinol....µg | 865 | | 0 | BFZN | 4 | | 225 | | |
| Carotene, beta....µg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin A, IU....IU | 2885 | | 0 | LC | 8 | | 750 | | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 51.92 | | 0 | LC | 8 | | 13.50 | | |
| Vitamin E, added....mg | 51.92 | | 0 | BFZN | 4 | | 13.50 | | |
| 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 | 9.6 | | 0 | BFZN | 4 | | 2.5 | | |
| Vitamin D....IU | 384 | | 0 | MC | 9 | | 100 | | |
| Vitamin K (phylloquinone)....µg | 0.1 | | 0 | MC | 9 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14055**

**Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, powder, 3-2-1 Plan**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 1.237 | | 0 | MC | 9 | | 0.322 | | |
| 4:0....g | 0.009 | | 0 | BFZN | 4 | | 0.002 | | |
| 6:0....g | 0.002 | | 0 | BFZN | 4 | | 0.001 | | |
| 8:0....g | 0.003 | | 0 | BFZN | 4 | | 0.001 | | |
| 10:0....g | 0.006 | | 0 | BFZN | 4 | | 0.002 | | |
| 12:0....g | 0.006 | | 0 | BFZN | 4 | | 0.002 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.035 | | 0 | BFZN | 4 | | 0.009 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.538 | | 0 | BFZN | 4 | | 0.140 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.573 | | 0 | BFZN | 4 | | 0.149 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 8.285 | | 0 | MC | 9 | | 2.154 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.017 | | 0 | BFZN | 4 | | 0.005 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.741 | | 0 | BFZN | 4 | | 2.013 | | |
| 20:1....g | 0.090 | | 0 | BFZN | 4 | | 0.023 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.973 | | 0 | MC | 9 | | 0.253 | | |
| 18:2 undifferentiated....g | 0.872 | | 0 | BFZN | 4 | | 0.227 | | |
| 18:3 undifferentiated....g | 0.050 | | 0 | BFZN | 4 | | 0.013 | | |
| 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 | 6 | | 0 | MC | 9 | | 2 | | |
| 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 = 26g: 1 scoop

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

**Food Group:** 14 Beverages

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

**NDB No. 14047**

**Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan**

*Unilever*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.99 | | 0 | MC | 9 | | 0.52 | | |
| Energy | kcal | 379 | | 0 | MC | 9 | | 99 | | |
| Energy | kJ | 1586 | | 0 | MC | 9 | | 412 | | |
| Protein (N x 6.25) | g | 8.13 | | 0 | MC | 9 | | 2.11 | | |
| Total lipid (fat) | g | 13.34 | | 0 | MC | 9 | | 3.47 | | |
| Ash | g | 2.62 | | 0 | MC | 9 | | 0.68 | | |
| Carbohydrate, by difference | g | 66.99 | | 0 | MC | 9 | | 17.42 | | |
| Fiber, total dietary | g | 18.1 | | 0 | MC | 9 | | 4.7 | | |
| Sugars, total | g | 38.02 | | 0 | MC | 9 | | 9.89 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 364 | | 0 | MC | 9 | | 95 | | |
| Iron, Fe | mg | 0.68 | | 0 | MC | 9 | | 0.18 | | |
| Magnesium, Mg | mg | 385 | | 0 | LC | 8 | | 100 | | |
| Phosphorus, P | mg | 385 | | 0 | LC | 8 | | 100 | | |
| Potassium, K | mg | 247 | | 0 | MC | 9 | | 64 | | |
| Sodium, Na | mg | 472 | | 0 | MC | 9 | | 123 | | |
| Zinc, Zn | mg | 17.31 | | 0 | LC | 8 | | 4.50 | | |
| Copper, Cu | mg | 0.769 | | 0 | LC | 8 | | 0.200 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 67.3 | | 0 | LC | 8 | | 17.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.3 | | 0 | MC | 9 | | 0.3 | | |
| Thiamin | mg | 1.442 | | 0 | LC | 8 | | 0.375 | | |
| Riboflavin | mg | 0.654 | | 0 | LC | 8 | | 0.170 | | |
| Niacin | mg | 38.462 | | 0 | LC | 8 | | 10.000 | | |
| Pantothenic acid | mg | 15.385 | | 0 | LC | 8 | | 4.000 | | |
| Vitamin B-6 | mg | 2.308 | | 0 | LC | 8 | | 0.600 | | |
| Folate, total | µg | 385 | | 0 | LC | 8 | | 100 | | |
| Folic acid | µg | 384 | | 0 | NR | 4 | | 100 | | |
| Folate, food | µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Folate, DFE | µg | 653 | | 0 | NC | 4 | | 170 | | |
| Choline, total | mg | 3.4 | | 0 | FLC | 4 | | 0.9 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 8.08 | | 0 | LC | 8 | | 2.10 | | |
| Vitamin B-12, added | µg | 8.08 | | 0 | NR | 4 | | 2.10 | | |
| Vitamin A, RAE | µg | 1034 | | 0 | NC | 4 | | 269 | | |
| Retinol | µg | 1034 | | 0 | NR | 4 | | 269 | | |
| Carotene, beta | µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 3447 | | 0 | MC | 9 | | 896 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 51.92 | | 0 | LC | 8 | | 13.50 | | |
| Vitamin E, added | mg | 51.92 | | 0 | NR | 4 | | 13.50 | | |
| 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 | 9.6 | | 0 | NR | 4 | | 2.5 | | |
| Vitamin D | IU | 385 | | 0 | LC | 8 | | 100 | | |
| Vitamin K (phylloquinone) | µg | 96.2 | | 0 | LC | 8 | | 25.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 14047**

**Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 1.450 | | 0 | MC | 9 | | 0.377 | | |
| 4:0....g | 0.012 | | 0 | FLC | 4 | | 0.003 | | |
| 6:0....g | 0.003 | | 0 | FLC | 4 | | 0.001 | | |
| 8:0....g | 0.004 | | 0 | FLC | 4 | | 0.001 | | |
| 10:0....g | 0.008 | | 0 | FLC | 4 | | 0.002 | | |
| 12:0....g | 0.008 | | 0 | FLC | 4 | | 0.002 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.047 | | 0 | FLC | 4 | | 0.012 | | |
| 15:0....g | 0.137 | | 0 | FLC | 4 | | 0.036 | | |
| 16:0....g | 0.732 | | 0 | FLC | 4 | | 0.190 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.779 | | 0 | FLC | 4 | | 0.203 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | 0.172 | | 0 | FLC | 4 | | 0.045 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 10.510 | | 0 | MC | 9 | | 2.733 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.021 | | 0 | FLC | 4 | | 0.006 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.469 | | 0 | FLC | 4 | | 2.462 | | |
| 20:1....g | 0.110 | | 0 | FLC | 4 | | 0.029 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.190 | | 0 | MC | 9 | | 0.309 | | |
| 18:2 undifferentiated....g | 1.754 | | 0 | FLC | 4 | | 0.456 | | |
| 18:3 undifferentiated....g | 0.100 | | 0 | FLC | 4 | | 0.026 | | |
| 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 | 5 | | 0 | MC | 9 | | 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 = 26g: 1 scoop

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

**Food Group:** 14 Beverages

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

**NDB No. 14045**

**Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan**

*Unilever*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 85.69 | | 0 | NC | 4 | | 252.77 | | |
| Energy....kcal | 57 | | 0 | MC | 9 | | 168 | | |
| Energy....kJ | 238 | | 0 | MC | 9 | | 702 | | |
| Protein (N x 6.38)....g | 3.32 | | 0 | MC | 9 | | 9.79 | | |
| Total lipid (fat)....g | 1.93 | | 0 | MC | 9 | | 5.69 | | |
| Ash....g | 0.86 | | 0 | MC | 9 | | 2.54 | | |
| Carbohydrate, by difference....g | 7.74 | | 0 | MC | 9 | | 22.83 | | |
| Fiber, total dietary....g | 1.6 | | 0 | MC | 9 | | 4.6 | | |
| Sugars, total....g | 5.95 | | 0 | MC | 9 | | 17.55 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 161 | | 0 | MC | 9 | | 475 | | |
| Iron, Fe....mg | 0.87 | | 0 | MC | 9 | | 2.57 | | |
| Magnesium, Mg....mg | 45 | | 0 | MC | 9 | | 133 | | |
| Phosphorus, P....mg | 161 | | 0 | MC | 9 | | 476 | | |
| Potassium, K....mg | 193 | | 0 | MC | 9 | | 570 | | |
| Sodium, Na....mg | 68 | | 0 | MC | 9 | | 200 | | |
| Zinc, Zn....mg | 0.72 | | 0 | MC | 9 | | 2.12 | | |
| Copper, Cu....mg | 0.012 | | 0 | FLC | 4 | | 0.035 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 5.7 | | 0 | MC | 9 | | 16.7 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 19.4 | | 0 | MC | 9 | | 57.1 | | |
| Thiamin....mg | 0.170 | | 0 | MC | 9 | | 0.502 | | |
| Riboflavin....mg | 0.190 | | 0 | MC | 9 | | 0.561 | | |
| Niacin....mg | 2.260 | | 0 | MC | 9 | | 6.667 | | |
| Pantothenic acid....mg | 1.378 | | 0 | MC | 9 | | 4.065 | | |
| Vitamin B-6....mg | 0.225 | | 0 | MC | 9 | | 0.664 | | |
| Folate, total....µg | 39 | | 0 | MC | 9 | | 114 | | |
| Folic acid....µg | 39 | | 0 | O | 4 | | 114 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 66 | | 0 | NC | 4 | | 194 | | |
| Choline, total....mg | 14.8 | | 0 | FLC | 4 | | 43.5 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.68 | | 0 | MC | 9 | | 2.01 | | |
| Vitamin B-12, added....µg | 0.68 | | 0 | MC | 9 | | 2.01 | | |
| Vitamin A, RAE....µg | 170 | | 0 | NC | 4 | | 500 | | |
| Retinol....µg | 170 | | 0 | O | 4 | | 500 | | |
| 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 | 565 | | 0 | MC | 9 | | 1665 | | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 4.58 | | 0 | LC | 8 | | 13.50 | | |
| Vitamin E, added....mg | 4.58 | | 0 | LC | 8 | | 13.50 | | |
| 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 | | 3.3 | | |
| Vitamin D....IU | 45 | | 0 | MC | 9 | | 133 | | |
| Vitamin K (phylloquinone)....µg | 6.5 | | 0 | MC | 9 | | 19.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14045**

**Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.540 | | 0 | MC | 9 | | 1.593 | | |
| 4:0....g | 0.008 | | 0 | FLC | 4 | | 0.022 | | |
| 6:0....g | 0.001 | | 0 | FLC | 4 | | 0.004 | | |
| 8:0....g | 0.002 | | 0 | FLC | 4 | | 0.005 | | |
| 10:0....g | 0.003 | | 0 | FLC | 4 | | 0.010 | | |
| 12:0....g | 0.002 | | 0 | FLC | 4 | | 0.007 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.015 | | 0 | FLC | 4 | | 0.043 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 0.283 | | 0 | FLC | 4 | | 0.834 | | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0....g | 0.132 | | 0 | FLC | 4 | | 0.390 | | |
| 20:0....g | 0.036 | | 0 | FLC | 4 | | 0.106 | | |
| 22:0....g | 0.018 | | 0 | FLC | 4 | | 0.054 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.970 | | 0 | MC | 9 | | 2.862 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.005 | | 0 | FLC | 4 | | 0.016 | | |
| 17:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 1.014 | | 0 | FLC | 4 | | 2.991 | | |
| 20:1....g | 0.021 | | 0 | FLC | 4 | | 0.063 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.320 | | 0 | MC | 9 | | 0.944 | | |
| 18:2 undifferentiated....g | 0.310 | | 0 | FLC | 4 | | 0.916 | | |
| 18:3 undifferentiated....g | 0.149 | | 0 | FLC | 4 | | 0.440 | | |
| 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 | 0.000 | | 0 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 3 | | 0 | LC | 8 | | 10 | | |
| 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 = 295g: 1 bottle

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

**Food Group:** 14 Beverages

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

**NDB No. 14605**

**Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 94.44 | | 0 | O | 4 | | 223.82 | 223.82 | |
| Energy....kcal | 22 | | 2 | NC | 4 | | 52 | 52 | |
| Energy....kJ | 92 | | 0 | NC | 4 | | 218 | 218 | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 2 | LC | 8 | | 0.00 | 0.00 | |
| Ash....g | 0.07 | | 0 | BFZN | 4 | | 0.17 | 0.17 | |
| Carbohydrate, by difference....g | 5.49 | | 2 | LC | 8 | | 13.00 | 13.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 5.49 | | 2 | LC | 8 | | 13.00 | 13.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 2 | LC | 8 | | 40 | 40 | |
| Iron, Fe....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg....mg | 3 | | 2 | LC | 8 | | 8 | 8 | |
| Phosphorus, P....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Potassium, K....mg | 0 | | 0 | BFZN | 4 | | 1 | 1 | |
| Sodium, Na....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Zinc, Zn....mg | 0.32 | | 2 | LC | 8 | | 0.75 | 0.75 | |
| Copper, Cu....mg | 0.007 | | 0 | BFZN | 4 | | 0.016 | 0.016 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 12.7 | | 2 | LC | 8 | | 30.0 | 30.0 | |
| Thiamin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Niacin....mg | 0.844 | | 2 | JO | 11 | | 2.000 | 2.000 | |
| Pantothenic acid....mg | 0.422 | | 2 | LC | 8 | | 1.000 | 1.000 | |
| Vitamin B-6....mg | 0.084 | | 2 | LC | 8 | | 0.200 | 0.200 | |
| Folate, total....µg | 8 | | 2 | LC | 8 | | 20 | 20 | |
| Folic acid....µg | 8 | | 0 | NR | 4 | | 20 | 20 | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE....µg | 14 | | 0 | NC | 4 | | 34 | 34 | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.25 | | 2 | LC | 8 | | 0.60 | 0.60 | |
| Vitamin B-12, added....µg | 0.25 | | 0 | NR | 4 | | 0.60 | 0.60 | |
| Vitamin A, RAE....µg | 32 | | 0 | NC | 4 | | 75 | 75 | |
| Retinol....µg | 32 | | 0 | NR | 4 | | 75 | 75 | |
| Carotene, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 105 | | 2 | LC | 8 | | 250 | 250 | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 1.90 | | 0 | LC | 8 | | 4.50 | 4.50 | |
| Vitamin E, added....mg | 1.90 | | 0 | NR | 4 | | 4.50 | 4.50 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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. 14605**

**Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 237g: 8 fl oz (1 NLEA serving)

Measure 2 = 237g: 1 serving

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

**Food Group:** 14 Beverages

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

**NDB No. 14058**
**Beverages, Whey protein powder isolate**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 0.86 | | 0 | NC | 4 | | 0.74 | | |
| Energy....kcal | 359 | | 0 | NC | 4 | | 309 | | |
| Energy....kJ | 1503 | | 0 | NC | 4 | | 1293 | | |
| Protein (N x 6.38)....g | 58.14 | | 0 | LC | 8 | | 50.00 | | |
| Total lipid (fat)....g | 1.16 | | 0 | LC | 8 | | 1.00 | | |
| Ash....g | 10.77 | | 0 | BFZN | 4 | | 9.26 | | |
| Carbohydrate, by difference....g | 29.07 | | 0 | LC | 8 | | 25.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 1.16 | | 0 | LC | 8 | | 1.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 698 | | 0 | LC | 8 | | 600 | | |
| Iron, Fe....mg | 1.26 | | 0 | LC | 8 | | 1.08 | | |
| Magnesium, Mg....mg | 233 | | 0 | LC | 8 | | 200 | | |
| Phosphorus, P....mg | 581 | | 0 | LC | 8 | | 500 | | |
| Potassium, K....mg | 872 | | 0 | LC | 8 | | 750 | | |
| Sodium, Na....mg | 372 | | 0 | LC | 8 | | 320 | | |
| Zinc, Zn....mg | 8.72 | | 0 | LC | 8 | | 7.50 | | |
| Copper, Cu....mg | 1.163 | | 0 | LC | 8 | | 1.000 | | |
| Manganese, Mn....mg | 58.140 | | 0 | LC | 8 | | 50.000 | | |
| Selenium, Se....µg | 40.7 | | 0 | LC | 8 | | 35.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 34.9 | | 0 | LC | 8 | | 30.0 | | |
| Thiamin....mg | 0.872 | | 0 | LC | 8 | | 0.750 | | |
| Riboflavin....mg | 0.988 | | 0 | LC | 8 | | 0.850 | | |
| Niacin....mg | 11.628 | | 0 | LC | 8 | | 10.000 | | |
| Pantothenic acid....mg | 5.814 | | 0 | LC | 8 | | 5.000 | | |
| Vitamin B-6....mg | 1.163 | | 0 | LC | 8 | | 1.000 | | |
| Folate, total....µg | 233 | | 0 | LC | 8 | | 200 | | |
| Folic acid....µg | 233 | | 0 | O | 4 | | 200 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 395 | | 0 | NC | 4 | | 340 | | |
| Choline, total....mg | 225.0 | | 0 | BFZN | 4 | | 193.5 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 3.49 | | 0 | LC | 8 | | 3.00 | | |
| Vitamin B-12, added....µg | 3.49 | | 0 | LC | 8 | | 3.00 | | |
| Vitamin A, RAE....µg | 872 | | 0 | NC | 4 | | 750 | | |
| Retinol....µg | 872 | | 0 | NR | 4 | | 750 | | |
| Carotene, beta....µg | 1 | | 0 | BFZN | 4 | | 1 | | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin A, IU....IU | 2909 | | 0 | NC | 4 | | 2502 | | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 7.85 | | 0 | LC | 8 | | 6.75 | | |
| Vitamin E, added....mg | 7.85 | | 0 | LC | 8 | | 6.75 | | |
| 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 | 46.5 | | 0 | LC | 8 | | 40.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14058**
**Beverages, Whey protein powder isolate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.581 | | 0 | LC | 8 | | 0.500 | | |
| 4:0....g | 0.043 | | 0 | BFZN | 4 | | 0.037 | | |
| 6:0....g | 0.015 | | 0 | BFZN | 4 | | 0.013 | | |
| 8:0....g | 0.009 | | 0 | BFZN | 4 | | 0.008 | | |
| 10:0....g | 0.019 | | 0 | BFZN | 4 | | 0.016 | | |
| 12:0....g | 0.011 | | 0 | BFZN | 4 | | 0.010 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.087 | | 0 | BFZN | 4 | | 0.075 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.283 | | 0 | BFZN | 4 | | 0.244 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.113 | | 0 | BFZN | 4 | | 0.097 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.149 | | 0 | BFZN | 4 | | 0.128 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.028 | | 0 | BFZN | 4 | | 0.024 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.121 | | 0 | BFZN | 4 | | 0.104 | | |
| 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 | 0.021 | | 0 | BFZN | 4 | | 0.018 | | |
| 18:2 undifferentiated....g | 0.018 | | 0 | BFZN | 4 | | 0.015 | | |
| 18:3 undifferentiated....g | 0.003 | | 0 | BFZN | 4 | | 0.003 | | |
| 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 | 0.000 | | 0 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 12 | | 0 | LC | 8 | | 10 | | |
| 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 = 86g: 3 scoop

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

**Food Group:** 14 Beverages

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

**NDB No. 14073**
**Beverages, ZEVIA, cola**
*Zevia*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.36 | | 0 | NC | 4 | | 349.18 | | |
| Energy....kcal | 0 | | 0 | LC | 8 | | 0 | | |
| Energy....kJ | 0 | | 0 | LC | 8 | | 0 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Carbohydrate, by difference....g | 1.13 | | 0 | O | 4 | | 4.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Magnesium, Mg....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Potassium, K....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Sodium, Na....mg | 6 | | 0 | O | 4 | | 20 | | |
| Zinc, Zn....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Folate, total....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | Z | 7 | | 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 | Z | 7 | | 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 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14073**
**Beverages, ZEVIA, cola**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 13 | | 0 | O | 4 | | 44 | | |
| 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 = 355g: 1 can

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

**Food Group:** 14 Beverages

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

**NDB No. 14074**

**Beverages, ZEVIA, cola, caffeine free**

*Zevia*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.87 | | 0 | NC | 4 | | 350.98 | | |
| Energy....kcal | 0 | | 0 | LC | 8 | | 0 | | |
| Energy....kJ | 0 | | 0 | LC | 8 | | 0 | | |
| Protein....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.01 | | 0 | O | 4 | | 0.02 | | |
| Carbohydrate, by difference....g | 1.13 | | 0 | O | 4 | | 4.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Magnesium, Mg....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Potassium, K....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Sodium, Na....mg | 6 | | 0 | O | 4 | | 20 | | |
| Zinc, Zn....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Folate, total....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | Z | 7 | | 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 | Z | 7 | | 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 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14074**
**Beverages, ZEVIA, cola, caffeine 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 | 0 | | 0 | Z | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | LC | 8 | | 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 = 355g: 1 can

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

**Food Group:** 14 Beverages

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

**NDB No. 14531**
**Beverages, alcoholic , whiskey sour**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 72.60 | | 0 | | 1 | | 22.07 | 76.96 | 47.19 |
| Energy....kcal | 149 | | 0 | NC | 4 | | 45 | 158 | 97 |
| Energy....kJ | 623 | | 0 | | 4 | | 190 | 661 | 405 |
| Protein (N x 0)....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.03 | | 0 | O | 4 | | 0.01 | 0.04 | 0.02 |
| Ash....g | 0.10 | | 0 | | 1 | | 0.03 | 0.11 | 0.07 |
| Carbohydrate, by difference....g | 13.10 | | 0 | NC | 4 | | 3.98 | 13.89 | 8.52 |
| Fiber, total dietary....g | 0.0 | | 0 | RP | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 0 | | 1 | | 0 | 1 | 1 |
| Iron, Fe....mg | 0.08 | | 0 | | 1 | | 0.02 | 0.08 | 0.05 |
| Magnesium, Mg....mg | 1 | | 0 | | 1 | | 0 | 1 | 1 |
| Phosphorus, P....mg | 6 | | 0 | | 1 | | 2 | 6 | 4 |
| Potassium, K....mg | 5 | | 0 | | 1 | | 2 | 5 | 3 |
| Sodium, Na....mg | 20 | | 0 | | 1 | | 6 | 21 | 13 |
| Zinc, Zn....mg | 0.06 | | 0 | | 1 | | 0.02 | 0.06 | 0.04 |
| Copper, Cu....mg | 0.009 | | 0 | | 1 | | 0.003 | 0.010 | 0.006 |
| Manganese, Mn....mg | 0.006 | | 0 | | 1 | | 0.002 | 0.006 | 0.004 |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.1 | 0.1 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.6 | | 0 | | 1 | | 0.5 | 1.7 | 1.0 |
| Thiamin....mg | 0.011 | | 0 | | 1 | | 0.003 | 0.012 | 0.007 |
| Riboflavin....mg | 0.006 | | 0 | | 1 | | 0.002 | 0.006 | 0.004 |
| Niacin....mg | 0.020 | | 0 | | 1 | | 0.006 | 0.021 | 0.013 |
| Pantothenic acid....mg | 0.008 | | 0 | | 1 | | 0.002 | 0.008 | 0.005 |
| 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 | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | | | | | | | | | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 13 | | 0 | | 1 | | 4 | 14 | 8 |
| 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. 14531**
**Beverages, alcoholic , whiskey sour**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.005 | | 0 | | 1 | | 0.002 | 0.005 | 0.003 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.005 | | 0 | | 1 | | 0.002 | 0.005 | 0.003 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.001 | | 0 | | 1 | | 0.000 | 0.001 | 0.001 |
| 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 | 0.001 | | 0 | | 1 | | 0.000 | 0.001 | 0.001 |
| 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 | 0.012 | | 0 | | 1 | | 0.004 | 0.013 | 0.008 |
| 18:2 undifferentiated....g | 0.008 | | 0 | | 1 | | 0.002 | 0.008 | 0.005 |
| 18:3 undifferentiated....g | 0.003 | | 0 | | 1 | | 0.001 | 0.003 | 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 14.1 | | 0 | | 1 | | 4.3 | 14.9 | 9.2 |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 30.4g: 1 fl oz

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

Measure 3 = 65g: 2 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14054**
**Beverages, almond milk, chocolate, ready-to-drink**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.43 | | 0 | FLC | 4 | | 212.23 | 212.23 | |
| Energy....kcal | 50 | | 0 | LC | 8 | | 120 | 120 | |
| Energy....kJ | 209 | | 0 | LC | 8 | | 502 | 502 | |
| Protein....g | 0.63 | | 0 | LC | 8 | | 1.50 | 1.50 | |
| Total lipid (fat)....g | 1.25 | | 0 | LC | 8 | | 3.00 | 3.00 | |
| Ash....g | 0.30 | | 0 | FLC | 4 | | 0.71 | 0.71 | |
| Carbohydrate, by difference....g | 9.38 | | 0 | LC | 8 | | 22.50 | 22.50 | |
| Fiber, total dietary....g | 0.4 | | 0 | LC | 8 | | 1.0 | 1.0 | |
| Sugars, total....g | 8.75 | | 0 | LC | 8 | | 21.00 | 21.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 188 | | 0 | LC | 8 | | 450 | 450 | |
| Iron, Fe....mg | 0.53 | | 0 | LC | 8 | | 1.26 | 1.26 | |
| Magnesium, Mg....mg | 12 | | 0 | LC | 8 | | 28 | 28 | |
| Phosphorus, P....mg | 19 | | 0 | FLC | 4 | | 45 | 45 | |
| Potassium, K....mg | 75 | | 0 | LC | 8 | | 180 | 180 | |
| Sodium, Na....mg | 71 | | 0 | LC | 8 | | 170 | 170 | |
| Zinc, Zn....mg | 0.63 | | 0 | LC | 8 | | 1.50 | 1.50 | |
| Copper, Cu....mg | 0.067 | | 0 | LC | 8 | | 0.160 | 0.160 | |
| Manganese, Mn....mg | 0.083 | | 0 | LC | 8 | | 0.200 | 0.200 | |
| Selenium, Se....µg | 0.2 | | 0 | FLC | 4 | | 0.6 | 0.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 4.4 | | 0 | LC | 8 | | 10.5 | 10.5 | |
| Thiamin....mg | 0.022 | | 0 | FLC | 4 | | 0.052 | 0.052 | |
| Riboflavin....mg | 0.177 | | 0 | LC | 8 | | 0.425 | 0.425 | |
| Niacin....mg | 0.103 | | 0 | FLC | 4 | | 0.246 | 0.246 | |
| Pantothenic acid....mg | 0.035 | | 0 | FLC | 4 | | 0.085 | 0.085 | |
| Vitamin B-6....mg | 0.006 | | 0 | FLC | 4 | | 0.013 | 0.013 | |
| Folate, total....µg | 1 | | 0 | FLC | 4 | | 3 | 3 | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | FLC | 4 | | 3 | 3 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 3 | 3 | |
| Choline, total....mg | 2.0 | | 0 | FLC | 4 | | 4.8 | 4.8 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 1.25 | | 0 | LC | 8 | | 3.00 | 3.00 | |
| Vitamin B-12, added....µg | 1.25 | | 0 | LC | 8 | | 3.00 | 3.00 | |
| Vitamin A, RAE....µg | 63 | | 0 | NC | 4 | | 150 | 150 | |
| Retinol....µg | 62 | | 0 | NR | 4 | | 150 | 150 | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 208 | | 0 | LC | 8 | | 500 | 500 | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 2.81 | | 0 | LC | 8 | | 6.75 | 6.75 | |
| Vitamin E, added....mg | 2.81 | | 0 | LC | 8 | | 6.75 | 6.75 | |
| 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 | 2.5 | |
| Vitamin D....IU | 42 | | 0 | LC | 8 | | 100 | 100 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14054**
**Beverages, almond milk, chocolate, ready-to-drink**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 13:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 14:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 16:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated....g | 0.625 | | 0 | LC | 8 | | 1.500 | 1.500 | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.005 | | 0 | FLC | 4 | | 0.012 | 0.012 | |
| 17:1....g | 0.001 | | 0 | FLC | 4 | | 0.002 | 0.002 | |
| 18:1 undifferentiated....g | 0.619 | | 0 | FLC | 4 | | 1.485 | 1.485 | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated....g | 0.208 | | 0 | LC | 8 | | 0.500 | 0.500 | |
| 18:2 undifferentiated....g | 0.208 | | 0 | FLC | 4 | | 0.500 | 0.500 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.000 | | 0 | LC | 8 | | 0.000 | 0.000 | |
| Cholesterol....mg | 0 | | 1 | JO | 11 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| Stigmasterol....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Campesterol....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Beta-sitosterol....mg | 3 | | 0 | FLC | 4 | | 8 | 8 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.005 | | 0 | FLC | 4 | | 0.013 | 0.013 | |
| Threonine....g | 0.015 | | 0 | FLC | 4 | | 0.036 | 0.036 | |
| Isoleucine....g | 0.018 | | 0 | FLC | 4 | | 0.042 | 0.042 | |
| Leucine....g | 0.037 | | 0 | FLC | 4 | | 0.089 | 0.089 | |
| Lysine....g | 0.014 | | 0 | FLC | 4 | | 0.035 | 0.035 | |
| Methionine....g | 0.004 | | 0 | FLC | 4 | | 0.009 | 0.009 | |
| Cystine....g | 0.005 | | 0 | FLC | 4 | | 0.011 | 0.011 | |
| Phenylalanine....g | 0.028 | | 0 | FLC | 4 | | 0.067 | 0.067 | |
| Tyrosine....g | 0.011 | | 0 | FLC | 4 | | 0.027 | 0.027 | |
| Valine....g | 0.020 | | 0 | FLC | 4 | | 0.049 | 0.049 | |
| Arginine....g | 0.061 | | 0 | FLC | 4 | | 0.146 | 0.146 | |
| Histidine....g | 0.014 | | 0 | FLC | 4 | | 0.033 | 0.033 | |
| Alanine....g | 0.026 | | 0 | FLC | 4 | | 0.061 | 0.061 | |
| Aspartic acid....g | 0.073 | | 0 | FLC | 4 | | 0.174 | 0.174 | |
| Glutamic acid....g | 0.170 | | 0 | FLC | 4 | | 0.407 | 0.407 | |
| Glycine....g | 0.037 | | 0 | FLC | 4 | | 0.088 | 0.088 | |
| Proline....g | 0.026 | | 0 | FLC | 4 | | 0.062 | 0.062 | |
| Serine....g | 0.024 | | 0 | FLC | 4 | | 0.057 | 0.057 | |
| Hydroxyproline....g | | | | | | | | | |

**NDB No. 14054**
**Beverages, almond milk, chocolate, ready-to-drink**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 4 | | 0 | FLC | 4 | | 10 | 10 | |

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

**Common Measures:**

Measure 1 = 240g: 8 fl oz

Measure 2 = 240g: 1 cup

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

**Food Group:** 14 Beverages

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

**NDB No. 14016**

**Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.80 | | 0 | FLC | 4 | | 220.31 | 220.31 | |
| Energy....kcal | 38 | | 0 | LC | 8 | | 90 | 90 | |
| Energy....kJ | 157 | | 0 | LC | 8 | | 377 | 377 | |
| Protein....g | 0.42 | | 0 | LC | 8 | | 1.00 | 1.00 | |
| Total lipid (fat)....g | 1.04 | | 0 | LC | 8 | | 2.50 | 2.50 | |
| Ash....g | 0.32 | | 0 | O | 4 | | 0.77 | 0.77 | |
| Carbohydrate, by difference....g | 6.59 | | 0 | FLC | 4 | | 15.83 | 15.83 | |
| Fiber, total dietary....g | 0.4 | | 0 | LC | 8 | | 1.0 | 1.0 | |
| Sugars, total....g | 6.25 | | 0 | LC | 8 | | 15.00 | 15.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 188 | | 0 | LC | 8 | | 450 | 450 | |
| Iron, Fe....mg | 0.30 | | 0 | LC | 8 | | 0.72 | 0.72 | |
| Magnesium, Mg....mg | 7 | | 0 | LC | 8 | | 16 | 16 | |
| Phosphorus, P....mg | 8 | | 0 | LC | 8 | | 20 | 20 | |
| Potassium, K....mg | 50 | | 0 | LC | 8 | | 120 | 120 | |
| Sodium, Na....mg | 63 | | 0 | LC | 8 | | 150 | 150 | |
| Zinc, Zn....mg | 0.63 | | 0 | LC | 8 | | 1.50 | 1.50 | |
| Copper, Cu....mg | 0.017 | | 0 | LC | 8 | | 0.040 | 0.040 | |
| Manganese, Mn....mg | 0.033 | | 0 | LC | 8 | | 0.080 | 0.080 | |
| Selenium, Se....µg | 0.1 | | 0 | FLC | 4 | | 0.3 | 0.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | LC | 8 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.015 | | 0 | FLC | 4 | | 0.036 | 0.036 | |
| Riboflavin....mg | 0.177 | | 0 | LC | 8 | | 0.425 | 0.425 | |
| Niacin....mg | 0.075 | | 0 | FLC | 4 | | 0.180 | 0.180 | |
| Pantothenic acid....mg | 0.009 | | 0 | FLC | 4 | | 0.022 | 0.022 | |
| Vitamin B-6....mg | 0.003 | | 0 | FLC | 4 | | 0.007 | 0.007 | |
| Folate, total....µg | 1 | | 0 | FLC | 4 | | 2 | 2 | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | FLC | 4 | | 2 | 2 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 2 | 2 | |
| Choline, total....mg | 1.0 | | 0 | FLC | 4 | | 2.5 | 2.5 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 1.25 | | 0 | LC | 8 | | 3.00 | 3.00 | |
| Vitamin B-12, added....µg | 1.25 | | 0 | LC | 8 | | 3.00 | 3.00 | |
| Vitamin A, RAE....µg | 63 | | 0 | NC | 4 | | 150 | 150 | |
| Retinol....µg | 63 | | 0 | NR | 4 | | 150 | 150 | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 208 | | 0 | LC | 8 | | 500 | 500 | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 2.81 | | 0 | LC | 8 | | 6.75 | 6.75 | |
| Vitamin E, added....mg | 2.81 | | 0 | LC | 8 | | 6.75 | 6.75 | |
| 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 | 2.5 | |
| Vitamin D....IU | 42 | | 0 | LC | 8 | | 100 | 100 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14016**

**Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | LC | 8 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 13:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 14:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 16:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated....g | 0.625 | | 0 | LC | 8 | | 1.500 | 1.500 | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 15:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.005 | | 0 | FLC | 4 | | 0.012 | 0.012 | |
| 17:1....g | 0.001 | | 0 | FLC | 4 | | 0.001 | 0.001 | |
| 18:1 undifferentiated....g | 0.619 | | 0 | FLC | 4 | | 1.487 | 1.487 | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated....g | 0.208 | | 0 | LC | 8 | | 0.500 | 0.500 | |
| 18:2 undifferentiated....g | 0.208 | | 0 | FLC | 4 | | 0.500 | 0.500 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.000 | | 0 | LC | 8 | | 0.000 | 0.000 | |
| Cholesterol....mg | 0 | | 0 | LC | 8 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 240g: 8 fl oz

Measure 2 = 240g: 1 cup

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

**Food Group:** 14 Beverages

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

**NDB No. 14063**

**Beverages, chocolate powder, no sugar added**

*Nestle USA, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.40 | | 0 | BFZN | 4 | | 0.81 | | |
| Energy | kcal | 373 | | 0 | NC | 4 | | 41 | | |
| Energy | kJ | 1559 | | 0 | NC | 4 | | 171 | | |
| Protein (N x 6.25) | g | 9.09 | | 0 | LC | 8 | | 1.00 | | |
| Total lipid (fat) | g | 9.09 | | 0 | LC | 8 | | 1.00 | | |
| Ash | g | 10.70 | | 0 | BFZN | 4 | | 1.18 | | |
| Carbohydrate, by difference | g | 63.64 | | 0 | LC | 8 | | 7.00 | | |
| Fiber, total dietary | g | 9.1 | | 0 | LC | 8 | | 1.0 | | |
| Sugars, total | g | 27.27 | | 0 | LC | 8 | | 3.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 909 | | 0 | LC | 8 | | 100 | | |
| Iron, Fe | mg | 3.27 | | 0 | LC | 8 | | 0.36 | | |
| Magnesium, Mg | mg | 410 | | 0 | BFZN | 4 | | 45 | | |
| Phosphorus, P | mg | 500 | | 0 | BFZN | 4 | | 55 | | |
| Potassium, K | mg | 1705 | | 0 | BFZN | 4 | | 188 | | |
| Sodium, Na | mg | 636 | | 0 | LC | 8 | | 70 | | |
| Zinc, Zn | mg | 13.64 | | 0 | LC | 8 | | 1.50 | | |
| Copper, Cu | mg | 1.818 | | 0 | LC | 8 | | 0.200 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | 21.8 | | 0 | BFZN | 4 | | 2.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 54.5 | | 0 | LC | 8 | | 6.0 | | |
| Thiamin | mg | 1.500 | | 0 | BFZN | 4 | | 0.165 | | |
| Riboflavin | mg | 0.350 | | 0 | BFZN | 4 | | 0.039 | | |
| Niacin | mg | 25.600 | | 0 | BFZN | 4 | | 2.816 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 1.818 | | 0 | LC | 8 | | 0.200 | | |
| Folate, total | µg | 7 | | 0 | BFZN | 4 | | 1 | | |
| Folic acid | µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food | µg | 7 | | 0 | BFZN | 4 | | 1 | | |
| Folate, DFE | µg | 7 | | 0 | NC | 4 | | 1 | | |
| Choline, total | mg | 266.9 | | 0 | BFZN | 4 | | 29.4 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | µg | 0 | | 0 | Z | 7 | | 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 | LC | 8 | | 0 | | |
| Lycopene | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| 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 | LC | 8 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 14063**
**Beverages, chocolate powder, 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 | 4.545 | | 0 | LC | 8 | | 0.500 | | |
| 4:0....g | 0.064 | | 0 | BFFN | 4 | | 0.007 | | |
| 6:0....g | 0.016 | | 0 | BFFN | 4 | | 0.002 | | |
| 8:0....g | 0.016 | | 0 | BFFN | 4 | | 0.002 | | |
| 10:0....g | 0.034 | | 0 | BFFN | 4 | | 0.004 | | |
| 12:0....g | 0.018 | | 0 | BFFN | 4 | | 0.002 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.152 | | 0 | BFFN | 4 | | 0.017 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.961 | | 0 | BFFN | 4 | | 0.216 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.499 | | 0 | BFFN | 4 | | 0.165 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.119 | | 0 | BFFN | 4 | | 0.233 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.055 | | 0 | BFFN | 4 | | 0.006 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.045 | | 0 | BFFN | 4 | | 0.225 | | |
| 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 | 1.831 | | 0 | BFFN | 4 | | 0.201 | | |
| 18:2 undifferentiated....g | 1.624 | | 0 | BFFN | 4 | | 0.179 | | |
| 18:3 undifferentiated....g | 0.203 | | 0 | BFFN | 4 | | 0.022 | | |
| 18:4....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 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 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 1 | | 0 | MC | 9 | | 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: 2 tbsp

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

**Food Group:** 14 Beverages

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

**NDB No. 14030**

**Beverages, energy drink, Original, grape, loaded cherry, charged citrus**

*The Coca-Cola Company*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.45 | | 0 | BFZN | 4 | | 424.56 | | |
| Energy....kcal | 44 | | 0 | LC | 8 | | 210 | | |
| Energy....kJ | 183 | | 0 | LC | 8 | | 878 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.28 | | 0 | BFZN | 4 | | 1.34 | | |
| Carbohydrate, by difference....g | 11.25 | | 0 | LC | 8 | | 54.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total....g | 11.25 | | 0 | LC | 8 | | 54.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Magnesium, Mg....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Potassium, K....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Sodium, Na....mg | 85 | | 0 | LC | 8 | | 410 | | |
| Zinc, Zn....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.833 | | 0 | LC | 8 | | 4.000 | | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 2.50 | | 0 | LC | 8 | | 12.00 | | |
| Vitamin B-12, added....µg | 2.50 | | 0 | LC | 8 | | 12.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | NC | 4 | | 0 | | |
| 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 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14030**

**Beverages, energy drink, Original, grape, loaded cherry, charged citrus**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | BFZN | 4 | | 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 34 | | 0 | MC | 9 | | 162 | | |
| 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 = 480g: 16 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14042**

**Beverages, fortified low calorie fruit juice beverage**

*The Coca-Cola Company*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 97.21 | | 0 | NC | 4 | | 459.78 | | |
| Energy....kcal | 4 | | 0 | LC | 8 | | 18 | | |
| Energy....kJ | 16 | | 0 | LC | 8 | | 76 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 2.09 | | 0 | BFZN | 4 | | 9.89 | | |
| Carbohydrate, by difference....g | 0.70 | | 0 | NC | 4 | | 3.33 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | 0.63 | | 0 | LC | 8 | | 3.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 0 | BFZN | 4 | | 43 | | |
| Iron, Fe....mg | 0.10 | | 0 | BFZN | 4 | | 0.47 | | |
| Magnesium, Mg....mg | 10 | | 0 | BFZN | 4 | | 46 | | |
| Phosphorus, P....mg | 16 | | 0 | BFZN | 4 | | 77 | | |
| Potassium, K....mg | 192 | | 0 | BFZN | 4 | | 910 | | |
| Sodium, Na....mg | 18 | | 0 | LC | 8 | | 87 | | |
| Zinc, Zn....mg | 0.05 | | 0 | BFZN | 4 | | 0.24 | | |
| Copper, Cu....mg | 0.044 | | 0 | BFZN | 4 | | 0.209 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.5 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.4 | | 0 | JO | 11 | | 119.9 | | |
| Thiamin....mg | 0.080 | | 0 | BFZN | 4 | | 0.378 | | |
| Riboflavin....mg | 0.018 | | 0 | BFZN | 4 | | 0.086 | | |
| Niacin....mg | 0.204 | | 0 | BFZN | 4 | | 0.966 | | |
| Pantothenic acid....mg | 0.845 | | 0 | LC | 8 | | 3.998 | | |
| Vitamin B-6....mg | 0.169 | | 0 | LC | 8 | | 0.800 | | |
| Folate, total....µg | 44 | | 0 | BFZN | 4 | | 210 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 44 | | 0 | BFZN | 4 | | 210 | | |
| Folate, DFE....µg | 44 | | 0 | NC | 4 | | 210 | | |
| Choline, total....mg | 5.7 | | 0 | BFZN | 4 | | 26.9 | | |
| Betaine....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 20 | | 0 | BFZN | 4 | | 95 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Carotene, beta....µg | 232 | | 0 | BFZN | 4 | | 1100 | | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 15 | | 0 | BFZN | 4 | | 71 | | |
| Vitamin A, IU....IU | 400 | | 0 | NC | 4 | | 1892 | | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 116 | | 0 | BFZN | 4 | | 550 | | |
| Vitamin E (alpha-tocopherol)....mg | 1.14 | | 0 | LC | 8 | | 5.40 | | |
| 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 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.1 | | 0 | BFZN | 4 | | 0.5 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14042**

**Beverages, fortified low calorie fruit juice beverage**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **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 | 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 | 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 | 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 | 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 | 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 | Z | 7 | | 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 | Z | 7 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | 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 = 473g: 16.9 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14636**

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

includes Capri Sun

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.58 | 0.405 | 4 | A | 1 | | 183.05 | 0.88 | |
| Energy....kcal | 39 | | 0 | NC | 4 | | 81 | 0 | |
| Energy....kJ | 161 | | 0 | NC | 4 | | 337 | 2 | |
| Protein....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.07 | 0.030 | 4 | A | 1 | | 0.14 | 0.00 | |
| Ash....g | 2.35 | | 0 | NR | 4 | | 4.91 | 0.02 | |
| Carbohydrate, by difference....g | 10.00 | | 0 | LC | 8 | | 20.90 | 0.10 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFSN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 9.00 | | 1 | LC | 8 | | 18.81 | 0.09 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 0.191 | 4 | A | 1 | | 11 | 0 | |
| Iron, Fe....mg | 0.04 | 0.000 | 4 | A | 1 | | 0.08 | 0.00 | |
| Magnesium, Mg....mg | 2 | 0.092 | 4 | A | 1 | | 4 | 0 | |
| Phosphorus, P....mg | 1 | 0.192 | 4 | A | 1 | | 3 | 0 | |
| Potassium, K....mg | 11 | 0.799 | 4 | A | 1 | | 22 | 0 | |
| Sodium, Na....mg | 2 | 0.789 | 4 | A | 1 | | 5 | 0 | |
| Zinc, Zn....mg | 0.02 | 0.005 | 4 | A | 1 | | 0.05 | 0.00 | |
| Copper, Cu....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn....mg | 0.011 | 0.003 | 4 | A | 1 | | 0.023 | 0.000 | |
| Selenium, Se....µg | 0.2 | | 0 | BFSN | 4 | | 0.4 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | 0.000 | 4 | A | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| Niacin....mg | 0.015 | 0.010 | 4 | A | 1 | | 0.031 | 0.000 | |
| Pantothenic acid....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 1 | | 1 | A | 1 | | 2 | 0 | |
| Folic acid....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | AS | 1 | | 2 | 0 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 2 | 0 | |
| Choline, total....mg | 0.5 | | 0 | BFSN | 4 | | 1.1 | 0.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFSN | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFSN | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | BFSN | 4 | | 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 | 0.68 | | 1 | LC | 8 | | 1.41 | 0.01 | |
| Vitamin E, added....mg | 0.68 | | 0 | NR | 4 | | 1.41 | 0.01 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | BFSN | 4 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFSN | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14636**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.008 | | 0 | BFFN | 4 | | 0.017 | 0.000 | |
| 4:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFFN | 4 | | 0.001 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.007 | | 0 | BFFN | 4 | | 0.015 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFFN | 4 | | 0.001 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.012 | | 0 | BFFN | 4 | | 0.025 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.002 | | 0 | BFFN | 4 | | 0.004 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.011 | | 0 | BFFN | 4 | | 0.023 | 0.000 | |
| 20:1....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.014 | | 0 | BFFN | 4 | | 0.028 | 0.000 | |
| 18:2 undifferentiated....g | 0.010 | | 0 | BFFN | 4 | | 0.020 | 0.000 | |
| 18:3 undifferentiated....g | 0.004 | | 0 | BFFN | 4 | | 0.008 | 0.000 | |
| 18:4....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 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 | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFSN | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 209g: 1 container

Measure 2 = 1.0g: 1 ml

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

**Food Group:** 14 Beverages

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

**NDB No. 14654**
**Beverages, nutritional shake mix, high protein, 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 | 8.30 | | 0 | BFZN | 4 | | 0.83 | 1.66 | |
| Energy....kcal | 392 | | 0 | NC | 4 | | 39 | 78 | |
| Energy....kJ | 1641 | | 0 | NC | 4 | | 164 | 328 | |
| Protein....g | 53.57 | | 0 | LC | 8 | | 5.36 | 10.71 | |
| Total lipid (fat)....g | 10.71 | | 0 | LC | 8 | | 1.07 | 2.14 | |
| Ash....g | 7.03 | | 0 | BFZN | 4 | | 0.70 | 1.41 | |
| Carbohydrate, by difference....g | 20.38 | | 0 | NC | 4 | | 2.04 | 4.08 | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total....g | 3.57 | | 0 | LC | 8 | | 0.36 | 0.71 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 714 | | 0 | LC | 8 | | 71 | 143 | |
| Iron, Fe....mg | 22.50 | | 0 | LC | 8 | | 2.25 | 4.50 | |
| Magnesium, Mg....mg | 500 | | 0 | LC | 8 | | 50 | 100 | |
| Phosphorus, P....mg | 1429 | | 0 | LC | 8 | | 143 | 286 | |
| Potassium, K....mg | 1000 | | 0 | LC | 8 | | 100 | 200 | |
| Sodium, Na....mg | 1214 | | 0 | LC | 8 | | 121 | 243 | |
| Zinc, Zn....mg | 18.75 | | 0 | LC | 8 | | 1.88 | 3.75 | |
| Copper, Cu....mg | 2.500 | | 0 | LC | 8 | | 0.250 | 0.500 | |
| Manganese, Mn....mg | 125.000 | | 0 | LC | 8 | | 12.500 | 25.000 | |
| Selenium, Se....µg | 87.5 | | 0 | LC | 8 | | 8.8 | 17.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 75.0 | | 0 | LC | 8 | | 7.5 | 15.0 | |
| Thiamin....mg | 2.143 | | 0 | LC | 8 | | 0.214 | 0.429 | |
| Riboflavin....mg | 2.125 | | 0 | LC | 8 | | 0.213 | 0.425 | |
| Niacin....mg | 25.000 | | 0 | LC | 8 | | 2.500 | 5.000 | |
| Pantothenic acid....mg | 12.500 | | 0 | LC | 8 | | 1.250 | 2.500 | |
| Vitamin B-6....mg | 2.500 | | 0 | LC | 8 | | 0.250 | 0.500 | |
| Folate, total....µg | 571 | | 0 | LC | 8 | | 57 | 114 | |
| Folic acid....µg | 571 | | 0 | NR | 4 | | 57 | 114 | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, DFE....µg | 971 | | 0 | NC | 4 | | 97 | 194 | |
| Choline, total....mg | 179.7 | | 0 | BFZN | 4 | | 18.0 | 35.9 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 6.43 | | 0 | LC | 8 | | 0.64 | 1.29 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 1875 | | 0 | NC | 4 | | 188 | 375 | |
| Retinol....µg | 1875 | | 0 | NR | 4 | | 188 | 375 | |
| 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 | 6250 | | 0 | LC | 8 | | 625 | 1250 | |
| 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 | LC | 8 | | 1.69 | 3.38 | |
| 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 | 12.5 | | 0 | NR | 4 | | 1.3 | 2.5 | |
| Vitamin D....IU | 500 | | 0 | LC | 8 | | 50 | 100 | |
| Vitamin K (phylloquinone)....µg | 125.0 | | 0 | LC | 8 | | 12.5 | 25.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14654**

**Beverages, nutritional shake mix, high protein, 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 | 0.000 | | 0 | LC | 8 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.907 | | 0 | BFZN | 4 | | 0.291 | 0.581 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.907 | | 0 | BFZN | 4 | | 0.291 | 0.581 | |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 7.268 | | 0 | BFZN | 4 | | 0.727 | 1.454 | |
| 18:2 undifferentiated....g | 6.478 | | 0 | BFZN | 4 | | 0.648 | 1.296 | |
| 18:3 undifferentiated....g | 0.794 | | 0 | BFZN | 4 | | 0.079 | 0.159 | |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.000 | | 0 | LC | 8 | | 0.000 | 0.000 | |
| Cholesterol....mg | 0 | | 0 | LC | 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 = 10.0g: 1 tbsp

Measure 2 = 20g: 1 serving

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

**Food Group:** 14 Beverages

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

**NDB No. 14635**

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

includes V8 V-fusion juices

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.40 | | 1 | MC | 9 | | 217.46 | | |
| Energy....kcal | 46 | | 0 | NC | 4 | | 113 | | |
| Energy....kJ | 192 | | 0 | NC | 4 | | 473 | | |
| Protein....g | 0.30 | 0.102 | 4 | LC | 8 | | 0.75 | | |
| Total lipid (fat)....g | 0.01 | | 0 | BFZN | 4 | | 0.03 | | |
| Ash....g | 0.13 | | 0 | BFZN | 4 | | 0.32 | | |
| Carbohydrate, by difference....g | 11.15 | | 0 | NC | 4 | | 27.44 | | |
| Fiber, total dietary....g | 0.0 | 0.000 | 4 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 10.37 | 0.117 | 4 | LC | 8 | | 25.50 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | 0.000 | 3 | LC | 8 | | 20 | | |
| Iron, Fe....mg | 0.31 | 0.167 | 4 | LC | 8 | | 0.77 | | |
| Magnesium, Mg....mg | 7 | 0.000 | 3 | LC | 8 | | 16 | | |
| Phosphorus, P....mg | 1 | | 0 | BFZN | 4 | | 2 | | |
| Potassium, K....mg | 101 | 6.716 | 4 | LC | 8 | | 248 | | |
| Sodium, Na....mg | 29 | 1.016 | 4 | LC | 8 | | 72 | | |
| Zinc, Zn....mg | 0.01 | | 0 | BFZN | 4 | | 0.02 | | |
| Copper, Cu....mg | 0.012 | | 0 | BFZN | 4 | | 0.029 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 28.5 | 4.065 | 4 | LC | 8 | | 70.0 | | |
| Thiamin....mg | 0.001 | | 0 | BFZN | 4 | | 0.002 | | |
| Riboflavin....mg | 0.001 | | 0 | BFZN | 4 | | 0.003 | | |
| Niacin....mg | 0.013 | | 0 | BFZN | 4 | | 0.032 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.016 | 0.000 | 3 | LC | 8 | | 0.040 | | |
| Folate, total....µg | 3 | 0.000 | 3 | LC | 8 | | 8 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 3 | | 0 | NR | 4 | | 8 | | |
| Folate, DFE....µg | 3 | | 0 | NC | 4 | | 8 | | |
| Choline, total....mg | 0.2 | | 0 | BFZN | 4 | | 0.5 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 36 | | 0 | NC | 4 | | 88 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Carotene, beta....µg | 427 | | 0 | BNA | 4 | | 1051 | | |
| Carotene, alpha....µg | 1 | | 0 | BNA | 4 | | 3 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BNA | 4 | | 0 | | |
| Vitamin A, IU....IU | 713 | 346.079 | 4 | LC | 8 | | 1754 | | |
| Lycopene....µg | 144 | | 0 | BFZN | 4 | | 354 | | |
| Lutein + zeaxanthin....µg | 2 | | 0 | BFZN | 4 | | 5 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.87 | 0.320 | 4 | LC | 8 | | 2.14 | | |
| Vitamin E, added....mg | 0.87 | | 0 | NR | 4 | | 2.14 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.1 | | 0 | BFZN | 4 | | 0.2 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14635**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 246g: 1 serving 8 oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14075**

**Beverages, water, bottled, naturally sparkling (carbonated), mineral (1 )**

*Beverages, GEROLSTEINER BRUNNEN GmbH & Co.KG*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.95 | | 0 | NC | 4 | | 239.89 | | |
| Energy....kcal | 0 | | 0 | LC | 8 | | 0 | | |
| Energy....kJ | 0 | | 0 | LC | 8 | | 0 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.05 | | 0 | O | 4 | | 0.11 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 33 | | 0 | LC | 8 | | 80 | | |
| Iron, Fe....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Magnesium, Mg....mg | 11 | | 0 | MC | 9 | | 26 | | |
| Phosphorus, P....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Potassium, K....mg | 2 | | 0 | MC | 9 | | 4 | | |
| Sodium, Na....mg | 13 | | 0 | LC | 8 | | 30 | | |
| Zinc, Zn....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Folate, total....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | Z | 7 | | 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 | Z | 7 | | 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 | Z | 7 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14075**

**Beverages, water, bottled, naturally sparkling (carbonated), mineral (1 )**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | LC | 8 | | 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 | 0.000 | | 0 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 240g: 8 fl oz

**Footnotes:**

1 Mineral content varies between brands

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

**Food Group:** 14 Beverages

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

**NDB No. 14031**

**Beverages, water, bottled, yumberry, pomegranate with anti-oxidants**

*Pepsi-Cola North America*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.75 | | 0 | NC | 4 | | 237.00 | | |
| Energy....kcal | 5 | | 0 | NC | 4 | | 12 | | |
| Energy....kJ | 21 | | 0 | NC | 4 | | 50 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Ash....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Carbohydrate, by difference....g | 1.25 | | 0 | LC | 8 | | 3.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | LC | 8 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 0 | LC | 8 | | 0.00 | | |
| Magnesium, Mg....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phosphorus, P....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Potassium, K....mg | 8 | | 0 | LC | 8 | | 20 | | |
| Sodium, Na....mg | 10 | | 0 | LC | 8 | | 25 | | |
| Zinc, Zn....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.0 | | 0 | LC | 8 | | 60.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Niacin....mg | 0.833 | | 0 | LC | 8 | | 2.000 | | |
| Pantothenic acid....mg | 0.417 | | 0 | LC | 8 | | 1.000 | | |
| Vitamin B-6....mg | 0.083 | | 0 | LC | 8 | | 0.200 | | |
| Folate, total....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.25 | | 0 | LC | 8 | | 0.60 | | |
| Vitamin B-12, added....µg | 0.25 | | 0 | LC | 8 | | 0.60 | | |
| Vitamin A, RAE....µg | 0 | | 0 | Z | 7 | | 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 | LC | 8 | | 0 | | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.56 | | 0 | LC | 8 | | 1.35 | | |
| 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. 14031**

**Beverages, water, bottled, yumberry, pomegranate with anti-oxidants**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | LC | 8 | | 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 = 240g: 8 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14145**

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

*The Coca-Cola Company*

pop, soft drink, white soda

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 89.78 | | 4 | A | 1 | | 27.65 | 331.31 | 441.74 |
| Energy....kcal | 40 | | 0 | NC | 4 | | 12 | 146 | 195 |
| Energy....kJ | 165 | | 0 | NC | 4 | | 51 | 610 | 814 |
| Protein (N x 6.25)....g | 0.05 | | 4 | A | 1 | | 0.01 | 0.17 | 0.23 |
| Total lipid (fat)....g | 0.02 | | 4 | A | 1 | | 0.00 | 0.06 | 0.08 |
| Ash....g | 0.01 | | 4 | A | 1 | | 0.00 | 0.04 | 0.06 |
| Carbohydrate, by difference....g | 10.14 | | 0 | NC | 4 | | 3.12 | 37.42 | 49.89 |
| Fiber, total dietary....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total (2) ....g | 8.98 | | 0 | NR | 4 | | 2.77 | 33.14 | 44.18 |
| Sucrose (3) ....g | 0.65 | | 4 | A | 1 | | 0.20 | 2.40 | 3.20 |
| Glucose (dextrose) (4) ....g | 3.13 | | 4 | A | 1 | | 0.97 | 11.57 | 15.42 |
| Fructose (5) ....g | 5.19 | | 4 | A | 1 | | 1.60 | 19.17 | 25.56 |
| Lactose....g | | | | | | | | | |
| Maltose....g | | | | | | | | | |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 4 | A | 1 | | 1 | 9 | 12 |
| Iron, Fe....mg | 0.11 | | 4 | A | 1 | | 0.03 | 0.41 | 0.54 |
| Magnesium, Mg....mg | 1 | | 4 | A | 1 | | 0 | 2 | 3 |
| Phosphorus, P....mg | 0 | | 4 | A | 1 | | 0 | 1 | 1 |
| Potassium, K....mg | 1 | | 4 | A | 1 | | 0 | 3 | 4 |
| Sodium, Na....mg | 9 | | 4 | A | 1 | | 3 | 33 | 44 |
| Zinc, Zn....mg | 0.04 | | 4 | A | 1 | | 0.01 | 0.15 | 0.19 |
| Copper, Cu....mg | 0.001 | | 4 | A | 1 | | 0.000 | 0.003 | 0.003 |
| Manganese, Mn....mg | 0.002 | | 4 | A | 1 | | 0.001 | 0.006 | 0.008 |
| Selenium, Se....µg | 0.0 | | 0 | CAZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.015 | | 2 | | 1 | | 0.005 | 0.055 | 0.074 |
| Pantothenic acid....mg | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 2 | | 1 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 2 | | 1 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.4 | | 0 | O | 4 | | 0.1 | 1.5 | 2.1 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |

**NDB No. 14145**

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

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

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

**Common Measures:**

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 369g: 1 can 12 fl oz

Measure 3 = 492g: 1 bottle 16 fl oz

**NDB No. 14145**

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

**Footnotes:**

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14552**
**Carbonated beverage, chocolate-flavored soda**

pop, soft drink
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 89.20 | | 1 | | 1 | | 27.65 | 438.86 | 329.15 |
| Energy....kcal | 42 | | 0 | | 4 | | 13 | 207 | 155 |
| Energy....kJ | 176 | | 0 | | 4 | | 54 | 865 | 648 |
| Protein....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | | 0 | BFSN | 4 | | 0.03 | 0.50 | 0.38 |
| Carbohydrate, by difference....g | 10.70 | | 0 | | 4 | | 3.32 | 52.64 | 39.48 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 10.70 | | 0 | NR | 4 | | 3.32 | 52.64 | 39.48 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 1 | | 1 | | 1 | 20 | 15 |
| Iron, Fe....mg | 0.10 | | 1 | | 1 | | 0.03 | 0.49 | 0.37 |
| Magnesium, Mg....mg | 1 | | 1 | | 1 | | 0 | 5 | 4 |
| Phosphorus, P....mg | 1 | | 1 | | 1 | | 0 | 5 | 4 |
| Potassium, K....mg | 50 | | 1 | | 1 | | 16 | 246 | 185 |
| Sodium, Na....mg | 4 | | 0 | O | 4 | | 1 | 19 | 14 |
| Zinc, Zn....mg | 0.16 | | 1 | | 1 | | 0.05 | 0.79 | 0.59 |
| Copper, Cu....mg | 0.013 | | 1 | | 1 | | 0.004 | 0.064 | 0.048 |
| Manganese, Mn....mg | 0.036 | | 0 | BFSN | 4 | | 0.011 | 0.175 | 0.132 |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.5 | 0.4 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | BFSN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | | 7 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.3 | | 0 | O | 4 | | 0.1 | 1.5 | 1.2 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 7 | | 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 | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14552**
**Carbonated beverage, chocolate-flavored soda**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 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 | 0 | | 0 | | 7 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 2 | | 0 | BFZN | 4 | | 1 | 10 | 7 |
| Theobromine....mg | 63 | | 0 | BFZN | 4 | | 20 | 310 | 232 |

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

**Common Measures:**

Measure 1 = 31.0g: 1 fl oz

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

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14121**
**Carbonated beverage, club soda**

soft drink
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.90 | | 1 | | 1 | | 29.57 | 473.53 | 354.65 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Protein (N x 6.25)....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | | 1 | | 1 | | 0.03 | 0.47 | 0.36 |
| Carbohydrate, by difference....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | | 1 | | 1 | | 1 | 24 | 18 |
| Iron, Fe....mg | 0.01 | | 0 | BFZN | 4 | | 0.00 | 0.05 | 0.04 |
| Magnesium, Mg....mg | 1 | | 2 | | 1 | | 0 | 5 | 4 |
| Phosphorus, P....mg | 0 | 0.020 | 5 | | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 2 | 1.360 | 5 | | 1 | | 1 | 9 | 7 |
| Sodium, Na....mg | 21 | 5.841 | 6 | | 1 | | 6 | 100 | 75 |
| Zinc, Zn....mg | 0.10 | | 2 | | 1 | | 0.03 | 0.47 | 0.36 |
| Copper, Cu....mg | 0.006 | | 0 | BFZN | 4 | | 0.002 | 0.028 | 0.021 |
| Manganese, Mn....mg | 0.001 | | 0 | BFZN | 4 | | 0.000 | 0.005 | 0.004 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 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 | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 1 | AS | 1 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14121**
**Carbonated beverage, club soda**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Serine....g | | | | | | | | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

**NDB No. 14121**
**Carbonated beverage, club soda**

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

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

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

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14148**
**Carbonated beverage, cola**

pop, soda, soft drink
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 89.62 | 0.067 | 4 | A | 1 | | 27.51 | 331.60 | 440.93 |
| Energy....kcal | 41 | | 0 | NC | 4 | | 13 | 151 | 201 |
| Energy....kJ | 171 | | 0 | NC | 4 | | 52 | 633 | 841 |
| Protein (N x 6.25)....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.06 | 0.033 | 4 | A | 1 | | 0.02 | 0.21 | 0.28 |
| Carbohydrate, by difference....g | 10.58 | | 0 | NR | 4 | | 3.25 | 39.15 | 52.05 |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 10.75 | 0.149 | 4 | A | 1 | | 3.30 | 39.77 | 52.88 |
| Sucrose....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Glucose (dextrose)....g | 4.48 | 0.035 | 4 | A | 1 | | 1.38 | 16.58 | 22.04 |
| Fructose....g | 6.10 | 0.108 | 4 | A | 1 | | 1.87 | 22.58 | 30.03 |
| Lactose....g | | | | | | | | | |
| Maltose....g | | | | | | | | | |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | 0.170 | 4 | A | 1 | | 1 | 9 | 11 |
| Iron, Fe....mg | 0.02 | 0.012 | 4 | A | 1 | | 0.01 | 0.07 | 0.09 |
| Magnesium, Mg....mg | 0 | 0.130 | 4 | A | 1 | | 0 | 1 | 1 |
| Phosphorus, P....mg | 11 | 0.636 | 4 | A | 1 | | 3 | 41 | 54 |
| Potassium, K....mg | 3 | 0.845 | 4 | A | 1 | | 1 | 10 | 13 |
| Sodium, Na....mg | 4 | 0.859 | 4 | A | 1 | | 1 | 14 | 18 |
| Zinc, Zn....mg | 0.01 | 0.002 | 4 | A | 1 | | 0.00 | 0.05 | 0.07 |
| Copper, Cu....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.2 | 0.3 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.3 | | 0 | O | 4 | | 0.1 | 1.0 | 1.4 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 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 | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |

**NDB No. 14148**
**Carbonated beverage, cola**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.1 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 9 | | 0 | NR | 4 | | 3 | 34 | 45 |
| Theobromine....mg | 0 | 0.000 | 4 | A | 1 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 370g: 1 can or bottle (12 fl oz)

Measure 3 = 492g: 1 can or bottle (16 fl oz)

**NDB No. 14148**
**Carbonated beverage, cola**

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

**Food Group:** 14 Beverages

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

**NDB No. 14400**

**Carbonated beverage, cola, contains caffeine, fast-food cola (1 )**

pop, soda, soft drink

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 90.31 | 0.033 | 7 | A | 1 | | 27.72 | 332.34 | 443.42 |
| Energy | kcal | 37 | | 0 | NC | 4 | | 11 | 138 | 184 |
| Energy | kJ | 157 | | 0 | NC | 4 | | 48 | 576 | 769 |
| Protein (N x 6.25) | g | 0.07 | 0.000 | 5 | A | 1 | | 0.02 | 0.25 | 0.33 |
| Total lipid (fat) | g | 0.02 | 0.000 | 5 | A | 1 | | 0.01 | 0.09 | 0.12 |
| Ash | g | 0.04 | 0.016 | 7 | A | 1 | | 0.01 | 0.15 | 0.21 |
| Carbohydrate, by difference | g | 9.56 | | 0 | NC | 4 | | 2.93 | 35.18 | 46.93 |
| Fiber, total dietary | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total (2) | g | 8.97 | | 0 | NR | 4 | | 2.75 | 33.02 | 44.05 |
| Sucrose | g | | | | | | | | | |
| Glucose (dextrose) | g | | | | | | | | | |
| Fructose | g | | | | | | | | | |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 2 | 0.085 | 7 | A | 1 | | 1 | 8 | 11 |
| Iron, Fe | mg | 0.11 | 0.006 | 7 | A | 1 | | 0.03 | 0.41 | 0.55 |
| Magnesium, Mg | mg | 0 | 0.065 | 7 | A | 1 | | 0 | 2 | 2 |
| Phosphorus, P | mg | 10 | 0.318 | 7 | A | 1 | | 3 | 38 | 51 |
| Potassium, K | mg | 2 | 0.423 | 7 | A | 1 | | 1 | 8 | 11 |
| Sodium, Na | mg | 4 | 0.430 | 7 | A | 1 | | 1 | 14 | 19 |
| Zinc, Zn | mg | 0.02 | | 1 | A | 1 | | 0.01 | 0.07 | 0.10 |
| Copper, Cu | mg | 0.001 | 0.000 | 7 | A | 1 | | 0.000 | 0.003 | 0.004 |
| Manganese, Mn | mg | 0.002 | 0.000 | 7 | A | 1 | | 0.001 | 0.006 | 0.008 |
| Selenium, Se | µg | 0.1 | 0.048 | 20 | JO | 11 | | 0.0 | 0.2 | 0.3 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin | mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total | µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE | µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total | mg | 0.3 | 0.283 | 4 | A | 1 | | 0.1 | 1.0 | 1.4 |
| Betaine | mg | 0.1 | 0.027 | 7 | A | 1 | | 0.0 | 0.2 | 0.3 |
| Vitamin B-12 | µg | 0.00 | | 1 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Tocotrienol, alpha | mg | | | | | | | | | |
| Tocotrienol, beta | mg | | | | | | | | | |

**NDB No. 14400**

**Carbonated beverage, cola, contains caffeine, fast-food cola (1 )**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 0.0 | | 2 | JA | 6 | | 0.0 | 0.0 | 0.1 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 8 | 0.127 | 7 | A | 1 | | 2 | 30 | 39 |
| Theobromine....mg | 0 | 0.000 | 4 | A | 1 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 368g: 1 can 12 fl oz

Measure 3 = 491g: 1 bottle 16 fl oz

**NDB No. 14400**

**Carbonated beverage, cola, contains caffeine, fast-food cola (1 )**

**Footnotes:**

1 Includes retail and fast food. Weights of drinks vary because bottles and cans are filled to the brim but cups in fast food restaurants are not. For cups, weights are weight of the drink without ice.

2 Retail products have higher values than fast food products.

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

**Food Group:** 14 Beverages

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

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

pop, soda, soft drink
**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 89.62 | 0.067 | 4 | A | 1 | | 27.51 | 329.80 | 440.04 |
| Energy | kcal | 41 | | 0 | NC | 4 | | 13 | 151 | 201 |
| Energy | kJ | 171 | | 0 | NC | 4 | | 53 | 630 | 841 |
| Protein (N x 6.25) | g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) | g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Ash | g | 0.06 | 0.033 | 4 | A | 1 | | 0.02 | 0.21 | 0.28 |
| Carbohydrate, by difference | g | 10.58 | | 0 | NR | 4 | | 3.25 | 38.93 | 51.95 |
| Fiber, total dietary | g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total (2) | g | 10.58 | | 0 | NR | 4 | | 3.25 | 38.93 | 51.95 |
| Sucrose (3) | g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Glucose (dextrose) (4) | g | 4.48 | 0.035 | 4 | A | 1 | | 1.38 | 16.49 | 22.00 |
| Fructose (5) | g | 6.10 | 0.108 | 4 | A | 1 | | 1.87 | 22.46 | 29.97 |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 2 | 0.170 | 4 | A | 1 | | 1 | 9 | 11 |
| Iron, Fe | mg | 0.02 | 0.012 | 4 | A | 1 | | 0.01 | 0.07 | 0.09 |
| Magnesium, Mg | mg | 0 | 0.130 | 4 | A | 1 | | 0 | 1 | 1 |
| Phosphorus, P | mg | 11 | 0.636 | 4 | A | 1 | | 3 | 40 | 54 |
| Potassium, K | mg | 3 | 0.845 | 4 | A | 1 | | 1 | 10 | 13 |
| Sodium, Na | mg | 4 | 0.859 | 4 | A | 1 | | 1 | 14 | 18 |
| Zinc, Zn | mg | 0.01 | 0.002 | 4 | A | 1 | | 0.00 | 0.05 | 0.07 |
| Copper, Cu | mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn | mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se | µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.2 | 0.3 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin | mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid | mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total | µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid | µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food | µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE | µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total | mg | 0.3 | | 0 | O | 4 | | 0.1 | 1.0 | 1.4 |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added | µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol | µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta | µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha | µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU | IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene | µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin | µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added | mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Tocotrienol, alpha | mg | | | | | | | | | |
| Tocotrienol, beta | mg | | | | | | | | | |
| Tocotrienol, gamma | mg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.1 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | 0.000 | 4 | A | 1 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 368g: 1 can 12 fl oz

Measure 3 = 491g: 1 bottle 16 fl oz

**NDB No. 14147**

**Carbonated beverage, cola, without caffeine (1 )**

**Footnotes:**

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14130**
**Carbonated beverage, cream soda**

pop, soft drink
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.70 | | 0 | | 1 | | 26.79 | 428.30 | 321.66 |
| Energy....kcal | 51 | | 0 | NC | 4 | | 16 | 252 | 189 |
| Energy....kJ | 213 | | 0 | | 4 | | 66 | 1054 | 792 |
| Protein (N x 6.25)....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | | 0 | | 4 | | 0.03 | 0.49 | 0.37 |
| Carbohydrate, by difference....g | 13.30 | | 0 | NC | 4 | | 4.11 | 65.70 | 49.34 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 13.30 | | 0 | NR | 4 | | 4.11 | 65.70 | 49.34 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | | 1 | | 1 | | 2 | 25 | 19 |
| Iron, Fe....mg | 0.05 | 0.017 | 4 | | 1 | | 0.02 | 0.25 | 0.19 |
| Magnesium, Mg....mg | 1 | | 1 | | 1 | | 0 | 5 | 4 |
| Phosphorus, P....mg | 0 | 0.011 | 3 | | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 1 | 0.246 | 8 | | 1 | | 0 | 5 | 4 |
| Sodium, Na....mg | 12 | 2.835 | 8 | | 1 | | 4 | 59 | 45 |
| Zinc, Zn....mg | 0.07 | 0.016 | 3 | | 1 | | 0.02 | 0.35 | 0.26 |
| Copper, Cu....mg | 0.008 | | 2 | | 1 | | 0.002 | 0.040 | 0.030 |
| Manganese, Mn....mg | 0.013 | | 0 | | 4 | | 0.004 | 0.064 | 0.048 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.0 | | 0 | O | 4 | | 0.0 | 0.0 | 0.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14130**
**Carbonated beverage, cream soda**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

**NDB No. 14130**
**Carbonated beverage, cream soda**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 = 30.9g: 1 fl oz

Measure 2 = 494g: 1 can or bottle (16 fl oz)

Measure 3 = 371g: 1 can or bottle (12 fl oz)

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

**Food Group:** 14 Beverages

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

**NDB No. 14136**
**Carbonated beverage, ginger ale**

pop, soda, soft drink
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.23 | | 1 | AI | 13 | | 27.83 | 445.20 | 333.90 |
| Energy....kcal | 34 | | 0 | NC | 4 | | 10 | 166 | 124 |
| Energy....kJ | 142 | | 0 | NC | 4 | | 43 | 693 | 520 |
| Protein (N x 6.25)....g | 0.00 | | 2 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 2 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference....g | 8.77 | | 0 | NC | 4 | | 2.67 | 42.80 | 32.10 |
| Fiber, total dietary....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 8.70 | | 0 | NP | 4 | | 2.65 | 42.46 | 31.84 |
| Sucrose....g | 1.90 | | 1 | AI | 13 | | 0.58 | 9.27 | 6.95 |
| Glucose (dextrose)....g | 3.10 | | 1 | AI | 13 | | 0.95 | 15.13 | 11.35 |
| Fructose....g | 3.70 | | 1 | AI | 13 | | 1.13 | 18.06 | 13.54 |
| Lactose....g | | | | | | | | | |
| Maltose....g | | | | | | | | | |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 15 | | 1 | | 1 | 15 | 11 |
| Iron, Fe....mg | 0.18 | | 2 | | 1 | | 0.05 | 0.88 | 0.66 |
| Magnesium, Mg....mg | 1 | | 14 | | 1 | | 0 | 5 | 4 |
| Phosphorus, P....mg | 0 | | 13 | | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 1 | | 19 | | 1 | | 0 | 5 | 4 |
| Sodium, Na....mg | 7 | | 26 | | 1 | | 2 | 34 | 26 |
| Zinc, Zn....mg | 0.05 | | 7 | | 1 | | 0.02 | 0.24 | 0.18 |
| Copper, Cu....mg | 0.018 | | 3 | | 1 | | 0.005 | 0.088 | 0.066 |
| Manganese, Mn....mg | 0.013 | | 0 | | 4 | | 0.004 | 0.063 | 0.048 |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.5 | 0.4 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.0 | | 0 | O | 4 | | 0.0 | 0.0 | 0.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |

**NDB No. 14136**
**Carbonated beverage, ginger ale**

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

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

**Common Measures:**

Measure 1 = 30.5g: 1 fl oz

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

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

**NDB No. 14136**
**Carbonated beverage, ginger ale**

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

**Food Group:** 14 Beverages

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

**NDB No. 14142**
**Carbonated beverage, grape soda**

pop, soft drink
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.80 | | 0 | | 1 | | 27.53 | 330.34 | |
| Energy....kcal | 43 | | 0 | NC | 4 | | 13 | 160 | |
| Energy....kJ | 180 | | 0 | | 4 | | 56 | 669 | |
| Protein (N x 6.25)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.10 | | 0 | | 4 | | 0.03 | 0.37 | |
| Carbohydrate, by difference....g | 11.20 | | 0 | NC | 4 | | 3.47 | 41.66 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 2 | | 1 | | 1 | 11 | |
| Iron, Fe....mg | 0.08 | 0.018 | 12 | | 1 | | 0.02 | 0.30 | |
| Magnesium, Mg....mg | 1 | | 2 | | 1 | | 0 | 4 | |
| Phosphorus, P....mg | 0 | 0.014 | 9 | | 1 | | 0 | 0 | |
| Potassium, K....mg | 1 | | 25 | | 1 | | 0 | 4 | |
| Sodium, Na....mg | 15 | | 25 | | 1 | | 5 | 56 | |
| Zinc, Zn....mg | 0.07 | 0.025 | 11 | | 1 | | 0.02 | 0.26 | |
| Copper, Cu....mg | 0.022 | 0.010 | 9 | | 1 | | 0.007 | 0.082 | |
| Manganese, Mn....mg | 0.013 | | 0 | | 4 | | 0.004 | 0.048 | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total....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 | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 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. 14142**
**Carbonated beverage, grape soda**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

**NDB No. 14142**
**Carbonated beverage, grape soda**

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

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

**Common Measures:**

Measure 1 = 31.0g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

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

pop, soft drink, white soda
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 89.49 | | 1 | A | 1 | | 27.56 | 330.22 | 440.29 |
| Energy....kcal | 41 | | 0 | NC | 4 | | 13 | 150 | 200 |
| Energy....kJ | 170 | | 0 | NC | 4 | | 52 | 627 | 836 |
| Protein (N x 6.25)....g | 0.09 | | 1 | A | 1 | | 0.03 | 0.34 | 0.46 |
| Total lipid (fat)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference....g | 10.42 | | 0 | NC | 4 | | 3.21 | 38.44 | 51.25 |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 10.38 | | 1 | A | 1 | | 3.20 | 38.31 | 51.08 |
| Sucrose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Glucose (dextrose)....g | 4.32 | | 1 | A | 1 | | 1.33 | 15.95 | 21.27 |
| Fructose....g | 5.87 | | 1 | A | 1 | | 1.81 | 21.66 | 28.88 |
| Lactose....g | | | | | | | | | |
| Maltose....g | | | | | | | | | |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 1 | A | 1 | | 1 | 9 | 12 |
| Iron, Fe....mg | 0.02 | | 1 | A | 1 | | 0.01 | 0.08 | 0.11 |
| Magnesium, Mg....mg | 1 | | 1 | A | 1 | | 0 | 2 | 3 |
| Phosphorus, P....mg | 0 | | 1 | A | 1 | | 0 | 1 | 2 |
| Potassium, K....mg | 1 | | 1 | A | 1 | | 0 | 3 | 4 |
| Sodium, Na....mg | 10 | | 1 | A | 1 | | 3 | 37 | 49 |
| Zinc, Zn....mg | 0.01 | | 1 | A | 1 | | 0.00 | 0.03 | 0.04 |
| Copper, Cu....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.015 | | 0 | BFZN | 4 | | 0.005 | 0.055 | 0.074 |
| Pantothenic acid....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.4 | | 0 | O | 4 | | 0.1 | 1.6 | 2.1 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 369g: 1 can 12 fl oz

Measure 3 = 492g: 1 bottle 16 fl oz

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14416**

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

pop, soda, soft drink

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 99.54 | | 7 | A | 1 | | 29.46 | 353.37 | 470.83 |
| Energy | kcal | 2 | | 0 | NC | 4 | | 1 | 6 | 8 |
| Energy | kJ | 7 | | 0 | NC | 4 | | 2 | 25 | 34 |
| Protein (N x 6.25) | g | 0.11 | | 7 | A | 1 | | 0.03 | 0.38 | 0.51 |
| Total lipid (fat) | g | 0.03 | | 7 | A | 1 | | 0.01 | 0.09 | 0.12 |
| Ash | g | 0.03 | | 7 | A | 1 | | 0.01 | 0.11 | 0.15 |
| Carbohydrate, by difference | g | 0.29 | | 0 | NC | 4 | | 0.09 | 1.04 | 1.39 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Sucrose | g | 0.00 | | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Glucose (dextrose) | g | | | | | | | | | |
| Fructose | g | | | | | | | | | |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | | 6 | A | 1 | | 1 | 9 | 13 |
| Iron, Fe | mg | 0.11 | | 6 | A | 1 | | 0.03 | 0.40 | 0.53 |
| Magnesium, Mg | mg | 1 | | 7 | A | 1 | | 0 | 2 | 3 |
| Phosphorus, P | mg | 9 | | 7 | A | 1 | | 3 | 31 | 41 |
| Potassium, K | mg | 8 | | 6 | A | 1 | | 2 | 28 | 38 |
| Sodium, Na | mg | 8 | | 7 | A | 1 | | 2 | 28 | 38 |
| Zinc, Zn | mg | 0.01 | | 6 | A | 1 | | 0.00 | 0.04 | 0.05 |
| Copper, Cu | mg | 0.002 | | 6 | A | 1 | | 0.001 | 0.007 | 0.009 |
| Manganese, Mn | mg | 0.107 | | 7 | A | 1 | | 0.032 | 0.380 | 0.506 |
| Selenium, Se | µg | 0.0 | 0.000 | 18 | A | 1 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.005 | | 1 | | 1 | | 0.001 | 0.018 | 0.024 |
| Riboflavin | mg | 0.023 | | 1 | | 1 | | 0.007 | 0.082 | 0.109 |
| Niacin | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total | µg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | µg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folate, DFE | µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total | mg | 0.0 | | 1 | AS | 1 | | 0.0 | 0.0 | 0.0 |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | | 4 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Tocotrienol, alpha | mg | | | | | | | | | |
| Tocotrienol, beta | mg | | | | | | | | | |
| Tocotrienol, gamma | mg | | | | | | | | | |

**NDB No. 14416**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 0.0 | 0.001 | 3 | JA | 6 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 12 | | 7 | A | 1 | | 3 | 41 | 55 |
| Theobromine....mg | 0 | | 4 | A | 1 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can 12 fl oz

Measure 3 = 473g: 1 bottle 16 fl oz

**NDB No. 14416**

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

**Footnotes:**

1 Includes retail and fast food, without ice products.

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

**Food Group:** 14 Beverages

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

**NDB No. 14146**

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

pop, soda, soft drink

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.74 | 0.007 | 4 | A | 1 | | 29.52 | 472.77 | 354.08 |
| Energy....kcal | 1 | | 0 | NC | 4 | | 0 | 4 | 3 |
| Energy....kJ | 4 | | 0 | NC | 4 | | 1 | 19 | 14 |
| Protein (N x 6.25)....g | 0.12 | 0.000 | 4 | A | 1 | | 0.03 | 0.55 | 0.41 |
| Total lipid (fat)....g | 0.00 | 0.000 | 4 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.03 | | 0 | O | 4 | | 0.01 | 0.12 | 0.09 |
| Carbohydrate, by difference....g | 0.12 | | 0 | NC | 4 | | 0.04 | 0.57 | 0.43 |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | 0.049 | 4 | A | 1 | | 1 | 14 | 10 |
| Iron, Fe....mg | 0.02 | 0.001 | 4 | A | 1 | | 0.01 | 0.11 | 0.08 |
| Magnesium, Mg....mg | 0 | 0.030 | 4 | A | 1 | | 0 | 2 | 2 |
| Phosphorus, P....mg | 10 | 0.063 | 4 | A | 1 | | 3 | 49 | 37 |
| Potassium, K....mg | 7 | 0.040 | 4 | A | 1 | | 2 | 35 | 26 |
| Sodium, Na....mg | 4 | 0.025 | 4 | A | 1 | | 1 | 19 | 14 |
| Zinc, Zn....mg | 0.01 | 0.003 | 4 | A | 1 | | 0.00 | 0.07 | 0.05 |
| Copper, Cu....mg | 0.002 | 0.001 | 4 | A | 1 | | 0.001 | 0.011 | 0.009 |
| Manganese, Mn....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.5 | 0.4 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.005 | | 0 | BFZN | 4 | | 0.001 | 0.024 | 0.018 |
| Riboflavin....mg | 0.023 | | 0 | BFZN | 4 | | 0.007 | 0.109 | 0.082 |
| Niacin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.0 | | 0 | NR | 4 | | 0.0 | 0.0 | 0.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14146**

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

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

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

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

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14166**

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

pop, soda, soft drink

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.80 | | 3 | | 1 | | 29.54 | 473.05 | 354.29 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | | | 4 | | 0 | 0 | 0 |
| Protein (N x 6.25)....g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 3 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | 0.012 | 3 | | 1 | | 0.03 | 0.47 | 0.36 |
| Carbohydrate, by difference....g | 0.10 | | 0 | NC | 4 | | 0.03 | 0.47 | 0.36 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | 0.344 | 74 | JA | 6 | | 1 | 17 | 13 |
| Iron, Fe....mg | 0.02 | 0.020 | 28 | JA | 6 | | 0.01 | 0.09 | 0.07 |
| Magnesium, Mg....mg | 1 | 0.224 | 74 | JA | 6 | | 0 | 4 | 3 |
| Phosphorus, P....mg | 11 | 0.162 | 41 | JA | 6 | | 3 | 51 | 38 |
| Potassium, K....mg | 4 | 2.235 | 74 | JA | 6 | | 1 | 20 | 15 |
| Sodium, Na....mg | 16 | 0.766 | 72 | | 1 | | 5 | 76 | 57 |
| Zinc, Zn....mg | 0.03 | 0.024 | 30 | JA | 6 | | 0.01 | 0.13 | 0.09 |
| Copper, Cu....mg | 0.013 | 0.013 | 29 | JA | 6 | | 0.004 | 0.059 | 0.044 |
| Manganese, Mn....mg | 0.009 | 0.009 | 25 | JA | 6 | | 0.003 | 0.040 | 0.030 |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.5 | 0.4 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 4 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 4 | | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 4 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 4 | | 1 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 4 | | 1 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| 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 | 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 | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 0.0 | 0.001 | 3 | JA | 6 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14166**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 11 | 0.622 | 17 | | 1 | | 3 | 52 | 39 |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

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

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14143**

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

pop, soda, soft drink

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.80 | | 0 | BFZN | 4 | | 29.54 | 354.29 | |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Energy....kJ | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Protein....g | 0.10 | | 0 | BFZN | 4 | | 0.03 | 0.36 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.10 | | 0 | BFZN | 4 | | 0.03 | 0.36 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | BFZN | 4 | | 1 | 14 | |
| Iron, Fe....mg | 0.04 | | 0 | BFZN | 4 | | 0.01 | 0.14 | |
| Magnesium, Mg....mg | 1 | | 0 | BFZN | 4 | | 0 | 4 | |
| Phosphorus, P....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Potassium, K....mg | 2 | | 0 | BFZN | 4 | | 1 | 7 | |
| Sodium, Na....mg | 6 | | 0 | BFZN | 4 | | 2 | 21 | |
| Zinc, Zn....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Copper, Cu....mg | 0.025 | | 0 | BFZN | 4 | | 0.007 | 0.089 | |
| Manganese, Mn....mg | 0.017 | | 0 | BFZN | 4 | | 0.005 | 0.060 | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Niacin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.0 | | 0 | O | 4 | | 0.0 | 0.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 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 | BFZN | 4 | | 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 | | 1 | AI | 13 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14143**

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

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

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14151**

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

pop, soda, soft drink

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.80 | | 0 | BFZN | 4 | | 29.54 | 354.29 | |
| Energy....kcal | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Energy....kJ | 0 | | 0 | | 4 | | 0 | 0 | |
| Protein (N x 6.25)....g | 0.10 | | 0 | BFZN | 4 | | 0.03 | 0.36 | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.10 | | 0 | BFZN | 4 | | 0.03 | 0.36 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | BFZN | 4 | | 1 | 14 | |
| Iron, Fe....mg | 0.04 | | 0 | BFZN | 4 | | 0.01 | 0.14 | |
| Magnesium, Mg....mg | 1 | | 0 | BFZN | 4 | | 0 | 4 | |
| Phosphorus, P....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Potassium, K....mg | 2 | | 0 | BFZN | 4 | | 1 | 7 | |
| Sodium, Na....mg | 6 | | 0 | BFZN | 4 | | 2 | 21 | |
| Zinc, Zn....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Copper, Cu....mg | 0.025 | | 0 | BFZN | 4 | | 0.007 | 0.089 | |
| Manganese, Mn....mg | 0.017 | | 0 | BFZN | 4 | | 0.005 | 0.060 | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Niacin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.0 | | 0 | O | 4 | | 0.0 | 0.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 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 | 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 | BFZN | 4 | | 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. 14151**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 15 | | 0 | FLC | 4 | | 4 | 53 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14537**

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

pop, soda, soft drink

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.80 | | 3 | | 1 | | 29.54 | 354.29 | |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Energy....kJ | 0 | | | | 4 | | 0 | 0 | |
| Protein (N x 6.25)....g | 0.00 | | 4 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 3 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.10 | 0.012 | 3 | | 1 | | 0.03 | 0.36 | |
| Carbohydrate, by difference....g | 0.10 | | 0 | NC | 4 | | 0.03 | 0.36 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 56 | | 1 | | 1 | 14 | |
| Iron, Fe....mg | 0.04 | 0.009 | 10 | | 1 | | 0.01 | 0.14 | |
| Magnesium, Mg....mg | 1 | 0.072 | 56 | | 1 | | 0 | 4 | |
| Phosphorus, P....mg | 0 | | 23 | | 1 | | 0 | 0 | |
| Potassium, K....mg | 2 | 0.312 | 56 | | 1 | | 1 | 7 | |
| Sodium, Na....mg | 16 | 0.766 | 72 | | 1 | | 5 | 57 | |
| Zinc, Zn....mg | 0.05 | | 12 | | 1 | | 0.01 | 0.18 | |
| Copper, Cu....mg | 0.025 | 0.007 | 11 | | 1 | | 0.007 | 0.089 | |
| Manganese, Mn....mg | 0.017 | 0.004 | 7 | | 1 | | 0.005 | 0.060 | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Niacin....mg | 0.000 | | 4 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.000 | | 4 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 4 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 4 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | | 4 | | 1 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | | | | | | | | | |
| 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. 14537**

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

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

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14150**
**Carbonated beverage, orange**

pop, soda, soft drink
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.60 | | 1 | | 1 | | 27.16 | 434.50 | 325.87 |
| Energy....kcal | 48 | | 0 | NC | 4 | | 15 | 238 | 179 |
| Energy....kJ | 201 | | 0 | | 4 | | 62 | 996 | 747 |
| Protein (N x 6.25)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | 0.004 | 46 | | 1 | | 0.03 | 0.50 | 0.37 |
| Carbohydrate, by difference....g | 12.30 | | 0 | NC | 4 | | 3.81 | 61.01 | 45.76 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | | 6 | | 1 | | 2 | 25 | 19 |
| Iron, Fe....mg | 0.06 | 0.011 | 9 | | 1 | | 0.02 | 0.30 | 0.22 |
| Magnesium, Mg....mg | 1 | | 6 | | 1 | | 0 | 5 | 4 |
| Phosphorus, P....mg | 1 | | 11 | | 1 | | 0 | 5 | 4 |
| Potassium, K....mg | 2 | | 76 | | 1 | | 1 | 10 | 7 |
| Sodium, Na....mg | 12 | | 30 | | 1 | | 4 | 60 | 45 |
| Zinc, Zn....mg | 0.10 | | 12 | | 1 | | 0.03 | 0.50 | 0.37 |
| Copper, Cu....mg | 0.015 | 0.008 | 5 | | 1 | | 0.005 | 0.074 | 0.056 |
| Manganese, Mn....mg | 0.013 | | 0 | | 4 | | 0.004 | 0.064 | 0.048 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.6 | | 0 | AS | 1 | | 0.2 | 2.9 | 2.1 |
| Betaine....mg | 0.1 | | 1 | A | 1 | | 0.0 | 0.3 | 0.2 |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 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. 14150**
**Carbonated beverage, orange**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

**NDB No. 14150**
**Carbonated beverage, orange**

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

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

**Common Measures:**

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 496g: 1 can or bottle (16 fl oz)

Measure 3 = 372g: 1 can or bottle (12 fl oz)

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

**Food Group:** 14 Beverages

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

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

pop, soda, soft drink
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 89.40 | 0.195 | 3 | | 1 | | 27.45 | 438.95 | 328.99 |
| Energy....kcal | 41 | | 0 | NC | 4 | | 13 | 201 | 151 |
| Energy....kJ | 172 | | 0 | | 4 | | 53 | 842 | 631 |
| Protein (N x 6.25)....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.10 | 0.027 | 3 | | 1 | | 0.03 | 0.49 | 0.37 |
| Ash....g | 0.03 | | 0 | O | 4 | | 0.01 | 0.12 | 0.09 |
| Carbohydrate, by difference....g | 10.40 | | 0 | NC | 4 | | 3.19 | 51.06 | 38.27 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 2 | | 1 | | 1 | 15 | 11 |
| Iron, Fe....mg | 0.04 | | 2 | | 1 | | 0.01 | 0.20 | 0.15 |
| Magnesium, Mg....mg | 0 | | 2 | | 1 | | 0 | 0 | 0 |
| Phosphorus, P....mg | 11 | | 5 | | 1 | | 3 | 54 | 40 |
| Potassium, K....mg | 1 | 0.090 | 8 | | 1 | | 0 | 5 | 4 |
| Sodium, Na....mg | 10 | 1.603 | 8 | | 1 | | 3 | 49 | 37 |
| Zinc, Zn....mg | 0.04 | | 2 | | 1 | | 0.01 | 0.20 | 0.15 |
| Copper, Cu....mg | 0.006 | | 2 | | 1 | | 0.002 | 0.029 | 0.022 |
| Manganese, Mn....mg | 0.035 | | 0 | | 4 | | 0.011 | 0.172 | 0.129 |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.5 | 0.4 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | | | | | | | | | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 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. 14153**
**Carbonated beverage, pepper-type, contains caffeine**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.070 | | 0 | | 4 | | 0.021 | 0.344 | 0.258 |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 10 | | 3 | | 1 | | 3 | 49 | 37 |
| Theobromine....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 30.7g: 1 fl oz

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

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

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14149**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 94.78 | | 0 | O | 4 | | 28.06 | 336.48 | |
| Energy....kcal | 20 | | 0 | NC | 4 | | 6 | 71 | |
| Energy....kJ | 84 | | 0 | NC | 4 | | 25 | 297 | |
| Protein (N x 6.25)....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.06 | 0.033 | 4 | A | 1 | | 0.02 | 0.20 | |
| Carbohydrate, by difference....g | 5.16 | | 0 | O | 4 | | 1.53 | 18.32 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 5.16 | | 0 | NR | 4 | | 1.53 | 18.32 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | 0.170 | 4 | A | 1 | | 1 | 8 | |
| Iron, Fe....mg | 0.02 | 0.012 | 4 | A | 1 | | 0.01 | 0.06 | |
| Magnesium, Mg....mg | 0 | 0.130 | 4 | A | 1 | | 0 | 1 | |
| Phosphorus, P....mg | 11 | 0.636 | 4 | A | 1 | | 3 | 39 | |
| Potassium, K....mg | 3 | 0.845 | 4 | A | 1 | | 1 | 10 | |
| Sodium, Na....mg | 4 | 0.859 | 4 | A | 1 | | 1 | 13 | |
| Zinc, Zn....mg | 0.01 | 0.002 | 4 | A | 1 | | 0.00 | 0.05 | |
| Copper, Cu....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn....mg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | |
| Selenium, Se....µg | 0.1 | 0.048 | 20 | JO | 11 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Niacin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Folate, total....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 | 0.3 | | 0 | O | 4 | | 0.1 | 1.1 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | NR | 4 | | 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 | | 1 | | 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 | | 2 | JA | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14149**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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 | 9 | 0.254 | 4 | A | 1 | | 3 | 33 | |
| Theobromine....mg | 0 | 0.000 | 4 | A | 1 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14157**
**Carbonated beverage, root beer**

pop, soda, soft drink
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 89.30 | | 2 | | 1 | | 27.50 | 440.25 | 330.41 |
| Energy....kcal | 41 | | 0 | NC | 4 | | 13 | 202 | 152 |
| Energy....kJ | 172 | | 0 | | 4 | | 53 | 846 | 635 |
| Protein (N x 6.25)....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | | 0 | | 4 | | 0.03 | 0.49 | 0.37 |
| Carbohydrate, by difference....g | 10.60 | | 0 | NC | 4 | | 3.26 | 52.26 | 39.22 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 10.60 | | 0 | NR | 4 | | 3.26 | 52.26 | 39.22 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | | 10 | | 1 | | 2 | 25 | 19 |
| Iron, Fe....mg | 0.05 | 0.012 | 10 | | 1 | | 0.02 | 0.25 | 0.19 |
| Magnesium, Mg....mg | 1 | | 10 | | 1 | | 0 | 5 | 4 |
| Phosphorus, P....mg | 0 | | 16 | | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 1 | | 27 | | 1 | | 0 | 5 | 4 |
| Sodium, Na....mg | 13 | | 27 | | 1 | | 4 | 64 | 48 |
| Zinc, Zn....mg | 0.07 | 0.018 | 11 | | 1 | | 0.02 | 0.35 | 0.26 |
| Copper, Cu....mg | 0.007 | | 3 | | 1 | | 0.002 | 0.035 | 0.026 |
| Manganese, Mn....mg | 0.013 | | 0 | | 4 | | 0.004 | 0.064 | 0.048 |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.5 | 0.4 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.3 | | 0 | O | 4 | | 0.1 | 1.4 | 1.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14157**
**Carbonated beverage, root beer**

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

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

**Common Measures:**

Measure 1 = 30.8g: 1 fl oz

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

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14155**
**Carbonated beverage, tonic water**

soda, soft drink
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.10 | | 0 | | 1 | | 27.79 | 306.10 | 444.57 |
| Energy....kcal | 34 | | 0 | NC | 4 | | 10 | 114 | 166 |
| Energy....kJ | 142 | | 0 | | 4 | | 43 | 478 | 694 |
| Protein (N x 6.25)....g | 0.00 | 0.000 | 3 | LC | 8 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | 0.000 | 3 | LC | 8 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | | 0 | | 4 | | 0.03 | 0.34 | 0.49 |
| Carbohydrate, by difference....g | 8.80 | | 0 | NC | 4 | | 2.68 | 29.57 | 42.94 |
| Fiber, total dietary....g | 0.0 | 0.000 | 3 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 8.80 | | 0 | NR | 4 | | 2.68 | 29.57 | 42.94 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 1 | | 1 | | 0 | 3 | 5 |
| Iron, Fe....mg | 0.01 | | 0 | | 4 | | 0.00 | 0.03 | 0.05 |
| Magnesium, Mg....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Phosphorus, P....mg | 0 | 0.009 | 3 | | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 0 | 0.177 | 3 | | 1 | | 0 | 0 | 0 |
| Sodium, Na....mg | 12 | 1.156 | 3 | LC | 8 | | 4 | 42 | 60 |
| Zinc, Zn....mg | 0.10 | | 0 | | 4 | | 0.03 | 0.34 | 0.49 |
| Copper, Cu....mg | 0.006 | | 0 | | 4 | | 0.002 | 0.020 | 0.029 |
| Manganese, Mn....mg | 0.001 | | 0 | | 4 | | 0.000 | 0.003 | 0.005 |
| Selenium, Se....µg | 0.0 | | 0 | CAZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14155**
**Carbonated beverage, tonic water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | Z | 7 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

**NDB No. 14155**
**Carbonated beverage, tonic water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 = 336g: 1 bottle (11 fl oz)

Measure 3 = 488g: 1 can or bottle (16 fl oz)

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

**Food Group:** 14 Beverages

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

**NDB No. 14168**
**Carob-flavor beverage mix, powder**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.90 | | 2 | | 1 | | 0.35 | | |
| Energy | kcal | 372 | | 0 | NC | 4 | | 45 | | |
| Energy | kJ | 1556 | | 0 | | 4 | | 187 | | |
| Protein (N x 6.25) | g | 1.80 | | 2 | | 1 | | 0.22 | | |
| Total lipid (fat) | g | 0.20 | | 2 | | 1 | | 0.02 | | |
| Ash | g | 1.90 | | 2 | | 1 | | 0.23 | | |
| Carbohydrate, by difference | g | 93.30 | | 0 | NC | 4 | | 11.20 | | |
| Fiber, total dietary | g | 8.0 | | 0 | RA | 4 | | 1.0 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 32 | | 0 | | 4 | | 4 | | |
| Iron, Fe | mg | 4.60 | | 2 | | 1 | | 0.55 | | |
| Magnesium, Mg | mg | 5 | | 0 | | 4 | | 1 | | |
| Phosphorus, P | mg | 7 | | 0 | | 4 | | 1 | | |
| Potassium, K | mg | 104 | | 0 | | 4 | | 12 | | |
| Sodium, Na | mg | 103 | | 2 | | 1 | | 12 | | |
| Zinc, Zn | mg | 0.08 | | 0 | | 4 | | 0.01 | | |
| Copper, Cu | mg | 0.060 | | 0 | | 4 | | 0.007 | | |
| Manganese, Mn | mg | 0.063 | | 0 | | 4 | | 0.008 | | |
| Selenium, Se | µg | 1.5 | | 0 | FLA | 4 | | 0.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 2 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.009 | | 2 | | 1 | | 0.001 | | |
| Riboflavin | mg | 0.001 | | 0 | | 4 | | 0.000 | | |
| Niacin | mg | 0.760 | | 2 | | 1 | | 0.091 | | |
| Pantothenic acid | mg | 0.006 | | 0 | | 4 | | 0.001 | | |
| Vitamin B-6 | mg | 0.124 | | 2 | | 1 | | 0.015 | | |
| Folate, total | µg | 0 | | 0 | | 4 | | 0 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 0 | | 0 | | 4 | | 0 | | |
| Folate, DFE | µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | | 4 | | 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 | Z | 7 | | 0 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 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 | | | | | | | | | |

**NDB No. 14168**
**Carob-flavor beverage mix, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.030 | | 0 | | 1 | | 0.004 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.024 | | 0 | | 1 | | 0.003 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.005 | | 0 | | 1 | | 0.001 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.060 | | 0 | | 1 | | 0.007 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | | 1 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.059 | | 0 | | 1 | | 0.007 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.068 | | 0 | | 1 | | 0.008 | | |
| 18:2 undifferentiated....g | 0.066 | | 0 | | 1 | | 0.008 | | |
| 18:3 undifferentiated....g | 0.002 | | 0 | | 1 | | 0.000 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | |
| Phytosterols....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 12.0g: 1 tbsp

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

**Food Group:** 14 Beverages

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

**NDB No. 14169**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 84.32 | | 0 | RPA | 1 | | 215.86 | | |
| Energy....kcal | 75 | | 0 | RPI | 6 | | 192 | | |
| Energy....kJ | 313 | | 0 | RPI | 6 | | 801 | | |
| Protein....g | 3.16 | | 0 | RPA | 1 | | 8.08 | | |
| Total lipid (fat)....g | 3.11 | | 0 | RPI | 6 | | 7.95 | | |
| Ash....g | 0.75 | | 0 | RPA | 1 | | 1.91 | | |
| Carbohydrate, by difference....g | 8.68 | | 0 | RPI | 6 | | 22.21 | | |
| Fiber, total dietary....g | 0.4 | | 0 | RPI | 6 | | 1.0 | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 98 | | 0 | RPI | 6 | | 250 | | |
| Iron, Fe....mg | 0.25 | | 0 | RPA | 1 | | 0.63 | | |
| Magnesium, Mg....mg | 10 | | 0 | RPI | 6 | | 25 | | |
| Phosphorus, P....mg | 80 | | 0 | RPI | 6 | | 205 | | |
| Potassium, K....mg | 131 | | 0 | RPI | 6 | | 336 | | |
| Sodium, Na....mg | 46 | | 0 | RPA | 1 | | 118 | | |
| Zinc, Zn....mg | 0.37 | | 0 | RPI | 6 | | 0.94 | | |
| Copper, Cu....mg | 0.025 | | 0 | RPI | 6 | | 0.063 | | |
| Manganese, Mn....mg | 0.006 | | 0 | RPI | 6 | | 0.015 | | |
| Selenium, Se....µg | 3.6 | | 0 | RPI | 6 | | 9.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | RPA | 1 | | 0.0 | | |
| Thiamin....mg | 0.042 | | 0 | RPA | 1 | | 0.108 | | |
| Riboflavin....mg | 0.174 | | 0 | RPI | 6 | | 0.446 | | |
| Niacin....mg | 0.138 | | 0 | RPA | 1 | | 0.353 | | |
| Pantothenic acid....mg | 0.346 | | 0 | RPI | 6 | | 0.885 | | |
| Vitamin B-6....mg | 0.040 | | 0 | RPA | 1 | | 0.103 | | |
| Folate, total....µg | 5 | | 0 | RPI | 6 | | 12 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 5 | | 0 | RPI | 6 | | 12 | | |
| Folate, DFE....µg | 5 | | 0 | NC | 4 | | 12 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.42 | | 0 | RPI | 6 | | 1.07 | | |
| Vitamin A, RAE....µg | 27 | | 0 | NC | 4 | | 68 | | |
| Retinol....µg | 27 | | 0 | RPI | 6 | | 68 | | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 97 | | 0 | RPI | 6 | | 249 | | |
| 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. 14169**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 1.779 | | 0 | RPI | 6 | | 4.555 | | |
| 4:0....g | 0.071 | | 0 | RPA | 1 | | 0.182 | | |
| 6:0....g | 0.071 | | 0 | RPA | 1 | | 0.182 | | |
| 8:0....g | 0.071 | | 0 | RPA | 1 | | 0.182 | | |
| 10:0....g | 0.071 | | 0 | RPA | 1 | | 0.182 | | |
| 12:0....g | 0.073 | | 0 | RPA | 1 | | 0.187 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.283 | | 0 | RPA | 1 | | 0.724 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.791 | | 0 | RPA | 1 | | 2.025 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.348 | | 0 | RPA | 1 | | 0.891 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.777 | | 0 | RPI | 6 | | 1.989 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.777 | | 0 | RPA | 1 | | 1.989 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.189 | | 0 | RPI | 6 | | 0.483 | | |
| 18:2 undifferentiated....g | 0.118 | | 0 | RPA | 1 | | 0.301 | | |
| 18:3 undifferentiated....g | 0.071 | | 0 | RPA | 1 | | 0.182 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | 10 | | 0 | RPA | 1 | | 25 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.071 | | 0 | RPA | 1 | | 0.183 | | |
| Threonine....g | 0.136 | | 0 | RPA | 1 | | 0.349 | | |
| Isoleucine....g | 0.157 | | 0 | RPA | 1 | | 0.403 | | |
| Leucine....g | 0.253 | | 0 | RPA | 1 | | 0.648 | | |
| Lysine....g | 0.134 | | 0 | RPA | 1 | | 0.342 | | |
| Methionine....g | 0.071 | | 0 | RPA | 1 | | 0.183 | | |
| Cystine....g | 0.016 | | 0 | RPA | 1 | | 0.041 | | |
| Phenylalanine....g | 0.140 | | 0 | RPA | 1 | | 0.359 | | |
| Tyrosine....g | 0.145 | | 0 | RPA | 1 | | 0.370 | | |
| Valine....g | 0.183 | | 0 | RPA | 1 | | 0.469 | | |
| Arginine....g | 0.071 | | 0 | RPA | 1 | | 0.183 | | |
| Histidine....g | 0.071 | | 0 | RPA | 1 | | 0.183 | | |
| Alanine....g | 0.098 | | 0 | RPA | 1 | | 0.251 | | |
| Aspartic acid....g | 0.226 | | 0 | RPA | 1 | | 0.579 | | |
| Glutamic acid....g | 0.618 | | 0 | RPA | 1 | | 1.581 | | |
| Glycine....g | 0.071 | | 0 | RPA | 1 | | 0.183 | | |
| Proline....g | 0.326 | | 0 | RPA | 1 | | 0.834 | | |
| Serine....g | 0.102 | | 0 | RPA | 1 | | 0.261 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**NDB No. 14169**

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

**Common Measures:**

Measure 1 = 256g: 1 cup (8 fl oz)

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

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

**NDB No. 14181**
**Chocolate syrup**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 31.00 | 3.200 | 13 | A | 1 | | 12.09 | 93.00 | |
| Energy....kcal | 279 | | 0 | NC | 4 | | 109 | 837 | |
| Energy....kJ | 1167 | | 0 | NC | 4 | | 455 | 3502 | |
| Protein (N x 6.25)....g | 2.10 | 0.120 | 14 | A | 1 | | 0.82 | 6.30 | |
| Total lipid (fat)....g | 1.13 | 0.120 | 14 | A | 1 | | 0.44 | 3.39 | |
| Ash....g | 0.67 | 0.070 | 13 | A | 1 | | 0.26 | 2.01 | |
| Carbohydrate, by difference....g | 65.10 | | 0 | NC | 4 | | 25.39 | 195.30 | |
| Fiber, total dietary....g | 2.6 | 0.465 | 4 | JO | 11 | | 1.0 | 7.7 | |
| Sugars, total....g | 49.65 | | 2 | AI | 13 | | 19.36 | 148.95 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 3 | | 1 | | 5 | 42 | |
| Iron, Fe....mg | 2.11 | | 13 | | 1 | | 0.82 | 6.33 | |
| Magnesium, Mg....mg | 65 | | 3 | | 1 | | 25 | 195 | |
| Phosphorus, P....mg | 129 | | 2 | | 1 | | 50 | 387 | |
| Potassium, K....mg | 224 | | 3 | | 1 | | 87 | 672 | |
| Sodium, Na....mg | 72 | 13.460 | 15 | A | 1 | | 28 | 216 | |
| Zinc, Zn....mg | 0.73 | | 3 | | 1 | | 0.28 | 2.19 | |
| Copper, Cu....mg | 0.512 | | 4 | | 1 | | 0.200 | 1.536 | |
| Manganese, Mn....mg | 0.382 | | 3 | | 1 | | 0.149 | 1.146 | |
| Selenium, Se....µg | 1.4 | | 0 | FLA | 4 | | 0.6 | 4.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.2 | | 11 | | 1 | | 0.1 | 0.6 | |
| Thiamin....mg | 0.009 | | 12 | | 1 | | 0.004 | 0.027 | |
| Riboflavin....mg | 0.050 | | 1 | | 1 | | 0.020 | 0.150 | |
| Niacin....mg | 0.322 | | 12 | | 1 | | 0.126 | 0.966 | |
| Pantothenic acid....mg | 0.013 | | 1 | | 1 | | 0.005 | 0.039 | |
| Vitamin B-6....mg | 0.006 | | 11 | | 1 | | 0.002 | 0.018 | |
| Folate, total....µg | 2 | | 0 | FLA | 4 | | 1 | 7 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 2 | | 0 | FLA | 4 | | 1 | 7 | |
| Folate, DFE....µg | 2 | | 0 | NC | 4 | | 1 | 7 | |
| Choline, total....mg | 1.3 | | 0 | FLA | 4 | | 0.5 | 4.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 3 | | 0 | FLA | 4 | | 1 | 8 | |
| Vitamin E (alpha-tocopherol)....mg | 0.02 | | 0 | FLA | 4 | | 0.01 | 0.06 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.5 | | 0 | FLA | 4 | | 0.2 | 1.4 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14181**
**Chocolate syrup**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.519 | | 0 | | 1 | | 0.202 | 1.557 | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.001 | | 0 | FLA | 4 | | 0.001 | 0.004 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.244 | | 0 | FLA | 4 | | 0.095 | 0.732 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.267 | | 0 | FLA | 4 | | 0.104 | 0.800 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.286 | | 0 | FLA | 4 | | 0.112 | 0.858 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.001 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.286 | | 0 | FLA | 4 | | 0.111 | 0.857 | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.026 | | 0 | FLA | 4 | | 0.010 | 0.078 | |
| 18:2 undifferentiated....g | 0.024 | | 0 | FLA | 4 | | 0.009 | 0.072 | |
| 18:3 undifferentiated....g | 0.002 | | 0 | FLA | 4 | | 0.001 | 0.006 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 6 | | 0 | FLA | 4 | | 2 | 17 | |
| Theobromine....mg | 190 | | 0 | FLA | 4 | | 74 | 569 | |

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

**Common Measures:**

Measure 1 = 39g: 1 serving 2 tbsp

Measure 2 = 300g: 1 cup

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

**Food Group:** 14 Beverages

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

**NDB No. 14182**
**Chocolate syrup, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 80.51 | | 0 | RPA | 1 | | 227.03 | | |
| Energy | kcal | 90 | | 0 | RPI | 6 | | 254 | | |
| Energy | kJ | 377 | | 0 | RPI | 6 | | 1062 | | |
| Protein | g | 3.07 | | 0 | RPA | 1 | | 8.66 | | |
| Total lipid (fat) | g | 2.96 | | 0 | RPI | 6 | | 8.35 | | |
| Ash | g | 0.69 | | 0 | RPA | 1 | | 1.94 | | |
| Carbohydrate, by difference | g | 12.78 | | 0 | RPI | 6 | | 36.03 | | |
| Fiber, total dietary | g | 0.3 | | 0 | RPI | 6 | | 1.0 | | |
| Sugars, total | g | 11.31 | | 0 | RPI | 6 | | 31.89 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 89 | | 0 | RPA | 1 | | 251 | | |
| Iron, Fe | mg | 0.32 | | 0 | RPA | 1 | | 0.89 | | |
| Magnesium, Mg | mg | 18 | | 0 | RPA | 1 | | 50 | | |
| Phosphorus, P | mg | 90 | | 0 | RPA | 1 | | 254 | | |
| Potassium, K | mg | 145 | | 0 | RPA | 1 | | 409 | | |
| Sodium, Na | mg | 47 | | 0 | RPA | 1 | | 133 | | |
| Zinc, Zn | mg | 0.43 | | 0 | RPA | 1 | | 1.21 | | |
| Copper, Cu | mg | 0.090 | | 0 | RPA | 1 | | 0.253 | | |
| Manganese, Mn | mg | 0.055 | | 0 | RPA | 1 | | 0.154 | | |
| Selenium, Se | µg | 3.4 | | 0 | RPI | 6 | | 9.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RPA | 1 | | 0.1 | | |
| Thiamin | mg | 0.039 | | 0 | RPA | 1 | | 0.110 | | |
| Riboflavin | mg | 0.165 | | 0 | RPA | 1 | | 0.464 | | |
| Niacin | mg | 0.137 | | 0 | RPA | 1 | | 0.385 | | |
| Pantothenic acid | mg | 0.315 | | 0 | RPA | 1 | | 0.887 | | |
| Vitamin B-6 | mg | 0.032 | | 0 | RPA | 1 | | 0.091 | | |
| Folate, total | µg | 5 | | 0 | RPI | 6 | | 13 | | |
| Folic acid | µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Folate, food | µg | 5 | | 0 | RPI | 6 | | 13 | | |
| Folate, DFE | µg | 5 | | 0 | NC | 4 | | 13 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.38 | | 0 | RPI | 6 | | 1.07 | | |
| Vitamin A, RAE | µg | 25 | | 0 | RPI | 6 | | 69 | | |
| Retinol | µg | 24 | | 0 | RPI | 6 | | 68 | | |
| Carotene, beta | µg | 4 | | 0 | RPI | 6 | | 13 | | |
| Carotene, alpha | µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin A, IU | IU | 88 | | 0 | RPI | 6 | | 249 | | |
| Lycopene | µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.05 | | 0 | RPI | 6 | | 0.14 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Tocotrienol, alpha | mg | | | | | | | | | |
| Tocotrienol, beta | mg | | | | | | | | | |
| Tocotrienol, gamma | mg | | | | | | | | | |
| Tocotrienol, delta | mg | | | | | | | | | |
| Vitamin D (D2 + D3) | µg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | µg | 0.2 | | 0 | RPI | 6 | | 0.5 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |

**NDB No. 14182**
**Chocolate syrup, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 1.681 | | 0 | RPI | 6 | | 4.739 | | |
| 4:0....g | 0.064 | | 0 | RPA | 1 | | 0.181 | | |
| 6:0....g | 0.064 | | 0 | RPA | 1 | | 0.181 | | |
| 8:0....g | 0.064 | | 0 | RPA | 1 | | 0.181 | | |
| 10:0....g | 0.064 | | 0 | RPA | 1 | | 0.181 | | |
| 12:0....g | 0.066 | | 0 | RPA | 1 | | 0.187 | | |
| 13:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 14:0....g | 0.257 | | 0 | RPA | 1 | | 0.723 | | |
| 15:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 16:0....g | 0.746 | | 0 | RPA | 1 | | 2.104 | | |
| 17:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 18:0....g | 0.354 | | 0 | RPA | 1 | | 1.000 | | |
| 20:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 0.740 | | 0 | RPI | 6 | | 2.088 | | |
| 14:1....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.001 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.740 | | 0 | RPA | 1 | | 2.087 | | |
| 20:1....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.172 | | 0 | RPI | 6 | | 0.484 | | |
| 18:2 undifferentiated....g | 0.107 | | 0 | RPA | 1 | | 0.302 | | |
| 18:3 undifferentiated....g | 0.064 | | 0 | RPA | 1 | | 0.182 | | |
| 18:4....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 9 | | 0 | RPA | 1 | | 25 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.068 | | 0 | RPA | 1 | | 0.192 | | |
| Threonine....g | 0.132 | | 0 | RPA | 1 | | 0.373 | | |
| Isoleucine....g | 0.151 | | 0 | RPA | 1 | | 0.426 | | |
| Leucine....g | 0.243 | | 0 | RPA | 1 | | 0.685 | | |
| Lysine....g | 0.132 | | 0 | RPA | 1 | | 0.373 | | |
| Methionine....g | 0.067 | | 0 | RPA | 1 | | 0.188 | | |
| Cystine....g | 0.017 | | 0 | RPA | 1 | | 0.049 | | |
| Phenylalanine....g | 0.138 | | 0 | RPA | 1 | | 0.389 | | |
| Tyrosine....g | 0.140 | | 0 | RPA | 1 | | 0.394 | | |
| Valine....g | 0.179 | | 0 | RPA | 1 | | 0.505 | | |
| Arginine....g | 0.077 | | 0 | RPA | 1 | | 0.217 | | |
| Histidine....g | 0.068 | | 0 | RPA | 1 | | 0.193 | | |
| Alanine....g | 0.099 | | 0 | RPA | 1 | | 0.278 | | |
| Aspartic acid....g | 0.227 | | 0 | RPA | 1 | | 0.641 | | |
| Glutamic acid....g | 0.592 | | 0 | RPA | 1 | | 1.671 | | |
| Glycine....g | 0.075 | | 0 | RPA | 1 | | 0.211 | | |
| Proline....g | 0.304 | | 0 | RPA | 1 | | 0.857 | | |
| Serine....g | 0.101 | | 0 | RPA | 1 | | 0.285 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | | |
| Caffeine....mg | 2 | | 0 | RPI | 6 | | 5 | | |
| Theobromine....mg | 64 | | 0 | RPI | 6 | | 181 | | |

**NDB No. 14182**
**Chocolate syrup, prepared with whole milk**

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

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

**Common Measures:**

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14557**

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.10 | | 0 | FLC | 4 | | 0.24 | | |
| Energy | kcal | 400 | | 0 | NC | 4 | | 88 | | |
| Energy | kJ | 1673 | | 0 | NC | 4 | | 368 | | |
| Protein (N x 6.25) | g | 4.55 | | 1 | LC | 8 | | 1.00 | | |
| Total lipid (fat) | g | 2.27 | | 1 | LC | 8 | | 0.50 | | |
| Ash | g | 1.80 | | 0 | BFZN | 4 | | 0.40 | | |
| Carbohydrate, by difference | g | 90.28 | | 0 | NC | 4 | | 19.86 | | |
| Fiber, total dietary | g | 4.5 | | 1 | LC | 8 | | 1.0 | | |
| Sugars, total | g | 81.82 | | 1 | LC | 8 | | 18.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 455 | | 1 | LC | 8 | | 100 | | |
| Iron, Fe | mg | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Magnesium, Mg | mg | 53 | | 0 | FLC | 4 | | 12 | | |
| Phosphorus, P | mg | 86 | | 0 | FLC | 4 | | 19 | | |
| Potassium, K | mg | 280 | | 0 | FLC | 4 | | 62 | | |
| Sodium, Na | mg | 136 | | 1 | LC | 8 | | 30 | | |
| Zinc, Zn | mg | 6.82 | | 1 | LC | 8 | | 1.50 | | |
| Copper, Cu | mg | 0.909 | | 1 | LC | 8 | | 0.200 | | |
| Manganese, Mn | mg | 0.707 | | 0 | BFZN | 4 | | 0.156 | | |
| Selenium, Se | µg | 1.9 | | 0 | FLC | 4 | | 0.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 27.3 | | 1 | LC | 8 | | 6.0 | | |
| Thiamin | mg | 0.009 | | 0 | FLC | 4 | | 0.002 | | |
| Riboflavin | mg | 0.056 | | 0 | FLC | 4 | | 0.012 | | |
| Niacin | mg | 0.199 | | 0 | FLC | 4 | | 0.044 | | |
| Pantothenic acid | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Vitamin B-6 | mg | 0.909 | | 1 | LC | 8 | | 0.200 | | |
| Folate, total | µg | 4 | | 0 | FLC | 4 | | 1 | | |
| Folic acid | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | µg | 4 | | 0 | FLC | 4 | | 1 | | |
| Folate, DFE | µg | 4 | | 0 | NC | 4 | | 1 | | |
| Choline, total | mg | 3.3 | | 0 | FLC | 4 | | 0.7 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 2 | | 0 | FLC | 4 | | 0 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.04 | | 0 | FLC | 4 | | 0.01 | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| 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 | | 1 | LC | 8 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 0.9 | | 0 | FLC | 4 | | 0.2 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 14557**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.273 | | 1 | LC | 8 | | 0.500 | | |
| 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 | 0.006 | | 0 | FLC | 4 | | 0.001 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.082 | | 0 | FLC | 4 | | 0.238 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.162 | | 0 | FLC | 4 | | 0.256 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 18:2 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 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 | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 8 | | 0 | FLC | 4 | | 2 | | |
| Theobromine....mg | 277 | | 0 | FLC | 4 | | 61 | | |

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

**Common Measures:**

Measure 1 = 22g: 1 serving

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

**Food Group:** 14 Beverages

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

**NDB No. 14558**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 80.93 | | 0 | RPI | 6 | | 215.27 | | |
| Energy....kcal | 89 | | 0 | NC | 4 | | 237 | | |
| Energy....kJ | 373 | | 0 | NC | 4 | | 991 | | |
| Protein....g | 3.27 | | 0 | RPI | 6 | | 8.70 | | |
| Total lipid (fat)....g | 3.17 | | 0 | RPI | 6 | | 8.43 | | |
| Ash....g | 0.77 | | 0 | RPI | 6 | | 2.04 | | |
| Carbohydrate, by difference....g | 11.87 | | 0 | RPI | 6 | | 31.57 | | |
| Fiber, total dietary....g | 0.4 | | 0 | RPI | 6 | | 1.0 | | |
| Sugars, total....g | 11.59 | | 0 | RPI | 6 | | 30.83 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 141 | | 0 | RPI | 6 | | 375 | | |
| Iron, Fe....mg | 0.03 | | 0 | RPI | 6 | | 0.08 | | |
| Magnesium, Mg....mg | 14 | | 0 | RPI | 6 | | 36 | | |
| Phosphorus, P....mg | 84 | | 0 | RPI | 6 | | 224 | | |
| Potassium, K....mg | 144 | | 0 | RPI | 6 | | 384 | | |
| Sodium, Na....mg | 50 | | 0 | RPI | 6 | | 134 | | |
| Zinc, Zn....mg | 0.91 | | 0 | RPI | 6 | | 2.41 | | |
| Copper, Cu....mg | 0.098 | | 0 | RPI | 6 | | 0.261 | | |
| Manganese, Mn....mg | 0.062 | | 0 | RPI | 6 | | 0.166 | | |
| Selenium, Se....µg | 3.5 | | 0 | RPI | 6 | | 9.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 2.3 | | 0 | RPI | 6 | | 6.0 | | |
| Thiamin....mg | 0.043 | | 0 | RPI | 6 | | 0.114 | | |
| Riboflavin....mg | 0.159 | | 0 | RPI | 6 | | 0.424 | | |
| Niacin....mg | 0.098 | | 0 | RPI | 6 | | 0.260 | | |
| Pantothenic acid....mg | 0.342 | | 0 | RPI | 6 | | 0.910 | | |
| Vitamin B-6....mg | 0.108 | | 0 | RPI | 6 | | 0.287 | | |
| Folate, total....µg | 5 | | 0 | RPI | 6 | | 13 | | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Folate, food....µg | 5 | | 0 | RPI | 6 | | 13 | | |
| Folate, DFE....µg | 5 | | 0 | NC | 4 | | 13 | | |
| Choline, total....mg | 13.4 | | 0 | RPI | 6 | | 35.6 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.41 | | 0 | RPI | 6 | | 1.09 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | | |
| Vitamin A, RAE....µg | 42 | | 0 | RPI | 6 | | 112 | | |
| Retinol....µg | 41 | | 0 | RPI | 6 | | 110 | | |
| Carotene, beta....µg | 6 | | 0 | RPI | 6 | | 16 | | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin A, IU....IU | 149 | | 0 | RPI | 6 | | 395 | | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.07 | | 0 | RPI | 6 | | 0.18 | | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 1.2 | | 0 | RPI | 6 | | 3.1 | | |
| Vitamin D....IU | 47 | | 0 | RPI | 6 | | 125 | | |
| Vitamin K (phylloquinone)....µg | 0.3 | | 0 | RPI | 6 | | 0.8 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14558**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.899 | | 0 | RPI | 6 | | 5.051 | | |
| 4:0....g | 0.068 | | 0 | RPI | 6 | | 0.182 | | |
| 6:0....g | 0.068 | | 0 | RPI | 6 | | 0.182 | | |
| 8:0....g | 0.068 | | 0 | RPI | 6 | | 0.182 | | |
| 10:0....g | 0.068 | | 0 | RPI | 6 | | 0.182 | | |
| 12:0....g | 0.070 | | 0 | RPI | 6 | | 0.187 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.273 | | 0 | RPI | 6 | | 0.726 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.850 | | 0 | RPI | 6 | | 2.261 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.431 | | 0 | RPI | 6 | | 1.146 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.745 | | 0 | RPI | 6 | | 1.982 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.745 | | 0 | RPI | 6 | | 1.982 | | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.178 | | 0 | RPI | 6 | | 0.475 | | |
| 18:2 undifferentiated....g | 0.110 | | 0 | RPI | 6 | | 0.293 | | |
| 18:3 undifferentiated....g | 0.068 | | 0 | RPI | 6 | | 0.182 | | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 10 | | 0 | RPI | 6 | | 25 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | | |
| Caffeine....mg | 1 | | 0 | RPI | 6 | | 2 | | |
| Theobromine....mg | 23 | | 0 | RPI | 6 | | 61 | | |

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

**Common Measures:**

Measure 1 = 266g: 1 serving

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

**Food Group:** 14 Beverages

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

**NDB No. 14177**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 80.79 | | 0 | RPA | 1 | | 214.89 | | |
| Energy....kcal | 85 | | 0 | RPI | 6 | | 226 | | |
| Energy....kJ | 356 | | 0 | RPI | 6 | | 946 | | |
| Protein....g | 3.23 | | 0 | RPA | 1 | | 8.59 | | |
| Total lipid (fat)....g | 3.24 | | 0 | RPI | 6 | | 8.61 | | |
| Ash....g | 0.78 | | 0 | RPA | 1 | | 2.09 | | |
| Carbohydrate, by difference....g | 11.91 | | 0 | RPI | 6 | | 31.68 | | |
| Fiber, total dietary....g | 0.4 | | 0 | RPI | 6 | | 1.0 | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 95 | | 0 | RPA | 1 | | 254 | | |
| Iron, Fe....mg | 0.30 | | 0 | RPA | 1 | | 0.80 | | |
| Magnesium, Mg....mg | 18 | | 0 | RPA | 1 | | 47 | | |
| Phosphorus, P....mg | 88 | | 0 | RPA | 1 | | 233 | | |
| Potassium, K....mg | 172 | | 0 | RPA | 1 | | 458 | | |
| Sodium, Na....mg | 58 | | 0 | RPA | 1 | | 153 | | |
| Zinc, Zn....mg | 0.48 | | 0 | RPA | 1 | | 1.28 | | |
| Copper, Cu....mg | 0.082 | | 0 | RPA | 1 | | 0.217 | | |
| Manganese, Mn....mg | 0.064 | | 0 | RPA | 1 | | 0.169 | | |
| Selenium, Se....µg | 3.6 | | 0 | RPA | 1 | | 9.5 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.1 | | 0 | RPA | 1 | | 0.2 | | |
| Thiamin....mg | 0.043 | | 0 | RPA | 1 | | 0.114 | | |
| Riboflavin....mg | 0.180 | | 0 | RPA | 1 | | 0.478 | | |
| Niacin....mg | 0.142 | | 0 | RPA | 1 | | 0.378 | | |
| Pantothenic acid....mg | 0.336 | | 0 | RPI | 6 | | 0.893 | | |
| Vitamin B-6....mg | 0.034 | | 0 | RPA | 1 | | 0.091 | | |
| Folate, total....µg | 5 | | 0 | RPI | 6 | | 14 | | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Folate, food....µg | 5 | | 0 | RPI | 6 | | 14 | | |
| Folate, DFE....µg | 5 | | 0 | NC | 4 | | 14 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.40 | | 0 | RPI | 6 | | 1.06 | | |
| Vitamin A, RAE....µg | 26 | | 0 | RPI | 6 | | 69 | | |
| Retinol....µg | 26 | | 0 | RPI | 6 | | 68 | | |
| Carotene, beta....µg | 5 | | 0 | RPI | 6 | | 13 | | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin A, IU....IU | 94 | | 0 | RPI | 6 | | 249 | | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.06 | | 0 | RPI | 6 | | 0.15 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 0.3 | | 0 | RPI | 6 | | 0.8 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 14177**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 1.860 | | 0 | RPI | 6 | | 4.947 | | |
| 4:0....g | 0.068 | | 0 | RPA | 1 | | 0.181 | | |
| 6:0....g | 0.068 | | 0 | RPA | 1 | | 0.181 | | |
| 8:0....g | 0.068 | | 0 | RPA | 1 | | 0.181 | | |
| 10:0....g | 0.068 | | 0 | RPA | 1 | | 0.181 | | |
| 12:0....g | 0.070 | | 0 | RPA | 1 | | 0.186 | | |
| 13:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 14:0....g | 0.272 | | 0 | RPA | 1 | | 0.722 | | |
| 15:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 16:0....g | 0.825 | | 0 | RPA | 1 | | 2.194 | | |
| 17:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 18:0....g | 0.421 | | 0 | RPA | 1 | | 1.120 | | |
| 20:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 0.829 | | 0 | RPI | 6 | | 2.206 | | |
| 14:1....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | RPA | 1 | | 0.002 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.829 | | 0 | RPA | 1 | | 2.204 | | |
| 20:1....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.186 | | 0 | RPI | 6 | | 0.494 | | |
| 18:2 undifferentiated....g | 0.117 | | 0 | RPA | 1 | | 0.312 | | |
| 18:3 undifferentiated....g | 0.068 | | 0 | RPA | 1 | | 0.182 | | |
| 18:4....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 9 | | 0 | RPI | 6 | | 25 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.072 | | 0 | RPA | 1 | | 0.192 | | |
| Threonine....g | 0.140 | | 0 | RPA | 1 | | 0.373 | | |
| Isoleucine....g | 0.160 | | 0 | RPA | 1 | | 0.426 | | |
| Leucine....g | 0.257 | | 0 | RPA | 1 | | 0.684 | | |
| Lysine....g | 0.140 | | 0 | RPA | 1 | | 0.373 | | |
| Methionine....g | 0.071 | | 0 | RPA | 1 | | 0.188 | | |
| Cystine....g | 0.018 | | 0 | RPA | 1 | | 0.049 | | |
| Phenylalanine....g | 0.146 | | 0 | RPA | 1 | | 0.389 | | |
| Tyrosine....g | 0.148 | | 0 | RPA | 1 | | 0.393 | | |
| Valine....g | 0.190 | | 0 | RPA | 1 | | 0.505 | | |
| Arginine....g | 0.082 | | 0 | RPA | 1 | | 0.218 | | |
| Histidine....g | 0.073 | | 0 | RPA | 1 | | 0.193 | | |
| Alanine....g | 0.105 | | 0 | RPA | 1 | | 0.278 | | |
| Aspartic acid....g | 0.241 | | 0 | RPA | 1 | | 0.641 | | |
| Glutamic acid....g | 0.628 | | 0 | RPA | 1 | | 1.670 | | |
| Glycine....g | 0.079 | | 0 | RPA | 1 | | 0.211 | | |
| Proline....g | 0.322 | | 0 | RPA | 1 | | 0.857 | | |
| Serine....g | 0.107 | | 0 | RPA | 1 | | 0.285 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | | |
| Caffeine....mg | 3 | | 0 | RPI | 6 | | 8 | | |
| Theobromine....mg | 104 | | 0 | RPI | 6 | | 278 | | |

**NDB No. 14177**

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

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

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

**Common Measures:**

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

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

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

**NDB No. 43369**

**Chocolate-flavored drink, whey and milk based**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.310 | | 0 | FLC | 4 | | 0.756 | 0.094 | |
| 4:0....g | 0.005 | | 0 | FLC | 4 | | 0.013 | 0.002 | |
| 6:0....g | 0.001 | | 0 | FLC | 4 | | 0.002 | 0.000 | |
| 8:0....g | 0.001 | | 0 | FLC | 4 | | 0.002 | 0.000 | |
| 10:0....g | 0.002 | | 0 | FLC | 4 | | 0.004 | 0.000 | |
| 12:0....g | 0.001 | | 0 | FLC | 4 | | 0.003 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.010 | | 0 | FLC | 4 | | 0.024 | 0.003 | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 16:0....g | 0.143 | | 0 | FLC | 4 | | 0.349 | 0.044 | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:0....g | 0.139 | | 0 | FLC | 4 | | 0.339 | 0.042 | |
| 20:0....g | 0.000 | | 0 | FLC | 4 | | 0.001 | 0.000 | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | 0.001 | 0.000 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.049 | | 0 | FLC | 4 | | 0.119 | 0.015 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | FLC | 4 | | 0.002 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.048 | | 0 | FLC | 4 | | 0.116 | 0.015 | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.009 | | 0 | FLC | 4 | | 0.022 | 0.003 | |
| 18:2 undifferentiated....g | 0.008 | | 0 | FLC | 4 | | 0.020 | 0.003 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.001 | 0.000 | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 1 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 1 | | 0 | FLC | 4 | | 4 | 0 | |
| Theobromine....mg | 50 | | 0 | FLC | 4 | | 121 | 15 | |

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

**Common Measures:**

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14262**
**Citrus fruit juice drink, frozen concentrate**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 57.40 | | 1 | | 1 | | 20.20 | 242.80 | |
| Energy....kcal | 162 | | 0 | NC | 4 | | 57 | 684 | |
| Energy....kJ | 676 | | 0 | NC | 4 | | 238 | 2861 | |
| Protein (N x 6.25)....g | 1.20 | | 1 | | 1 | | 0.42 | 5.08 | |
| Total lipid (fat)....g | 0.10 | | 1 | | 1 | | 0.04 | 0.42 | |
| Ash....g | 1.10 | | 1 | | 1 | | 0.39 | 4.65 | |
| Carbohydrate, by difference....g | 40.20 | | 0 | NC | 4 | | 14.15 | 170.05 | |
| Fiber, total dietary....g | 0.2 | | 0 | FLC | 4 | | 0.1 | 1.0 | |
| Sugars, total....g | 28.63 | | 0 | FLC | 4 | | 10.08 | 121.09 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 25 | | 7 | | 1 | | 9 | 106 | |
| Iron, Fe....mg | 3.94 | | 1 | | 1 | | 1.39 | 16.67 | |
| Magnesium, Mg....mg | 20 | | 8 | | 1 | | 7 | 85 | |
| Phosphorus, P....mg | 36 | 2.789 | 4 | | 1 | | 13 | 152 | |
| Potassium, K....mg | 393 | | 8 | | 1 | | 138 | 1662 | |
| Sodium, Na....mg | 3 | | 8 | | 1 | | 1 | 13 | |
| Zinc, Zn....mg | 0.12 | | 1 | | 1 | | 0.04 | 0.51 | |
| Copper, Cu....mg | 0.097 | | 4 | | 1 | | 0.034 | 0.410 | |
| Manganese, Mn....mg | 0.255 | | 2 | | 1 | | 0.090 | 1.079 | |
| Selenium, Se....µg | 0.4 | | 0 | FLC | 4 | | 0.1 | 1.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 95.3 | | 1 | | 1 | | 33.5 | 403.1 | |
| Thiamin....mg | 0.051 | | 1 | | 1 | | 0.018 | 0.216 | |
| Riboflavin....mg | 0.034 | | 0 | FLC | 4 | | 0.012 | 0.142 | |
| Niacin....mg | 0.263 | | 0 | FLC | 4 | | 0.093 | 1.113 | |
| Pantothenic acid....mg | 0.214 | | 0 | FLC | 4 | | 0.075 | 0.904 | |
| Vitamin B-6....mg | 0.066 | | 0 | FLC | 4 | | 0.023 | 0.278 | |
| Folate, total....µg | 26 | | 0 | FLC | 4 | | 9 | 111 | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food....µg | 26 | | 0 | FLC | 4 | | 9 | 111 | |
| Folate, DFE....µg | 26 | | 0 | NC | 4 | | 9 | 111 | |
| Choline, total....mg | 1.8 | | 0 | O | 4 | | 0.6 | 7.5 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 7 | | 0 | FLC | 4 | | 2 | 29 | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, beta....µg | 27 | | 0 | FLC | 4 | | 10 | 116 | |
| Carotene, alpha....µg | 6 | | 0 | FLC | 4 | | 2 | 24 | |
| Cryptoxanthin, beta....µg | 97 | | 0 | FLC | 4 | | 34 | 411 | |
| Vitamin A, IU....IU | 131 | | 0 | FLC | 4 | | 46 | 555 | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 93 | | 0 | FLC | 4 | | 33 | 395 | |
| Vitamin E (alpha-tocopherol)....mg | 0.22 | | 0 | FLC | 4 | | 0.08 | 0.92 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | FLC | 4 | | 0.1 | 1.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14262**
**Citrus fruit juice drink, frozen concentrate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.007 | | 0 | NC | 4 | | 0.002 | 0.029 | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.001 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.006 | | 0 | FLC | 4 | | 0.002 | 0.027 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.002 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.007 | | 0 | NC | 4 | | 0.002 | 0.030 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | FLC | 4 | | 0.000 | 0.004 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.006 | | 0 | FLC | 4 | | 0.002 | 0.026 | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.015 | | 0 | NC | 4 | | 0.005 | 0.064 | |
| 18:2 undifferentiated....g | 0.011 | | 0 | FLC | 4 | | 0.004 | 0.045 | |
| 18:3 undifferentiated....g | 0.004 | | 0 | FLC | 4 | | 0.002 | 0.018 | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 35.2g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14263**

**Citrus fruit juice drink, frozen concentrate, prepared with water**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 87.83 | | 0 | RPI | 6 | | 27.23 | 217.81 | |
| Energy | kcal | 46 | | 0 | RPI | 6 | | 14 | 114 | |
| Energy | kJ | 192 | | 0 | RPI | 6 | | 60 | 476 | |
| Protein (N x 0) | g | 0.34 | | 0 | RPI | 6 | | 0.11 | 0.85 | |
| Total lipid (fat) | g | 0.03 | | 0 | RPI | 6 | | 0.01 | 0.07 | |
| Ash | g | 0.38 | | 0 | RPI | 6 | | 0.12 | 0.95 | |
| Carbohydrate, by difference | g | 11.42 | | 0 | RPI | 6 | | 3.54 | 28.32 | |
| Fiber, total dietary | g | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.2 | |
| Sugars, total | g | 8.13 | | 0 | RPI | 6 | | 2.52 | 20.17 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 9 | | 0 | RPA | 1 | | 3 | 23 | |
| Iron, Fe | mg | 1.12 | | 0 | RPA | 1 | | 0.35 | 2.78 | |
| Magnesium, Mg | mg | 6 | | 0 | RPA | 1 | | 2 | 16 | |
| Phosphorus, P | mg | 10 | | 0 | RPA | 1 | | 3 | 25 | |
| Potassium, K | mg | 112 | | 0 | RPA | 1 | | 35 | 278 | |
| Sodium, Na | mg | 4 | | 0 | RPA | 1 | | 1 | 9 | |
| Zinc, Zn | mg | 0.04 | | 0 | RPA | 1 | | 0.01 | 0.09 | |
| Copper, Cu | mg | 0.035 | | 0 | RPA | 1 | | 0.011 | 0.086 | |
| Manganese, Mn | mg | 0.073 | | 0 | RPA | 1 | | 0.023 | 0.180 | |
| Selenium, Se | µg | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 27.1 | | 0 | RPI | 6 | | 8.4 | 67.1 | |
| Thiamin | mg | 0.014 | | 0 | RPI | 6 | | 0.004 | 0.036 | |
| Riboflavin | mg | 0.010 | | 0 | RPI | 6 | | 0.003 | 0.024 | |
| Niacin | mg | 0.075 | | 0 | RPI | 6 | | 0.023 | 0.185 | |
| Pantothenic acid | mg | 0.061 | | 0 | RPI | 6 | | 0.019 | 0.151 | |
| Vitamin B-6 | mg | 0.019 | | 0 | RPI | 6 | | 0.006 | 0.046 | |
| Folate, total | µg | 7 | | 0 | RPI | 6 | | 2 | 18 | |
| Folic acid | µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food | µg | 7 | | 0 | RPI | 6 | | 2 | 18 | |
| Folate, DFE | µg | 7 | | 0 | NC | 4 | | 2 | 18 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added | µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE | µg | 2 | | 0 | RPI | 6 | | 1 | 5 | |
| Retinol | µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta | µg | 8 | | 0 | RPI | 6 | | 2 | 19 | |
| Carotene, alpha | µg | 2 | | 0 | RPI | 6 | | 1 | 4 | |
| Cryptoxanthin, beta | µg | 28 | | 0 | RPI | 6 | | 9 | 68 | |
| Vitamin A, IU | IU | 37 | | 0 | RPI | 6 | | 12 | 92 | |
| Lycopene | µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 27 | | 0 | RPI | 6 | | 8 | 66 | |
| Vitamin E (alpha-tocopherol) | mg | 0.06 | | 0 | RPI | 6 | | 0.02 | 0.15 | |
| Vitamin E, added | mg | 0.00 | | 0 | RPI | 6 | | 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 | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.2 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 14263**

**Citrus fruit juice drink, frozen concentrate, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.005 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.004 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.005 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.004 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.004 | | 0 | RPI | 6 | | 0.001 | 0.011 | |
| 18:2 undifferentiated....g | 0.003 | | 0 | RPI | 6 | | 0.001 | 0.008 | |
| 18:3 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 248g: 1 serving 8 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14187**
**Clam and tomato juice, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.40 | | 2 | A | 1 | | 26.39 | 145.08 | |
| Energy....kcal | 48 | | 0 | NC | 4 | | 14 | 79 | |
| Energy....kJ | 200 | | 0 | NC | 4 | | 60 | 332 | |
| Protein (N x 6.25)....g | 0.60 | | 2 | A | 1 | | 0.18 | 1.00 | |
| Total lipid (fat)....g | 0.20 | | 2 | A | 1 | | 0.06 | 0.33 | |
| Ash....g | 0.85 | | 2 | A | 1 | | 0.26 | 1.41 | |
| Carbohydrate, by difference....g | 10.95 | | 0 | NC | 4 | | 3.31 | 18.18 | |
| Fiber, total dietary....g | 0.4 | | 1 | LC | 8 | | 0.1 | 0.7 | |
| Sugars, total....g | 3.31 | | 1 | LC | 8 | | 1.00 | 5.49 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 1 | LC | 8 | | 2 | 14 | |
| Iron, Fe....mg | 0.15 | | 1 | LC | 8 | | 0.04 | 0.25 | |
| Magnesium, Mg....mg | 5 | | 0 | FLC | 4 | | 2 | 9 | |
| Phosphorus, P....mg | 11 | | 0 | FLC | 4 | | 3 | 19 | |
| Potassium, K....mg | 89 | | 0 | FLC | 4 | | 27 | 147 | |
| Sodium, Na....mg | 362 | | 2 | A | 1 | | 109 | 601 | |
| Zinc, Zn....mg | 0.08 | | 0 | FLC | 4 | | 0.02 | 0.14 | |
| Copper, Cu....mg | 0.029 | | 0 | FLC | 4 | | 0.009 | 0.049 | |
| Manganese, Mn....mg | 0.032 | | 0 | FLC | 4 | | 0.010 | 0.053 | |
| Selenium, Se....µg | 0.4 | | 0 | FLC | 4 | | 0.1 | 0.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 5.0 | | 1 | LC | 8 | | 1.5 | 8.2 | |
| Thiamin....mg | 0.021 | | 0 | FLC | 4 | | 0.006 | 0.035 | |
| Riboflavin....mg | 0.012 | | 0 | FLC | 4 | | 0.004 | 0.020 | |
| Niacin....mg | 0.231 | | 0 | FLC | 4 | | 0.070 | 0.383 | |
| Pantothenic acid....mg | 0.083 | | 0 | FLC | 4 | | 0.025 | 0.138 | |
| Vitamin B-6....mg | 0.061 | | 0 | FLC | 4 | | 0.019 | 0.102 | |
| Folate, total....µg | 8 | | 0 | FLC | 4 | | 2 | 13 | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food....µg | 8 | | 0 | FLC | 4 | | 2 | 13 | |
| Folate, DFE....µg | 8 | | 0 | NC | 4 | | 2 | 13 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.03 | | 0 | FLC | 4 | | 0.01 | 0.04 | |
| Vitamin A, RAE....µg | 7 | | 0 | FLC | 4 | | 2 | 12 | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, beta....µg | 89 | | 0 | FLC | 4 | | 27 | 148 | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 149 | | 0 | FLC | 4 | | 45 | 247 | |
| Lycopene....µg | 2982 | | 0 | FLC | 4 | | 901 | 4951 | |
| Lutein + zeaxanthin....µg | 20 | | 0 | FLC | 4 | | 6 | 33 | |
| Vitamin E (alpha-tocopherol)....mg | 0.11 | | 0 | FLC | 4 | | 0.03 | 0.19 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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. 14187**
**Clam and tomato juice, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.004 | | 0 | FLC | 4 | | 0.001 | 0.006 | |
| Threonine....g | 0.010 | | 0 | FLC | 4 | | 0.003 | 0.016 | |
| Isoleucine....g | 0.011 | | 0 | FLC | 4 | | 0.003 | 0.018 | |
| Leucine....g | 0.015 | | 0 | FLC | 4 | | 0.005 | 0.025 | |
| Lysine....g | 0.013 | | 0 | FLC | 4 | | 0.004 | 0.022 | |
| Methionine....g | 0.004 | | 0 | FLC | 4 | | 0.001 | 0.006 | |
| Cystine....g | 0.003 | | 0 | FLC | 4 | | 0.001 | 0.006 | |
| Phenylalanine....g | 0.010 | | 0 | FLC | 4 | | 0.003 | 0.016 | |
| Tyrosine....g | 0.006 | | 0 | FLC | 4 | | 0.002 | 0.010 | |
| Valine....g | 0.011 | | 0 | FLC | 4 | | 0.003 | 0.018 | |
| Arginine....g | 0.023 | | 0 | FLC | 4 | | 0.007 | 0.038 | |
| Histidine....g | 0.007 | | 0 | FLC | 4 | | 0.002 | 0.011 | |
| Alanine....g | 0.011 | | 0 | FLC | 4 | | 0.003 | 0.019 | |
| Aspartic acid....g | 0.042 | | 0 | FLC | 4 | | 0.013 | 0.070 | |
| Glutamic acid....g | 0.124 | | 0 | FLC | 4 | | 0.037 | 0.206 | |
| Glycine....g | 0.009 | | 0 | FLC | 4 | | 0.003 | 0.015 | |
| Proline....g | 0.010 | | 0 | FLC | 4 | | 0.003 | 0.016 | |
| Serine....g | 0.010 | | 0 | FLC | 4 | | 0.003 | 0.017 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |

**NDB No. 14187**
**Clam and tomato juice, canned**

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 166g: 1 can (5.5 oz)

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

**Food Group:** 14 Beverages

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

**NDB No. 44203**
**Cocktail mix, non-alcoholic, concentrated, frozen**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 28.24 | | 0 | FLA | 4 | | 10.16 | | |
| Energy | kcal | 287 | | 0 | NC | 4 | | 103 | | |
| Energy | kJ | 1200 | | 0 | NC | 4 | | 432 | | |
| Protein (N x 6.25) | g | 0.08 | | 0 | FLA | 4 | | 0.03 | | |
| Total lipid (fat) | g | 0.01 | | 0 | FLA | 4 | | 0.00 | | |
| Ash | g | 0.07 | | 0 | FLA | 4 | | 0.03 | | |
| Carbohydrate, by difference | g | 71.60 | | 0 | NC | 4 | | 25.78 | | |
| Fiber, total dietary | g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Sugars, total | g | 24.53 | | 2 | LC | 8 | | 8.83 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 2 | | 0 | FLA | 4 | | 1 | | |
| Iron, Fe | mg | 0.04 | | 0 | FLA | 4 | | 0.01 | | |
| Magnesium, Mg | mg | 1 | | 0 | FLA | 4 | | 0 | | |
| Phosphorus, P | mg | 2 | | 0 | FLA | 4 | | 1 | | |
| Potassium, K | mg | 23 | | 0 | FLA | 4 | | 8 | | |
| Sodium, Na | mg | 0 | | 2 | LC | 8 | | 0 | | |
| Zinc, Zn | mg | 0.02 | | 0 | FLA | 4 | | 0.01 | | |
| Copper, Cu | mg | 0.020 | | 0 | FLA | 4 | | 0.007 | | |
| Manganese, Mn | mg | 0.045 | | 0 | FLA | 4 | | 0.016 | | |
| Selenium, Se | µg | 0.5 | | 0 | FLA | 4 | | 0.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 4.2 | | 2 | LC | 8 | | 1.5 | | |
| Thiamin | mg | 0.009 | | 0 | FLA | 4 | | 0.003 | | |
| Riboflavin | mg | 0.017 | | 0 | FLA | 4 | | 0.006 | | |
| Niacin | mg | 0.026 | | 0 | FLA | 4 | | 0.009 | | |
| Pantothenic acid | mg | 0.023 | | 0 | FLA | 4 | | 0.008 | | |
| Vitamin B-6 | mg | 0.005 | | 0 | FLA | 4 | | 0.002 | | |
| Folate, total | µg | 5 | | 0 | FLA | 4 | | 2 | | |
| Folic acid | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food | µg | 5 | | 0 | FLA | 4 | | 2 | | |
| Folate, DFE | µg | 5 | | 0 | NC | 4 | | 2 | | |
| Choline, total | mg | 3.0 | | 0 | O | 4 | | 1.1 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin A, RAE | µg | 1 | | 0 | FLA | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Carotene, beta | µg | 2 | | 0 | FLA | 4 | | 1 | | |
| Carotene, alpha | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 9 | | 0 | FLA | 4 | | 3 | | |
| Vitamin A, IU | IU | 12 | | 0 | FLA | 4 | | 4 | | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 12 | | 0 | FLA | 4 | | 4 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.02 | | 0 | FLA | 4 | | 0.01 | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 44203**
**Cocktail mix, non-alcoholic, concentrated, frozen**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.003 | | 0 | NC | 4 | | 0.001 | | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.003 | | 0 | FLA | 4 | | 0.001 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.001 | | 0 | NC | 4 | | 0.000 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.001 | | 0 | FLA | 4 | | 0.000 | | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.009 | | 0 | NC | 4 | | 0.003 | | |
| 18:2 undifferentiated....g | 0.006 | | 0 | FLA | 4 | | 0.002 | | |
| 18:3 undifferentiated....g | 0.003 | | 0 | FLA | 4 | | 0.001 | | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 2 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 36.0g: 1 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14195**

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

*Nestle USA, Inc.*

hot chocolate

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 4.18 | | 0 | O | 4 | | 0.84 | | |
| Energy....kcal | 400 | | 1 | MC | 9 | | 80 | | |
| Energy....kJ | 1674 | | 0 | MC | 9 | | 335 | | |
| Protein....g | 2.80 | | 1 | MC | 9 | | 0.56 | | |
| Total lipid (fat)....g | 15.00 | | 1 | MC | 9 | | 3.00 | | |
| Ash....g | 3.02 | | 3 | A | 1 | | 0.60 | | |
| Carbohydrate, by difference....g | 75.00 | | 1 | MC | 9 | | 15.00 | | |
| Fiber, total dietary....g | 3.7 | | 1 | MC | 9 | | 0.7 | | |
| Sugars, total....g | 65.00 | | 1 | MC | 9 | | 13.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 80 | | 1 | MC | 9 | | 16 | | |
| Iron, Fe....mg | 1.80 | | 1 | MC | 9 | | 0.36 | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | | | | | | | | | |
| Sodium, Na....mg | 800 | | 1 | MC | 9 | | 160 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 10 | | 1 | MC | 9 | | 2 | | |
| 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 | 15.000 | | 1 | MC | 9 | | 3.000 | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | 0.230 | | 1 | MC | 9 | | 0.046 | | |
| Cholesterol....mg | 0 | | 1 | MC | 9 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |

**NDB No. 14195**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 = 20g: 1 serving 1 envelope

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

**Food Group:** 14 Beverages

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

**NDB No. 14197**

**Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix**

*Nestle USA, Inc.*

hot chocolate

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.73 | | 0 | O | 4 | | 0.75 | | |
| Energy....kcal | 400 | | 1 | MC | 9 | | 80 | | |
| Energy....kJ | 1674 | | 0 | MC | 9 | | 335 | | |
| Protein....g | 3.00 | | 1 | MC | 9 | | 0.60 | | |
| Total lipid (fat)....g | 15.00 | | 1 | MC | 9 | | 3.00 | | |
| Ash....g | 3.27 | | 3 | A | 1 | | 0.65 | | |
| Carbohydrate, by difference....g | 75.00 | | 1 | MC | 9 | | 15.00 | | |
| Fiber, total dietary....g | 4.0 | | 1 | MC | 9 | | 0.8 | | |
| Sugars, total....g | 60.00 | | 1 | MC | 9 | | 12.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 100 | | 1 | MC | 9 | | 20 | | |
| Iron, Fe....mg | 1.80 | | 1 | MC | 9 | | 0.36 | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 0 | | 1 | LC | 8 | | 0 | | |
| Sodium, Na....mg | 850 | | 1 | MC | 9 | | 170 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 11 | | 1 | MC | 9 | | 2 | | |
| 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 | 10.000 | | 1 | MC | 9 | | 2.000 | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | 0.250 | | 1 | MC | 9 | | 0.050 | | |
| Cholesterol....mg | 0 | | 1 | MC | 9 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |

**NDB No. 14197**
**Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix**

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

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

**Common Measures:**

Measure 1 = 20g: 1 serving 1 envelope

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

**Food Group:** 14 Beverages

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

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

hot chocolate
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.40 | | 2 | | 1 | | 0.65 | 0.51 | |
| Energy....kcal | 377 | | 0 | NC | 4 | | 72 | 57 | |
| Energy....kJ | 1576 | | 0 | NC | 4 | | 299 | 236 | |
| Protein (N x 6.25)....g | 15.49 | | 2 | LC | 8 | | 2.94 | 2.32 | |
| Total lipid (fat)....g | 3.00 | | 2 | | 1 | | 0.57 | 0.45 | |
| Ash....g | 6.18 | | 0 | FLA | 4 | | 1.17 | 0.93 | |
| Carbohydrate, by difference....g | 71.93 | | 0 | NC | 4 | | 13.67 | 10.79 | |
| Fiber, total dietary....g | 7.5 | | 0 | FLA | 4 | | 1.4 | 1.1 | |
| Sugars, total....g | 37.65 | | 0 | FLA | 4 | | 7.15 | 5.65 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 576 | | 1 | | 1 | | 109 | 86 | |
| Iron, Fe....mg | 4.96 | | 2 | | 1 | | 0.94 | 0.74 | |
| Magnesium, Mg....mg | 208 | | 2 | | 1 | | 40 | 31 | |
| Phosphorus, P....mg | 893 | | 1 | | 1 | | 170 | 134 | |
| Potassium, K....mg | 2702 | | 2 | | 1 | | 513 | 405 | |
| Sodium, Na....mg | 876 | 189.858 | 3 | LC | 8 | | 166 | 131 | |
| Zinc, Zn....mg | 3.44 | | 2 | | 1 | | 0.65 | 0.52 | |
| Copper, Cu....mg | 0.730 | | 2 | | 1 | | 0.139 | 0.110 | |
| Manganese, Mn....mg | 0.665 | | 2 | | 1 | | 0.126 | 0.100 | |
| Selenium, Se....µg | 16.9 | | 0 | FLA | 4 | | 3.2 | 2.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 2 | LC | 8 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.267 | | 2 | | 1 | | 0.051 | 0.040 | |
| Riboflavin....mg | 1.400 | | 2 | | 1 | | 0.266 | 0.210 | |
| Niacin....mg | 1.084 | | 2 | | 1 | | 0.206 | 0.163 | |
| Pantothenic acid....mg | 3.826 | | 2 | | 1 | | 0.727 | 0.574 | |
| Vitamin B-6....mg | 0.318 | | 2 | | 1 | | 0.060 | 0.048 | |
| Folate, total....µg | 14 | | 0 | FLA | 4 | | 3 | 2 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 14 | | 0 | FLA | 4 | | 3 | 2 | |
| Folate, DFE....µg | 14 | | 0 | NC | 4 | | 3 | 2 | |
| Choline, total....mg | 115.3 | | 0 | FLA | 4 | | 21.9 | 17.3 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 1.18 | | 0 | FLA | 4 | | 0.23 | 0.18 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 4 | | 0 | FLA | 4 | | 1 | 1 | |
| Retinol....µg | 4 | | 0 | FLA | 4 | | 1 | 1 | |
| Carotene, beta....µg | 1 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 15 | | 0 | FLA | 4 | | 3 | 2 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 9 | | 0 | FLA | 4 | | 2 | 1 | |
| Vitamin E (alpha-tocopherol)....mg | 0.04 | | 0 | FLA | 4 | | 0.01 | 0.01 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.7 | | 0 | FLA | 4 | | 0.1 | 0.1 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.777 | | 0 | | 1 | | 0.338 | 0.267 | |
| 4:0....g | 0.023 | | 0 | FLA | 4 | | 0.004 | 0.003 | |
| 6:0....g | 0.003 | | 0 | FLA | 4 | | 0.001 | 0.001 | |
| 8:0....g | 0.004 | | 0 | FLA | 4 | | 0.001 | 0.001 | |
| 10:0....g | 0.007 | | 0 | FLA | 4 | | 0.001 | 0.001 | |
| 12:0....g | 0.005 | | 0 | FLA | 4 | | 0.001 | 0.001 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.044 | | 0 | FLA | 4 | | 0.008 | 0.007 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.817 | | 0 | FLA | 4 | | 0.155 | 0.123 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.830 | | 0 | FLA | 4 | | 0.158 | 0.125 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.979 | | 0 | FLA | 4 | | 0.186 | 0.147 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.013 | | 0 | FLA | 4 | | 0.002 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.955 | | 0 | FLA | 4 | | 0.182 | 0.143 | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.088 | | 0 | FLA | 4 | | 0.017 | 0.013 | |
| 18:2 undifferentiated....g | 0.078 | | 0 | FLA | 4 | | 0.015 | 0.012 | |
| 18:3 undifferentiated....g | 0.003 | | 0 | FLA | 4 | | 0.001 | 0.000 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | 0.000 | 3 | LC | 8 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 19 | | 0 | FLA | 4 | | 4 | 3 | |
| Theobromine....mg | 658 | | 0 | FLA | 4 | | 125 | 99 | |

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

**Common Measures:**

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

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14192**
**Cocoa mix, powder**

hot chocolate
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.50 | 0.079 | 4 | | 1 | | 0.42 | | |
| Energy....kcal | 398 | | 0 | NC | 4 | | 111 | | |
| Energy....kJ | 1664 | | 0 | NC | 4 | | 466 | | |
| Protein (N x 6.25)....g | 6.67 | 0.877 | 3 | LC | 8 | | 1.87 | | |
| Total lipid (fat)....g | 4.00 | | 8 | | 1 | | 1.12 | | |
| Ash....g | 4.10 | 0.050 | 4 | | 1 | | 1.15 | | |
| Carbohydrate, by difference....g | 83.73 | | 0 | NC | 4 | | 23.44 | | |
| Fiber, total dietary....g | 3.7 | 0.679 | 3 | LC | 8 | | 1.0 | | |
| Sugars, total....g | 65.55 | 5.392 | 3 | LC | 8 | | 18.35 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 133 | 17.549 | 3 | LC | 8 | | 37 | | |
| Iron, Fe....mg | 1.19 | | 8 | | 1 | | 0.33 | | |
| Magnesium, Mg....mg | 83 | | 9 | | 1 | | 23 | | |
| Phosphorus, P....mg | 315 | | 8 | | 1 | | 88 | | |
| Potassium, K....mg | 712 | | 8 | | 1 | | 199 | | |
| Sodium, Na....mg | 504 | | 8 | | 1 | | 141 | | |
| Zinc, Zn....mg | 1.46 | | 9 | | 1 | | 0.41 | | |
| Copper, Cu....mg | 0.286 | | 8 | | 1 | | 0.080 | | |
| Manganese, Mn....mg | 0.269 | | 8 | | 1 | | 0.075 | | |
| Selenium, Se....µg | 5.0 | | 3 | AI | 13 | | 1.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.2 | | 0 | FLA | 4 | | 0.1 | | |
| Thiamin....mg | 0.096 | | 8 | | 1 | | 0.027 | | |
| Riboflavin....mg | 0.565 | | 8 | | 1 | | 0.158 | | |
| Niacin....mg | 0.586 | | 8 | | 1 | | 0.164 | | |
| Pantothenic acid....mg | 0.893 | | 3 | | 1 | | 0.250 | | |
| Vitamin B-6....mg | 0.114 | | 3 | | 1 | | 0.032 | | |
| Folate, total....µg | 6 | | 0 | FLA | 4 | | 2 | | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food....µg | 6 | | 0 | FLA | 4 | | 2 | | |
| Folate, DFE....µg | 6 | | 0 | NC | 4 | | 2 | | |
| Choline, total....mg | 33.1 | | 0 | O | 4 | | 9.3 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.35 | | 0 | FLA | 4 | | 0.10 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 1 | | 0 | FLA | 4 | | 0 | | |
| Retinol....µg | 1 | | 0 | FLA | 4 | | 0 | | |
| Carotene, beta....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, IU....IU | 4 | | 0 | FLA | 4 | | 1 | | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 5 | | 0 | FLA | 4 | | 1 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.19 | | 0 | FLA | 4 | | 0.05 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.9 | | 0 | FLA | 4 | | 0.2 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14192**
**Cocoa mix, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.377 | | 0 | FLA | 4 | | 0.666 | | |
| 4:0....g | 0.012 | | 0 | FLA | 4 | | 0.003 | | |
| 6:0....g | 0.002 | | 0 | FLA | 4 | | 0.001 | | |
| 8:0....g | 0.002 | | 0 | FLA | 4 | | 0.001 | | |
| 10:0....g | 0.004 | | 0 | FLA | 4 | | 0.001 | | |
| 12:0....g | 0.003 | | 0 | FLA | 4 | | 0.001 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.029 | | 0 | FLA | 4 | | 0.008 | | |
| 15:0....g | 0.001 | | 0 | FLA | 4 | | 0.000 | | |
| 16:0....g | 1.085 | | 0 | FLA | 4 | | 0.304 | | |
| 17:0....g | 0.004 | | 0 | FLA | 4 | | 0.001 | | |
| 18:0....g | 1.181 | | 0 | FLA | 4 | | 0.331 | | |
| 20:0....g | 0.012 | | 0 | FLA | 4 | | 0.003 | | |
| 22:0....g | 0.012 | | 0 | FLA | 4 | | 0.003 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.325 | | 0 | FLA | 4 | | 0.371 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.004 | | 0 | FLA | 4 | | 0.001 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.318 | | 0 | FLA | 4 | | 0.369 | | |
| 20:1....g | 0.001 | | 0 | FLA | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.114 | | 0 | FLA | 4 | | 0.032 | | |
| 18:2 undifferentiated....g | 0.107 | | 0 | FLA | 4 | | 0.030 | | |
| 18:3 undifferentiated....g | 0.003 | | 0 | FLA | 4 | | 0.001 | | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | 0.000 | 3 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Caffeine....mg | 18 | | 10 | | 1 | | 5 | | |
| Theobromine....mg | 323 | | 0 | FLA | 4 | | 90 | | |

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

**Common Measures:**

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

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

**Food Group:** 14 Beverages

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

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

hot chocolate
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.34 | | 0 | RPI | 6 | | 29.62 | 177.87 | |
| Energy....kcal | 55 | | 0 | RPI | 6 | | 19 | 113 | |
| Energy....kJ | 229 | | 0 | RPI | 6 | | 79 | 472 | |
| Protein....g | 0.92 | | 0 | RPI | 6 | | 0.32 | 1.89 | |
| Total lipid (fat)....g | 0.55 | | 0 | RPI | 6 | | 0.19 | 1.14 | |
| Ash....g | 0.65 | | 0 | RPI | 6 | | 0.22 | 1.34 | |
| Carbohydrate, by difference....g | 11.54 | | 0 | RPI | 6 | | 3.96 | 23.76 | |
| Fiber, total dietary....g | 0.5 | | 0 | RPI | 6 | | 0.2 | 1.1 | |
| Sugars, total....g | 9.03 | | 0 | RPI | 6 | | 3.10 | 18.60 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | | 0 | RPI | 6 | | 7 | 43 | |
| Iron, Fe....mg | 0.17 | | 0 | RPA | 1 | | 0.06 | 0.34 | |
| Magnesium, Mg....mg | 12 | | 0 | RPA | 1 | | 4 | 25 | |
| Phosphorus, P....mg | 43 | | 0 | RPA | 1 | | 15 | 89 | |
| Potassium, K....mg | 99 | | 0 | RPA | 1 | | 34 | 203 | |
| Sodium, Na....mg | 73 | | 0 | RPA | 1 | | 25 | 150 | |
| Zinc, Zn....mg | 0.21 | | 0 | RPA | 1 | | 0.07 | 0.42 | |
| Copper, Cu....mg | 0.048 | | 0 | RPA | 1 | | 0.016 | 0.099 | |
| Manganese, Mn....mg | 0.037 | | 0 | RPA | 1 | | 0.013 | 0.077 | |
| Selenium, Se....µg | 0.7 | | 0 | RPI | 6 | | 0.2 | 1.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.1 | |
| Thiamin....mg | 0.013 | | 0 | RPI | 6 | | 0.005 | 0.027 | |
| Riboflavin....mg | 0.078 | | 0 | RPI | 6 | | 0.027 | 0.160 | |
| Niacin....mg | 0.081 | | 0 | RPI | 6 | | 0.028 | 0.166 | |
| Pantothenic acid....mg | 0.123 | | 0 | RPI | 6 | | 0.042 | 0.253 | |
| Vitamin B-6....mg | 0.016 | | 0 | RPI | 6 | | 0.005 | 0.032 | |
| Folate, total....µg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Choline, total....mg | 4.6 | | 0 | RPI | 6 | | 1.6 | 9.4 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.05 | | 0 | RPI | 6 | | 0.02 | 0.10 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 1 | | 0 | RPI | 6 | | 0 | 1 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 1 | | 0 | RPI | 6 | | 0 | 1 | |
| Vitamin E (alpha-tocopherol)....mg | 0.03 | | 0 | RPI | 6 | | 0.01 | 0.06 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 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 | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.2 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.328 | | 0 | RPI | 6 | | 0.112 | 0.675 | |
| 4:0....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.003 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 10:0....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.004 | | 0 | RPI | 6 | | 0.001 | 0.008 | |
| 15:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 16:0....g | 0.150 | | 0 | RPI | 6 | | 0.051 | 0.308 | |
| 17:0....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 18:0....g | 0.163 | | 0 | RPI | 6 | | 0.056 | 0.335 | |
| 20:0....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.003 | |
| 22:0....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.003 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.183 | | 0 | RPI | 6 | | 0.063 | 0.376 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.182 | | 0 | RPI | 6 | | 0.062 | 0.374 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.016 | | 0 | RPI | 6 | | 0.005 | 0.032 | |
| 18:2 undifferentiated....g | 0.015 | | 0 | RPI | 6 | | 0.005 | 0.030 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | 0.104 | | 0 | RPI | 6 | | 0.036 | 0.215 | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 2 | | 0 | RPI | 6 | | 1 | 5 | |
| Theobromine....mg | 44 | | 0 | RPI | 6 | | 15 | 92 | |

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

**Common Measures:**

Measure 1 = 34.3g: 1 fl oz

Measure 2 = 206g: 1 serving 6 fl oz

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

**Food Group:** 14 Beverages

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

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

hot chocolate
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 92.38 | | 0 | RPI | 6 | | 29.65 | 177.36 | |
| Energy....kcal | 29 | | 0 | RPI | 6 | | 9 | 56 | |
| Energy....kJ | 123 | | 0 | RPI | 6 | | 39 | 236 | |
| Protein....g | 1.21 | | 0 | RPI | 6 | | 0.39 | 2.32 | |
| Total lipid (fat)....g | 0.23 | | 0 | RPI | 6 | | 0.08 | 0.45 | |
| Ash....g | 0.57 | | 0 | RPI | 6 | | 0.18 | 1.10 | |
| Carbohydrate, by difference....g | 5.61 | | 0 | RPI | 6 | | 1.80 | 10.77 | |
| Fiber, total dietary....g | 0.6 | | 0 | RPI | 6 | | 0.2 | 1.1 | |
| Sugars, total....g | 2.93 | | 0 | RPI | 6 | | 0.94 | 5.64 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 48 | | 0 | RPA | 1 | | 15 | 92 | |
| Iron, Fe....mg | 0.39 | | 0 | RPA | 1 | | 0.12 | 0.75 | |
| Magnesium, Mg....mg | 17 | | 0 | RPA | 1 | | 5 | 33 | |
| Phosphorus, P....mg | 70 | | 0 | RPA | 1 | | 22 | 134 | |
| Potassium, K....mg | 211 | | 0 | RPA | 1 | | 68 | 405 | |
| Sodium, Na....mg | 72 | | 0 | RPI | 6 | | 23 | 138 | |
| Zinc, Zn....mg | 0.27 | | 0 | RPA | 1 | | 0.09 | 0.52 | |
| Copper, Cu....mg | 0.066 | | 0 | RPA | 1 | | 0.021 | 0.127 | |
| Manganese, Mn....mg | 0.052 | | 0 | RPA | 1 | | 0.017 | 0.100 | |
| Selenium, Se....µg | 1.3 | | 0 | RPI | 6 | | 0.4 | 2.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.021 | | 0 | RPI | 6 | | 0.007 | 0.040 | |
| Riboflavin....mg | 0.109 | | 0 | RPI | 6 | | 0.035 | 0.210 | |
| Niacin....mg | 0.085 | | 0 | RPI | 6 | | 0.027 | 0.162 | |
| Pantothenic acid....mg | 0.298 | | 0 | RPI | 6 | | 0.096 | 0.573 | |
| Vitamin B-6....mg | 0.025 | | 0 | RPI | 6 | | 0.008 | 0.048 | |
| Folate, total....µg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.09 | | 0 | RPI | 6 | | 0.03 | 0.18 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 1 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 1 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 1 | | 0 | RPI | 6 | | 0 | 1 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.01 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 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 | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.1 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14390**

**Cocoa mix, with aspartame, powder, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.139 | | 0 | RPI | 6 | | 0.044 | 0.266 | |
| 4:0....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.003 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 10:0....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.003 | | 0 | RPI | 6 | | 0.001 | 0.007 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.064 | | 0 | RPI | 6 | | 0.020 | 0.122 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.065 | | 0 | RPI | 6 | | 0.021 | 0.124 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.076 | | 0 | RPI | 6 | | 0.024 | 0.147 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.074 | | 0 | RPI | 6 | | 0.024 | 0.143 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.007 | | 0 | RPI | 6 | | 0.002 | 0.013 | |
| 18:2 undifferentiated....g | 0.006 | | 0 | RPI | 6 | | 0.002 | 0.012 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 2 | | 0 | RPI | 6 | | 0 | 3 | |
| Theobromine....mg | 51 | | 0 | RPI | 6 | | 16 | 99 | |

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

**Common Measures:**

Measure 1 = 32.1g: 1 fl oz

Measure 2 = 192g: 1 serving 6 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14204**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.10 | | 0 | BFZN | 4 | | 0.20 | | |
| Energy....kcal | 440 | | 0 | NC | 4 | | 28 | | |
| Energy....kJ | 1843 | | 0 | NC | 4 | | 118 | | |
| Protein (N x 6.25)....g | 9.00 | | 0 | BFZN | 4 | | 0.58 | | |
| Total lipid (fat)....g | 13.21 | | 0 | BFZN | 4 | | 0.85 | | |
| Ash....g | 3.29 | | 0 | BFZN | 4 | | 0.21 | | |
| Carbohydrate, by difference....g | 71.40 | | 0 | BFZN | 4 | | 4.57 | | |
| Fiber, total dietary....g | 4.8 | | 0 | BFZN | 4 | | 0.3 | | |
| Sugars, total....g | 34.98 | | 0 | BFZN | 4 | | 2.24 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 60 | | 0 | BFZN | 4 | | 4 | | |
| Iron, Fe....mg | 3.06 | | 0 | BFZN | 4 | | 0.20 | | |
| Magnesium, Mg....mg | 122 | | 0 | BFZN | 4 | | 8 | | |
| Phosphorus, P....mg | 451 | | 0 | BFZN | 4 | | 29 | | |
| Potassium, K....mg | 1856 | | 0 | BFZN | 4 | | 119 | | |
| Sodium, Na....mg | 500 | | 0 | BFZN | 4 | | 32 | | |
| Zinc, Zn....mg | 1.01 | | 0 | BFZN | 4 | | 0.06 | | |
| Copper, Cu....mg | 0.560 | | 0 | BFZN | 4 | | 0.036 | | |
| Manganese, Mn....mg | 0.807 | | 0 | BFZN | 4 | | 0.052 | | |
| Selenium, Se....µg | 4.0 | | 0 | BFZN | 4 | | 0.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin....mg | 0.021 | | 0 | BFZN | 4 | | 0.001 | | |
| Riboflavin....mg | 0.109 | | 0 | BFZN | 4 | | 0.007 | | |
| Niacin....mg | 4.655 | | 0 | BFZN | 4 | | 0.298 | | |
| Pantothenic acid....mg | 0.063 | | 0 | BFZN | 4 | | 0.004 | | |
| Vitamin B-6....mg | 0.030 | | 0 | BFZN | 4 | | 0.002 | | |
| Folate, total....µg | 5 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 5 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 5 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 16.8 | | 0 | BFZN | 4 | | 1.1 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Carotene, beta....µg | 2 | | 0 | BFZN | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin A, IU....IU | 4 | | 0 | BFZN | 4 | | 0 | | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 6 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.09 | | 0 | BFZN | 4 | | 0.01 | | |
| Vitamin E, added....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 1.7 | | 0 | BFZN | 4 | | 0.1 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14204**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 11.376 | | 0 | BFZN | 4 | | 0.728 | | |
| 4:0....g | 0.002 | | 0 | BFZN | 4 | | 0.000 | | |
| 6:0....g | 0.077 | | 0 | BFZN | 4 | | 0.005 | | |
| 8:0....g | 0.954 | | 0 | BFZN | 4 | | 0.061 | | |
| 10:0....g | 0.764 | | 0 | BFZN | 4 | | 0.049 | | |
| 12:0....g | 5.672 | | 0 | BFZN | 4 | | 0.363 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 2.140 | | 0 | BFZN | 4 | | 0.137 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.233 | | 0 | BFZN | 4 | | 0.079 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.535 | | 0 | BFZN | 4 | | 0.034 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.954 | | 0 | BFZN | 4 | | 0.061 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.002 | | 0 | BFZN | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.952 | | 0 | BFZN | 4 | | 0.061 | | |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.349 | | 0 | BFZN | 4 | | 0.022 | | |
| 18:2 undifferentiated....g | 0.338 | | 0 | BFZN | 4 | | 0.022 | | |
| 18:3 undifferentiated....g | 0.011 | | 0 | BFZN | 4 | | 0.001 | | |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 25 | | 0 | FLC | 4 | | 2 | | |
| Theobromine....mg | 324 | | 0 | FLC | 4 | | 21 | | |

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

**Common Measures:**

Measure 1 = 6.4g: 1 tsp dry

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

**Food Group:** 14 Beverages

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

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

**NDB No. 14236**
**Coffee substitute, cereal grain beverage, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.603 | | 0 | FLA | 4 | | 0.018 | | |
| 4:0.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 6:0.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 8:0.....g | 0.011 | | 0 | FLA | 4 | | 0.000 | | |
| 10:0.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 12:0.....g | 0.001 | | 0 | FLA | 4 | | 0.000 | | |
| 13:0.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 14:0.....g | 0.006 | | 0 | FLA | 4 | | 0.000 | | |
| 15:0.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 16:0.....g | 0.522 | | 0 | FLA | 4 | | 0.016 | | |
| 17:0.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 18:0.....g | 0.033 | | 0 | FLA | 4 | | 0.001 | | |
| 20:0.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:0.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 24:0.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated.....g | 0.356 | | 0 | FLA | 4 | | 0.011 | | |
| 14:1.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 15:1.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.012 | | 0 | FLA | 4 | | 0.000 | | |
| 17:1.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 18:1 undifferentiated.....g | 0.341 | | 0 | FLA | 4 | | 0.010 | | |
| 20:1.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.225 | | 0 | FLA | 4 | | 0.037 | | |
| 18:2 undifferentiated.....g | 1.134 | | 0 | FLA | 4 | | 0.034 | | |
| 18:3 undifferentiated.....g | 0.083 | | 0 | FLA | 4 | | 0.003 | | |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.003 | | 0 | FLA | 4 | | 0.000 | | |
| 20:5 n-3 (EPA).....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 21:5.....g | | | | | | | | | |
| 22:4.....g | | | | | | | | | |
| 22:5 n-3 (DPA).....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:6 n-3 (DHA).....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Caffeine.....mg | 19 | | 0 | NR | 4 | | 1 | | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 3.0g: 1 tsp (1 serving)

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

**Food Group:** 14 Beverages

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

**NDB No. 14421**

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 87.00 | | 0 | | 1 | | 160.95 | | |
| Energy | kcal | 65 | | 0 | NC | 4 | | 120 | | |
| Energy | kJ | 272 | | | | 4 | | 503 | | |
| Protein | g | 3.30 | | 0 | | 1 | | 6.11 | | |
| Total lipid (fat) | g | 3.30 | | 0 | | 1 | | 6.11 | | |
| Ash | g | 0.80 | | 0 | | 1 | | 1.48 | | |
| Carbohydrate, by difference | g | 5.60 | | 0 | NC | 4 | | 10.36 | | |
| Fiber, total dietary | g | 0.1 | | 0 | RP | 4 | | 0.2 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 119 | | 0 | | 1 | | 220 | | |
| Iron, Fe | mg | 0.11 | | 0 | | 1 | | 0.20 | | |
| Magnesium, Mg | mg | 16 | | 0 | | 1 | | 30 | | |
| Phosphorus, P | mg | 99 | | 0 | | 1 | | 183 | | |
| Potassium, K | mg | 172 | | 0 | | 1 | | 318 | | |
| Sodium, Na | mg | 49 | | 0 | | 1 | | 91 | | |
| Zinc, Zn | mg | 0.38 | | 0 | | 1 | | 0.70 | | |
| Copper, Cu | mg | 0.012 | | 0 | | 1 | | 0.022 | | |
| Manganese, Mn | mg | 0.016 | | 0 | | 1 | | 0.030 | | |
| Selenium, Se | µg | 5.5 | | 0 | RP | 4 | | 10.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 0 | | 1 | | 1.7 | | |
| Thiamin | mg | 0.038 | | 0 | | 1 | | 0.070 | | |
| Riboflavin | mg | 0.161 | | 0 | | 1 | | 0.298 | | |
| Niacin | mg | 0.293 | | 0 | | 1 | | 0.542 | | |
| Pantothenic acid | mg | 0.310 | | 0 | | 1 | | 0.574 | | |
| Vitamin B-6 | mg | 0.042 | | 0 | | 1 | | 0.078 | | |
| Folate, total | µg | 5 | | 0 | | 1 | | 9 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 5 | | 0 | | 1 | | 9 | | |
| Folate, DFE | µg | 5 | | 0 | NC | 4 | | 9 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.35 | | 0 | | 1 | | 0.65 | | |
| Vitamin A, RAE | µg | 28 | | 0 | NC | 4 | | 51 | | |
| Retinol | µg | 28 | | 0 | O | 4 | | 51 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 124 | | 0 | | 1 | | 229 | | |
| 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. 14421**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 2.061 | | 0 | | 1 | | 3.813 | | |
| 4:0....g | 0.107 | | 0 | | 1 | | 0.198 | | |
| 6:0....g | 0.063 | | 0 | | 1 | | 0.117 | | |
| 8:0....g | 0.037 | | 0 | | 1 | | 0.068 | | |
| 10:0....g | 0.083 | | 0 | | 1 | | 0.154 | | |
| 12:0....g | 0.093 | | 0 | | 1 | | 0.172 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.332 | | 0 | | 1 | | 0.614 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.875 | | 0 | | 1 | | 1.619 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.400 | | 0 | | 1 | | 0.740 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.958 | | 0 | | 1 | | 1.772 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.074 | | 0 | | 1 | | 0.137 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.834 | | 0 | | 1 | | 1.543 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.144 | | 0 | | 1 | | 0.266 | | |
| 18:2 undifferentiated....g | 0.093 | | 0 | | 1 | | 0.172 | | |
| 18:3 undifferentiated....g | 0.051 | | 0 | | 1 | | 0.094 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | 13 | | 0 | | 1 | | 24 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.046 | | 0 | | 1 | | 0.085 | | |
| Threonine....g | 0.150 | | 0 | | 1 | | 0.278 | | |
| Isoleucine....g | 0.199 | | 0 | | 1 | | 0.368 | | |
| Leucine....g | 0.323 | | 0 | | 1 | | 0.598 | | |
| Lysine....g | 0.260 | | 0 | | 1 | | 0.481 | | |
| Methionine....g | 0.083 | | 0 | | 1 | | 0.154 | | |
| Cystine....g | 0.031 | | 0 | | 1 | | 0.057 | | |
| Phenylalanine....g | 0.160 | | 0 | | 1 | | 0.296 | | |
| Tyrosine....g | 0.159 | | 0 | | 1 | | 0.294 | | |
| Valine....g | 0.221 | | 0 | | 1 | | 0.409 | | |
| Arginine....g | 0.121 | | 0 | | 1 | | 0.224 | | |
| Histidine....g | 0.089 | | 0 | | 1 | | 0.165 | | |
| Alanine....g | 0.115 | | 0 | | 1 | | 0.213 | | |
| Aspartic acid....g | 0.251 | | 0 | | 1 | | 0.464 | | |
| Glutamic acid....g | 0.695 | | 0 | | 1 | | 1.286 | | |
| Glycine....g | 0.072 | | 0 | | 1 | | 0.133 | | |
| Proline....g | 0.322 | | 0 | | 1 | | 0.596 | | |
| Serine....g | 0.180 | | 0 | | 1 | | 0.333 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 0 | | 0 | | 1 | | 0 | | |
| Theobromine....mg | | | | | | | | | |

**NDB No. 14421**

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

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

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

**Common Measures:**

Measure 1 = 185g: 6 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14237**

**Coffee substitute, cereal grain beverage, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.37 | | 0 | RPI | 6 | | 29.61 | 177.07 | |
| Energy....kcal | 6 | | 0 | RPI | 6 | | 2 | 11 | |
| Energy....kJ | 25 | | 0 | RPI | 6 | | 8 | 45 | |
| Protein....g | 0.10 | | 0 | RPI | 6 | | 0.03 | 0.18 | |
| Total lipid (fat)....g | 0.04 | | 0 | RPI | 6 | | 0.01 | 0.08 | |
| Ash....g | 0.18 | | 0 | RPI | 6 | | 0.05 | 0.33 | |
| Carbohydrate, by difference....g | 1.30 | | 0 | RPI | 6 | | 0.39 | 2.35 | |
| Fiber, total dietary....g | 0.4 | | 0 | RPI | 6 | | 0.1 | 0.7 | |
| Sugars, total....g | 0.08 | | 0 | RPI | 6 | | 0.02 | 0.14 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | RPA | 1 | | 1 | 7 | |
| Iron, Fe....mg | 0.08 | | 0 | RPI | 6 | | 0.02 | 0.14 | |
| Magnesium, Mg....mg | 5 | | 0 | RPI | 6 | | 2 | 9 | |
| Phosphorus, P....mg | 10 | | 0 | RPI | 6 | | 3 | 17 | |
| Potassium, K....mg | 41 | | 0 | RPI | 6 | | 12 | 74 | |
| Sodium, Na....mg | 5 | | 0 | RPI | 6 | | 2 | 9 | |
| Zinc, Zn....mg | 0.01 | | 0 | RPA | 1 | | 0.00 | 0.02 | |
| Copper, Cu....mg | 0.013 | | 0 | RPA | 1 | | 0.004 | 0.024 | |
| Manganese, Mn....mg | 0.019 | | 0 | RPA | 1 | | 0.006 | 0.033 | |
| Selenium, Se....µg | 1.1 | | 0 | RPI | 6 | | 0.3 | 1.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.007 | | 0 | RPI | 6 | | 0.002 | 0.012 | |
| Riboflavin....mg | 0.002 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| Niacin....mg | 0.294 | | 0 | RPI | 6 | | 0.088 | 0.529 | |
| Pantothenic acid....mg | 0.023 | | 0 | RPI | 6 | | 0.007 | 0.042 | |
| Vitamin B-6....mg | 0.012 | | 0 | RPI | 6 | | 0.004 | 0.022 | |
| Folate, total....µg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Choline, total....mg | 0.2 | | 0 | RPI | 6 | | 0.1 | 0.4 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 3 | | 0 | RPI | 6 | | 1 | 6 | |
| Vitamin E (alpha-tocopherol)....mg | 0.02 | | 0 | RPI | 6 | | 0.00 | 0.03 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14237**

**Coffee substitute, cereal grain beverage, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.010 | | 0 | RPI | 6 | | 0.003 | 0.018 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 16:0....g | 0.009 | | 0 | RPI | 6 | | 0.003 | 0.016 | |
| 17:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:0....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 20:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated....g | 0.006 | | 0 | RPI | 6 | | 0.002 | 0.011 | |
| 14:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:1 undifferentiated....g | 0.006 | | 0 | RPI | 6 | | 0.002 | 0.010 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.020 | | 0 | RPI | 6 | | 0.006 | 0.037 | |
| 18:2 undifferentiated....g | 0.019 | | 0 | RPI | 6 | | 0.006 | 0.034 | |
| 18:3 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 30.1g: 1 fl oz

Measure 2 = 180g: 1 serving 6 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14209**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.39 | 0.019 | 10 | A | 1 | | 29.42 | 176.92 | 235.56 |
| Energy....kcal | 1 | | 0 | NC | 4 | | 0 | 1 | 1 |
| Energy....kJ | 2 | | 0 | NC | 4 | | 1 | 4 | 6 |
| Protein (N x 6.25)....g | 0.12 | 0.000 | 10 | A | 1 | | 0.04 | 0.22 | 0.29 |
| Total lipid (fat)....g | 0.02 | 0.003 | 6 | A | 1 | | 0.00 | 0.03 | 0.04 |
| Ash....g | 0.35 | 0.025 | 10 | A | 1 | | 0.10 | 0.62 | 0.82 |
| Carbohydrate, by difference....g | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Sucrose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Glucose (dextrose)....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Fructose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Lactose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Maltose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Galactose....g | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | 0.023 | 11 | A | 1 | | 1 | 3 | 4 |
| Iron, Fe....mg | 0.01 | 0.000 | 11 | A | 1 | | 0.00 | 0.01 | 0.02 |
| Magnesium, Mg....mg | 3 | 0.039 | 11 | A | 1 | | 1 | 5 | 7 |
| Phosphorus, P....mg | 3 | 0.035 | 11 | A | 1 | | 1 | 5 | 7 |
| Potassium, K....mg | 49 | 0.667 | 11 | A | 1 | | 14 | 87 | 115 |
| Sodium, Na....mg | 2 | 0.131 | 11 | A | 1 | | 0 | 3 | 4 |
| Zinc, Zn....mg | 0.02 | 0.001 | 11 | A | 1 | | 0.01 | 0.04 | 0.05 |
| Copper, Cu....mg | 0.002 | | 3 | A | 1 | | 0.000 | 0.003 | 0.004 |
| Manganese, Mn....mg | 0.023 | 0.001 | 11 | A | 1 | | 0.007 | 0.040 | 0.054 |
| Selenium, Se....µg | 0.0 | 0.003 | 9 | A | 1 | | 0.0 | 0.1 | 0.1 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.014 | | 3 | A | 1 | | 0.004 | 0.025 | 0.033 |
| Riboflavin....mg | 0.076 | 0.004 | 6 | A | 1 | | 0.022 | 0.135 | 0.179 |
| Niacin....mg | 0.191 | 0.000 | 6 | A | 1 | | 0.057 | 0.340 | 0.453 |
| Pantothenic acid....mg | 0.254 | 0.026 | 6 | A | 1 | | 0.075 | 0.453 | 0.603 |
| Vitamin B-6....mg | 0.001 | 0.000 | 6 | A | 1 | | 0.000 | 0.002 | 0.003 |
| Folate, total....µg | 2 | 0.082 | 6 | A | 1 | | 1 | 4 | 5 |
| Folic acid....µg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Folate, food....µg | 2 | 0.082 | 6 | A | 1 | | 1 | 4 | 5 |
| Folate, DFE....µg | 2 | | 0 | NC | 4 | | 1 | 4 | 5 |
| Choline, total....mg | 2.6 | | 0 | AS | 1 | | 0.8 | 4.7 | 6.2 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 4 | | 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 | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| 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 | | 2 | A | 1 | | 0.00 | 0.01 | 0.02 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma....mg | 0.01 | | 2 | A | 1 | | 0.00 | 0.01 | 0.02 |
| Tocopherol, delta....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocotrienol, alpha....mg | 0.02 | | 2 | A | 1 | | 0.01 | 0.04 | 0.05 |
| Tocotrienol, beta....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |

**NDB No. 14209**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 0.0 | | 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 | 0.1 | 0.066 | 9 | JA | 6 | | 0.0 | 0.1 | 0.2 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.002 | | 0 | NC | 4 | | 0.000 | 0.003 | 0.004 |
| 4:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 14:0....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:0....g | 0.002 | 0.000 | 6 | A | 1 | | 0.000 | 0.003 | 0.004 |
| 17:0....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:0....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:0....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:0....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated....g | 0.015 | | 0 | NC | 4 | | 0.004 | 0.026 | 0.034 |
| 14:1....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 15:1....g | 0.000 | | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | 0.000 | | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:1 undifferentiated....g | 0.000 | 0.000 | 5 | JO | 11 | | 0.000 | 0.000 | 0.000 |
| 18:1 c....g | 0.015 | | 1 | A | 1 | | 0.004 | 0.026 | 0.034 |
| 18:1 t....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:1-11 t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.001 | | 0 | NC | 4 | | 0.000 | 0.002 | 0.003 |
| 18:2 undifferentiated....g | 0.001 | 0.000 | 6 | A | 1 | | 0.000 | 0.002 | 0.003 |
| 18:3 undifferentiated....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-3 c,c,c (ALA)....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-6 c,c,c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | 0.000 | | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated....g | 0.000 | | 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans-monoenoic....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans-polyenoic....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | 0.002 |

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

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

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Measure 3 = 237g: 1 cup (8 fl oz)

**Footnotes:**

1 Includes fast food and home brewed coffee.

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

**Food Group:** 14 Beverages

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

**NDB No. 14201**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.30 | | 0 | BFZN | 4 | | 29.39 | 176.75 | 235.34 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 1 | 1 |
| Energy....kJ | 1 | | 0 | NC | 4 | | 0 | 3 | 3 |
| Protein (N x 6.25)....g | 0.10 | | 0 | BFZN | 4 | | 0.03 | 0.18 | 0.24 |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | | 0 | BFZN | 4 | | 0.03 | 0.18 | 0.24 |
| Carbohydrate, by difference....g | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Sucrose....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Glucose (dextrose)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Fructose....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Lactose....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Maltose....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Galactose....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 0 | BFZN | 4 | | 1 | 4 | 5 |
| Iron, Fe....mg | 0.05 | | 0 | BFZN | 4 | | 0.01 | 0.09 | 0.12 |
| Magnesium, Mg....mg | 5 | | 0 | BFZN | 4 | | 1 | 9 | 12 |
| Phosphorus, P....mg | 1 | | 0 | BFZN | 4 | | 0 | 2 | 2 |
| Potassium, K....mg | 54 | | 0 | BFZN | 4 | | 16 | 96 | 128 |
| Sodium, Na....mg | 2 | | 0 | BFZN | 4 | | 1 | 4 | 5 |
| Zinc, Zn....mg | 0.02 | | 0 | BFZN | 4 | | 0.01 | 0.04 | 0.05 |
| Copper, Cu....mg | 0.007 | | 0 | BFZN | 4 | | 0.002 | 0.012 | 0.017 |
| Manganese, Mn....mg | 0.027 | | 0 | BFZN | 4 | | 0.008 | 0.048 | 0.064 |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.2 | 0.2 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.222 | | 0 | BFZN | 4 | | 0.066 | 0.395 | 0.526 |
| Pantothenic acid....mg | 0.001 | | 0 | BFZN | 4 | | 0.000 | 0.002 | 0.002 |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 1.0 | | 0 | BFZN | 4 | | 0.3 | 1.8 | 2.4 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | NR | 4 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| 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 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma....mg | 0.01 | | 0 | BFZN | 4 | | 0.00 | 0.01 | 0.02 |
| Tocopherol, delta....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |

**NDB No. 14201**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 0.1 | | 0 | O | 4 | | 0.0 | 0.2 | 0.2 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.002 | | 0 | BFZN | 4 | | 0.001 | 0.004 | 0.005 |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 16:0....g | 0.001 | | 0 | BFZN | 4 | | 0.000 | 0.002 | 0.002 |
| 17:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 24:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 15:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:1 c....g | 0.015 | | 0 | BFZN | 4 | | 0.004 | 0.026 | 0.034 |
| 18:1 t....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:1-11 t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.002 | | 0 | BFZN | 4 | | 0.001 | 0.004 | 0.005 |
| 18:2 undifferentiated....g | 0.002 | | 0 | BFZN | 4 | | 0.001 | 0.004 | 0.005 |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-3 c,c,c (ALA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-6 c,c,c....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans-monoenoic....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans-polyenoic....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine....g | 0.001 | | 0 | BFZN | 4 | | 0.000 | 0.002 | 0.002 |
| Isoleucine....g | 0.002 | | 0 | BFZN | 4 | | 0.001 | 0.004 | 0.005 |
| Leucine....g | 0.005 | | 0 | BFZN | 4 | | 0.001 | 0.009 | 0.012 |

**NDB No. 14201**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Lysine....g | 0.001 | | 0 | BFZN | 4 | | 0.000 | 0.002 | 0.002 |
| Methionine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine....g | 0.002 | | 0 | BFZN | 4 | | 0.001 | 0.004 | 0.005 |
| Phenylalanine....g | 0.003 | | 0 | BFZN | 4 | | 0.001 | 0.005 | 0.007 |
| Tyrosine....g | 0.002 | | 0 | BFZN | 4 | | 0.001 | 0.004 | 0.005 |
| Valine....g | 0.003 | | 0 | BFZN | 4 | | 0.001 | 0.005 | 0.007 |
| Arginine....g | 0.001 | | 0 | BFZN | 4 | | 0.000 | 0.002 | 0.002 |
| Histidine....g | 0.002 | | 0 | BFZN | 4 | | 0.001 | 0.004 | 0.005 |
| Alanine....g | 0.003 | | 0 | BFZN | 4 | | 0.001 | 0.005 | 0.007 |
| Aspartic acid....g | 0.005 | | 0 | BFZN | 4 | | 0.001 | 0.009 | 0.012 |
| Glutamic acid....g | 0.020 | | 0 | BFZN | 4 | | 0.006 | 0.036 | 0.047 |
| Glycine....g | 0.004 | | 0 | BFZN | 4 | | 0.001 | 0.007 | 0.009 |
| Proline....g | 0.004 | | 0 | BFZN | 4 | | 0.001 | 0.007 | 0.009 |
| Serine....g | 0.001 | | 0 | BFZN | 4 | | 0.000 | 0.002 | 0.002 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 1 | | 0 | BFZN | 4 | | 0 | 2 | 2 |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Measure 3 = 237g: 1 cup (8 fl oz)

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 97.80 | | 2 | A | 1 | | 29.34 | | |
| Energy....kcal | 9 | | 0 | NC | 4 | | 3 | | |
| Energy....kJ | 36 | | 0 | NC | 4 | | 11 | | |
| Protein (N x 6.25)....g | 0.12 | | 0 | BFZN | 4 | | 0.04 | | |
| Total lipid (fat)....g | 0.18 | | 2 | A | 1 | | 0.05 | | |
| Ash....g | 0.23 | | 2 | A | 1 | | 0.07 | | |
| Carbohydrate, by difference....g | 1.67 | | 0 | NC | 4 | | 0.50 | | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 2 | A | 1 | | 1 | | |
| Iron, Fe....mg | 0.13 | | 2 | A | 1 | | 0.04 | | |
| Magnesium, Mg....mg | 80 | | 2 | A | 1 | | 24 | | |
| Phosphorus, P....mg | 7 | | 2 | A | 1 | | 2 | | |
| Potassium, K....mg | 115 | | 2 | A | 1 | | 35 | | |
| Sodium, Na....mg | 14 | | 2 | A | 1 | | 4 | | |
| Zinc, Zn....mg | 0.05 | | 2 | A | 1 | | 0.02 | | |
| Copper, Cu....mg | 0.050 | | 2 | A | 1 | | 0.015 | | |
| Manganese, Mn....mg | 0.050 | | 2 | A | 1 | | 0.015 | | |
| Selenium, Se....µg | 0.0 | | 0 | BFPN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.2 | | 2 | A | 1 | | 0.1 | | |
| Thiamin....mg | 0.001 | | 2 | A | 1 | | 0.000 | | |
| Riboflavin....mg | 0.177 | | 2 | A | 1 | | 0.053 | | |
| Niacin....mg | 5.207 | | 2 | A | 1 | | 1.562 | | |
| Pantothenic acid....mg | 0.028 | | 2 | A | 1 | | 0.008 | | |
| Vitamin B-6....mg | 0.002 | | 2 | A | 1 | | 0.001 | | |
| Folate, total....µg | 1 | | 2 | A | 1 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 1 | | 2 | A | 1 | | 0 | | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 2.6 | | 0 | BFZN | 4 | | 0.8 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.01 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Tocopherol, gamma....mg | 0.01 | | 0 | BFZN | 4 | | 0.00 | | |
| Tocopherol, delta....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| 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 | 0.1 | | 0 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.092 | | 0 | BFFN | 4 | | 0.028 | | |
| 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 | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 14:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 15:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 16:0....g | 0.046 | | 0 | BFFN | 4 | | 0.014 | | |
| 17:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 20:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 14:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 17:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 18:1 c....g | 0.015 | | 0 | BFZN | 4 | | 0.004 | | |
| 18:1 t....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:1-11 t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.092 | | 0 | BFFN | 4 | | 0.028 | | |
| 18:2 undifferentiated....g | 0.092 | | 0 | BFFN | 4 | | 0.028 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 18:3 n-3 c,c,c (ALA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:3 n-6 c,c,c....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total trans-monoenoic....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total trans-polyenoic....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 212 | | 2 | A | 1 | | 64 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 30g: 1 fluid ounce

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14202**

**Coffee, brewed, espresso, restaurant-prepared, decaffeinated**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 97.80 | | 0 | BFZN | 4 | | 29.34 | | |
| Energy....kcal | 9 | | 0 | NC | 4 | | 3 | | |
| Energy....kJ | 37 | | 0 | NC | 4 | | 11 | | |
| Protein....g | 0.10 | | 0 | BFZN | 4 | | 0.03 | | |
| Total lipid (fat)....g | 0.18 | | 0 | BFZN | 4 | | 0.05 | | |
| Ash....g | 0.23 | | 0 | BFZN | 4 | | 0.07 | | |
| Carbohydrate, by difference....g | 1.69 | | 0 | NC | 4 | | 0.51 | | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 0 | BFZN | 4 | | 1 | | |
| Iron, Fe....mg | 0.13 | | 0 | BFZN | 4 | | 0.04 | | |
| Magnesium, Mg....mg | 80 | | 0 | BFZN | 4 | | 24 | | |
| Phosphorus, P....mg | 7 | | 0 | BFZN | 4 | | 2 | | |
| Potassium, K....mg | 115 | | 0 | BFZN | 4 | | 35 | | |
| Sodium, Na....mg | 14 | | 0 | BFZN | 4 | | 4 | | |
| Zinc, Zn....mg | 0.05 | | 0 | BFZN | 4 | | 0.02 | | |
| Copper, Cu....mg | 0.050 | | 0 | BFZN | 4 | | 0.015 | | |
| Manganese, Mn....mg | 0.050 | | 0 | BFZN | 4 | | 0.015 | | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.2 | | 0 | BFZN | 4 | | 0.1 | | |
| Thiamin....mg | 0.001 | | 0 | BFZN | 4 | | 0.000 | | |
| Riboflavin....mg | 0.177 | | 0 | BFZN | 4 | | 0.053 | | |
| Niacin....mg | 5.207 | | 0 | BFZN | 4 | | 1.562 | | |
| Pantothenic acid....mg | 0.028 | | 0 | BFZN | 4 | | 0.008 | | |
| Vitamin B-6....mg | 0.002 | | 0 | BFZN | 4 | | 0.001 | | |
| Folate, total....µg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 1.0 | | 0 | BFZN | 4 | | 0.3 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 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 | 0.1 | | 0 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.092 | | 0 | BFZN | 4 | | 0.028 | | |
| 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 | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 15:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 16:0....g | 0.046 | | 0 | BFZN | 4 | | 0.014 | | |
| 17:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 14:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 17:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:1 c....g | 0.015 | | 0 | BFZN | 4 | | 0.004 | | |
| 18:1 t....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:1-11 t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.092 | | 0 | BFZN | 4 | | 0.028 | | |
| 18:2 undifferentiated....g | 0.092 | | 0 | BFZN | 4 | | 0.028 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:3 n-3 c,c,c (ALA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:3 n-6 c,c,c....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total trans-monoenoic....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Fatty acids, total trans-polyenoic....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 1 | | 0 | BFZN | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 30g: 1 fluid ounce

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

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.16 | | 0 | FLA | 4 | | 0.10 | | |
| Energy | kcal | 509 | | 0 | NC | 4 | | 9 | | |
| Energy | kJ | 2132 | | 0 | NC | 4 | | 36 | | |
| Protein (N x 6.25) | g | 1.96 | | 0 | FLA | 4 | | 0.03 | | |
| Total lipid (fat) | g | 29.10 | | 0 | | 4 | | 0.49 | | |
| Ash | g | 2.84 | | 0 | FLA | 4 | | 0.05 | | |
| Carbohydrate, by difference | g | 59.94 | | 0 | NC | 4 | | 1.02 | | |
| Fiber, total dietary | g | 0.5 | | 0 | FLA | 4 | | 0.0 | | |
| Sugars, total | g | 59.00 | | 0 | NR | 4 | | 1.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 18 | | 0 | FLA | 4 | | 0 | | |
| Iron, Fe | mg | 0.06 | | 0 | FLA | 4 | | 0.00 | | |
| Magnesium, Mg | mg | 2 | | 0 | FLA | 4 | | 0 | | |
| Phosphorus, P | mg | 135 | | 0 | FLA | 4 | | 2 | | |
| Potassium, K | mg | 909 | | 0 | FLA | 4 | | 15 | | |
| Sodium, Na | mg | 0 | | 0 | O | 4 | | 0 | | |
| Zinc, Zn | mg | 0.02 | | 0 | FLA | 4 | | 0.00 | | |
| Copper, Cu | mg | 0.011 | | 0 | FLA | 4 | | 0.000 | | |
| Manganese, Mn | mg | 0.011 | | 0 | FLA | 4 | | 0.000 | | |
| Selenium, Se | µg | 0.9 | | 0 | FLA | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Thiamin | mg | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Riboflavin | mg | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Niacin | mg | 0.188 | | 0 | FLA | 4 | | 0.003 | | |
| Pantothenic acid | mg | 0.001 | | 0 | FLA | 4 | | 0.000 | | |
| Vitamin B-6 | mg | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Folate, total | µg | 1 | | 0 | FLA | 4 | | 0 | | |
| Folic acid | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food | µg | 1 | | 0 | FLA | 4 | | 0 | | |
| Folate, DFE | µg | 1 | | 0 | NC | 4 | | 0 | | |
| Choline, total | mg | 0.7 | | 0 | FLA | 4 | | 0.0 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | µg | 1 | | 0 | FLA | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Carotene, beta | µg | 9 | | 0 | FLA | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, IU | IU | 14 | | 0 | FLA | 4 | | 0 | | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.26 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| 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 | 3.8 | | 0 | FLA | 4 | | 0.1 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 43401**

**Coffee, dry, powder, with whitener, reduced calorie**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 25.128 | | 0 | FLA | 4 | | 0.427 | | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 7.368 | | 0 | FLA | 4 | | 0.125 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 17.761 | | 0 | FLA | 4 | | 0.302 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.705 | | 0 | FLA | 4 | | 0.029 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.705 | | 0 | FLA | 4 | | 0.029 | | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.576 | | 0 | FLA | 4 | | 0.010 | | |
| 18:2 undifferentiated....g | 0.576 | | 0 | FLA | 4 | | 0.010 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Caffeine....mg | 21 | | 0 | FLA | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 1.7g: 1 tsp dry

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

**Food Group:** 14 Beverages

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

**NDB No. 14218**
**Coffee, instant, decaffeinated, powder**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.20 | | 6 | | 1 | | 0.06 | | |
| Energy | kcal | 351 | | 0 | NC | 4 | | 6 | | |
| Energy | kJ | 1470 | | 0 | NC | 4 | | 26 | | |
| Protein (N x 6.25) | g | 11.60 | | 10 | | 1 | | 0.21 | | |
| Total lipid (fat) | g | 0.20 | | 4 | | 1 | | 0.00 | | |
| Ash | g | 9.00 | | 6 | | 1 | | 0.16 | | |
| Carbohydrate, by difference | g | 76.00 | | 0 | NC | 4 | | 1.37 | | |
| Fiber, total dietary | g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total | g | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 140 | | 27 | | 1 | | 3 | | |
| Iron, Fe | mg | 3.80 | | 14 | | 1 | | 0.07 | | |
| Magnesium, Mg | mg | 311 | | 23 | | 1 | | 6 | | |
| Phosphorus, P | mg | 286 | | 26 | | 1 | | 5 | | |
| Potassium, K | mg | 3501 | | 29 | | 1 | | 63 | | |
| Sodium, Na | mg | 23 | | 29 | | 1 | | 0 | | |
| Zinc, Zn | mg | 0.11 | 0.139 | 4 | | 1 | | 0.00 | | |
| Copper, Cu | mg | 0.069 | 0.037 | 8 | | 1 | | 0.001 | | |
| Manganese, Mn | mg | 1.222 | 0.299 | 8 | | 1 | | 0.022 | | |
| Selenium, Se | µg | 17.3 | | 0 | FLA | 4 | | 0.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Thiamin | mg | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Riboflavin | mg | 1.360 | | 2 | | 1 | | 0.024 | | |
| Niacin | mg | 28.075 | | 6 | | 1 | | 0.505 | | |
| Pantothenic acid | mg | 0.097 | | 0 | FLA | 4 | | 0.002 | | |
| Vitamin B-6 | mg | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Folate, total | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folic acid | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, DFE | µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total | mg | 101.9 | | 0 | AS | 1 | | 1.8 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Carotene, beta | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, IU | IU | 0 | | 0 | FLA | 4 | | 0 | | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| 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 | 1.9 | | 0 | FLA | 4 | | 0.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 14218**
**Coffee, instant, decaffeinated, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.101 | | 0 | | 1 | | 0.002 | | |
| 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 | 0.075 | | 0 | | 1 | | 0.001 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.018 | | 0 | | 1 | | 0.000 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.021 | | 0 | | 1 | | 0.000 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.021 | | 0 | | 1 | | 0.000 | | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.101 | | 0 | | 1 | | 0.002 | | |
| 18:2 undifferentiated....g | 0.093 | | 0 | | 1 | | 0.002 | | |
| 18:3 undifferentiated....g | 0.008 | | 0 | | 1 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 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 | | 0 | FLA | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.028 | | 0 | | 1 | | 0.001 | | |
| Threonine....g | 0.136 | | 0 | | 1 | | 0.002 | | |
| Isoleucine....g | 0.164 | | 0 | | 1 | | 0.003 | | |
| Leucine....g | 0.456 | | 0 | | 1 | | 0.008 | | |
| Lysine....g | 0.092 | | 0 | | 1 | | 0.002 | | |
| Methionine....g | 0.022 | | 0 | | 1 | | 0.000 | | |
| Cystine....g | 0.193 | | 0 | | 1 | | 0.003 | | |
| Phenylalanine....g | 0.250 | | 0 | | 1 | | 0.005 | | |
| Tyrosine....g | 0.158 | | 0 | | 1 | | 0.003 | | |
| Valine....g | 0.263 | | 0 | | 1 | | 0.005 | | |
| Arginine....g | 0.050 | | 0 | | 1 | | 0.001 | | |
| Histidine....g | 0.158 | | 0 | | 1 | | 0.003 | | |
| Alanine....g | 0.320 | | 0 | | 1 | | 0.006 | | |
| Aspartic acid....g | 0.456 | | 0 | | 1 | | 0.008 | | |
| Glutamic acid....g | 1.937 | | 0 | | 1 | | 0.035 | | |
| Glycine....g | 0.421 | | 0 | | 1 | | 0.008 | | |
| Proline....g | 0.335 | | 0 | | 1 | | 0.006 | | |
| Serine....g | 0.121 | | 0 | | 1 | | 0.002 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Caffeine....mg | 122 | | 10 | | 1 | | 2 | | |

**NDB No. 14218**
**Coffee, instant, decaffeinated, powder**

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

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

**Common Measures:**

Measure 1 = 1.8g: 1 tsp rounded

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

**Food Group:** 14 Beverages

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

**NDB No. 14219**

**Coffee, instant, decaffeinated, powder, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.93 | | 0 | RPI | 6 | | 29.58 | 177.08 | |
| Energy....kcal | 2 | | 0 | RPI | 6 | | 1 | 4 | |
| Energy....kJ | 9 | | 0 | RPI | 6 | | 3 | 16 | |
| Protein (N x 0)....g | 0.12 | | 0 | RPI | 6 | | 0.03 | 0.21 | |
| Total lipid (fat)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Ash....g | 0.19 | | 0 | RPI | 6 | | 0.06 | 0.34 | |
| Carbohydrate, by difference....g | 0.43 | | 0 | RPI | 6 | | 0.13 | 0.77 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | RPA | 1 | | 1 | 8 | |
| Iron, Fe....mg | 0.04 | | 0 | RPA | 1 | | 0.01 | 0.07 | |
| Magnesium, Mg....mg | 4 | | 0 | RPA | 1 | | 1 | 7 | |
| Phosphorus, P....mg | 3 | | 0 | RPA | 1 | | 1 | 5 | |
| Potassium, K....mg | 36 | | 0 | RPA | 1 | | 11 | 64 | |
| Sodium, Na....mg | 4 | | 0 | RPA | 1 | | 1 | 7 | |
| Zinc, Zn....mg | 0.01 | | 0 | RPA | 1 | | 0.00 | 0.01 | |
| Copper, Cu....mg | 0.010 | | 0 | RPA | 1 | | 0.003 | 0.019 | |
| Manganese, Mn....mg | 0.012 | | 0 | RPA | 1 | | 0.004 | 0.022 | |
| Selenium, Se....µg | 0.2 | | 0 | RPI | 6 | | 0.1 | 0.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.014 | | 0 | RPI | 6 | | 0.004 | 0.024 | |
| Niacin....mg | 0.282 | | 0 | RPI | 6 | | 0.084 | 0.505 | |
| Pantothenic acid....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| Vitamin B-6....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14219**

**Coffee, instant, decaffeinated, powder, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 18:2 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.9g: 1 fl oz

Measure 2 = 179g: 1 serving 6 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14214**
**Coffee, instant, regular, powder**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.10 | | 11 | | 1 | | 0.03 | 0.06 | |
| Energy....kcal | 353 | | 0 | NC | 4 | | 4 | 7 | |
| Energy....kJ | 1479 | | 0 | NC | 4 | | 15 | 30 | |
| Protein (N x 6.25)....g | 12.20 | | 10 | | 1 | | 0.12 | 0.24 | |
| Total lipid (fat)....g | 0.50 | | 8 | | 1 | | 0.01 | 0.01 | |
| Ash....g | 8.80 | | 10 | | 1 | | 0.09 | 0.18 | |
| Carbohydrate, by difference....g | 75.40 | | 0 | NC | 4 | | 0.75 | 1.51 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 141 | | 28 | | 1 | | 1 | 3 | |
| Iron, Fe....mg | 4.41 | | 18 | | 1 | | 0.04 | 0.09 | |
| Magnesium, Mg....mg | 327 | | 23 | | 1 | | 3 | 7 | |
| Phosphorus, P....mg | 303 | | 28 | | 1 | | 3 | 6 | |
| Potassium, K....mg | 3535 | | 32 | | 1 | | 35 | 71 | |
| Sodium, Na....mg | 37 | | 32 | | 1 | | 0 | 1 | |
| Zinc, Zn....mg | 0.35 | | 12 | | 1 | | 0.00 | 0.01 | |
| Copper, Cu....mg | 0.139 | | 12 | | 1 | | 0.001 | 0.003 | |
| Manganese, Mn....mg | 1.712 | 0.244 | 24 | | 1 | | 0.017 | 0.034 | |
| Selenium, Se....µg | 12.6 | 0.398 | 10 | A | 1 | | 0.1 | 0.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.008 | 0.005 | 3 | | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.074 | 0.012 | 3 | | 1 | | 0.001 | 0.001 | |
| Niacin....mg | 28.173 | | 10 | | 1 | | 0.282 | 0.563 | |
| Pantothenic acid....mg | 0.097 | 0.031 | 3 | | 1 | | 0.001 | 0.002 | |
| Vitamin B-6....mg | 0.029 | 0.002 | 3 | | 1 | | 0.000 | 0.001 | |
| Folate, total....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 | 101.9 | | 0 | BFZN | 4 | | 1.0 | 2.0 | |
| 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 | 0 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 1.9 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14214**
**Coffee, instant, regular, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.197 | | 0 | | 1 | | 0.002 | 0.004 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.146 | | 0 | | 1 | | 0.001 | 0.003 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.035 | | 0 | | 1 | | 0.000 | 0.001 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.041 | | 0 | | 1 | | 0.000 | 0.001 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.040 | | 0 | | 1 | | 0.000 | 0.001 | |
| 20:1....g | 0.001 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.196 | | 0 | | 1 | | 0.002 | 0.004 | |
| 18:2 undifferentiated....g | 0.180 | | 0 | | 1 | | 0.002 | 0.004 | |
| 18:3 undifferentiated....g | 0.015 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 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 | 0.030 | | 0 | | 1 | | 0.000 | 0.001 | |
| Threonine....g | 0.142 | | 0 | | 1 | | 0.001 | 0.003 | |
| Isoleucine....g | 0.172 | | 0 | | 1 | | 0.002 | 0.003 | |
| Leucine....g | 0.478 | | 0 | | 1 | | 0.005 | 0.010 | |
| Lysine....g | 0.096 | | 0 | | 1 | | 0.001 | 0.002 | |
| Methionine....g | 0.023 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.202 | | 0 | | 1 | | 0.002 | 0.004 | |
| Phenylalanine....g | 0.262 | | 0 | | 1 | | 0.003 | 0.005 | |
| Tyrosine....g | 0.165 | | 0 | | 1 | | 0.002 | 0.003 | |
| Valine....g | 0.276 | | 0 | | 1 | | 0.003 | 0.006 | |
| Arginine....g | 0.053 | | 0 | | 1 | | 0.001 | 0.001 | |
| Histidine....g | 0.165 | | 0 | | 1 | | 0.002 | 0.003 | |
| Alanine....g | 0.335 | | 0 | | 1 | | 0.003 | 0.007 | |
| Aspartic acid....g | 0.478 | | 0 | | 1 | | 0.005 | 0.010 | |
| Glutamic acid....g | 2.030 | | 0 | | 1 | | 0.020 | 0.041 | |
| Glycine....g | 0.441 | | 0 | | 1 | | 0.004 | 0.009 | |
| Proline....g | 0.351 | | 0 | | 1 | | 0.004 | 0.007 | |
| Serine....g | 0.126 | | 0 | | 1 | | 0.001 | 0.003 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 3142 | | 15 | | 1 | | 31 | 63 | |

**NDB No. 14214**
**Coffee, instant, regular, powder**

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

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

**Common Measures:**

Measure 1 = 1.0g: 1 tsp

Measure 2 = 2.0g: 1 packet

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

**Food Group:** 14 Beverages

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

**NDB No. 14203**

**Coffee, instant, regular, powder, half the caffeine**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.10 | | 0 | BFZN | 4 | | 0.03 | 0.06 | |
| Energy....kcal | 352 | | 0 | NC | 4 | | 4 | 7 | |
| Energy....kJ | 1473 | | 0 | NC | 4 | | 15 | 29 | |
| Protein (N x 6.25)....g | 14.42 | | 0 | FLC | 4 | | 0.14 | 0.29 | |
| Total lipid (fat)....g | 0.50 | | 0 | BFZN | 4 | | 0.01 | 0.01 | |
| Ash....g | 8.80 | | 0 | BFZN | 4 | | 0.09 | 0.18 | |
| Carbohydrate, by difference....g | 73.18 | | 0 | NC | 4 | | 0.73 | 1.46 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 141 | | 0 | BFZN | 4 | | 1 | 3 | |
| Iron, Fe....mg | 4.41 | | 0 | BFZN | 4 | | 0.04 | 0.09 | |
| Magnesium, Mg....mg | 327 | | 0 | BFZN | 4 | | 3 | 7 | |
| Phosphorus, P....mg | 303 | | 0 | BFZN | 4 | | 3 | 6 | |
| Potassium, K....mg | 3535 | | 0 | BFZN | 4 | | 35 | 71 | |
| Sodium, Na....mg | 37 | | 0 | BFZN | 4 | | 0 | 1 | |
| Zinc, Zn....mg | 0.35 | | 0 | BFZN | 4 | | 0.00 | 0.01 | |
| Copper, Cu....mg | 0.139 | | 0 | BFZN | 4 | | 0.001 | 0.003 | |
| Manganese, Mn....mg | 1.712 | | 0 | BFZN | 4 | | 0.017 | 0.034 | |
| Selenium, Se....µg | 12.6 | | 0 | BFZN | 4 | | 0.1 | 0.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.008 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.074 | | 0 | BFZN | 4 | | 0.001 | 0.001 | |
| Niacin....mg | 28.173 | | 0 | BFZN | 4 | | 0.282 | 0.563 | |
| Pantothenic acid....mg | 0.097 | | 0 | BFZN | 4 | | 0.001 | 0.002 | |
| Vitamin B-6....mg | 0.029 | | 0 | BFZN | 4 | | 0.000 | 0.001 | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 101.9 | | 0 | O | 4 | | 1.0 | 2.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 1.9 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14203**

**Coffee, instant, regular, powder, half the caffeine**

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.197 | | 0 | BFZN | 4 | | 0.002 | 0.004 | |
| 4:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.146 | | 0 | BFZN | 4 | | 0.001 | 0.003 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.035 | | 0 | BFZN | 4 | | 0.000 | 0.001 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |
| Fatty acids, total monounsaturated | g | 0.041 | | 0 | BFZN | 4 | | 0.000 | 0.001 | |
| 14:1 | g | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | g | 0.040 | | 0 | BFZN | 4 | | 0.000 | 0.001 | |
| 20:1 | g | 0.001 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 0.196 | | 0 | BFZN | 4 | | 0.002 | 0.004 | |
| 18:2 undifferentiated | g | 0.180 | | 0 | BFZN | 4 | | 0.002 | 0.004 | |
| 18:3 undifferentiated | g | 0.015 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:4 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA) | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 21:5 | g | | | | | | | | | |
| 22:4 | g | | | | | | | | | |
| 22:5 n-3 (DPA) | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA) | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine | mg | 1571 | | 0 | FLC | 4 | | 16 | 31 | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 1.0g: 1 tsp

Measure 2 = 2.0g: 1 packet

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.09 | | 0 | RPI | 6 | | 29.53 | 177.37 | |
| Energy....kcal | 2 | | 0 | RPI | 6 | | 1 | 3 | |
| Energy....kJ | 7 | | 0 | RPI | 6 | | 2 | 13 | |
| Protein (N x 0)....g | 0.10 | | 0 | RPI | 6 | | 0.03 | 0.18 | |
| Total lipid (fat)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.01 | |
| Ash....g | 0.17 | | 0 | RPI | 6 | | 0.05 | 0.31 | |
| Carbohydrate, by difference....g | 0.34 | | 0 | RPI | 6 | | 0.10 | 0.62 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | RPA | 1 | | 1 | 8 | |
| Iron, Fe....mg | 0.04 | | 0 | RPA | 1 | | 0.01 | 0.07 | |
| Magnesium, Mg....mg | 4 | | 0 | RPA | 1 | | 1 | 7 | |
| Phosphorus, P....mg | 3 | | 0 | RPA | 1 | | 1 | 5 | |
| Potassium, K....mg | 30 | | 0 | RPA | 1 | | 9 | 54 | |
| Sodium, Na....mg | 4 | | 0 | RPA | 1 | | 1 | 7 | |
| Zinc, Zn....mg | 0.01 | | 0 | RPA | 1 | | 0.00 | 0.01 | |
| Copper, Cu....mg | 0.011 | | 0 | RPA | 1 | | 0.003 | 0.019 | |
| Manganese, Mn....mg | 0.015 | | 0 | RPA | 1 | | 0.004 | 0.026 | |
| Selenium, Se....µg | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| Niacin....mg | 0.236 | | 0 | RPI | 6 | | 0.070 | 0.423 | |
| Pantothenic acid....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| Vitamin B-6....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.002 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.002 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| 18:2 undifferentiated....g | 0.002 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 26 | | 0 | RPI | 6 | | 8 | 47 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.8g: 1 fl oz

Measure 2 = 179g: 1 serving 6 fl oz

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 4.10 | 0.233 | 3 | | 1 | | 0.07 | | |
| Energy....kcal | 355 | | 0 | NC | 4 | | 6 | | |
| Energy....kJ | 1485 | | 0 | NC | 4 | | 27 | | |
| Protein (N x 6.25)....g | 9.30 | | 3 | | 1 | | 0.17 | | |
| Total lipid (fat)....g | 0.20 | 0.033 | 3 | | 1 | | 0.00 | | |
| Ash....g | 7.50 | 0.185 | 3 | | 1 | | 0.14 | | |
| Carbohydrate, by difference....g | 78.90 | | 0 | NC | 4 | | 1.42 | | |
| Fiber, total dietary....g | 0.5 | | 0 | | 4 | | 0.0 | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 103 | 2.815 | 3 | | 1 | | 2 | | |
| Iron, Fe....mg | 4.76 | 0.629 | 3 | | 1 | | 0.09 | | |
| Magnesium, Mg....mg | 213 | 8.505 | 3 | | 1 | | 4 | | |
| Phosphorus, P....mg | 271 | 7.024 | 3 | | 1 | | 5 | | |
| Potassium, K....mg | 3395 | 99.081 | 3 | | 1 | | 61 | | |
| Sodium, Na....mg | 277 | 20.883 | 3 | | 1 | | 5 | | |
| Zinc, Zn....mg | 0.37 | 0.013 | 3 | | 1 | | 0.01 | | |
| Copper, Cu....mg | 0.050 | 0.025 | 3 | | 1 | | 0.001 | | |
| Manganese, Mn....mg | 1.200 | 0.058 | 3 | | 1 | | 0.022 | | |
| Selenium, Se....µg | 9.4 | | 0 | FLA | 4 | | 0.2 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | | 1 | | 0.000 | | |
| Riboflavin....mg | 0.290 | 0.000 | 3 | | 1 | | 0.005 | | |
| Niacin....mg | 21.667 | 0.913 | 3 | | 1 | | 0.390 | | |
| Pantothenic acid....mg | 0.097 | | 0 | | 4 | | 0.002 | | |
| Vitamin B-6....mg | 0.029 | | 0 | | 4 | | 0.001 | | |
| Folate, total....µg | 0 | | 0 | | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 0 | | 0 | | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | Z | 7 | | 0 | | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 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 | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.071 | | 0 | | 1 | | 0.001 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | | | | | | | | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.052 | | 0 | | 1 | | 0.001 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.012 | | 0 | | 1 | | 0.000 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.015 | | 0 | | 1 | | 0.000 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.014 | | 0 | | 1 | | 0.000 | | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.070 | | 0 | | 1 | | 0.001 | | |
| 18:2 undifferentiated....g | 0.065 | | 0 | | 1 | | 0.001 | | |
| 18:3 undifferentiated....g | 0.005 | | 0 | | 1 | | 0.000 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.022 | | 0 | | 1 | | 0.000 | | |
| Threonine....g | 0.103 | | 0 | | 1 | | 0.002 | | |
| Isoleucine....g | 0.124 | | 0 | | 1 | | 0.002 | | |
| Leucine....g | 0.344 | | 0 | | 1 | | 0.006 | | |
| Lysine....g | 0.069 | | 0 | | 1 | | 0.001 | | |
| Methionine....g | 0.017 | | 0 | | 1 | | 0.000 | | |
| Cystine....g | 0.146 | | 0 | | 1 | | 0.003 | | |
| Phenylalanine....g | 0.189 | | 0 | | 1 | | 0.003 | | |
| Tyrosine....g | 0.119 | | 0 | | 1 | | 0.002 | | |
| Valine....g | 0.198 | | 0 | | 1 | | 0.004 | | |
| Arginine....g | 0.038 | | 0 | | 1 | | 0.001 | | |
| Histidine....g | 0.119 | | 0 | | 1 | | 0.002 | | |
| Alanine....g | 0.241 | | 0 | | 1 | | 0.004 | | |
| Aspartic acid....g | 0.344 | | 0 | | 1 | | 0.006 | | |
| Glutamic acid....g | 1.462 | | 0 | | 1 | | 0.026 | | |
| Glycine....g | 0.318 | | 0 | | 1 | | 0.006 | | |
| Proline....g | 0.253 | | 0 | | 1 | | 0.005 | | |
| Serine....g | 0.091 | | 0 | | 1 | | 0.002 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 2063 | 144.376 | 3 | | 1 | | 37 | | |

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

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

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

**Common Measures:**

Measure 1 = 1.8g: 1 tsp, rounded

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

**Food Group:** 14 Beverages

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

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.94 | | 0 | RPI | 6 | | 29.58 | 177.10 | |
| Energy....kcal | 3 | | 0 | RPI | 6 | | 1 | 6 | |
| Energy....kJ | 14 | | 0 | RPI | 6 | | 4 | 25 | |
| Protein....g | 0.09 | | 0 | RPI | 6 | | 0.03 | 0.17 | |
| Total lipid (fat)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Ash....g | 0.17 | | 0 | RPI | 6 | | 0.05 | 0.31 | |
| Carbohydrate, by difference....g | 0.75 | | 0 | RPI | 6 | | 0.22 | 1.33 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | RPA | 1 | | 1 | 7 | |
| Iron, Fe....mg | 0.05 | | 0 | RPA | 1 | | 0.01 | 0.09 | |
| Magnesium, Mg....mg | 3 | | 0 | RPA | 1 | | 1 | 6 | |
| Phosphorus, P....mg | 3 | | 0 | RPA | 1 | | 1 | 5 | |
| Potassium, K....mg | 35 | | 0 | RPA | 1 | | 10 | 62 | |
| Sodium, Na....mg | 7 | | 0 | RPA | 1 | | 2 | 12 | |
| Zinc, Zn....mg | 0.01 | | 0 | RPA | 1 | | 0.00 | 0.02 | |
| Copper, Cu....mg | 0.010 | | 0 | RPA | 1 | | 0.003 | 0.018 | |
| Manganese, Mn....mg | 0.012 | | 0 | RPA | 1 | | 0.004 | 0.022 | |
| Selenium, Se....µg | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.003 | | 0 | RPI | 6 | | 0.001 | 0.005 | |
| Niacin....mg | 0.218 | | 0 | RPI | 6 | | 0.065 | 0.390 | |
| Pantothenic acid....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| Vitamin B-6....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 18:2 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 21 | | 0 | RPI | 6 | | 6 | 37 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 29.9g: 1 fl oz

Measure 2 = 179g: 1 serving 6 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14224**
**Coffee, instant, with sugar, mocha-flavor, powder**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.70 | | 12 | | 1 | | 0.22 | | |
| Energy | kcal | 460 | | 0 | NC | 4 | | 60 | | |
| Energy | kJ | 1925 | | 0 | NC | 4 | | 250 | | |
| Protein (N x 6.25) | g | 5.29 | | 1 | LC | 8 | | 0.69 | | |
| Total lipid (fat) | g | 15.87 | | 1 | LC | 8 | | 2.06 | | |
| Ash | g | 3.10 | | 12 | | 1 | | 0.40 | | |
| Carbohydrate, by difference | g | 74.04 | | 0 | NC | 4 | | 9.62 | | |
| Fiber, total dietary | g | 1.9 | | 2 | LC | 8 | | 0.2 | | |
| Sugars, total | g | 58.20 | | 1 | LC | 8 | | 7.57 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 271 | | 2 | LC | 8 | | 35 | | |
| Iron, Fe | mg | 0.00 | | 2 | LC | 8 | | 0.00 | | |
| Magnesium, Mg | mg | 68 | | 2 | | 1 | | 9 | | |
| Phosphorus, P | mg | 251 | | 9 | | 1 | | 33 | | |
| Potassium, K | mg | 1033 | | 9 | | 1 | | 134 | | |
| Sodium, Na | mg | 317 | | 1 | LC | 8 | | 41 | | |
| Zinc, Zn | mg | 0.96 | | 2 | | 1 | | 0.12 | | |
| Copper, Cu | mg | 0.435 | | 2 | | 1 | | 0.057 | | |
| Manganese, Mn | mg | 0.445 | | 2 | | 1 | | 0.058 | | |
| Selenium, Se | µg | 6.2 | | 0 | FLC | 4 | | 0.8 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 0 | FLC | 4 | | 0.1 | | |
| Thiamin | mg | 0.031 | | 5 | | 1 | | 0.004 | | |
| Riboflavin | mg | 0.028 | | 2 | | 1 | | 0.004 | | |
| Niacin | mg | 2.263 | | 14 | | 1 | | 0.294 | | |
| Pantothenic acid | mg | 0.052 | | 2 | | 1 | | 0.007 | | |
| Vitamin B-6 | mg | 0.055 | | 0 | FLC | 4 | | 0.007 | | |
| Folate, total | µg | 9 | | 0 | FLC | 4 | | 1 | | |
| Folic acid | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | µg | 9 | | 0 | FLC | 4 | | 1 | | |
| Folate, DFE | µg | 9 | | 0 | NC | 4 | | 1 | | |
| Choline, total | mg | 31.3 | | 0 | O | 4 | | 4.1 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.45 | | 0 | FLC | 4 | | 0.06 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE | µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta | µg | 2 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU | IU | 5 | | 0 | FLC | 4 | | 1 | | |
| Lycopene | µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 4 | | 0 | FLC | 4 | | 1 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin E, added | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| 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 | 1.5 | | 0 | FLC | 4 | | 0.2 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 14224**

**Coffee, instant, with sugar, mocha-flavor, 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 | 4.934 | | 0 | NC | 4 | | 0.641 | | |
| 4:0 | g | 0.003 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0 | g | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| 8:0 | g | 0.162 | | 0 | FLC | 4 | | 0.021 | | |
| 10:0 | g | 0.179 | | 0 | FLC | 4 | | 0.023 | | |
| 12:0 | g | 1.647 | | 0 | FLC | 4 | | 0.214 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.737 | | 0 | FLC | 4 | | 0.096 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.929 | | 0 | FLC | 4 | | 0.121 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.276 | | 0 | FLC | 4 | | 0.166 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |
| Fatty acids, total monounsaturated | g | 8.934 | | 0 | NC | 4 | | 1.161 | | |
| 14:1 | g | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.034 | | 0 | FLC | 4 | | 0.004 | | |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | g | 8.899 | | 0 | FLC | 4 | | 1.157 | | |
| 20:1 | g | 0.002 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 1.053 | | 0 | NC | 4 | | 0.137 | | |
| 18:2 undifferentiated | g | 0.995 | | 0 | FLC | 4 | | 0.129 | | |
| 18:3 undifferentiated | g | 0.058 | | 0 | FLC | 4 | | 0.007 | | |
| 18:4 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA) | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 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 | 0 | | 2 | LC | 8 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine | mg | 360 | | 0 | FLC | 4 | | 47 | | |
| Theobromine | mg | 294 | | 0 | FLC | 4 | | 38 | | |

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

**Common Measures:**

Measure 1 = 13.0g: 1 serving 2 tbsp

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

**Food Group:** 14 Beverages

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

**NDB No. 14242**
**Cranberry juice cocktail, bottled**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.17 | | 1 | A | 1 | | 27.23 | 218.02 | |
| Energy....kcal | 54 | | 0 | NC | 4 | | 17 | 136 | |
| Energy....kJ | 224 | | 0 | NC | 4 | | 71 | 567 | |
| Protein (N x 6.25)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.10 | | 1 | A | 1 | | 0.03 | 0.27 | |
| Ash....g | 0.20 | | 1 | A | 1 | | 0.06 | 0.52 | |
| Carbohydrate, by difference....g | 13.52 | | 0 | NC | 4 | | 4.27 | 34.20 | |
| Fiber, total dietary....g | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total....g | 11.87 | | 1 | A | 1 | | 3.75 | 30.03 | |
| Sucrose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose)....g | 6.79 | | 1 | A | 1 | | 2.14 | 17.17 | |
| Fructose....g | 4.97 | | 1 | A | 1 | | 1.57 | 12.57 | |
| Lactose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.12 | | 1 | A | 1 | | 0.04 | 0.29 | |
| Galactose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 1 | A | 1 | | 1 | 9 | |
| Iron, Fe....mg | 0.10 | | 1 | A | 1 | | 0.03 | 0.26 | |
| Magnesium, Mg....mg | 1 | | 1 | A | 1 | | 0 | 3 | |
| Phosphorus, P....mg | 1 | | 1 | A | 1 | | 0 | 3 | |
| Potassium, K....mg | 14 | | 1 | A | 1 | | 5 | 36 | |
| Sodium, Na....mg | 2 | | 1 | A | 1 | | 1 | 5 | |
| Zinc, Zn....mg | 0.03 | | 1 | A | 1 | | 0.01 | 0.06 | |
| Copper, Cu....mg | 0.010 | | 1 | A | 1 | | 0.003 | 0.024 | |
| Manganese, Mn....mg | 0.048 | | 1 | A | 1 | | 0.015 | 0.121 | |
| Selenium, Se....µg | 0.2 | | 0 | FLA | 4 | | 0.0 | 0.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 42.3 | | 1 | A | 1 | | 13.4 | 107.0 | |
| Thiamin....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Niacin....mg | 0.041 | | 1 | A | 1 | | 0.013 | 0.104 | |
| Pantothenic acid....mg | 0.052 | | 1 | A | 1 | | 0.016 | 0.131 | |
| Vitamin B-6....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | 0.027 | 3 | AI | 13 | | 0 | 1 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | 0.027 | 3 | AI | 13 | | 0 | 1 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total....mg | 1.1 | | 0 | AS | 1 | | 0.4 | 2.9 | |
| Betaine....mg | 0.1 | | 1 | A | 1 | | 0.0 | 0.2 | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLA | 4 | | 0 | 1 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 5 | | 0 | FLA | 4 | | 2 | 13 | |
| Carotene, alpha....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Vitamin A, IU....IU | 8 | | 0 | FLA | 4 | | 3 | 21 | |
| Lycopene....µg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 13 | | 0 | FLA | 4 | | 4 | 32 | |
| Vitamin E (alpha-tocopherol)....mg | 0.22 | | 0 | FLA | 4 | | 0.07 | 0.57 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |

**NDB No. 14242**
**Cranberry juice cocktail, bottled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 1.0 | | 0 | FLA | 4 | | 0.3 | 2.4 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.009 | | 0 | FLA | 4 | | 0.003 | 0.022 | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.007 | | 0 | FLA | 4 | | 0.002 | 0.017 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.002 | | 0 | FLA | 4 | | 0.001 | 0.005 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.019 | | 0 | FLA | 4 | | 0.006 | 0.049 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.019 | | 0 | FLA | 4 | | 0.006 | 0.047 | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.059 | | 0 | FLA | 4 | | 0.019 | 0.149 | |
| 18:2 undifferentiated....g | 0.035 | | 0 | FLA | 4 | | 0.011 | 0.090 | |
| 18:3 undifferentiated....g | 0.023 | | 0 | FLA | 4 | | 0.007 | 0.059 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 31.6g: 1 fl oz

Measure 2 = 253g: 1 cup (8 fl oz)

**NDB No. 14242**
**Cranberry juice cocktail, bottled**

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

**Food Group:** 14 Beverages

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

**NDB No. 14243**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 95.20 | | 1 | MC | 9 | | 28.18 | 225.62 | |
| Energy....kcal | 19 | | 0 | NC | 4 | | 5 | 44 | |
| Energy....kJ | 77 | | 0 | NC | 4 | | 23 | 184 | |
| Protein (N x 6.25)....g | 0.02 | | 0 | FLC | 4 | | 0.00 | 0.04 | |
| Total lipid (fat)....g | 0.01 | | 0 | FLC | 4 | | 0.00 | 0.01 | |
| Ash....g | 0.18 | | 1 | AI | 13 | | 0.05 | 0.43 | |
| Carbohydrate, by difference....g | 4.60 | | 0 | NC | 4 | | 1.36 | 10.90 | |
| Fiber, total dietary....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 4.59 | | 0 | FLA | 4 | | 1.36 | 10.89 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 1 | MC | 9 | | 3 | 22 | |
| Iron, Fe....mg | 0.04 | | 1 | MC | 9 | | 0.01 | 0.09 | |
| Magnesium, Mg....mg | 2 | | 1 | MC | 9 | | 1 | 4 | |
| Phosphorus, P....mg | 1 | | 1 | MC | 9 | | 0 | 2 | |
| Potassium, K....mg | 25 | | 1 | AI | 13 | | 7 | 58 | |
| Sodium, Na....mg | 3 | | 1 | MC | 9 | | 1 | 8 | |
| Zinc, Zn....mg | 0.02 | | 1 | MC | 9 | | 0.01 | 0.05 | |
| Copper, Cu....mg | 0.010 | | 0 | FLC | 4 | | 0.003 | 0.024 | |
| Manganese, Mn....mg | 0.006 | | 0 | FLC | 4 | | 0.002 | 0.013 | |
| Selenium, Se....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 32.2 | | 2 | | 1 | | 9.5 | 76.3 | |
| Thiamin....mg | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.001 | |
| Riboflavin....mg | 0.002 | | 0 | FLC | 4 | | 0.001 | 0.004 | |
| Niacin....mg | 0.004 | | 0 | FLC | 4 | | 0.001 | 0.009 | |
| Pantothenic acid....mg | 0.001 | | 0 | FLC | 4 | | 0.000 | 0.001 | |
| Vitamin B-6....mg | 0.002 | | 0 | FLC | 4 | | 0.001 | 0.005 | |
| Folate, total....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.4 | | 0 | O | 4 | | 0.1 | 0.9 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, beta....µg | 1 | | 0 | FLC | 4 | | 0 | 3 | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 2 | | 0 | FLC | 4 | | 1 | 4 | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 3 | | 0 | FLC | 4 | | 1 | 7 | |
| Vitamin E (alpha-tocopherol)....mg | 0.05 | | 0 | FLC | 4 | | 0.01 | 0.12 | |
| 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 | FLC | 4 | | 0.1 | 0.5 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14243**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |

**NDB No. 14243**

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

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

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup (8 fl oz)

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

**Food Group:** 14 Beverages

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

**NDB No. 14430**
**Cranberry juice cocktail, frozen concentrate**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 48.40 | | 2 | A | 1 | | 17.52 | 210.54 | |
| Energy....kcal | 201 | | 0 | NC | 4 | | 73 | 874 | |
| Energy....kJ | 841 | | 0 | | 4 | | 304 | 3658 | |
| Protein (N x 6.25)....g | 0.05 | | 2 | A | 1 | | 0.02 | 0.22 | |
| Total lipid (fat)....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.10 | | 2 | A | 1 | | 0.04 | 0.44 | |
| Carbohydrate, by difference....g | 51.45 | | 0 | NC | 4 | | 18.62 | 223.81 | |
| Fiber, total dietary....g | 0.2 | | 0 | | 4 | | 0.1 | 0.9 | |
| Sugars, total....g | 42.50 | | 1 | A | 1 | | 15.39 | 184.88 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | | 1 | | 1 | | 4 | 48 | |
| Iron, Fe....mg | 0.30 | | 1 | | 1 | | 0.11 | 1.31 | |
| Magnesium, Mg....mg | 5 | | 1 | | 1 | | 2 | 22 | |
| Phosphorus, P....mg | 5 | | 1 | | 1 | | 2 | 22 | |
| Potassium, K....mg | 49 | | 1 | | 1 | | 18 | 213 | |
| Sodium, Na....mg | 4 | | 2 | A | 1 | | 1 | 17 | |
| Zinc, Zn....mg | 0.07 | | 1 | | 1 | | 0.03 | 0.30 | |
| Copper, Cu....mg | 0.020 | | 1 | | 1 | | 0.007 | 0.087 | |
| Manganese, Mn....mg | 0.140 | | 1 | | 1 | | 0.051 | 0.609 | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 45.8 | | 2 | A | 1 | | 16.6 | 199.2 | |
| Thiamin....mg | 0.023 | | 1 | | 1 | | 0.008 | 0.100 | |
| Riboflavin....mg | 0.032 | | 1 | | 1 | | 0.012 | 0.139 | |
| Niacin....mg | 0.040 | | 1 | | 1 | | 0.014 | 0.174 | |
| Pantothenic acid....mg | 0.487 | | 1 | | 1 | | 0.176 | 2.118 | |
| Vitamin B-6....mg | 0.049 | | 1 | | 1 | | 0.018 | 0.213 | |
| Folate, total....µg | 0 | | 1 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 0 | | 1 | | 1 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| 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 | 2 | | 0 | NC | 4 | | 1 | 7 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 34 | | 1 | | 1 | | 12 | 148 | |
| 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. 14430**
**Cranberry juice cocktail, frozen concentrate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | | | | | | | | | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| 18:2 undifferentiated.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | | | | | | | | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3 (EPA).....g | | | | | | | | | |
| 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 | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 36.2g: 1 fl oz

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

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

**Food Group:** 14 Beverages

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

**NDB No. 14431**

**Cranberry juice cocktail, frozen concentrate, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.08 | | 0 | RPI | 6 | | 26.07 | 208.74 | |
| Energy....kcal | 47 | | 0 | NC | 4 | | 14 | 112 | |
| Energy....kJ | 198 | | 0 | NC | 4 | | 59 | 469 | |
| Protein....g | 0.01 | | 0 | RPI | 6 | | 0.00 | 0.03 | |
| Total lipid (fat)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Ash....g | 0.10 | | 0 | RPI | 6 | | 0.03 | 0.24 | |
| Carbohydrate, by difference....g | 11.81 | | 0 | RPI | 6 | | 3.50 | 27.99 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.1 | |
| Sugars, total....g | 9.76 | | 0 | RPI | 6 | | 2.89 | 23.12 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | | 0 | RPA | 1 | | 1 | 12 | |
| Iron, Fe....mg | 0.07 | | 0 | RPA | 1 | | 0.02 | 0.17 | |
| Magnesium, Mg....mg | 2 | | 0 | RPA | 1 | | 1 | 4 | |
| Phosphorus, P....mg | 1 | | 0 | RPA | 1 | | 0 | 3 | |
| Potassium, K....mg | 12 | | 0 | RPA | 1 | | 3 | 28 | |
| Sodium, Na....mg | 4 | | 0 | RPA | 1 | | 1 | 9 | |
| Zinc, Zn....mg | 0.02 | | 0 | RPA | 1 | | 0.01 | 0.05 | |
| Copper, Cu....mg | 0.012 | | 0 | RPA | 1 | | 0.004 | 0.029 | |
| Manganese, Mn....mg | 0.032 | | 0 | RPA | 1 | | 0.010 | 0.077 | |
| Selenium, Se....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 10.5 | | 0 | RPI | 6 | | 3.1 | 24.9 | |
| Thiamin....mg | 0.005 | | 0 | RPI | 6 | | 0.002 | 0.013 | |
| Riboflavin....mg | 0.007 | | 0 | RPI | 6 | | 0.002 | 0.017 | |
| Niacin....mg | 0.009 | | 0 | RPI | 6 | | 0.003 | 0.022 | |
| Pantothenic acid....mg | 0.112 | | 0 | RPI | 6 | | 0.033 | 0.265 | |
| Vitamin B-6....mg | 0.011 | | 0 | RPI | 6 | | 0.003 | 0.027 | |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 1 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 8 | | 0 | RPI | 6 | | 2 | 18 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14431**

**Cranberry juice cocktail, frozen concentrate, prepared with water**

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

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

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 serving 8 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14238**
**Cranberry-apple juice drink, bottled**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 83.78 | | 1 | A | 1 | | 25.64 | 205.26 | |
| Energy....kcal | 63 | | 0 | NC | 4 | | 19 | 154 | |
| Energy....kJ | 263 | | 0 | NC | 4 | | 80 | 643 | |
| Protein (N x 6.25)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.11 | | 1 | A | 1 | | 0.03 | 0.28 | |
| Ash....g | 0.26 | | 1 | A | 1 | | 0.08 | 0.63 | |
| Carbohydrate, by difference....g | 15.85 | | 0 | NC | 4 | | 4.85 | 38.83 | |
| Fiber, total dietary....g | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Sugars, total....g | 14.50 | | 1 | A | 1 | | 4.44 | 35.53 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 1 | A | 1 | | 1 | 7 | |
| Iron, Fe....mg | 0.07 | | 1 | A | 1 | | 0.02 | 0.18 | |
| Magnesium, Mg....mg | 1 | | 1 | A | 1 | | 0 | 3 | |
| Phosphorus, P....mg | 2 | | 1 | A | 1 | | 0 | 4 | |
| Potassium, K....mg | 17 | | 1 | A | 1 | | 5 | 42 | |
| Sodium, Na....mg | 2 | | 1 | A | 1 | | 1 | 5 | |
| Zinc, Zn....mg | 0.02 | | 1 | A | 1 | | 0.01 | 0.05 | |
| Copper, Cu....mg | 0.010 | | 1 | A | 1 | | 0.003 | 0.024 | |
| Manganese, Mn....mg | 0.029 | | 1 | A | 1 | | 0.009 | 0.071 | |
| Selenium, Se....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 39.5 | | 1 | A | 1 | | 12.1 | 96.8 | |
| Thiamin....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Niacin....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.7 | | 0 | O | 4 | | 0.2 | 1.6 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLM | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLM | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLM | 4 | | 0 | 1 | |
| Retinol....µg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Carotene, beta....µg | 2 | | 0 | FLM | 4 | | 1 | 5 | |
| Carotene, alpha....µg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 3 | | 0 | FLM | 4 | | 1 | 8 | |
| Lycopene....µg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 6 | | 0 | FLM | 4 | | 2 | 16 | |
| Vitamin E (alpha-tocopherol)....mg | 0.12 | | 0 | FLM | 4 | | 0.04 | 0.29 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLM | 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.5 | | 0 | FLM | 4 | | 0.2 | 1.2 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14238**
**Cranberry-apple juice drink, bottled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.013 | | 0 | FLM | 4 | | 0.004 | 0.033 | |
| 4:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.001 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.011 | | 0 | FLM | 4 | | 0.003 | 0.027 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.002 | | 0 | FLM | 4 | | 0.001 | 0.005 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.014 | | 0 | FLM | 4 | | 0.004 | 0.034 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.001 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.013 | | 0 | FLM | 4 | | 0.004 | 0.033 | |
| 20:1....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.052 | | 0 | FLM | 4 | | 0.016 | 0.127 | |
| 18:2 undifferentiated....g | 0.034 | | 0 | FLM | 4 | | 0.011 | 0.084 | |
| 18:3 undifferentiated....g | 0.017 | | 0 | FLM | 4 | | 0.005 | 0.042 | |
| 18:4....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLM | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 245g: 1 cup (8 fl oz)

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

**Food Group:** 14 Beverages

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

**NDB No. 43404**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 95.20 | | 0 | | 4 | | 228.48 | 28.56 | |
| Energy....kcal | 19 | | 0 | | 4 | | 46 | 6 | |
| Energy....kJ | 79 | | 0 | | 4 | | 191 | 24 | |
| Protein....g | 0.10 | | 0 | | 4 | | 0.24 | 0.03 | |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Ash....g | 0.12 | | 1 | MC | 9 | | 0.29 | 0.04 | |
| Carbohydrate, by difference....g | 4.70 | | 0 | | 4 | | 11.28 | 1.41 | |
| Fiber, total dietary....g | 0.1 | | 0 | | 4 | | 0.2 | 0.0 | |
| Sugars, total....g | 4.60 | | 0 | NR | 4 | | 11.04 | 1.38 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | | 1 | MC | 9 | | 23 | 3 | |
| Iron, Fe....mg | 0.06 | | 0 | | 4 | | 0.14 | 0.02 | |
| Magnesium, Mg....mg | 3 | | 1 | MC | 9 | | 7 | 1 | |
| Phosphorus, P....mg | 1 | | 1 | MC | 9 | | 3 | 0 | |
| Potassium, K....mg | 45 | | 1 | MC | 9 | | 107 | 13 | |
| Sodium, Na....mg | 5 | | 1 | MC | 9 | | 11 | 1 | |
| Zinc, Zn....mg | 0.02 | | 1 | MC | 9 | | 0.04 | 0.00 | |
| Copper, Cu....mg | 0.007 | | 0 | | 4 | | 0.017 | 0.002 | |
| Manganese, Mn....mg | 0.014 | | 0 | FLC | 4 | | 0.034 | 0.004 | |
| Selenium, Se....µg | 0.1 | | 0 | FLC | 4 | | 0.1 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 32.0 | | 0 | | 4 | | 76.8 | 9.6 | |
| Thiamin....mg | 0.003 | | 0 | FLC | 4 | | 0.007 | 0.001 | |
| Riboflavin....mg | 0.007 | | 0 | FLC | 4 | | 0.017 | 0.002 | |
| Niacin....mg | 0.028 | | 0 | FLC | 4 | | 0.068 | 0.009 | |
| Pantothenic acid....mg | 0.014 | | 0 | FLC | 4 | | 0.033 | 0.004 | |
| Vitamin B-6....mg | 0.019 | | 0 | FLC | 4 | | 0.045 | 0.006 | |
| Folate, total....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.4 | | 0 | O | 4 | | 0.9 | 0.1 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLC | 4 | | 1 | 0 | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, beta....µg | 6 | | 0 | FLC | 4 | | 14 | 2 | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 10 | | 0 | FLC | 4 | | 24 | 3 | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 19 | | 0 | FLC | 4 | | 45 | 6 | |
| Vitamin E (alpha-tocopherol)....mg | 0.27 | | 0 | FLC | 4 | | 0.64 | 0.08 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 1.1 | | 0 | FLC | 4 | | 2.7 | 0.3 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 43404**

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

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

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

**Common Measures:**

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14240**
**Cranberry-apricot juice drink, bottled**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 83.50 | | 1 | | 1 | | 25.55 | 204.58 | |
| Energy....kcal | 64 | | 0 | NC | 4 | | 20 | 157 | |
| Energy....kJ | 268 | | | | 4 | | 82 | 656 | |
| Protein (N x 6.25)....g | 0.20 | | 1 | | 1 | | 0.06 | 0.49 | |
| Total lipid (fat)....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.10 | | 1 | | 1 | | 0.03 | 0.25 | |
| Carbohydrate, by difference....g | 16.20 | | 0 | NC | 4 | | 4.96 | 39.69 | |
| Fiber, total dietary....g | 0.1 | | 0 | | 4 | | 0.0 | 0.2 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 1 | | 1 | | 3 | 22 | |
| Iron, Fe....mg | 0.15 | | 1 | | 1 | | 0.05 | 0.37 | |
| Magnesium, Mg....mg | 3 | | 1 | | 1 | | 1 | 7 | |
| Phosphorus, P....mg | 5 | | 1 | | 1 | | 2 | 12 | |
| Potassium, K....mg | 61 | | 1 | | 1 | | 19 | 149 | |
| Sodium, Na....mg | 2 | | 1 | | 1 | | 1 | 5 | |
| Zinc, Zn....mg | 0.04 | | 1 | | 1 | | 0.01 | 0.10 | |
| Copper, Cu....mg | 0.015 | | 1 | | 1 | | 0.005 | 0.037 | |
| Manganese, Mn....mg | 0.125 | | 0 | | 4 | | 0.038 | 0.306 | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.005 | | 1 | | 1 | | 0.002 | 0.012 | |
| Riboflavin....mg | 0.010 | | 1 | | 1 | | 0.003 | 0.025 | |
| Niacin....mg | 0.120 | | 1 | | 1 | | 0.037 | 0.294 | |
| Pantothenic acid....mg | 0.036 | | 0 | | 4 | | 0.011 | 0.088 | |
| Vitamin B-6....mg | 0.020 | | 0 | | 4 | | 0.006 | 0.049 | |
| Folate, total....µg | 1 | | 0 | | 4 | | 0 | 1 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | | 4 | | 0 | 1 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 23 | | 0 | NC | 4 | | 7 | 57 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 463 | | 0 | | 4 | | 142 | 1134 | |
| 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. 14240**
**Cranberry-apricot juice drink, bottled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 245g: 1 cup (8 fl oz)

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

**Food Group:** 14 Beverages

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

**NDB No. 14241**
**Cranberry-grape juice drink, bottled**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 85.60 | | 1 | | 1 | | 26.19 | 209.72 | |
| Energy....kcal | 56 | | 0 | NC | 4 | | 17 | 137 | |
| Energy....kJ | 234 | | 0 | | 4 | | 72 | 574 | |
| Protein (N x 6.25)....g | 0.20 | | 1 | | 1 | | 0.06 | 0.49 | |
| Total lipid (fat)....g | 0.10 | | 1 | | 1 | | 0.03 | 0.25 | |
| Ash....g | 0.10 | | 1 | | 1 | | 0.03 | 0.25 | |
| Carbohydrate, by difference....g | 14.00 | | 0 | NC | 4 | | 4.28 | 34.30 | |
| Fiber, total dietary....g | 0.1 | | 0 | | 4 | | 0.0 | 0.2 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 1 | | 1 | | 2 | 20 | |
| Iron, Fe....mg | 0.01 | | 1 | | 1 | | 0.00 | 0.02 | |
| Magnesium, Mg....mg | 3 | | 1 | | 1 | | 1 | 7 | |
| Phosphorus, P....mg | 4 | | 1 | | 1 | | 1 | 10 | |
| Potassium, K....mg | 24 | | 1 | | 1 | | 7 | 59 | |
| Sodium, Na....mg | 3 | | 1 | | 1 | | 1 | 7 | |
| Zinc, Zn....mg | 0.04 | | 1 | | 1 | | 0.01 | 0.10 | |
| Copper, Cu....mg | 0.007 | 0.003 | 3 | | 1 | | 0.002 | 0.017 | |
| Manganese, Mn....mg | 0.158 | | 0 | | 4 | | 0.048 | 0.387 | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 32.0 | | 1 | | 1 | | 9.8 | 78.4 | |
| Thiamin....mg | 0.010 | | 1 | | 1 | | 0.003 | 0.025 | |
| Riboflavin....mg | 0.018 | | 1 | | 1 | | 0.006 | 0.044 | |
| Niacin....mg | 0.120 | | 1 | | 1 | | 0.037 | 0.294 | |
| Pantothenic acid....mg | 0.053 | | 0 | | 4 | | 0.016 | 0.130 | |
| Vitamin B-6....mg | 0.028 | | 0 | | 4 | | 0.009 | 0.069 | |
| Folate, total....µg | 1 | | 0 | | 4 | | 0 | 2 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | | 4 | | 0 | 2 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | NC | 4 | | 0 | 1 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 5 | | 0 | | 4 | | 2 | 12 | |
| 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. 14241**
**Cranberry-grape juice drink, bottled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.033 | | 0 | | 4 | | 0.010 | 0.081 | |
| Fatty acids, total monounsaturated....g | 0.004 | | 0 | | 4 | | 0.001 | 0.010 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.004 | | 0 | | 4 | | 0.001 | 0.010 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.023 | | 0 | | 4 | | 0.007 | 0.056 | |
| 18:2 undifferentiated....g | 0.023 | | 0 | | 4 | | 0.007 | 0.056 | |
| 18:3 undifferentiated....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 245g: 1 cup (8 fl oz)

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

**Food Group:** 14 Beverages

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

**NDB No. 14423**

**Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 92.26 | | 0 | RPI | 6 | | 224.20 | | |
| Energy....kcal | 29 | | 0 | RPI | 6 | | 70 | | |
| Energy....kJ | 121 | | 0 | RPI | 6 | | 293 | | |
| Protein (N x 0)....g | 2.19 | | 0 | RPI | 6 | | 5.33 | | |
| Total lipid (fat)....g | 0.23 | | 0 | RPI | 6 | | 0.55 | | |
| Ash....g | 0.81 | | 0 | RPI | 6 | | 1.97 | | |
| Carbohydrate, by difference....g | 4.51 | | 0 | RPI | 6 | | 10.95 | | |
| Fiber, total dietary....g | 0.8 | | 0 | RPI | 6 | | 2.0 | | |
| Sugars, total....g | 2.89 | | 0 | RPI | 6 | | 7.02 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 127 | | 0 | RPI | 6 | | 308 | | |
| Iron, Fe....mg | 0.68 | | 0 | RPA | 1 | | 1.64 | | |
| Magnesium, Mg....mg | 19 | | 0 | RPA | 1 | | 47 | | |
| Phosphorus, P....mg | 78 | | 0 | RPI | 6 | | 190 | | |
| Potassium, K....mg | 197 | | 0 | RPA | 1 | | 478 | | |
| Sodium, Na....mg | 61 | | 0 | RPI | 6 | | 149 | | |
| Zinc, Zn....mg | 0.32 | | 0 | RPA | 1 | | 0.78 | | |
| Copper, Cu....mg | 0.079 | | 0 | RPA | 1 | | 0.192 | | |
| Manganese, Mn....mg | 0.064 | | 0 | RPA | 1 | | 0.156 | | |
| Selenium, Se....µg | 1.9 | | 0 | RPI | 6 | | 4.6 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.5 | | 0 | RPI | 6 | | 1.2 | | |
| Thiamin....mg | 0.010 | | 0 | RPI | 6 | | 0.024 | | |
| Riboflavin....mg | 0.170 | | 0 | RPI | 6 | | 0.413 | | |
| Niacin....mg | 0.110 | | 0 | RPI | 6 | | 0.266 | | |
| Pantothenic acid....mg | 0.188 | | 0 | RPI | 6 | | 0.456 | | |
| Vitamin B-6....mg | 0.010 | | 0 | RPI | 6 | | 0.023 | | |
| Folate, total....µg | 3 | | 0 | RPI | 6 | | 7 | | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Folate, food....µg | 3 | | 0 | RPI | 6 | | 7 | | |
| Folate, DFE....µg | 3 | | 0 | NC | 4 | | 7 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.18 | | 0 | RPI | 6 | | 0.43 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | | |
| Vitamin A, RAE....µg | 18 | | 0 | RPI | 6 | | 45 | | |
| Retinol....µg | 18 | | 0 | RPI | 6 | | 45 | | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin A, IU....IU | 61 | | 0 | RPI | 6 | | 149 | | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Lutein + zeaxanthin....µg | 1 | | 0 | RPI | 6 | | 3 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.01 | | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 0.1 | | 0 | RPI | 6 | | 0.2 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14423**

**Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.164 | | 0 | RPI | 6 | | 0.399 | | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 6:0....g | 0.001 | | 0 | RPI | 6 | | 0.001 | | |
| 8:0....g | 0.008 | | 0 | RPI | 6 | | 0.020 | | |
| 10:0....g | 0.007 | | 0 | RPI | 6 | | 0.016 | | |
| 12:0....g | 0.050 | | 0 | RPI | 6 | | 0.122 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.019 | | 0 | RPI | 6 | | 0.046 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.038 | | 0 | RPI | 6 | | 0.092 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.040 | | 0 | RPI | 6 | | 0.098 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.043 | | 0 | RPI | 6 | | 0.106 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.001 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.043 | | 0 | RPI | 6 | | 0.105 | | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.005 | | 0 | RPI | 6 | | 0.013 | | |
| 18:2 undifferentiated....g | 0.005 | | 0 | RPI | 6 | | 0.013 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 2 | | 0 | RPI | 6 | | 5 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | | |
| Caffeine....mg | 2 | | 0 | RPI | 6 | | 5 | | |

**NDB No. 14423**

**Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Theobromine.....mg | 73 | | 0 | RPI | 6 | | 178 | | |

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

**Common Measures:**

Measure 1 = 243g: 1 serving

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

**Food Group:** 14 Beverages

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

**NDB No. 14422**

**Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 12.80 | | 1 | | 1 | | 2.69 | | |
| Energy....kcal | 329 | | 0 | NC | 4 | | 69 | | |
| Energy....kJ | 1377 | | 0 | NC | 4 | | 289 | | |
| Protein (N x 6.25)....g | 25.00 | | 1 | | 1 | | 5.25 | | |
| Total lipid (fat)....g | 2.60 | | 1 | | 1 | | 0.55 | | |
| Ash....g | 8.20 | | 1 | | 1 | | 1.72 | | |
| Carbohydrate, by difference....g | 51.40 | | 0 | NC | 4 | | 10.79 | | |
| Fiber, total dietary....g | 9.4 | | 1 | LC | 8 | | 2.0 | | |
| Sugars, total....g | 32.94 | | 1 | LC | 8 | | 6.92 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1412 | | 1 | LC | 8 | | 296 | | |
| Iron, Fe....mg | 7.70 | | 1 | | 1 | | 1.62 | | |
| Magnesium, Mg....mg | 210 | | 1 | | 1 | | 44 | | |
| Phosphorus, P....mg | 893 | | 0 | FLA | 4 | | 187 | | |
| Potassium, K....mg | 2240 | | 1 | | 1 | | 470 | | |
| Sodium, Na....mg | 659 | | 1 | LC | 8 | | 138 | | |
| Zinc, Zn....mg | 3.60 | | 1 | | 1 | | 0.76 | | |
| Copper, Cu....mg | 0.800 | | 1 | | 1 | | 0.168 | | |
| Manganese, Mn....mg | 0.730 | | 1 | | 1 | | 0.153 | | |
| Selenium, Se....µg | 21.5 | | 0 | FLC | 4 | | 4.5 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 5.6 | | 1 | LC | 8 | | 1.2 | | |
| Thiamin....mg | 0.112 | | 1 | | 1 | | 0.024 | | |
| Riboflavin....mg | 1.938 | | 1 | | 1 | | 0.407 | | |
| Niacin....mg | 1.250 | | 1 | | 1 | | 0.263 | | |
| Pantothenic acid....mg | 2.139 | | 1 | | 1 | | 0.449 | | |
| Vitamin B-6....mg | 0.110 | | 1 | | 1 | | 0.023 | | |
| Folate, total....µg | 33 | | 0 | FLA | 4 | | 7 | | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food....µg | 33 | | 0 | FLA | 4 | | 7 | | |
| Folate, DFE....µg | 33 | | 0 | NC | 4 | | 7 | | |
| Choline, total....mg | 128.3 | | 0 | FLC | 4 | | 26.9 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 2.03 | | 0 | FLC | 4 | | 0.43 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 209 | | 0 | FLC | 4 | | 44 | | |
| Retinol....µg | 209 | | 0 | FLC | 4 | | 44 | | |
| Carotene, beta....µg | 1 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 698 | | 0 | FLC | 4 | | 147 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 12 | | 0 | FLC | 4 | | 3 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.04 | | 0 | FLC | 4 | | 0.01 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 4.7 | | 0 | LC | 8 | | 1.0 | | |
| Vitamin D....IU | 188 | | 1 | LC | 8 | | 40 | | |
| Vitamin K (phylloquinone)....µg | 0.8 | | 0 | FLC | 4 | | 0.2 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14422**

**Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.871 | | 0 | | 1 | | 0.393 | | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 6:0....g | 0.007 | | 0 | | 1 | | 0.001 | | |
| 8:0....g | 0.096 | | 0 | | 1 | | 0.020 | | |
| 10:0....g | 0.077 | | 0 | | 1 | | 0.016 | | |
| 12:0....g | 0.571 | | 0 | | 1 | | 0.120 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.216 | | 0 | | 1 | | 0.045 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.430 | | 0 | | 1 | | 0.090 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.461 | | 0 | | 1 | | 0.097 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.496 | | 0 | | 1 | | 0.104 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.003 | | 0 | | 1 | | 0.001 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.492 | | 0 | | 1 | | 0.103 | | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.061 | | 0 | | 1 | | 0.013 | | |
| 18:2 undifferentiated....g | 0.060 | | 0 | | 1 | | 0.013 | | |
| 18:3 undifferentiated....g | 0.002 | | 0 | | 1 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 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 | 24 | | 1 | LC | 8 | | 5 | | |
| 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 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 25 | | 0 | FLC | 4 | | 5 | | |

**NDB No. 14422**

**Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Theobromine.....mg | 833 | | 0 | FLC | 4 | | 175 | | |

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

**Common Measures:**

Measure 1 = 21g: 1 packet (.75 oz)

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

**Food Group:** 14 Beverages

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

**NDB No. 14450**

**Drink mix, QUAKER OATS, GATORADE, orange flavor, powder**

*Quaker Oats Company - The Gatorade Company, a unit of Pepsi Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 2.51 | | 1 | A | 1 | | 0.58 | 5.20 | |
| Energy....kcal | 388 | | 0 | NC | 4 | | 89 | 802 | |
| Energy....kJ | 1621 | | 0 | NC | 4 | | 373 | 3356 | |
| Protein (N x 6.25)....g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 1.23 | | 1 | A | 1 | | 0.28 | 2.55 | |
| Ash....g | 2.15 | | 1 | A | 1 | | 0.49 | 4.45 | |
| Carbohydrate, by difference....g | 94.11 | | 0 | NC | 4 | | 21.65 | 194.81 | |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total....g | 80.50 | | 0 | NR | 4 | | 18.52 | 166.64 | |
| Sucrose....g | 59.90 | | 1 | A | 1 | | 13.78 | 123.99 | |
| Glucose (dextrose)....g | 20.00 | | 1 | A | 1 | | 4.60 | 41.40 | |
| Fructose....g | 0.20 | | 1 | A | 1 | | 0.05 | 0.41 | |
| Lactose....g | 0.20 | | 1 | A | 1 | | 0.05 | 0.41 | |
| Maltose....g | 0.20 | | 1 | A | 1 | | 0.05 | 0.41 | |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 40 | | 1 | A | 1 | | 9 | 83 | |
| Iron, Fe....mg | 0.34 | | 1 | A | 1 | | 0.08 | 0.70 | |
| Magnesium, Mg....mg | 1 | | 1 | A | 1 | | 0 | 1 | |
| Phosphorus, P....mg | 120 | | 1 | A | 1 | | 28 | 248 | |
| Potassium, K....mg | 30 | | 1 | A | 1 | | 7 | 62 | |
| Sodium, Na....mg | 63 | | 1 | A | 1 | | 14 | 130 | |
| Zinc, Zn....mg | 0.06 | | 1 | A | 1 | | 0.01 | 0.12 | |
| Copper, Cu....mg | 0.250 | | 1 | A | 1 | | 0.058 | 0.518 | |
| Manganese, Mn....mg | 0.050 | | 1 | A | 1 | | 0.012 | 0.104 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.4 | | 1 | A | 1 | | 0.1 | 0.9 | |
| Thiamin....mg | 0.011 | | 1 | A | 1 | | 0.003 | 0.023 | |
| Riboflavin....mg | 0.802 | | 1 | A | 1 | | 0.184 | 1.660 | |
| Niacin....mg | 0.220 | | 1 | A | 1 | | 0.051 | 0.455 | |
| Pantothenic acid....mg | 0.055 | | 1 | A | 1 | | 0.013 | 0.114 | |
| Vitamin B-6....mg | 0.022 | | 1 | A | 1 | | 0.005 | 0.045 | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| 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. 14450**
**Drink mix, QUAKER OATS, GATORADE, orange flavor, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated.....g | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated.....g | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 23g: 1 scoop powder

Measure 2 = 207g: 1 cup powder

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

**Food Group:** 14 Beverages

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

**NDB No. 14245**
**Eggnog-flavor mix, powder, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 79.16 | | 0 | RPA | 1 | | 215.32 | | |
| Energy....kcal | 95 | | 0 | RPI | 6 | | 258 | | |
| Energy....kJ | 396 | | 0 | RPI | 6 | | 1077 | | |
| Protein....g | 2.93 | | 0 | RPA | 1 | | 7.97 | | |
| Total lipid (fat)....g | 3.02 | | 0 | RPI | 6 | | 8.20 | | |
| Ash....g | 0.69 | | 0 | RPA | 1 | | 1.88 | | |
| Carbohydrate, by difference....g | 14.20 | | 0 | RPI | 6 | | 38.64 | | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.1 | | |
| Sugars, total....g | 12.66 | | 0 | RPI | 6 | | 34.43 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 92 | | 0 | RPI | 6 | | 249 | | |
| Iron, Fe....mg | 0.12 | | 0 | RPA | 1 | | 0.34 | | |
| Magnesium, Mg....mg | 10 | | 0 | RPI | 6 | | 26 | | |
| Phosphorus, P....mg | 77 | | 0 | RPI | 6 | | 210 | | |
| Potassium, K....mg | 121 | | 0 | RPI | 6 | | 328 | | |
| Sodium, Na....mg | 55 | | 0 | RPA | 1 | | 149 | | |
| Zinc, Zn....mg | 0.35 | | 0 | RPI | 6 | | 0.95 | | |
| Copper, Cu....mg | 0.022 | | 0 | RPI | 6 | | 0.060 | | |
| Manganese, Mn....mg | 0.007 | | 0 | RPI | 6 | | 0.020 | | |
| Selenium, Se....µg | 3.4 | | 0 | RPI | 6 | | 9.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | RPA | 1 | | 0.0 | | |
| Thiamin....mg | 0.040 | | 0 | RPA | 1 | | 0.108 | | |
| Riboflavin....mg | 0.166 | | 0 | RPI | 6 | | 0.452 | | |
| Niacin....mg | 0.112 | | 0 | RPA | 1 | | 0.306 | | |
| Pantothenic acid....mg | 0.330 | | 0 | RPI | 6 | | 0.897 | | |
| Vitamin B-6....mg | 0.033 | | 0 | RPA | 1 | | 0.090 | | |
| Folate, total....µg | 5 | | 0 | RPI | 6 | | 13 | | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Folate, food....µg | 5 | | 0 | RPI | 6 | | 13 | | |
| Folate, DFE....µg | 5 | | 0 | NC | 4 | | 13 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.39 | | 0 | RPI | 6 | | 1.07 | | |
| Vitamin A, RAE....µg | 26 | | 0 | RPI | 6 | | 71 | | |
| Retinol....µg | 26 | | 0 | RPI | 6 | | 70 | | |
| Carotene, beta....µg | 5 | | 0 | RPI | 6 | | 13 | | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin A, IU....IU | 94 | | 0 | RPI | 6 | | 256 | | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Lutein + zeaxanthin....µg | 2 | | 0 | RPI | 6 | | 5 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.06 | | 0 | RPI | 6 | | 0.15 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 0.2 | | 0 | RPI | 6 | | 0.6 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 14245**

**Eggnog-flavor mix, powder, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 1.701 | | 0 | RPI | 6 | | 4.626 | | |
| 4:0....g | 0.067 | | 0 | RPI | 6 | | 0.182 | | |
| 6:0....g | 0.067 | | 0 | RPI | 6 | | 0.182 | | |
| 8:0....g | 0.067 | | 0 | RPI | 6 | | 0.182 | | |
| 10:0....g | 0.067 | | 0 | RPI | 6 | | 0.182 | | |
| 12:0....g | 0.069 | | 0 | RPI | 6 | | 0.188 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.284 | | 0 | RPI | 6 | | 0.774 | | |
| 15:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 16:0....g | 0.751 | | 0 | RPI | 6 | | 2.042 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.329 | | 0 | RPI | 6 | | 0.895 | | |
| 20:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 0.767 | | 0 | RPI | 6 | | 2.085 | | |
| 14:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.006 | | 0 | RPI | 6 | | 0.016 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.761 | | 0 | RPI | 6 | | 2.069 | | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.001 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.186 | | 0 | RPI | 6 | | 0.506 | | |
| 18:2 undifferentiated....g | 0.118 | | 0 | RPI | 6 | | 0.320 | | |
| 18:3 undifferentiated....g | 0.067 | | 0 | RPI | 6 | | 0.182 | | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.003 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPI | 6 | | 0.001 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 11 | | 0 | RPI | 6 | | 31 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.067 | | 0 | RPI | 6 | | 0.183 | | |
| Threonine....g | 0.129 | | 0 | RPI | 6 | | 0.352 | | |
| Isoleucine....g | 0.149 | | 0 | RPI | 6 | | 0.406 | | |
| Leucine....g | 0.240 | | 0 | RPI | 6 | | 0.654 | | |
| Lysine....g | 0.128 | | 0 | RPI | 6 | | 0.348 | | |
| Methionine....g | 0.068 | | 0 | RPI | 6 | | 0.184 | | |
| Cystine....g | 0.015 | | 0 | RPI | 6 | | 0.042 | | |
| Phenylalanine....g | 0.133 | | 0 | RPI | 6 | | 0.361 | | |
| Tyrosine....g | 0.137 | | 0 | RPI | 6 | | 0.373 | | |
| Valine....g | 0.174 | | 0 | RPI | 6 | | 0.473 | | |
| Arginine....g | 0.069 | | 0 | RPI | 6 | | 0.188 | | |
| Histidine....g | 0.068 | | 0 | RPI | 6 | | 0.184 | | |
| Alanine....g | 0.094 | | 0 | RPI | 6 | | 0.254 | | |
| Aspartic acid....g | 0.215 | | 0 | RPI | 6 | | 0.586 | | |
| Glutamic acid....g | 0.584 | | 0 | RPI | 6 | | 1.589 | | |
| Glycine....g | 0.068 | | 0 | RPI | 6 | | 0.185 | | |
| Proline....g | 0.307 | | 0 | RPI | 6 | | 0.836 | | |
| Serine....g | 0.098 | | 0 | RPI | 6 | | 0.267 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | | |

**NDB No. 14245**

**Eggnog-flavor mix, powder, prepared with whole milk**

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

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

**Common Measures:**

Measure 1 = 272g: 1 cup (8 fl oz)

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

**Food Group:** 14 Beverages

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

**NDB No. 14627**
**Energy Drink, Monster**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 88.45 | | 0 | BFZN | 4 | | 212.28 | | |
| Energy....kcal | 42 | | 1 | LC | 8 | | 100 | | |
| Energy....kJ | 174 | | 1 | LC | 8 | | 418 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Ash....g | 0.27 | | 0 | FLC | 4 | | 0.65 | | |
| Carbohydrate, by difference....g | 11.25 | | 1 | LC | 8 | | 27.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Sugars, total....g | 11.25 | | 1 | LC | 8 | | 27.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 0 | FLC | 4 | | 6 | | |
| Iron, Fe....mg | 0.01 | | 0 | FLC | 4 | | 0.01 | | |
| Magnesium, Mg....mg | 1 | | 0 | FLC | 4 | | 2 | | |
| Phosphorus, P....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Potassium, K....mg | 3 | | 0 | BFZN | 4 | | 8 | | |
| Sodium, Na....mg | 75 | | 1 | LC | 8 | | 180 | | |
| Zinc, Zn....mg | 0.00 | | 0 | FLC | 4 | | 0.01 | | |
| Copper, Cu....mg | 0.008 | | 0 | FLC | 4 | | 0.018 | | |
| Manganese, Mn....mg | 0.001 | | 0 | FLC | 4 | | 0.001 | | |
| Selenium, Se....µg | 0.0 | | 0 | FLC | 4 | | 0.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Riboflavin....mg | 0.708 | | 1 | LC | 8 | | 1.700 | | |
| Niacin....mg | 8.333 | | 1 | LC | 8 | | 20.000 | | |
| Pantothenic acid....mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Vitamin B-6....mg | 0.833 | | 1 | LC | 8 | | 2.000 | | |
| Folate, total....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Betaine....mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Vitamin B-12....µg | 2.50 | | 1 | LC | 8 | | 6.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 0 | | 0 | FLC | 4 | | 0 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin E, added....mg | 0.00 | | 0 | NR | 4 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Vitamin D....IU | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14627**
**Energy Drink, Monster**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | FLC | 4 | | 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 36 | | 0 | MC | 9 | | 86 | | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 240g: 1 serving

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

**Food Group:** 14 Beverages

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

**NDB No. 14625**
**Energy drink, AMP**
*Pepsi-Cola North America*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.30 | | 0 | NR | 4 | | 209.52 | | |
| Energy....kcal | 46 | | 1 | LC | 8 | | 110 | | |
| Energy....kJ | 192 | | 1 | LC | 8 | | 461 | | |
| Protein....g | 0.25 | | 0 | BFZN | 4 | | 0.60 | | |
| Total lipid (fat)....g | 0.08 | | 0 | BFZN | 4 | | 0.19 | | |
| Ash....g | 0.28 | | 0 | BFZN | 4 | | 0.67 | | |
| Carbohydrate, by difference....g | 12.08 | | 1 | LC | 8 | | 29.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total....g | 12.08 | | 1 | LC | 8 | | 29.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | | 0 | BFZN | 4 | | 32 | | |
| Iron, Fe....mg | 0.02 | | 0 | BFZN | 4 | | 0.05 | | |
| Magnesium, Mg....mg | 3 | | 0 | BFZN | 4 | | 8 | | |
| Phosphorus, P....mg | 17 | | 0 | LC | 8 | | 40 | | |
| Potassium, K....mg | 3 | | 0 | BFZN | 4 | | 8 | | |
| Sodium, Na....mg | 27 | | 1 | LC | 8 | | 65 | | |
| Zinc, Zn....mg | 0.00 | | 0 | BFZN | 4 | | 0.01 | | |
| Copper, Cu....mg | 0.005 | | 0 | BFZN | 4 | | 0.012 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.2 | | 0 | BFZN | 4 | | 0.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin....mg | 0.025 | | 0 | BFZN | 4 | | 0.060 | | |
| Riboflavin....mg | 0.340 | | 1 | LC | 8 | | 0.816 | | |
| Niacin....mg | 2.000 | | 1 | LC | 8 | | 4.800 | | |
| Pantothenic acid....mg | 1.000 | | 1 | LC | 8 | | 2.400 | | |
| Vitamin B-6....mg | 0.200 | | 1 | LC | 8 | | 0.480 | | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.3 | | 0 | BFZN | 4 | | 0.8 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.60 | | 1 | LC | 8 | | 1.44 | | |
| Vitamin B-12, added....µg | 0.43 | | 0 | NR | 4 | | 1.02 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | NC | 4 | | 0 | | |
| 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 | Z | 7 | | 0.0 | | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14625**
**Energy drink, AMP**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated.....g | 0.000 | | 0 | NC | 4 | | 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 | NC | 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 | NC | 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 | | 0 | Z | 7 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine.....mg | 31 | | 0 | LC | 8 | | 75 | | |
| Theobromine.....mg | 0 | | 0 | BFZN | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 240g: 1 serving

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

**Food Group:** 14 Beverages

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

**NDB No. 14628**

**Energy drink, AMP, sugar free**

*Pepsi-Cola North America*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.35 | | 0 | BFZN | 4 | | 236.04 | | |
| Energy....kcal | 2 | | 1 | LC | 8 | | 5 | | |
| Energy....kJ | 8 | | 1 | LC | 8 | | 19 | | |
| Protein (N x 6.25)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.62 | | 0 | BFZN | 4 | | 1.49 | | |
| Carbohydrate, by difference....g | 1.03 | | 0 | NC | 4 | | 2.47 | | |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 1 | LC | 8 | | 0 | | |
| Iron, Fe....mg | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Magnesium, Mg....mg | 3 | | 0 | BFZN | 4 | | 8 | | |
| Phosphorus, P....mg | 17 | | 0 | LC | 8 | | 40 | | |
| Potassium, K....mg | 2 | | 1 | LC | 8 | | 5 | | |
| Sodium, Na....mg | 31 | | 1 | LC | 8 | | 75 | | |
| Zinc, Zn....mg | 0.00 | | 0 | BFZN | 4 | | 0.01 | | |
| Copper, Cu....mg | 0.005 | | 0 | BFZN | 4 | | 0.012 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.2 | | 0 | BFZN | 4 | | 0.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Riboflavin....mg | 0.142 | | 1 | LC | 8 | | 0.340 | | |
| Niacin....mg | 0.833 | | 1 | LC | 8 | | 2.000 | | |
| Pantothenic acid....mg | 0.417 | | 1 | LC | 8 | | 1.000 | | |
| Vitamin B-6....mg | 0.083 | | 1 | LC | 8 | | 0.200 | | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.25 | | 1 | LC | 8 | | 0.60 | | |
| Vitamin B-12, added....µg | 0.25 | | 0 | NR | 4 | | 0.60 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 1 | LC | 8 | | 0 | | |
| 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 | Z | 7 | | 0.0 | | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14628**
**Energy drink, AMP, sugar free**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 30 | | 1 | LC | 8 | | 71 | | |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 240g: 1 serving 8 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14626**

**Energy drink, FULL THROTTLE**

*The Coca-Cola Company*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.30 | | 0 | NR | 4 | | 209.52 | | |
| Energy....kcal | 46 | | 1 | LC | 8 | | 110 | | |
| Energy....kJ | 192 | | 0 | LC | 8 | | 461 | | |
| Protein (N x 6.25)....g | 0.25 | | 0 | BFZN | 4 | | 0.60 | | |
| Total lipid (fat)....g | 0.08 | | 0 | BFZN | 4 | | 0.19 | | |
| Ash....g | 0.28 | | 0 | BFZN | 4 | | 0.67 | | |
| Carbohydrate, by difference....g | 12.08 | | 1 | LC | 8 | | 29.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total....g | 12.08 | | 1 | LC | 8 | | 29.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | | 0 | BFZN | 4 | | 32 | | |
| Iron, Fe....mg | 0.02 | | 0 | BFZN | 4 | | 0.05 | | |
| Magnesium, Mg....mg | 3 | | 0 | BFZN | 4 | | 8 | | |
| Phosphorus, P....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Potassium, K....mg | 3 | | 0 | BFZN | 4 | | 8 | | |
| Sodium, Na....mg | 35 | | 1 | LC | 8 | | 85 | | |
| Zinc, Zn....mg | 0.00 | | 0 | BFZN | 4 | | 0.01 | | |
| Copper, Cu....mg | 0.005 | | 0 | BFZN | 4 | | 0.012 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.2 | | 0 | BFZN | 4 | | 0.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin....mg | 0.025 | | 0 | BFZN | 4 | | 0.060 | | |
| Riboflavin....mg | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| Niacin....mg | 1.667 | | 1 | LC | 8 | | 4.000 | | |
| Pantothenic acid....mg | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| Vitamin B-6....mg | 0.167 | | 1 | LC | 8 | | 0.400 | | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.3 | | 0 | BFZN | 4 | | 0.8 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.25 | | 1 | LC | 8 | | 0.60 | | |
| Vitamin B-12, added....µg | 0.25 | | 0 | NR | 4 | | 0.60 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | NC | 4 | | 0 | | |
| 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 | BFZN | 4 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14626**
**Energy drink, FULL THROTTLE**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 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 | 33 | | 0 | MC | 9 | | 80 | | |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 240g: 1 serving 8 fluid oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14156**

**Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12**

*Red Bull North America/Red Bull GmbH*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.35 | | 1 | AI | 13 | | 245.88 | | |
| Energy....kcal | 5 | | 0 | NC | 4 | | 11 | | |
| Energy....kJ | 19 | | 0 | NC | 4 | | 48 | | |
| Protein (N x 6.25)....g | 0.25 | | 1 | AI | 13 | | 0.63 | | |
| Total lipid (fat)....g | 0.08 | | 1 | AI | 13 | | 0.20 | | |
| Ash....g | 0.62 | | 1 | AI | 13 | | 1.55 | | |
| Carbohydrate, by difference....g | 0.70 | | 0 | NC | 4 | | 1.75 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | | 2 | AI | 13 | | 33 | | |
| Iron, Fe....mg | 0.02 | | 2 | AI | 13 | | 0.05 | | |
| Magnesium, Mg....mg | 3 | | 2 | AI | 13 | | 8 | | |
| Phosphorus, P....mg | 0 | | 0 | O | 4 | | 0 | | |
| Potassium, K....mg | 3 | | 2 | AI | 13 | | 8 | | |
| Sodium, Na....mg | 83 | | 0 | NR | 4 | | 208 | | |
| Zinc, Zn....mg | 0.00 | | 0 | O | 4 | | 0.00 | | |
| Copper, Cu....mg | 0.005 | | 2 | AI | 13 | | 0.013 | | |
| Manganese, Mn....mg | 0.003 | | 2 | AI | 13 | | 0.008 | | |
| Selenium, Se....µg | 0.2 | | 0 | O | 4 | | 0.5 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Thiamin....mg | 0.025 | | 2 | AI | 13 | | 0.063 | | |
| Riboflavin....mg | 0.575 | | 2 | AI | 13 | | 1.438 | | |
| Niacin....mg | 8.500 | | 2 | AI | 13 | | 21.250 | | |
| Pantothenic acid....mg | 1.900 | | 0 | O | 4 | | 4.750 | | |
| Vitamin B-6....mg | 1.995 | | 0 | O | 4 | | 4.988 | | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | O | 4 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 1.99 | | 0 | O | 4 | | 4.98 | | |
| Vitamin B-12, added....µg | 1.99 | | 0 | O | 4 | | 4.98 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | NC | 4 | | 0 | | |
| 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 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14156**

**Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | NC | 4 | | 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 | NC | 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 | NC | 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 30 | | 2 | AI | 13 | | 75 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

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

**Common Measures:**

Measure 1 = 250g: 1 serving 8.3 fl oz can

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

**Food Group:** 14 Beverages

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

**NDB No. 14154**

**Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12**

*Red Bull North America/Red Bull GmbH*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.45 | | 1 | AI | 13 | | 228.20 | 326.38 | 435.17 |
| Energy....kcal | 45 | | 0 | NC | 4 | | 117 | 168 | 224 |
| Energy....kJ | 190 | | 0 | NC | 4 | | 490 | 701 | 935 |
| Protein (N x 6.25)....g | 0.25 | | 1 | AI | 13 | | 0.65 | 0.92 | 1.23 |
| Total lipid (fat)....g | 0.08 | | 1 | AI | 13 | | 0.21 | 0.30 | 0.39 |
| Ash....g | 0.28 | | 1 | AI | 13 | | 0.72 | 1.03 | 1.38 |
| Carbohydrate, by difference....g | 10.94 | | 0 | NC | 4 | | 28.23 | 40.37 | 53.82 |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 10.06 | | 1 | AI | 13 | | 25.95 | 37.12 | 49.50 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | | 2 | AI | 13 | | 34 | 49 | 65 |
| Iron, Fe....mg | 0.02 | | 2 | AI | 13 | | 0.06 | 0.08 | 0.11 |
| Magnesium, Mg....mg | 3 | | 2 | AI | 13 | | 8 | 12 | 15 |
| Phosphorus, P....mg | 0 | | 2 | AI | 13 | | 1 | 1 | 1 |
| Potassium, K....mg | 3 | | 2 | AI | 13 | | 9 | 12 | 17 |
| Sodium, Na....mg | 83 | | 0 | NR | 4 | | 214 | 306 | 408 |
| Zinc, Zn....mg | 0.00 | | 2 | AI | 13 | | 0.01 | 0.02 | 0.02 |
| Copper, Cu....mg | 0.005 | | 2 | AI | 13 | | 0.013 | 0.018 | 0.025 |
| Manganese, Mn....mg | 0.003 | | 2 | AI | 13 | | 0.008 | 0.011 | 0.015 |
| Selenium, Se....µg | 0.2 | | 0 | FLC | 4 | | 0.5 | 0.7 | 0.9 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.025 | | 2 | AI | 13 | | 0.065 | 0.092 | 0.123 |
| Riboflavin....mg | 0.575 | | 2 | AI | 13 | | 1.484 | 2.122 | 2.829 |
| Niacin....mg | 8.500 | | 2 | AI | 13 | | 21.930 | 31.365 | 41.820 |
| Pantothenic acid....mg | 1.959 | | 1 | LC | 8 | | 5.054 | 7.228 | 9.638 |
| Vitamin B-6....mg | 1.959 | | 1 | LC | 8 | | 5.054 | 7.228 | 9.638 |
| Folate, total....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.3 | | 0 | O | 4 | | 0.9 | 1.2 | 1.7 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 1.96 | | 0 | NR | 4 | | 5.06 | 7.23 | 9.64 |
| Vitamin B-12, added....µg | 1.96 | | 0 | NR | 4 | | 5.06 | 7.23 | 9.64 |
| Vitamin A, RAE....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.1 | 0.1 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14154**

**Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | FLC | 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 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 30 | | 2 | AI | 13 | | 78 | 111 | 148 |
| Theobromine....mg | 0 | | 0 | FLC | 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 = 258g: 1 can 8.4 fl oz

Measure 2 = 369g: 1 can 12 fl oz

Measure 3 = 492g: 1 can 16 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14629**
**Energy drink, ROCKSTAR**

*Rockstar, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.08 | 0.267 | 5 | A | 1 | | 26.99 | 208.99 | |
| Energy....kcal | 58 | | 1 | LC | 8 | | 18 | 140 | |
| Energy....kJ | 244 | | 0 | LC | 8 | | 76 | 586 | |
| Protein....g | 0.34 | 0.015 | 5 | A | 1 | | 0.10 | 0.81 | |
| Total lipid (fat)....g | 0.22 | 0.037 | 5 | A | 1 | | 0.07 | 0.52 | |
| Ash....g | 0.05 | 0.010 | 5 | A | 1 | | 0.02 | 0.12 | |
| Carbohydrate, by difference....g | 12.70 | | 0 | O | 4 | | 3.94 | 30.48 | |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total....g | 12.26 | 0.035 | 5 | A | 1 | | 3.80 | 29.43 | |
| Sucrose....g | 2.65 | 0.515 | 5 | A | 1 | | 0.82 | 6.36 | |
| Glucose (dextrose)....g | 6.03 | 0.251 | 5 | A | 1 | | 1.87 | 14.46 | |
| Fructose....g | 3.59 | 0.243 | 5 | A | 1 | | 1.11 | 8.61 | |
| Lactose....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | |
| Galactose....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | 0.100 | 5 | A | 1 | | 0 | 3 | |
| Iron, Fe....mg | 0.05 | 0.009 | 5 | A | 1 | | 0.01 | 0.11 | |
| Magnesium, Mg....mg | 0 | 0.000 | 5 | A | 1 | | 0 | 0 | |
| Phosphorus, P....mg | 0 | 0.000 | 5 | A | 1 | | 0 | 0 | |
| Potassium, K....mg | 6 | 0.434 | 5 | A | 1 | | 2 | 14 | |
| Sodium, Na....mg | 16 | 0.343 | 5 | A | 1 | | 5 | 37 | |
| Zinc, Zn....mg | 0.05 | 0.013 | 5 | A | 1 | | 0.01 | 0.11 | |
| Copper, Cu....mg | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn....mg | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | |
| Selenium, Se....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | 0.000 | 3 | A | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 1.600 | 0.000 | 3 | A | 1 | | 0.496 | 3.840 | |
| Niacin....mg | 9.820 | 0.154 | 3 | A | 1 | | 3.044 | 23.568 | |
| Pantothenic acid....mg | 4.167 | | 1 | LC | 8 | | 1.292 | 10.000 | |
| Vitamin B-6....mg | 1.353 | 0.019 | 3 | A | 1 | | 0.420 | 3.248 | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.3 | | 0 | BFZN | 4 | | 0.1 | 0.8 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 3.77 | 0.203 | 3 | A | 1 | | 1.17 | 9.04 | |
| Vitamin B-12, added....µg | 2.50 | | 0 | NR | 4 | | 0.78 | 6.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, delta....mg | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | |

**NDB No. 14629**
**Energy drink, ROCKSTAR**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | |
| 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 | BFZN | 4 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 33 | | 0 | NR | 4 | | 10 | 79 | |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |

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

**NDB No. 14629**
**Energy drink, ROCKSTAR**

**Common Measures:**
Measure 1 = 31.0g: 1 fl oz
Measure 2 = 240g: 1 serving (1 NLEA serving, 8 fl oz)

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

**Food Group:** 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14630**
**Energy drink, ROCKSTAR, sugar free**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 98.35 | | 0 | BFZN | 4 | | 236.04 | | |
| Energy....kcal | 4 | | 1 | LC | 8 | | 10 | | |
| Energy....kJ | 17 | | 1 | LC | 8 | | 41 | | |
| Protein (N x 6.25)....g | 0.25 | | 0 | BFZN | 4 | | 0.60 | | |
| Total lipid (fat)....g | 0.08 | | 0 | BFZN | 4 | | 0.19 | | |
| Ash....g | 0.62 | | 0 | BFZN | 4 | | 1.49 | | |
| Carbohydrate, by difference....g | 0.70 | | 0 | BFZN | 4 | | 1.68 | | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | | 0 | BFZN | 4 | | 32 | | |
| Iron, Fe....mg | 0.02 | | 0 | BFZN | 4 | | 0.05 | | |
| Magnesium, Mg....mg | 3 | | 0 | BFZN | 4 | | 8 | | |
| Phosphorus, P....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Potassium, K....mg | 3 | | 0 | BFZN | 4 | | 8 | | |
| Sodium, Na....mg | 52 | | 1 | LC | 8 | | 125 | | |
| Zinc, Zn....mg | 0.00 | | 0 | BFZN | 4 | | 0.01 | | |
| Copper, Cu....mg | 0.005 | | 0 | BFZN | 4 | | 0.012 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.2 | | 0 | BFZN | 4 | | 0.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin....mg | 0.025 | | 0 | BFZN | 4 | | 0.060 | | |
| Riboflavin....mg | 1.417 | | 1 | LC | 8 | | 3.400 | | |
| Niacin....mg | 8.333 | | 1 | LC | 8 | | 20.000 | | |
| Pantothenic acid....mg | 4.167 | | 1 | LC | 8 | | 10.000 | | |
| Vitamin B-6....mg | 0.833 | | 1 | LC | 8 | | 2.000 | | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 2.50 | | 1 | LC | 8 | | 6.00 | | |
| Vitamin B-12, added....µg | 2.50 | | 0 | NR | 4 | | 6.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | NC | 4 | | 0 | | |
| 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 | BFZN | 4 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14630**
**Energy drink, ROCKSTAR, sugar free**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 33 | | 1 | LC | 8 | | 80 | | |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 240g: 8 fl oz (1 serving)

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

**Food Group:** 14 Beverages

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

**NDB No. 14641**

**Energy drink, VAULT Zero, sugar-free, citrus flavor**

*The Coca-Cola Company*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.35 | | 0 | BFZN | 4 | | 241.94 | 354.06 | |
| Energy....kcal | 1 | | 1 | LC | 8 | | 3 | 5 | |
| Energy....kJ | 6 | | 0 | LC | 8 | | 15 | 22 | |
| Protein (N x 6.25)....g | 0.25 | | 0 | BFZN | 4 | | 0.62 | 0.90 | |
| Total lipid (fat)....g | 0.08 | | 0 | BFZN | 4 | | 0.20 | 0.29 | |
| Ash....g | 0.62 | | 0 | BFZN | 4 | | 1.53 | 2.23 | |
| Carbohydrate, by difference....g | 0.70 | | 0 | BFZN | 4 | | 1.72 | 2.52 | |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 0 | BFZN | 4 | | 6 | 9 | |
| Iron, Fe....mg | 0.02 | | 0 | BFZN | 4 | | 0.05 | 0.08 | |
| Magnesium, Mg....mg | 3 | | 0 | BFZN | 4 | | 8 | 11 | |
| Phosphorus, P....mg | 0 | | 0 | BFZN | 4 | | 1 | 1 | |
| Potassium, K....mg | 3 | | 0 | BFZN | 4 | | 8 | 12 | |
| Sodium, Na....mg | 14 | | 1 | LC | 8 | | 34 | 50 | |
| Zinc, Zn....mg | 0.00 | | 0 | BFZN | 4 | | 0.01 | 0.02 | |
| Copper, Cu....mg | 0.005 | | 0 | BFZN | 4 | | 0.012 | 0.018 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.2 | | 0 | BFZN | 4 | | 0.4 | 0.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.025 | | 0 | BFZN | 4 | | 0.062 | 0.090 | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Niacin....mg | 0.015 | | 0 | BFZN | 4 | | 0.037 | 0.054 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.3 | | 0 | BFZN | 4 | | 0.8 | 1.2 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.1 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14641**
**Energy drink, VAULT Zero, sugar-free, citrus flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 19 | | 1 | LC | 8 | | 47 | 69 | |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 246g: 1 serving (8 fl oz)

Measure 2 = 360g: 12 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14640**

**Energy drink, VAULT, citrus flavor**

*The Coca-Cola Company*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.73 | | 0 | NR | 4 | | 26.89 | 213.36 | |
| Energy....kcal | 49 | | 1 | LC | 8 | | 15 | 120 | |
| Energy....kJ | 204 | | 0 | LC | 8 | | 63 | 502 | |
| Protein (N x 6.25)....g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Ash....g | 0.28 | | 0 | BFZN | 4 | | 0.09 | 0.69 | |
| Carbohydrate, by difference....g | 12.99 | | 1 | LC | 8 | | 4.03 | 31.95 | |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total....g | 12.99 | | 1 | LC | 8 | | 4.03 | 31.95 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 0 | BFZN | 4 | | 1 | 6 | |
| Iron, Fe....mg | 0.02 | | 0 | BFZN | 4 | | 0.01 | 0.05 | |
| Magnesium, Mg....mg | 3 | | 0 | BFZN | 4 | | 1 | 8 | |
| Phosphorus, P....mg | 0 | | 0 | BFZN | 4 | | 0 | 1 | |
| Potassium, K....mg | 3 | | 0 | BFZN | 4 | | 1 | 8 | |
| Sodium, Na....mg | 12 | | 1 | LC | 8 | | 4 | 30 | |
| Zinc, Zn....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.01 | |
| Copper, Cu....mg | 0.005 | | 0 | BFZN | 4 | | 0.002 | 0.012 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.2 | | 0 | BFZN | 4 | | 0.1 | 0.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.025 | | 0 | BFZN | 4 | | 0.008 | 0.062 | |
| Riboflavin....mg | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Niacin....mg | 0.015 | | 0 | BFZN | 4 | | 0.005 | 0.037 | |
| Pantothenic acid....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.3 | | 0 | BFZN | 4 | | 0.1 | 0.8 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14640**
**Energy drink, VAULT, citrus flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 19 | | 1 | LC | 8 | | 6 | 47 | |
| 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 = 31g: 1 oz

Measure 2 = 246g: 8 fl oz (1 serving)

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

**Food Group:** 14 Beverages

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

**NDB No. 14646**

**Fruit flavored drink containing less than 3% fruit juice, with high vitamin C**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 93.20 | | 0 | O | 4 | | 221.82 | | |
| Energy....kcal | 27 | | 0 | NC | 4 | | 63 | | |
| Energy....kJ | 112 | | 0 | NC | 4 | | 267 | | |
| Protein....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Ash....g | 0.10 | | 0 | BFZN | 4 | | 0.24 | | |
| Carbohydrate, by difference....g | 6.67 | | 0 | BFZN | 4 | | 15.87 | | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total....g | 5.00 | | 0 | BFZN | 4 | | 11.90 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 0 | BFZN | 4 | | 7 | | |
| Iron, Fe....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Magnesium, Mg....mg | 1 | | 0 | BFZN | 4 | | 2 | | |
| Phosphorus, P....mg | 0 | | 0 | BFZN | 4 | | 1 | | |
| Potassium, K....mg | 31 | | 0 | BFZN | 4 | | 74 | | |
| Sodium, Na....mg | 36 | | 0 | BFZN | 4 | | 86 | | |
| Zinc, Zn....mg | 0.00 | | 0 | BFZN | 4 | | 0.01 | | |
| Copper, Cu....mg | 0.009 | | 0 | BFZN | 4 | | 0.020 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.0 | | 0 | BFZN | 4 | | 59.5 | | |
| Thiamin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | NC | 4 | | 0 | | |
| 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 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14646**

**Fruit flavored drink containing less than 3% fruit juice, with high vitamin C**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 238g: 1 cup (8 fl oz)

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

**Food Group:** 14 Beverages

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

**NDB No. 14645**

**Fruit flavored drink, less than 3% juice, not fortified with vitamin C**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 83.87 | | 0 | O | 4 | | 199.61 | | |
| Energy....kcal | 64 | | 0 | NC | 4 | | 153 | | |
| Energy....kJ | 268 | | 0 | NC | 4 | | 638 | | |
| Protein....g | 0.00 | | 2 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Ash....g | 0.10 | | 0 | BFZN | 4 | | 0.24 | | |
| Carbohydrate, by difference....g | 16.03 | 3.749 | 7 | LC | 8 | | 38.15 | | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total....g | 15.85 | 3.777 | 7 | LC | 8 | | 37.72 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 0 | BFZN | 4 | | 7 | | |
| Iron, Fe....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Magnesium, Mg....mg | 1 | | 0 | BFZN | 4 | | 2 | | |
| Phosphorus, P....mg | 0 | | 0 | BFZN | 4 | | 1 | | |
| Potassium, K....mg | 31 | | 0 | BFZN | 4 | | 74 | | |
| Sodium, Na....mg | 36 | 11.609 | 7 | LC | 8 | | 86 | | |
| Zinc, Zn....mg | 0.00 | | 0 | BFZN | 4 | | 0.01 | | |
| Copper, Cu....mg | 0.009 | | 0 | BFZN | 4 | | 0.020 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | NC | 4 | | 0 | | |
| 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 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14645**

**Fruit flavored drink, less than 3% juice, not fortified with vitamin C**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 238g: 1 cup (8 fl oz)

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

**Food Group:** 14 Beverages

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

**NDB No. 14647**

**Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, 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 | 93.00 | | 0 | O | 4 | | 223.20 | 28.92 | |
| Energy....kcal | 29 | | 1 | LC | 8 | | 70 | 9 | |
| Energy....kJ | 122 | | 0 | LC | 8 | | 293 | 38 | |
| Protein....g | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.37 | 0.030 | 5 | A | 1 | | 0.89 | 0.12 | |
| Ash....g | 0.06 | 0.018 | 5 | A | 1 | | 0.14 | 0.02 | |
| Carbohydrate, by difference....g | 6.67 | | 1 | LC | 8 | | 16.00 | 2.07 | |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total....g | 5.00 | | 1 | LC | 8 | | 12.00 | 1.56 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 42 | | 1 | LC | 8 | | 100 | 13 | |
| Iron, Fe....mg | 0.00 | 0.000 | 5 | A | 1 | | 0.00 | 0.00 | |
| Magnesium, Mg....mg | 1 | 0.146 | 5 | A | 1 | | 2 | 0 | |
| Phosphorus, P....mg | 0 | 0.041 | 5 | A | 1 | | 1 | 0 | |
| Potassium, K....mg | 31 | 1.193 | 5 | A | 1 | | 74 | 10 | |
| Sodium, Na....mg | 25 | | 1 | LC | 8 | | 60 | 8 | |
| Zinc, Zn....mg | 0.04 | 0.010 | 5 | A | 1 | | 0.09 | 0.01 | |
| Copper, Cu....mg | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn....mg | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | |
| Selenium, Se....µg | 0.1 | | 0 | FLC | 4 | | 0.3 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.0 | | 1 | LC | 8 | | 60.0 | 7.8 | |
| Thiamin....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Niacin....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 2 | | 0 | AS | 1 | | 4 | 1 | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food....µg | 2 | | 0 | AS | 1 | | 4 | 1 | |
| Folate, DFE....µg | 2 | | 0 | NC | 4 | | 4 | 1 | |
| Choline, total....mg | 0.1 | | 0 | FLC | 4 | | 0.3 | 0.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 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 | | 2 | A | 1 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 3 | | 0 | FLC | 4 | | 8 | 1 | |
| Vitamin A, IU....IU | 3 | | 0 | NC | 4 | | 7 | 1 | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 2 | | 0 | FLC | 4 | | 6 | 1 | |
| 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 | 0.3 | | 0 | NR | 4 | | 0.6 | 0.1 | |
| Vitamin D....IU | 10 | | 0 | O | 4 | | 24 | 3 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14647**

**Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, 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 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 16:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 240g: 8 fl oz

Measure 2 = 31.1g: 1 fl oz

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

**Food Group:** 14 Beverages

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

**NDB No. 14648**

**Fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.39 | | 0 | NC | 4 | | 204.75 | | |
| Energy....kcal | 54 | 2.123 | 4 | JO | 11 | | 127 | | |
| Energy....kJ | 225 | | 0 | JO | 11 | | 533 | | |
| Protein....g | 0.13 | | 0 | BFZN | 4 | | 0.32 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.31 | | 0 | BFZN | 4 | | 0.73 | | |
| Carbohydrate, by difference....g | 13.16 | 0.631 | 4 | JO | 11 | | 31.20 | | |
| Fiber, total dietary....g | 0.1 | | 0 | BFZN | 4 | | 0.2 | | |
| Sugars, total....g | 12.11 | 0.460 | 4 | JO | 11 | | 28.70 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 0 | BFZN | 4 | | 7 | | |
| Iron, Fe....mg | 0.25 | | 0 | BFZN | 4 | | 0.59 | | |
| Magnesium, Mg....mg | 5 | | 0 | BFZN | 4 | | 11 | | |
| Phosphorus, P....mg | 7 | | 0 | BFZN | 4 | | 16 | | |
| Potassium, K....mg | 122 | | 0 | BFZN | 4 | | 290 | | |
| Sodium, Na....mg | 61 | 11.271 | 3 | LC | 8 | | 144 | | |
| Zinc, Zn....mg | 0.04 | | 0 | BFZN | 4 | | 0.09 | | |
| Copper, Cu....mg | 0.013 | | 0 | BFZN | 4 | | 0.032 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.2 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.4 | | 1 | LC | 8 | | 60.1 | | |
| Thiamin....mg | 0.095 | | 1 | LC | 8 | | 0.225 | | |
| Riboflavin....mg | 0.014 | | 0 | BFZN | 4 | | 0.034 | | |
| Niacin....mg | 0.036 | | 0 | BFZN | 4 | | 0.086 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.032 | | 0 | BFZN | 4 | | 0.075 | | |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 1 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 1 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 1 | | |
| Choline, total....mg | 1.8 | | 0 | BFZN | 4 | | 4.2 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 5 | | 0 | BFZN | 4 | | 12 | | |
| Retinol....µg | 5 | | 0 | BFZN | 4 | | 12 | | |
| 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 | 17 | | 0 | NC | 4 | | 39 | | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 16 | | 0 | BFZN | 4 | | 37 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.05 | | 0 | BFZN | 4 | | 0.13 | | |
| Vitamin E, added....mg | 0.04 | | 0 | BFZN | 4 | | 0.11 | | |
| 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 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14648**

**Fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 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 | 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 | BFZN | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 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 | 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 | 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |

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

**Common Measures:**

Measure 1 = 237g: 8 fl oz

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14651**
**Fruit juice drink, greater than 3% juice, high vitamin C**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.10 | | 0 | RA | 4 | | 209.69 | | |
| Energy....kcal | 46 | | 0 | RA | 4 | | 109 | | |
| Energy....kJ | 192 | | 0 | RA | 4 | | 457 | | |
| Protein....g | 0.13 | | 0 | RA | 4 | | 0.32 | | |
| Total lipid (fat)....g | 0.11 | | 0 | RA | 4 | | 0.26 | | |
| Ash....g | 0.31 | | 0 | RA | 4 | | 0.74 | | |
| Carbohydrate, by difference....g | 11.35 | | 0 | RA | 4 | | 27.00 | | |
| Fiber, total dietary....g | 0.1 | | 0 | RA | 4 | | 0.2 | | |
| Sugars, total....g | 10.69 | | 0 | RA | 4 | | 25.44 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 0 | BFZN | 4 | | 7 | | |
| Iron, Fe....mg | 0.25 | | 0 | RA | 4 | | 0.59 | | |
| Magnesium, Mg....mg | 5 | | 0 | RA | 4 | | 11 | | |
| Phosphorus, P....mg | 7 | | 0 | RA | 4 | | 16 | | |
| Potassium, K....mg | 122 | | 0 | RA | 4 | | 291 | | |
| Sodium, Na....mg | 8 | | 0 | RA | 4 | | 18 | | |
| Zinc, Zn....mg | 0.04 | | 0 | RA | 4 | | 0.09 | | |
| Copper, Cu....mg | 0.013 | | 0 | RA | 4 | | 0.032 | | |
| Manganese, Mn....mg | 0.060 | | 0 | RA | 4 | | 0.144 | | |
| Selenium, Se....µg | 0.1 | | 0 | RA | 4 | | 0.2 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.0 | | 0 | BFZN | 4 | | 59.5 | | |
| Thiamin....mg | 0.003 | | 0 | RA | 4 | | 0.007 | | |
| Riboflavin....mg | 0.014 | | 0 | RA | 4 | | 0.034 | | |
| Niacin....mg | 0.036 | | 0 | RA | 4 | | 0.087 | | |
| Pantothenic acid....mg | 0.060 | | 0 | RA | 4 | | 0.144 | | |
| Vitamin B-6....mg | 0.032 | | 0 | RA | 4 | | 0.075 | | |
| Folate, total....µg | 0 | | 0 | RA | 4 | | 1 | | |
| Folic acid....µg | 0 | | 0 | RA | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | RA | 4 | | 1 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 1 | | |
| Choline, total....mg | 1.8 | | 0 | RA | 4 | | 4.2 | | |
| Betaine....mg | 0.1 | | 0 | RA | 4 | | 0.3 | | |
| 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 | 5 | | 0 | RA | 4 | | 12 | | |
| Retinol....µg | 5 | | 0 | RA | 4 | | 12 | | |
| 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 | 17 | | 0 | RA | 4 | | 40 | | |
| Lycopene....µg | 0 | | 0 | RA | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 16 | | 0 | RA | 4 | | 37 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.05 | | 0 | RA | 4 | | 0.13 | | |
| Vitamin E, added....mg | 0.04 | | 0 | RA | 4 | | 0.11 | | |
| 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 | | 1 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | RA | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14651**

**Fruit juice drink, greater than 3% juice, high vitamin C**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.017 | | 0 | RA | 4 | | 0.041 | | |
| 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 | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 16:0....g | 0.015 | | 0 | RA | 4 | | 0.037 | | |
| 17:0....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 18:0....g | 0.002 | | 0 | RA | 4 | | 0.005 | | |
| 20:0....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.002 | | 0 | RA | 4 | | 0.005 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.002 | | 0 | RA | 4 | | 0.005 | | |
| 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 | | 0.071 | | |
| 18:2 undifferentiated....g | 0.026 | | 0 | RA | 4 | | 0.062 | | |
| 18:3 undifferentiated....g | 0.004 | | 0 | RA | 4 | | 0.009 | | |
| 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 | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| Cholesterol....mg | 0 | | 0 | RA | 4 | | 0 | | |
| 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 = 238g: 1 cup (8 fl oz)

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14268**
**Fruit punch drink, frozen concentrate**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 58.20 | | 2 | | 1 | | 20.25 | 243.28 | |
| Energy....kcal | 162 | | 0 | NC | 4 | | 56 | 677 | |
| Energy....kJ | 678 | | 0 | | 4 | | 236 | 2833 | |
| Protein (N x 6.25)....g | 0.20 | | 2 | | 1 | | 0.07 | 0.84 | |
| Total lipid (fat)....g | 0.00 | | 2 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.20 | | 2 | | 1 | | 0.07 | 0.84 | |
| Carbohydrate, by difference....g | 41.40 | | 0 | NC | 4 | | 14.41 | 173.05 | |
| Fiber, total dietary....g | 0.4 | | 0 | | 4 | | 0.1 | 1.7 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 2 | | 1 | | 3 | 33 | |
| Iron, Fe....mg | 0.30 | | 2 | | 1 | | 0.10 | 1.25 | |
| Magnesium, Mg....mg | 6 | | 2 | | 1 | | 2 | 25 | |
| Phosphorus, P....mg | 2 | | 2 | | 1 | | 1 | 8 | |
| Potassium, K....mg | 44 | | 2 | | 1 | | 15 | 184 | |
| Sodium, Na....mg | 8 | | 2 | | 1 | | 3 | 33 | |
| Zinc, Zn....mg | 0.07 | | 2 | | 1 | | 0.02 | 0.29 | |
| Copper, Cu....mg | 0.090 | | 2 | | 1 | | 0.031 | 0.376 | |
| Manganese, Mn....mg | 0.360 | | 2 | | 1 | | 0.125 | 1.505 | |
| Selenium, Se....µg | 0.0 | | 0 | BFSN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 155.6 | | 2 | | 1 | | 54.1 | 650.4 | |
| Thiamin....mg | 0.034 | | 2 | | 1 | | 0.012 | 0.142 | |
| Riboflavin....mg | 0.046 | | 1 | | 1 | | 0.016 | 0.192 | |
| Niacin....mg | 0.074 | | 2 | | 1 | | 0.026 | 0.309 | |
| Pantothenic acid....mg | 0.028 | | 2 | | 1 | | 0.010 | 0.117 | |
| Vitamin B-6....mg | 0.021 | | 2 | | 1 | | 0.007 | 0.088 | |
| Folate, total....µg | 3 | | 2 | | 1 | | 1 | 14 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 3 | | 2 | | 1 | | 1 | 14 | |
| Folate, DFE....µg | 3 | | 0 | NC | 4 | | 1 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 2 | | 0 | NC | 4 | | 1 | 8 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 39 | | 2 | | 1 | | 14 | 163 | |
| 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. 14268**
**Fruit punch drink, frozen concentrate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.003 | | 0 | | 1 | | 0.001 | 0.013 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.003 | | 0 | | 1 | | 0.001 | 0.013 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.003 | | 0 | | 1 | | 0.001 | 0.013 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.008 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.006 | | 0 | | 1 | | 0.002 | 0.025 | |
| 18:2 undifferentiated....g | 0.005 | | 0 | | 1 | | 0.002 | 0.021 | |
| 18:3 undifferentiated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.008 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 418g: 1 can (12 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14269**

**Fruit punch drink, frozen concentrate, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.15 | | 0 | RPI | 6 | | 27.24 | 217.73 | |
| Energy....kcal | 46 | | 0 | RPI | 6 | | 14 | 113 | |
| Energy....kJ | 191 | | 0 | RPI | 6 | | 59 | 472 | |
| Protein (N x 0)....g | 0.06 | | 0 | RPI | 6 | | 0.02 | 0.14 | |
| Total lipid (fat)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Ash....g | 0.13 | | 0 | RPI | 6 | | 0.04 | 0.32 | |
| Carbohydrate, by difference....g | 11.66 | | 0 | RPI | 6 | | 3.60 | 28.81 | |
| Fiber, total dietary....g | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.3 | |
| Sugars, total....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | RPA | 1 | | 1 | 11 | |
| Iron, Fe....mg | 0.09 | | 0 | RPA | 1 | | 0.03 | 0.21 | |
| Magnesium, Mg....mg | 2 | | 0 | RPA | 1 | | 1 | 6 | |
| Phosphorus, P....mg | 1 | | 0 | RPA | 1 | | 0 | 1 | |
| Potassium, K....mg | 13 | | 0 | RPA | 1 | | 4 | 31 | |
| Sodium, Na....mg | 5 | | 0 | RPA | 1 | | 2 | 12 | |
| Zinc, Zn....mg | 0.02 | | 0 | RPA | 1 | | 0.01 | 0.06 | |
| Copper, Cu....mg | 0.032 | | 0 | RPA | 1 | | 0.010 | 0.080 | |
| Manganese, Mn....mg | 0.102 | | 0 | RPA | 1 | | 0.031 | 0.251 | |
| Selenium, Se....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 43.8 | | 0 | RPI | 6 | | 13.5 | 108.3 | |
| Thiamin....mg | 0.010 | | 0 | RPI | 6 | | 0.003 | 0.024 | |
| Riboflavin....mg | 0.013 | | 0 | RPI | 6 | | 0.004 | 0.032 | |
| Niacin....mg | 0.021 | | 0 | RPI | 6 | | 0.006 | 0.051 | |
| Pantothenic acid....mg | 0.008 | | 0 | RPI | 6 | | 0.002 | 0.019 | |
| Vitamin B-6....mg | 0.006 | | 0 | RPI | 6 | | 0.002 | 0.015 | |
| Folate, total....µg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 1 | | 0 | RPI | 6 | | 0 | 1 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 11 | | 0 | RPI | 6 | | 3 | 27 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14269**

**Fruit punch drink, frozen concentrate, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.004 | |
| 18:2 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| 18:3 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30.9g: 1 fl oz

Measure 2 = 247g: 1 serving 8 fl oz

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14267**
**Fruit punch drink, with added nutrients, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.97 | 0.231 | 6 | JO | 11 | | 27.27 | 218.17 | |
| Energy....kcal | 47 | | 0 | NC | 4 | | 14 | 116 | |
| Energy....kJ | 195 | | 0 | NC | 4 | | 60 | 484 | |
| Protein (N x 6.25)....g | 0.00 | | 5 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 3 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.08 | | 0 | O | 4 | | 0.03 | 0.21 | |
| Carbohydrate, by difference....g | 11.94 | | 0 | NC | 4 | | 3.70 | 29.62 | |
| Fiber, total dietary....g | 0.2 | | 0 | FLA | 4 | | 0.1 | 0.5 | |
| Sugars, total....g | 11.29 | | 1 | AI | 13 | | 3.50 | 28.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | 1.370 | 15 | A | 1 | | 3 | 20 | |
| Iron, Fe....mg | 0.09 | 0.014 | 18 | A | 1 | | 0.03 | 0.22 | |
| Magnesium, Mg....mg | 3 | 0.433 | 18 | A | 1 | | 1 | 8 | |
| Phosphorus, P....mg | 3 | 0.744 | 17 | A | 1 | | 1 | 8 | |
| Potassium, K....mg | 31 | 5.553 | 18 | A | 1 | | 10 | 78 | |
| Sodium, Na....mg | 38 | | 1 | LC | 8 | | 12 | 95 | |
| Zinc, Zn....mg | 0.01 | 0.004 | 18 | A | 1 | | 0.00 | 0.03 | |
| Copper, Cu....mg | 0.010 | | 2 | AI | 13 | | 0.003 | 0.025 | |
| Manganese, Mn....mg | 0.084 | 0.018 | 18 | A | 1 | | 0.026 | 0.209 | |
| Selenium, Se....µg | 0.2 | 0.141 | 18 | A | 1 | | 0.1 | 0.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 29.6 | | 11 | | 1 | | 9.2 | 73.4 | |
| Thiamin....mg | 0.005 | | 2 | JO | 11 | | 0.002 | 0.012 | |
| Riboflavin....mg | 0.023 | | 2 | | 1 | | 0.007 | 0.057 | |
| Niacin....mg | 0.021 | | 3 | | 1 | | 0.007 | 0.052 | |
| Pantothenic acid....mg | 0.014 | | 2 | | 1 | | 0.004 | 0.035 | |
| Vitamin B-6....mg | 0.011 | | 2 | JO | 11 | | 0.003 | 0.027 | |
| Folate, total....µg | 1 | | 2 | JO | 11 | | 0 | 2 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 1 | | 2 | JO | 11 | | 0 | 2 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Choline, total....mg | 0.5 | | 0 | O | 4 | | 0.2 | 1.2 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 2 | | 0 | FLA | 4 | | 1 | 4 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 14 | | 0 | FLA | 4 | | 4 | 36 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 4 | | 0 | FLA | 4 | | 1 | 11 | |
| Vitamin A, IU....IU | 28 | | 0 | FLA | 4 | | 9 | 69 | |
| Lycopene....µg | 1 | | 0 | FLA | 4 | | 0 | 3 | |
| Lutein + zeaxanthin....µg | 2 | | 0 | FLA | 4 | | 1 | 6 | |
| Vitamin E (alpha-tocopherol)....mg | 0.01 | | 0 | FLA | 4 | | 0.00 | 0.02 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14267**
**Fruit punch drink, with added nutrients, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.002 | | 0 | FLA | 4 | | 0.001 | 0.005 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.001 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.002 | | 0 | FLA | 4 | | 0.000 | 0.004 | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.003 | | 0 | FLA | 4 | | 0.001 | 0.007 | |
| 18:2 undifferentiated....g | 0.002 | | 0 | FLA | 4 | | 0.001 | 0.006 | |
| 18:3 undifferentiated....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.002 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 248g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14264**
**Fruit punch drink, without added nutrients, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.97 | | 0 | BFZN | 4 | | 184.74 | 218.17 | |
| Energy....kcal | 48 | | 0 | NC | 4 | | 101 | 119 | |
| Energy....kJ | 200 | | 0 | NC | 4 | | 421 | 497 | |
| Protein....g | 0.00 | | 2 | LC | 8 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 2 | LC | 8 | | 0.00 | 0.00 | |
| Ash....g | 0.05 | | 0 | BFZN | 4 | | 0.11 | 0.13 | |
| Carbohydrate, by difference....g | 11.97 | | 0 | NC | 4 | | 25.15 | 29.70 | |
| Fiber, total dietary....g | 0.0 | | 2 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total....g | 11.29 | | 0 | BFZN | 4 | | 23.71 | 28.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 0 | BFZN | 4 | | 17 | 20 | |
| Iron, Fe....mg | 0.09 | | 0 | BFZN | 4 | | 0.19 | 0.22 | |
| Magnesium, Mg....mg | 3 | | 0 | BFZN | 4 | | 7 | 8 | |
| Phosphorus, P....mg | 3 | | 0 | BFZN | 4 | | 7 | 8 | |
| Potassium, K....mg | 25 | | 0 | BFZN | 4 | | 53 | 62 | |
| Sodium, Na....mg | 10 | | 2 | LC | 8 | | 20 | 24 | |
| Zinc, Zn....mg | 0.01 | | 0 | BFZN | 4 | | 0.02 | 0.03 | |
| Copper, Cu....mg | 0.010 | | 0 | BFZN | 4 | | 0.021 | 0.025 | |
| Manganese, Mn....mg | 0.084 | | 0 | BFZN | 4 | | 0.177 | 0.209 | |
| Selenium, Se....µg | 0.2 | | 0 | BFZN | 4 | | 0.4 | 0.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.4 | | 0 | FLC | 4 | | 0.8 | 0.9 | |
| Thiamin....mg | 0.022 | | 0 | BFZN | 4 | | 0.046 | 0.055 | |
| Riboflavin....mg | 0.023 | | 0 | BFZN | 4 | | 0.048 | 0.057 | |
| Niacin....mg | 0.021 | | 0 | BFZN | 4 | | 0.044 | 0.052 | |
| Pantothenic acid....mg | 0.014 | | 0 | BFZN | 4 | | 0.029 | 0.035 | |
| Vitamin B-6....mg | 0.011 | | 0 | BFZN | 4 | | 0.023 | 0.027 | |
| Folate, total....µg | 4 | | 0 | BFZN | 4 | | 9 | 10 | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food....µg | 4 | | 0 | BFZN | 4 | | 9 | 10 | |
| Folate, DFE....µg | 4 | | 0 | NC | 4 | | 9 | 10 | |
| Choline, total....mg | 0.5 | | 0 | O | 4 | | 1.0 | 1.2 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | FLC | 4 | | 0 | 1 | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | 1 | |
| Vitamin E (alpha-tocopherol)....mg | 0.02 | | 0 | BFZN | 4 | | 0.03 | 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 | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14264**

**Fruit punch drink, without added nutrients, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 210g: 6.75 fl oz 1 pouch, 200 ml

Measure 2 = 248g: 1 cup (8 fl oz)

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14405**
**Fruit punch juice drink, frozen concentrate**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 55.50 | | 1 | | 1 | | 19.54 | 234.77 | |
| Energy....kcal | 175 | | 0 | NC | 4 | | 62 | 740 | |
| Energy....kJ | 732 | | 0 | | 4 | | 258 | 3097 | |
| Protein (N x 6.25)....g | 0.30 | | 1 | | 1 | | 0.11 | 1.27 | |
| Total lipid (fat)....g | 0.70 | | 1 | | 1 | | 0.25 | 2.96 | |
| Ash....g | 0.50 | | 1 | | 1 | | 0.18 | 2.12 | |
| Carbohydrate, by difference....g | 43.10 | | 0 | NC | 4 | | 15.17 | 182.31 | |
| Fiber, total dietary....g | 0.2 | | 0 | | 4 | | 0.1 | 0.8 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | | 1 | | 1 | | 7 | 85 | |
| Iron, Fe....mg | 0.80 | | 1 | | 1 | | 0.28 | 3.38 | |
| Magnesium, Mg....mg | 11 | | 1 | | 1 | | 4 | 47 | |
| Phosphorus, P....mg | 12 | | 0 | | 4 | | 4 | 51 | |
| Potassium, K....mg | 270 | | 1 | | 1 | | 95 | 1142 | |
| Sodium, Na....mg | 10 | | 1 | | 1 | | 4 | 42 | |
| Zinc, Zn....mg | 0.70 | | 1 | | 1 | | 0.25 | 2.96 | |
| Copper, Cu....mg | 0.070 | | 1 | | 1 | | 0.025 | 0.296 | |
| Manganese, Mn....mg | 0.210 | | 1 | | 1 | | 0.074 | 0.888 | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 19.7 | | 1 | | 1 | | 6.9 | 83.3 | |
| Thiamin....mg | 0.004 | | 1 | | 1 | | 0.001 | 0.017 | |
| Riboflavin....mg | 0.230 | | 1 | | 1 | | 0.081 | 0.973 | |
| Niacin....mg | 0.208 | | 1 | | 1 | | 0.073 | 0.880 | |
| Pantothenic acid....mg | 0.103 | | 1 | | 1 | | 0.036 | 0.436 | |
| Vitamin B-6....mg | 0.045 | | 1 | | 1 | | 0.016 | 0.190 | |
| Folate, total....µg | 7 | | 1 | | 1 | | 2 | 30 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 7 | | 1 | | 1 | | 2 | 30 | |
| Folate, DFE....µg | 7 | | 0 | NC | 4 | | 2 | 30 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 1 | | 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 | | 0 | 4 | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 21 | | 1 | | 1 | | 7 | 89 | |
| 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. 14405**
**Fruit punch juice drink, frozen concentrate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.087 | | 0 | | 1 | | 0.031 | 0.368 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.002 | | 0 | | 1 | | 0.001 | 0.008 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.079 | | 0 | | 1 | | 0.028 | 0.334 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.004 | | 0 | | 1 | | 0.001 | 0.017 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.086 | | 0 | | 1 | | 0.030 | 0.364 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.007 | | 0 | | 1 | | 0.002 | 0.030 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.047 | | 0 | | 1 | | 0.017 | 0.199 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.173 | | 0 | | 1 | | 0.061 | 0.732 | |
| 18:2 undifferentiated....g | 0.126 | | 0 | | 1 | | 0.044 | 0.533 | |
| 18:3 undifferentiated....g | 0.047 | | 0 | | 1 | | 0.017 | 0.199 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 35.2g: 1 fl oz

Measure 2 = 423g: 1 can (12 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14406**

**Fruit punch juice drink, frozen concentrate, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 89.15 | | 0 | RPI | 6 | | 26.12 | 208.60 | |
| Energy....kcal | 42 | | 0 | RPI | 6 | | 12 | 99 | |
| Energy....kJ | 177 | | 0 | RPI | 6 | | 52 | 415 | |
| Protein (N x 0)....g | 0.07 | | 0 | RPI | 6 | | 0.02 | 0.17 | |
| Total lipid (fat)....g | 0.17 | | 0 | RPI | 6 | | 0.05 | 0.40 | |
| Ash....g | 0.20 | | 0 | RPI | 6 | | 0.06 | 0.46 | |
| Carbohydrate, by difference....g | 11.40 | | 0 | LC | 8 | | 3.34 | 26.68 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.1 | |
| Sugars, total....g | 11.40 | | 0 | LC | 8 | | 3.34 | 26.68 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 0 | RPA | 1 | | 2 | 17 | |
| Iron, Fe....mg | 0.20 | | 0 | RPA | 1 | | 0.06 | 0.46 | |
| Magnesium, Mg....mg | 3 | | 0 | RPA | 1 | | 1 | 8 | |
| Phosphorus, P....mg | 3 | | 0 | RPI | 6 | | 1 | 7 | |
| Potassium, K....mg | 66 | | 0 | RPA | 1 | | 19 | 154 | |
| Sodium, Na....mg | 5 | | 0 | RPA | 1 | | 2 | 12 | |
| Zinc, Zn....mg | 0.17 | | 0 | RPA | 1 | | 0.05 | 0.41 | |
| Copper, Cu....mg | 0.024 | | 0 | RPA | 1 | | 0.007 | 0.057 | |
| Manganese, Mn....mg | 0.051 | | 0 | RPA | 1 | | 0.015 | 0.119 | |
| Selenium, Se....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 4.8 | | 0 | RPI | 6 | | 1.4 | 11.2 | |
| Thiamin....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| Riboflavin....mg | 0.056 | | 0 | RPI | 6 | | 0.016 | 0.130 | |
| Niacin....mg | 0.050 | | 0 | RPI | 6 | | 0.015 | 0.118 | |
| Pantothenic acid....mg | 0.025 | | 0 | RPI | 6 | | 0.007 | 0.058 | |
| Vitamin B-6....mg | 0.011 | | 0 | RPI | 6 | | 0.003 | 0.026 | |
| Folate, total....µg | 2 | | 0 | RPI | 6 | | 0 | 4 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 2 | | 0 | RPI | 6 | | 0 | 4 | |
| Folate, DFE....µg | 2 | | 0 | NC | 4 | | 0 | 4 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 1 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 5 | | 0 | RPI | 6 | | 1 | 12 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14406**

**Fruit punch juice drink, frozen concentrate, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.021 | | 0 | RPI | 6 | | 0.006 | 0.049 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.019 | | 0 | RPI | 6 | | 0.006 | 0.045 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.021 | | 0 | RPI | 6 | | 0.006 | 0.049 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.002 | | 0 | RPI | 6 | | 0.000 | 0.004 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.011 | | 0 | RPI | 6 | | 0.003 | 0.027 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.042 | | 0 | RPI | 6 | | 0.012 | 0.098 | |
| 18:2 undifferentiated....g | 0.031 | | 0 | RPI | 6 | | 0.009 | 0.071 | |
| 18:3 undifferentiated....g | 0.011 | | 0 | RPI | 6 | | 0.003 | 0.027 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 234g: 1 serving 8 fl oz

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14541**

**Fruit punch-flavor drink, powder, without added sodium, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 90.35 | | 0 | RPI | 6 | | 29.54 | 236.72 | |
| Energy....kcal | 37 | | 0 | RPI | 6 | | 12 | 97 | |
| Energy....kJ | 155 | | 0 | RPI | 6 | | 51 | 406 | |
| Protein (N x 0)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.01 | | 0 | RPI | 6 | | 0.00 | 0.03 | |
| Ash....g | 0.17 | | 0 | RPI | 6 | | 0.05 | 0.44 | |
| Carbohydrate, by difference....g | 9.47 | | 0 | RPI | 6 | | 3.10 | 24.82 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Sugars, total....g | 9.23 | | 0 | RPI | 6 | | 3.02 | 24.18 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | RPA | 1 | | 5 | 43 | |
| Iron, Fe....mg | 0.05 | | 0 | RPA | 1 | | 0.02 | 0.13 | |
| Magnesium, Mg....mg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Phosphorus, P....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Potassium, K....mg | 1 | | 0 | RPA | 1 | | 0 | 2 | |
| Sodium, Na....mg | 7 | | 0 | RPA | 1 | | 2 | 20 | |
| Zinc, Zn....mg | 0.02 | | 0 | RPA | 1 | | 0.00 | 0.04 | |
| Copper, Cu....mg | 0.021 | | 0 | RPA | 1 | | 0.007 | 0.056 | |
| Manganese, Mn....mg | 0.003 | | 0 | RPA | 1 | | 0.001 | 0.007 | |
| Selenium, Se....µg | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 11.8 | | 0 | RPI | 6 | | 3.9 | 31.0 | |
| Thiamin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| Riboflavin....mg | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.006 | |
| Niacin....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.004 | |
| Pantothenic acid....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14541**

**Fruit punch-flavor drink, powder, without added sodium, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.006 | | 0 | RPI | 6 | | 0.002 | 0.014 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 12:0....g | 0.003 | | 0 | RPI | 6 | | 0.001 | 0.007 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| 18:2 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 32.7g: 1 fl oz

Measure 2 = 262g: 1 serving 8 fl oz

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 42055**

**Fruit-flavored drink, dry powdered mix, low calorie, with aspartame**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.84 | | 0 | FLC | 4 | | 0.15 | | |
| Energy....kcal | 218 | | 0 | NC | 4 | | 17 | | |
| Energy....kJ | 912 | | 0 | NC | 4 | | 73 | | |
| Protein (N x 6.25)....g | 0.45 | | 0 | FLC | 4 | | 0.04 | | |
| Total lipid (fat)....g | 0.04 | | 0 | FLC | 4 | | 0.00 | | |
| Ash....g | 10.30 | | 0 | FLC | 4 | | 0.82 | | |
| Carbohydrate, by difference....g | 87.38 | | 0 | NC | 4 | | 6.99 | | |
| Fiber, total dietary....g | 0.1 | | 0 | FLC | 4 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1047 | | 0 | | 4 | | 84 | | |
| Iron, Fe....mg | 0.08 | | 0 | FLC | 4 | | 0.01 | | |
| Magnesium, Mg....mg | 3 | | 0 | FLC | 4 | | 0 | | |
| Phosphorus, P....mg | 1239 | | 0 | | 4 | | 99 | | |
| Potassium, K....mg | 498 | | 0 | | 4 | | 40 | | |
| Sodium, Na....mg | 404 | | 0 | FLC | 4 | | 32 | | |
| Zinc, Zn....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Manganese, Mn....mg | 0.001 | | 0 | FLC | 4 | | 0.000 | | |
| Selenium, Se....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 560.0 | | 0 | BFZN | 4 | | 44.8 | | |
| Thiamin....mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Niacin....mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Pantothenic acid....mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Vitamin B-6....mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Folate, total....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.1 | | 0 | O | 4 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 0 | | 0 | FLC | 4 | | 0 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | FLC | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 42055**

**Fruit-flavored drink, dry powdered mix, low calorie, with aspartame**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | FLC | 4 | | 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 8.0g: 1 tsp

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 2.471

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 43345**

**Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.32 | | 1 | | 9 | | 0.03 | | |
| Energy | kcal | 227 | | 0 | NC | 4 | | 5 | | |
| Energy | kJ | 951 | | 0 | NC | 4 | | 19 | | |
| Protein (N x 6.25) | g | 0.25 | | 0 | FLA | 4 | | 0.01 | | |
| Total lipid (fat) | g | 0.16 | | 1 | | 9 | | 0.00 | | |
| Ash | g | 7.27 | | 1 | | 9 | | 0.15 | | |
| Carbohydrate, by difference | g | 91.00 | | 0 | NC | 4 | | 1.82 | | |
| Fiber, total dietary | g | 2.2 | | 0 | FLA | 4 | | 0.0 | | |
| Sugars, total | g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 800 | | 1 | LC | 8 | | 16 | | |
| Iron, Fe | mg | 0.08 | | 0 | FLA | 4 | | 0.00 | | |
| Magnesium, Mg | mg | 245 | | 1 | | 9 | | 5 | | |
| Phosphorus, P | mg | 493 | | 1 | | 9 | | 10 | | |
| Potassium, K | mg | 2518 | | 1 | | 9 | | 50 | | |
| Sodium, Na | mg | 14 | | 0 | FLA | 4 | | 0 | | |
| Zinc, Zn | mg | 0.01 | | 1 | | 9 | | 0.00 | | |
| Copper, Cu | mg | 0.011 | | 1 | | 9 | | 0.000 | | |
| Manganese, Mn | mg | 0.008 | | 0 | FLA | 4 | | 0.000 | | |
| Selenium, Se | µg | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2400.0 | | 1 | | 8 | | 48.0 | | |
| Thiamin | mg | 0.009 | | 0 | FLA | 4 | | 0.000 | | |
| Riboflavin | mg | 6.800 | | 1 | LC | 8 | | 0.136 | | |
| Niacin | mg | 80.000 | | 1 | LC | 8 | | 1.600 | | |
| Pantothenic acid | mg | 0.018 | | 0 | FLA | 4 | | 0.000 | | |
| Vitamin B-6 | mg | 8.000 | | 1 | LC | 8 | | 0.160 | | |
| Folate, total | µg | 5 | | 0 | FLA | 4 | | 0 | | |
| Folic acid | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food | µg | 5 | | 0 | FLA | 4 | | 0 | | |
| Folate, DFE | µg | 5 | | 0 | NC | 4 | | 0 | | |
| Choline, total | mg | 0.1 | | 0 | O | 4 | | 0.0 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | µg | 5997 | | 0 | FLA | 4 | | 120 | | |
| Retinol | µg | 5996 | | 0 | FLA | 4 | | 120 | | |
| Carotene, beta | µg | 2 | | 0 | FLA | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 10 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, IU | IU | 20000 | | 0 | FLA | 4 | | 400 | | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 13 | | 0 | FLA | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.02 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 43345**

**Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.010 | | 0 | NC | 4 | | 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 | 0.010 | | 0 | | 4 | | 0.000 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.038 | | 0 | NC | 4 | | 0.001 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.037 | | 0 | | 4 | | 0.001 | | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.034 | | 1 | | 9 | | 0.001 | | |
| 18:2 undifferentiated....g | 0.025 | | 0 | | 4 | | 0.001 | | |
| 18:3 undifferentiated....g | 0.009 | | 0 | | 4 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 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 | FLA | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 2.0g: 1 tsp

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 2.471

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14277**
**Grape drink, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 84.20 | | 0 | FLA | 4 | | 26.35 | 210.49 | |
| Energy....kcal | 61 | | 0 | NC | 4 | | 19 | 153 | |
| Energy....kJ | 257 | | 0 | NC | 4 | | 80 | 643 | |
| Protein (N x 6.25)....g | 0.00 | | 2 | LC | 8 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 2 | LC | 8 | | 0.00 | 0.00 | |
| Ash....g | 0.08 | | 0 | O | 4 | | 0.03 | 0.20 | |
| Carbohydrate, by difference....g | 15.72 | | 0 | NC | 4 | | 4.92 | 39.30 | |
| Fiber, total dietary....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 13.06 | | 2 | LC | 8 | | 4.09 | 32.66 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 52 | | 1 | LC | 8 | | 16 | 131 | |
| Iron, Fe....mg | 0.07 | | 0 | FLA | 4 | | 0.02 | 0.16 | |
| Magnesium, Mg....mg | 1 | | 0 | FLA | 4 | | 0 | 2 | |
| Phosphorus, P....mg | 0 | | 0 | FLA | 4 | | 0 | 1 | |
| Potassium, K....mg | 12 | 3.148 | 5 | JO | 11 | | 4 | 30 | |
| Sodium, Na....mg | 16 | | 2 | LC | 8 | | 5 | 39 | |
| Zinc, Zn....mg | 0.12 | | 1 | AI | 13 | | 0.04 | 0.29 | |
| Copper, Cu....mg | 0.013 | | 1 | AI | 13 | | 0.004 | 0.033 | |
| Manganese, Mn....mg | 0.027 | | 0 | FLA | 4 | | 0.009 | 0.068 | |
| Selenium, Se....µg | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 31.4 | | 2 | LC | 8 | | 9.8 | 78.4 | |
| Thiamin....mg | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.002 | |
| Riboflavin....mg | 0.004 | | 0 | FLA | 4 | | 0.001 | 0.010 | |
| Niacin....mg | 0.010 | | 0 | FLA | 4 | | 0.003 | 0.024 | |
| Pantothenic acid....mg | 0.003 | | 0 | FLA | 4 | | 0.001 | 0.008 | |
| Vitamin B-6....mg | 0.002 | | 0 | FLA | 4 | | 0.001 | 0.006 | |
| Folate, total....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.3 | | 0 | O | 4 | | 0.1 | 0.8 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 1 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | FLA | 4 | | 0 | 1 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 4 | | 0 | FLA | 4 | | 1 | 10 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14277**
**Grape drink, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | | | | | | | | | |
| Threonine....g | | | | | | | | | |
| Isoleucine....g | | | | | | | | | |
| Leucine....g | | | | | | | | | |
| Lysine....g | | | | | | | | | |
| Methionine....g | | | | | | | | | |
| Cystine....g | | | | | | | | | |
| Phenylalanine....g | | | | | | | | | |
| Tyrosine....g | | | | | | | | | |
| Valine....g | | | | | | | | | |
| Arginine....g | | | | | | | | | |
| Histidine....g | | | | | | | | | |
| Alanine....g | | | | | | | | | |
| Aspartic acid....g | | | | | | | | | |
| Glutamic acid....g | | | | | | | | | |
| Glycine....g | | | | | | | | | |
| Proline....g | | | | | | | | | |
| Serine....g | | | | | | | | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

**NDB No. 14277**
**Grape drink, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31.3g: 1 fl oz

Measure 2 = 250g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14282**
**Grape juice drink, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 85.30 | | 0 | O | 4 | | 26.70 | 213.25 | |
| Energy....kcal | 57 | | 0 | NC | 4 | | 18 | 142 | |
| Energy....kJ | 237 | | 0 | NC | 4 | | 74 | 594 | |
| Protein (N x 6.25)....g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Ash....g | 0.12 | 0.032 | 7 | AI | 13 | | 0.04 | 0.30 | |
| Carbohydrate, by difference....g | 14.55 | | 1 | LC | 8 | | 4.55 | 36.38 | |
| Fiber, total dietary....g | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.1 | |
| Sugars, total....g | 14.11 | | 1 | LC | 8 | | 4.42 | 35.27 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 0 | FLA | 4 | | 2 | 17 | |
| Iron, Fe....mg | 0.13 | | 0 | FLA | 4 | | 0.04 | 0.34 | |
| Magnesium, Mg....mg | 6 | | 0 | FLA | 4 | | 2 | 15 | |
| Phosphorus, P....mg | 6 | | 0 | FLA | 4 | | 2 | 15 | |
| Potassium, K....mg | 33 | 4.043 | 6 | AI | 13 | | 10 | 82 | |
| Sodium, Na....mg | 9 | | 1 | LC | 8 | | 3 | 22 | |
| Zinc, Zn....mg | 0.03 | | 0 | FLA | 4 | | 0.01 | 0.08 | |
| Copper, Cu....mg | 0.022 | | 0 | FLA | 4 | | 0.007 | 0.054 | |
| Manganese, Mn....mg | 0.200 | | 0 | FLA | 4 | | 0.063 | 0.501 | |
| Selenium, Se....µg | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 26.5 | | 1 | LC | 8 | | 8.3 | 66.1 | |
| Thiamin....mg | 0.225 | | 1 | AI | 13 | | 0.070 | 0.563 | |
| Riboflavin....mg | 0.354 | | 1 | AI | 13 | | 0.111 | 0.885 | |
| Niacin....mg | 0.142 | | 0 | FLA | 4 | | 0.044 | 0.355 | |
| Pantothenic acid....mg | 0.023 | | 0 | FLA | 4 | | 0.007 | 0.057 | |
| Vitamin B-6....mg | 0.035 | | 0 | FLA | 4 | | 0.011 | 0.088 | |
| Folate, total....µg | 1 | | 0 | FLA | 4 | | 0 | 4 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | FLA | 4 | | 0 | 4 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 4 | |
| Choline, total....mg | 0.3 | | 0 | O | 4 | | 0.1 | 0.8 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLA | 4 | | 0 | 1 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 3 | | 0 | FLA | 4 | | 1 | 6 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 4 | | 0 | FLA | 4 | | 1 | 11 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 19 | | 0 | FLA | 4 | | 6 | 47 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.1 | 0.5 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14282**
**Grape juice drink, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31.3g: 1 fl oz

Measure 2 = 250g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14649**
**Hibiscus tea**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 89.63 | | 2 | AI | 13 | | 212.42 | | |
| Energy....kcal | 37 | | 0 | NC | 4 | | 88 | | |
| Energy....kJ | 156 | | 0 | NC | 4 | | 370 | | |
| Protein....g | 0.43 | 0.120 | 3 | JO | 11 | | 1.02 | | |
| Total lipid (fat)....g | 0.65 | 0.258 | 3 | JO | 11 | | 1.53 | | |
| Ash....g | 1.49 | | 2 | AI | 13 | | 3.54 | | |
| Carbohydrate, by difference....g | 7.41 | 0.570 | 3 | JO | 11 | | 17.57 | | |
| Fiber, total dietary....g | 0.3 | | 2 | AI | 13 | | 0.6 | | |
| Sugars, total....g | 6.00 | | 0 | O | 4 | | 14.22 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 2 | AI | 13 | | 3 | | |
| Iron, Fe....mg | 8.64 | | 1 | AI | 13 | | 20.47 | | |
| Magnesium, Mg....mg | 1 | | 0 | BFZN | 4 | | 2 | | |
| Phosphorus, P....mg | 3 | | 2 | AI | 13 | | 6 | | |
| Potassium, K....mg | 9 | | 0 | BFZN | 4 | | 21 | | |
| Sodium, Na....mg | 3 | | 2 | JO | 11 | | 6 | | |
| Zinc, Zn....mg | 0.12 | | 1 | AI | 13 | | 0.29 | | |
| Copper, Cu....mg | 0.073 | | 1 | AI | 13 | | 0.172 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 18.4 | | 2 | AI | 13 | | 43.6 | | |
| Thiamin....mg | 1.279 | | 2 | AI | 13 | | 3.032 | | |
| Riboflavin....mg | 0.099 | | 1 | AI | 13 | | 0.233 | | |
| Niacin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Folate, total....µg | 1 | | 0 | BFZN | 4 | | 1 | | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food....µg | 1 | | 0 | BFZN | 4 | | 1 | | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 1 | | |
| Choline, total....mg | 0.4 | | 0 | BFZN | 4 | | 0.9 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 15 | | 0 | NC | 4 | | 35 | | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Carotene, beta....µg | 178 | | 1 | AI | 13 | | 421 | | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin A, IU....IU | 296 | | 0 | NC | 4 | | 701 | | |
| 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 | BFFN | 4 | | 0.0 | | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14649**
**Hibiscus tea**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.267 | | 1 | LC | 8 | | 0.632 | | |
| 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 | 0.008 | | 0 | BFFN | 4 | | 0.019 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.039 | | 0 | BFFN | 4 | | 0.093 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.204 | | 0 | BFFN | 4 | | 0.483 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.016 | | 0 | BFFN | 4 | | 0.037 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.083 | | 0 | BFFN | 4 | | 0.197 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.046 | | 0 | BFFN | 4 | | 0.109 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.037 | | 0 | BFFN | 4 | | 0.088 | | |
| 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 | 0.037 | | 0 | BFFN | 4 | | 0.088 | | |
| 18:2 undifferentiated....g | 0.018 | | 0 | BFFN | 4 | | 0.044 | | |
| 18:3 undifferentiated....g | 0.018 | | 0 | BFFN | 4 | | 0.044 | | |
| 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 | | 0 | BFFN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 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 = 237g: 8 fl oz

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14542**
**Lemonade, frozen concentrate, pink**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 50.09 | | 2 | A | 1 | | 18.23 | 218.87 | 109.19 |
| Energy....kcal | 192 | | 0 | NC | 4 | | 70 | 840 | 419 |
| Energy....kJ | 804 | | 0 | NC | 4 | | 293 | 3514 | 1753 |
| Protein (N x 6.25)....g | 0.22 | | 2 | A | 1 | | 0.08 | 0.95 | 0.48 |
| Total lipid (fat)....g | 0.69 | | 2 | A | 1 | | 0.25 | 3.04 | 1.51 |
| Ash....g | 0.14 | | 2 | A | 1 | | 0.05 | 0.63 | 0.32 |
| Carbohydrate, by difference....g | 48.86 | | 0 | NC | 4 | | 17.78 | 213.51 | 106.51 |
| Fiber, total dietary....g | 0.3 | | 2 | A | 1 | | 0.1 | 1.2 | 0.6 |
| Sugars, total....g | 46.46 | | 2 | A | 1 | | 16.91 | 203.05 | 101.29 |
| Sucrose....g | 7.39 | | 2 | A | 1 | | 2.69 | 32.32 | 16.12 |
| Glucose (dextrose)....g | 18.57 | | 2 | A | 1 | | 6.76 | 81.15 | 40.48 |
| Fructose....g | 20.06 | | 2 | A | 1 | | 7.30 | 87.66 | 43.73 |
| Lactose....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Maltose....g | 0.44 | | 2 | A | 1 | | 0.16 | 1.92 | 0.96 |
| Galactose....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 2 | A | 1 | | 3 | 33 | 16 |
| Iron, Fe....mg | 0.08 | | 2 | A | 1 | | 0.03 | 0.35 | 0.17 |
| Magnesium, Mg....mg | 7 | | 2 | A | 1 | | 2 | 30 | 15 |
| Phosphorus, P....mg | 7 | | 2 | A | 1 | | 3 | 31 | 15 |
| Potassium, K....mg | 76 | | 2 | A | 1 | | 28 | 330 | 165 |
| Sodium, Na....mg | 4 | | 2 | A | 1 | | 2 | 19 | 10 |
| Zinc, Zn....mg | 0.03 | | 2 | A | 1 | | 0.01 | 0.14 | 0.07 |
| Copper, Cu....mg | 0.011 | | 2 | A | 1 | | 0.004 | 0.049 | 0.025 |
| Manganese, Mn....mg | 0.014 | | 2 | A | 1 | | 0.005 | 0.061 | 0.030 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 14.1 | | 2 | A | 1 | | 5.1 | 61.4 | 30.6 |
| Thiamin....mg | 0.017 | | 2 | A | 1 | | 0.006 | 0.076 | 0.038 |
| Riboflavin....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.120 | | 2 | A | 1 | | 0.044 | 0.524 | 0.261 |
| Pantothenic acid....mg | 0.105 | | 2 | A | 1 | | 0.038 | 0.459 | 0.229 |
| Vitamin B-6....mg | 0.015 | | 2 | A | 1 | | 0.005 | 0.065 | 0.032 |
| Folate, total....µg | 11 | | 2 | A | 1 | | 4 | 46 | 23 |
| Folic acid....µg | 0 | | 2 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 11 | | 2 | A | 1 | | 4 | 46 | 23 |
| Folate, DFE....µg | 11 | | 0 | NC | 4 | | 4 | 46 | 23 |
| Choline, total....mg | 2.0 | | 2 | A | 1 | | 0.7 | 8.6 | 4.3 |
| Betaine....mg | 0.2 | | 2 | A | 1 | | 0.1 | 0.9 | 0.5 |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta....µg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Lycopene....µg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.07 | | 2 | A | 1 | | 0.03 | 0.31 | 0.15 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, delta....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocotrienol, alpha....mg | 0.02 | | 2 | A | 1 | | 0.01 | 0.09 | 0.04 |
| Tocotrienol, beta....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |

**NDB No. 14542**
**Lemonade, frozen concentrate, pink**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 0.1 | | 2 | A | 1 | | 0.0 | 0.2 | 0.1 |
| Dihydrophylloquinone....µg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Menaquinone-4....µg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.026 | | 0 | | 1 | | 0.009 | 0.114 | 0.057 |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | NR | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.001 | | 0 | | 1 | | 0.000 | 0.004 | 0.002 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.024 | | 0 | | 1 | | 0.009 | 0.105 | 0.052 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.001 | | 0 | | 1 | | 0.000 | 0.004 | 0.002 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.008 | | 0 | | 1 | | 0.003 | 0.035 | 0.017 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | | 1 | | 0.000 | 0.004 | 0.002 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.007 | | 0 | | 1 | | 0.003 | 0.031 | 0.015 |
| 20:1....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.059 | | 0 | | 1 | | 0.021 | 0.258 | 0.129 |
| 18:2 undifferentiated....g | 0.042 | | 0 | | 1 | | 0.015 | 0.184 | 0.092 |
| 18:3 undifferentiated....g | 0.017 | | 0 | | 1 | | 0.006 | 0.074 | 0.037 |
| 18:4....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 36.4g: 1 fl oz

Measure 2 = 437g: 1 can (12 fl oz)

**NDB No. 14542**
**Lemonade, frozen concentrate, pink**

Measure 3 = 218g: 1 can (6 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

**Food Group:** 14 Beverages

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**NDB No. 14543**
**Lemonade, frozen concentrate, pink, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.88 | | 0 | RPI | 6 | | 27.46 | 219.52 | |
| Energy....kcal | 43 | | 0 | RPI | 6 | | 13 | 105 | |
| Energy....kJ | 178 | | 0 | RPI | 6 | | 55 | 440 | |
| Protein (N x 0)....g | 0.05 | | 0 | RPI | 6 | | 0.01 | 0.12 | |
| Total lipid (fat)....g | 0.15 | | 0 | RPI | 6 | | 0.05 | 0.38 | |
| Ash....g | 0.11 | | 0 | RPI | 6 | | 0.03 | 0.27 | |
| Carbohydrate, by difference....g | 10.81 | | 0 | RPI | 6 | | 3.34 | 26.71 | |
| Fiber, total dietary....g | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.2 | |
| Sugars, total....g | 10.28 | | 0 | RPI | 6 | | 3.18 | 25.40 | |
| Sucrose....g | 1.64 | | 0 | RPA | 1 | | 0.51 | 4.04 | |
| Glucose (dextrose)....g | 4.11 | | 0 | RPA | 1 | | 1.27 | 10.15 | |
| Fructose....g | 4.44 | | 0 | RPA | 1 | | 1.37 | 10.97 | |
| Lactose....g | 0.00 | | 0 | RPA | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.10 | | 0 | RPA | 1 | | 0.03 | 0.24 | |
| Galactose....g | 0.00 | | 0 | RPA | 1 | | 0.00 | 0.00 | |
| Starch....g | 0.00 | | 0 | RPA | 1 | | 0.00 | 0.00 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | RPA | 1 | | 1 | 10 | |
| Iron, Fe....mg | 0.02 | | 0 | RPA | 1 | | 0.01 | 0.05 | |
| Magnesium, Mg....mg | 2 | | 0 | RPA | 1 | | 1 | 6 | |
| Phosphorus, P....mg | 2 | | 0 | RPA | 1 | | 0 | 4 | |
| Potassium, K....mg | 17 | | 0 | RPA | 1 | | 5 | 42 | |
| Sodium, Na....mg | 4 | | 0 | RPA | 1 | | 1 | 10 | |
| Zinc, Zn....mg | 0.01 | | 0 | RPA | 1 | | 0.00 | 0.03 | |
| Copper, Cu....mg | 0.010 | | 0 | RPA | 1 | | 0.003 | 0.025 | |
| Manganese, Mn....mg | 0.003 | | 0 | RPA | 1 | | 0.001 | 0.008 | |
| Selenium, Se....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 3.1 | | 0 | RPI | 6 | | 1.0 | 7.7 | |
| Thiamin....mg | 0.004 | | 0 | RPI | 6 | | 0.001 | 0.009 | |
| Riboflavin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Niacin....mg | 0.027 | | 0 | RPI | 6 | | 0.008 | 0.066 | |
| Pantothenic acid....mg | 0.023 | | 0 | RPI | 6 | | 0.007 | 0.057 | |
| Vitamin B-6....mg | 0.003 | | 0 | RPI | 6 | | 0.001 | 0.008 | |
| Folate, total....µg | 2 | | 0 | RPI | 6 | | 1 | 6 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 2 | | 0 | RPI | 6 | | 1 | 6 | |
| Folate, DFE....µg | 2 | | 0 | NC | 4 | | 1 | 6 | |
| Choline, total....mg | 0.4 | | 0 | RPI | 6 | | 0.1 | 1.1 | |
| Betaine....mg | 0.0 | | 0 | RPA | 1 | | 0.0 | 0.1 | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.02 | | 0 | RPI | 6 | | 0.00 | 0.04 | |
| 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 | 0.01 | |
| Tocotrienol, beta....mg | 0.00 | | 0 | RPA | 1 | | 0.00 | 0.00 | |

**NDB No. 14543**
**Lemonade, frozen concentrate, pink, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | 0.0 | | 0 | RPA | 1 | | 0.0 | 0.0 | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.006 | | 0 | RPI | 6 | | 0.002 | 0.014 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.005 | | 0 | RPI | 6 | | 0.002 | 0.013 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.004 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.002 | | 0 | RPI | 6 | | 0.000 | 0.004 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.013 | | 0 | RPI | 6 | | 0.004 | 0.032 | |
| 18:2 undifferentiated....g | 0.009 | | 0 | RPI | 6 | | 0.003 | 0.023 | |
| 18:3 undifferentiated....g | 0.004 | | 0 | RPI | 6 | | 0.001 | 0.009 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30.9g: 1 fl oz

Measure 2 = 247g: 1 cup 8 fl oz

**NDB No. 14543**

**Lemonade, frozen concentrate, pink, prepared with water**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14292**
**Lemonade, frozen concentrate, white**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 49.06 | | 2 | A | 1 | | 17.91 | 214.88 | 107.44 |
| Energy....kcal | 196 | | 0 | NC | 4 | | 72 | 859 | 430 |
| Energy....kJ | 821 | | 0 | NC | 4 | | 300 | 3595 | 1798 |
| Protein (N x 6.25)....g | 0.22 | | 2 | A | 1 | | 0.08 | 0.96 | 0.48 |
| Total lipid (fat)....g | 0.70 | | 2 | A | 1 | | 0.26 | 3.07 | 1.53 |
| Ash....g | 0.13 | | 2 | A | 1 | | 0.05 | 0.57 | 0.28 |
| Carbohydrate, by difference....g | 49.89 | | 0 | NC | 4 | | 18.21 | 218.53 | 109.26 |
| Fiber, total dietary....g | 0.3 | | 2 | A | 1 | | 0.1 | 1.4 | 0.7 |
| Sugars, total....g | 44.46 | | 0 | AS | 1 | | 16.23 | 194.73 | 97.37 |
| Sucrose....g | 9.70 | | 2 | A | 1 | | 3.54 | 42.51 | 21.25 |
| Glucose (dextrose)....g | 16.30 | | 2 | A | 1 | | 5.95 | 71.42 | 35.71 |
| Fructose....g | 17.99 | | 2 | A | 1 | | 6.57 | 78.80 | 39.40 |
| Lactose....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Maltose....g | 0.46 | | 2 | A | 1 | | 0.17 | 2.01 | 1.01 |
| Galactose....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 2 | A | 1 | | 3 | 32 | 16 |
| Iron, Fe....mg | 0.09 | | 2 | A | 1 | | 0.03 | 0.37 | 0.19 |
| Magnesium, Mg....mg | 7 | | 2 | A | 1 | | 3 | 32 | 16 |
| Phosphorus, P....mg | 7 | | 2 | A | 1 | | 2 | 29 | 14 |
| Potassium, K....mg | 72 | | 2 | A | 1 | | 26 | 315 | 157 |
| Sodium, Na....mg | 7 | | 2 | A | 1 | | 2 | 29 | 14 |
| Zinc, Zn....mg | 0.04 | | 2 | A | 1 | | 0.01 | 0.17 | 0.09 |
| Copper, Cu....mg | 0.013 | | 2 | A | 1 | | 0.005 | 0.056 | 0.028 |
| Manganese, Mn....mg | 0.013 | | 2 | A | 1 | | 0.005 | 0.057 | 0.028 |
| Selenium, Se....µg | 0.4 | | 0 | BFSN | 4 | | 0.1 | 1.8 | 0.9 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 13.1 | | 2 | A | 1 | | 4.8 | 57.2 | 28.6 |
| Thiamin....mg | 0.020 | | 2 | A | 1 | | 0.007 | 0.087 | 0.044 |
| Riboflavin....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.110 | | 2 | A | 1 | | 0.040 | 0.482 | 0.241 |
| Pantothenic acid....mg | 0.115 | | 2 | A | 1 | | 0.042 | 0.503 | 0.252 |
| Vitamin B-6....mg | 0.020 | | 2 | A | 1 | | 0.007 | 0.087 | 0.044 |
| Folate, total....µg | 7 | | 2 | A | 1 | | 3 | 31 | 15 |
| Folic acid....µg | 0 | | 2 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 7 | | 2 | A | 1 | | 3 | 31 | 15 |
| Folate, DFE....µg | 7 | | 0 | NR | 4 | | 3 | 31 | 15 |
| Choline, total....mg | 2.0 | | 2 | A | 1 | | 0.7 | 8.6 | 4.3 |
| Betaine....mg | 0.2 | | 2 | A | 1 | | 0.1 | 0.9 | 0.5 |
| Vitamin B-12....µg | 0.00 | | 0 | Z | 7 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Carotene, beta....µg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Lycopene....µg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 4 | | 0 | FLA | 4 | | 1 | 16 | 8 |
| Vitamin E (alpha-tocopherol)....mg | 0.09 | | 2 | A | 1 | | 0.03 | 0.37 | 0.19 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, delta....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocotrienol, alpha....mg | 0.01 | | 2 | A | 1 | | 0.00 | 0.04 | 0.02 |
| Tocotrienol, beta....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |

**NDB No. 14292**
**Lemonade, frozen concentrate, white**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | 0.0 | | 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 | 0.2 | | 2 | A | 1 | | 0.1 | 0.7 | 0.3 |
| Dihydrophylloquinone....µg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Menaquinone-4....µg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.025 | | 0 | FLA | 4 | | 0.009 | 0.111 | 0.056 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.001 | | 0 | | 1 | | 0.000 | 0.004 | 0.002 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.024 | | 0 | | 1 | | 0.009 | 0.105 | 0.053 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.001 | | 0 | | 1 | | 0.000 | 0.004 | 0.002 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.008 | | 0 | | 1 | | 0.003 | 0.035 | 0.018 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | | 1 | | 0.000 | 0.004 | 0.002 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.007 | | 0 | | 1 | | 0.003 | 0.031 | 0.015 |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.059 | | 0 | | 1 | | 0.022 | 0.258 | 0.129 |
| 18:2 undifferentiated....g | 0.042 | | 0 | | 1 | | 0.015 | 0.184 | 0.092 |
| 18:3 undifferentiated....g | 0.017 | | 0 | | 1 | | 0.006 | 0.074 | 0.037 |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 36.5g: 1 fl oz

Measure 2 = 438g: 1 can (12 fl oz)

**NDB No. 14292**
**Lemonade, frozen concentrate, white**

Measure 3 = 219g: 1 can (6 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14293**

**Lemonade, frozen concentrate, white, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 89.35 | | 0 | RPI | 6 | | 27.61 | 220.69 | |
| Energy....kcal | 40 | | 0 | RPI | 6 | | 12 | 99 | |
| Energy....kJ | 168 | | 0 | RPI | 6 | | 52 | 415 | |
| Protein (N x 0)....g | 0.07 | | 0 | RPI | 6 | | 0.02 | 0.16 | |
| Total lipid (fat)....g | 0.04 | | 0 | RPI | 6 | | 0.01 | 0.11 | |
| Ash....g | 0.12 | | 0 | RPI | 6 | | 0.04 | 0.30 | |
| Carbohydrate, by difference....g | 10.42 | | 0 | RPI | 6 | | 3.22 | 25.74 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.1 | |
| Sugars, total....g | 9.98 | | 0 | RPI | 6 | | 3.08 | 24.66 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | RPA | 1 | | 1 | 10 | |
| Iron, Fe....mg | 0.16 | | 0 | RPA | 1 | | 0.05 | 0.40 | |
| Magnesium, Mg....mg | 2 | | 0 | RPA | 1 | | 1 | 5 | |
| Phosphorus, P....mg | 2 | | 0 | RPA | 1 | | 1 | 5 | |
| Potassium, K....mg | 15 | | 0 | RPA | 1 | | 5 | 38 | |
| Sodium, Na....mg | 4 | | 0 | RPA | 1 | | 1 | 9 | |
| Zinc, Zn....mg | 0.02 | | 0 | RPA | 1 | | 0.01 | 0.05 | |
| Copper, Cu....mg | 0.021 | | 0 | RPA | 1 | | 0.006 | 0.052 | |
| Manganese, Mn....mg | 0.005 | | 0 | RPA | 1 | | 0.001 | 0.011 | |
| Selenium, Se....µg | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 3.9 | | 0 | RPI | 6 | | 1.2 | 9.7 | |
| Thiamin....mg | 0.006 | | 0 | RPI | 6 | | 0.002 | 0.014 | |
| Riboflavin....mg | 0.021 | | 0 | RPI | 6 | | 0.007 | 0.053 | |
| Niacin....mg | 0.016 | | 0 | RPI | 6 | | 0.005 | 0.041 | |
| Pantothenic acid....mg | 0.013 | | 0 | RPI | 6 | | 0.004 | 0.031 | |
| Vitamin B-6....mg | 0.006 | | 0 | RPI | 6 | | 0.002 | 0.014 | |
| Folate, total....µg | 1 | | 0 | RPI | 6 | | 0 | 3 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | RPI | 6 | | 0 | 3 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 3 | |
| Choline, total....mg | 0.4 | | 0 | RPI | 6 | | 0.1 | 1.1 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 1 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 1 | | 0 | RPI | 6 | | 0 | 3 | |
| Vitamin A, IU....IU | 1 | | 0 | RPI | 6 | | 0 | 4 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Vitamin E (alpha-tocopherol)....mg | 0.01 | | 0 | RPI | 6 | | 0.00 | 0.02 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14293**

**Lemonade, frozen concentrate, white, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.006 | | 0 | RPI | 6 | | 0.002 | 0.014 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.005 | | 0 | RPI | 6 | | 0.002 | 0.013 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.004 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.002 | | 0 | RPI | 6 | | 0.000 | 0.004 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.013 | | 0 | RPI | 6 | | 0.004 | 0.032 | |
| 18:2 undifferentiated....g | 0.009 | | 0 | RPI | 6 | | 0.003 | 0.023 | |
| 18:3 undifferentiated....g | 0.004 | | 0 | RPI | 6 | | 0.001 | 0.010 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30.9g: 1 fl oz

Measure 2 = 247g: 1 serving 1 cup 8 fl oz

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14287**
**Lemonade, powder**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.43 | | 1 | A | 1 | | 0.26 | 3.12 | |
| Energy....kcal | 376 | | 0 | NC | 4 | | 68 | 820 | |
| Energy....kJ | 1573 | | 0 | | 4 | | 283 | 3430 | |
| Protein (N x 6.25)....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 1.05 | | 1 | A | 1 | | 0.19 | 2.29 | |
| Ash....g | 0.47 | | 0 | O | 4 | | 0.08 | 1.02 | |
| Carbohydrate, by difference....g | 97.57 | | 0 | FLC | 4 | | 17.56 | 212.71 | |
| Fiber, total dietary....g | 0.4 | | 0 | O | 4 | | 0.1 | 0.9 | |
| Sugars, total....g | 94.70 | | 1 | A | 1 | | 17.05 | 206.45 | |
| Sucrose....g | 74.45 | | 1 | A | 1 | | 13.40 | 162.30 | |
| Glucose (dextrose)....g | 2.75 | | 1 | A | 1 | | 0.50 | 6.00 | |
| Fructose....g | 17.50 | | 1 | A | 1 | | 3.15 | 38.15 | |
| Lactose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Galactose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Starch....g | 0.07 | | 1 | A | 1 | | 0.01 | 0.16 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | | 1 | A | 1 | | 4 | 44 | |
| Iron, Fe....mg | 0.19 | | 1 | A | 1 | | 0.03 | 0.40 | |
| Magnesium, Mg....mg | 247 | | 1 | A | 1 | | 44 | 538 | |
| Phosphorus, P....mg | 4 | | 1 | A | 1 | | 1 | 9 | |
| Potassium, K....mg | 147 | | 1 | A | 1 | | 26 | 320 | |
| Sodium, Na....mg | 51 | | 1 | A | 1 | | 9 | 112 | |
| Zinc, Zn....mg | 0.10 | | 1 | A | 1 | | 0.02 | 0.23 | |
| Copper, Cu....mg | 0.045 | | 1 | A | 1 | | 0.008 | 0.098 | |
| Manganese, Mn....mg | 0.016 | | 1 | A | 1 | | 0.003 | 0.035 | |
| Selenium, Se....µg | 0.6 | | 0 | BFSN | 4 | | 0.1 | 1.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 39.9 | | 1 | A | 1 | | 7.2 | 87.0 | |
| Thiamin....mg | 0.015 | | 1 | | 1 | | 0.003 | 0.033 | |
| Riboflavin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin....mg | 0.130 | | 1 | | 1 | | 0.023 | 0.283 | |
| Pantothenic acid....mg | 0.060 | | 1 | | 1 | | 0.011 | 0.131 | |
| Vitamin B-6....mg | 0.026 | | 1 | | 1 | | 0.005 | 0.057 | |
| Folate, total....µg | 6 | | 0 | O | 4 | | 1 | 13 | |
| Folic acid....µg | 0 | | 0 | O | 4 | | 0 | 0 | |
| Folate, food....µg | 6 | | 0 | O | 4 | | 1 | 13 | |
| Folate, DFE....µg | 6 | | 0 | NC | 4 | | 1 | 13 | |
| Choline, total....mg | 0.1 | | 1 | A | 1 | | 0.0 | 0.2 | |
| Betaine....mg | 0.7 | | 1 | A | 1 | | 0.1 | 1.6 | |
| Vitamin B-12....µg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.14 | | 0 | O | 4 | | 0.03 | 0.31 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |

**NDB No. 14287**
**Lemonade, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | O | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.151 | | 0 | FLC | 4 | | 0.027 | 0.330 | |
| 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 | 0.001 | | 0 | FLC | 4 | | 0.000 | 0.002 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.121 | | 0 | FLC | 4 | | 0.022 | 0.263 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.029 | | 0 | FLC | 4 | | 0.005 | 0.064 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.111 | | 0 | FLC | 4 | | 0.020 | 0.241 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.004 | | 0 | FLC | 4 | | 0.001 | 0.009 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.107 | | 0 | FLC | 4 | | 0.019 | 0.232 | |
| 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 | 0.457 | | 0 | FLC | 4 | | 0.082 | 0.996 | |
| 18:2 undifferentiated....g | 0.405 | | 0 | FLC | 4 | | 0.073 | 0.883 | |
| 18:3 undifferentiated....g | 0.052 | | 0 | FLC | 4 | | 0.009 | 0.113 | |
| 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 | FLC | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 18g: 1 serving

Measure 2 = 218g: 1 cup

**NDB No. 14287**
**Lemonade, powder**

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14288**
**Lemonade, powder, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 96.26 | | 0 | RPI | 6 | | 31.77 | 254.14 | |
| Energy....kcal | 14 | | 0 | RPI | 6 | | 5 | 37 | |
| Energy....kJ | 58 | | 0 | RPI | 6 | | 19 | 154 | |
| Protein (N x 0)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.04 | | 0 | RPI | 6 | | 0.01 | 0.10 | |
| Ash....g | 0.11 | | 0 | RPI | 6 | | 0.04 | 0.28 | |
| Carbohydrate, by difference....g | 3.59 | | 0 | RPI | 6 | | 1.18 | 9.48 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Sugars, total....g | 3.50 | | 0 | RPI | 6 | | 1.15 | 9.23 | |
| Sucrose....g | 2.75 | | 0 | RPA | 1 | | 0.91 | 7.26 | |
| Glucose (dextrose)....g | 0.10 | | 0 | RPA | 1 | | 0.03 | 0.27 | |
| Fructose....g | 0.65 | | 0 | RPA | 1 | | 0.21 | 1.71 | |
| Lactose....g | 0.00 | | 0 | RPA | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.00 | | 0 | RPA | 1 | | 0.00 | 0.00 | |
| Galactose....g | 0.00 | | 0 | RPA | 1 | | 0.00 | 0.00 | |
| Starch....g | 0.00 | | 0 | RPA | 1 | | 0.00 | 0.01 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | RPA | 1 | | 1 | 10 | |
| Iron, Fe....mg | 0.01 | | 0 | RPA | 1 | | 0.00 | 0.02 | |
| Magnesium, Mg....mg | 10 | | 0 | RPA | 1 | | 3 | 26 | |
| Phosphorus, P....mg | 0 | | 0 | RPA | 1 | | 0 | 0 | |
| Potassium, K....mg | 6 | | 0 | RPA | 1 | | 2 | 16 | |
| Sodium, Na....mg | 6 | | 0 | RPA | 1 | | 2 | 15 | |
| Zinc, Zn....mg | 0.01 | | 0 | RPA | 1 | | 0.00 | 0.02 | |
| Copper, Cu....mg | 0.011 | | 0 | RPA | 1 | | 0.004 | 0.029 | |
| Manganese, Mn....mg | 0.001 | | 0 | RPA | 1 | | 0.000 | 0.002 | |
| Selenium, Se....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.5 | | 0 | RPI | 6 | | 0.5 | 3.9 | |
| Thiamin....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| Riboflavin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Niacin....mg | 0.005 | | 0 | RPI | 6 | | 0.002 | 0.013 | |
| Pantothenic acid....mg | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.006 | |
| Vitamin B-6....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 1 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 1 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total....mg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Betaine....mg | 0.0 | | 0 | RPA | 1 | | 0.0 | 0.1 | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 1 | |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 1 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.01 | | 0 | RPI | 6 | | 0.00 | 0.01 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |

**NDB No. 14288**
**Lemonade, powder, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 33.0g: 1 fl oz

Measure 2 = 264g: 1 serving 1 cup 8 fl oz

**NDB No. 14288**
**Lemonade, powder, prepared with water**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14296**
**Lemonade-flavor drink, powder**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 0.52 | | 1 | A | 1 | | 0.09 | 0.15 | |
| Energy....kcal | 380 | | 0 | NC | 4 | | 68 | 110 | |
| Energy....kJ | 1592 | | 0 | NC | 4 | | 287 | 462 | |
| Protein (N x 6.25)....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 1.01 | | 1 | A | 1 | | 0.18 | 0.29 | |
| Ash....g | 0.57 | | 2 | A | 1 | | 0.10 | 0.17 | |
| Carbohydrate, by difference....g | 97.90 | | 0 | NC | 4 | | 17.62 | 28.39 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 97.15 | | 1 | A | 1 | | 17.49 | 28.17 | |
| Sucrose....g | 72.16 | | 1 | A | 1 | | 12.99 | 20.93 | |
| Glucose (dextrose)....g | 2.26 | | 2 | A | 1 | | 0.41 | 0.66 | |
| Fructose....g | 22.73 | | 2 | A | 1 | | 4.09 | 6.59 | |
| Lactose....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Galactose....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Starch....g | 0.04 | | 2 | A | 1 | | 0.01 | 0.01 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | | 2 | A | 1 | | 2 | 3 | |
| Iron, Fe....mg | 0.17 | | 2 | A | 1 | | 0.03 | 0.05 | |
| Magnesium, Mg....mg | 165 | | 2 | A | 1 | | 30 | 48 | |
| Phosphorus, P....mg | 99 | | 2 | A | 1 | | 18 | 29 | |
| Potassium, K....mg | 39 | | 2 | A | 1 | | 7 | 11 | |
| Sodium, Na....mg | 130 | | 2 | A | 1 | | 23 | 38 | |
| Zinc, Zn....mg | 0.03 | | 2 | A | 1 | | 0.01 | 0.01 | |
| Copper, Cu....mg | 0.025 | | 2 | A | 1 | | 0.004 | 0.007 | |
| Manganese, Mn....mg | 0.011 | | 2 | A | 1 | | 0.002 | 0.003 | |
| Selenium, Se....µg | 0.3 | | 0 | FLC | 4 | | 0.1 | 0.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 40.6 | | 2 | A | 1 | | 7.3 | 11.8 | |
| Thiamin....mg | 0.002 | | 1 | | 1 | | 0.000 | 0.001 | |
| Riboflavin....mg | 0.011 | | 1 | | 1 | | 0.002 | 0.003 | |
| Niacin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 1 | | 1 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.1 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Betaine....mg | 0.7 | | 1 | A | 1 | | 0.1 | 0.2 | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.08 | | 0 | FLC | 4 | | 0.01 | 0.02 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |

**NDB No. 14296**
**Lemonade-flavor drink, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 1.9 | | 0 | FLC | 4 | | 0.3 | 0.5 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.183 | | 0 | | 1 | | 0.033 | 0.053 | |
| 4:0....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.006 | | 0 | | 1 | | 0.001 | 0.002 | |
| 10:0....g | 0.005 | | 0 | | 1 | | 0.001 | 0.001 | |
| 12:0....g | 0.036 | | 0 | | 1 | | 0.007 | 0.011 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.014 | | 0 | | 1 | | 0.002 | 0.004 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.059 | | 0 | FLC | 4 | | 0.011 | 0.017 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.014 | | 0 | FLC | 4 | | 0.003 | 0.004 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.129 | | 0 | FLC | 4 | | 0.023 | 0.037 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.003 | | 0 | FLC | 4 | | 0.001 | 0.001 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.092 | | 0 | FLC | 4 | | 0.017 | 0.027 | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 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 | 0.531 | | 0 | FLC | 4 | | 0.096 | 0.154 | |
| 18:2 undifferentiated....g | 0.348 | | 0 | FLC | 4 | | 0.063 | 0.101 | |
| 18:3 undifferentiated....g | 0.044 | | 0 | FLC | 4 | | 0.008 | 0.013 | |
| 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 | 0 | | 0 | | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 18g: 1 serving

Measure 2 = 29g: .5 scoop (2 tbsp)

**NDB No. 14296**
**Lemonade-flavor drink, powder**

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14297**
**Lemonade-flavor drink, powder, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 92.87 | | 0 | RPI | 6 | | 29.53 | 236.83 | |
| Energy....kcal | 27 | | 0 | RPI | 6 | | 9 | 68 | |
| Energy....kJ | 112 | | 0 | RPI | 6 | | 36 | 286 | |
| Protein (N x 0)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.07 | | 0 | RPI | 6 | | 0.02 | 0.18 | |
| Ash....g | 0.13 | | 0 | RPI | 6 | | 0.04 | 0.34 | |
| Carbohydrate, by difference....g | 6.90 | | 0 | RPI | 6 | | 2.19 | 17.59 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Sugars, total....g | 6.87 | | 0 | RPI | 6 | | 2.18 | 17.52 | |
| Sucrose....g | 4.94 | | 0 | RPA | 1 | | 1.57 | 12.59 | |
| Glucose (dextrose)....g | 0.15 | | 0 | RPA | 1 | | 0.05 | 0.39 | |
| Fructose....g | 1.55 | | 0 | RPA | 1 | | 0.49 | 3.97 | |
| Lactose....g | 0.00 | | 0 | RPA | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.00 | | 0 | RPA | 1 | | 0.00 | 0.00 | |
| Galactose....g | 0.00 | | 0 | RPA | 1 | | 0.00 | 0.00 | |
| Starch....g | 0.00 | | 0 | RPA | 1 | | 0.00 | 0.01 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | RPA | 1 | | 1 | 9 | |
| Iron, Fe....mg | 0.01 | | 0 | RPA | 1 | | 0.00 | 0.03 | |
| Magnesium, Mg....mg | 13 | | 0 | RPA | 1 | | 4 | 32 | |
| Phosphorus, P....mg | 7 | | 0 | RPA | 1 | | 2 | 18 | |
| Potassium, K....mg | 3 | | 0 | RPA | 1 | | 1 | 8 | |
| Sodium, Na....mg | 13 | | 0 | RPA | 1 | | 4 | 32 | |
| Zinc, Zn....mg | 0.01 | | 0 | RPA | 1 | | 0.00 | 0.02 | |
| Copper, Cu....mg | 0.011 | | 0 | RPA | 1 | | 0.003 | 0.028 | |
| Manganese, Mn....mg | 0.001 | | 0 | RPA | 1 | | 0.000 | 0.003 | |
| Selenium, Se....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 2.9 | | 0 | RPI | 6 | | 0.9 | 7.3 | |
| Thiamin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| Niacin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Betaine....mg | 0.1 | | 0 | RPA | 1 | | 0.0 | 0.1 | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |

**NDB No. 14297**
**Lemonade-flavor drink, powder, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31.8g: 1 fl oz

Measure 2 = 255g: 1 serving 1 cup (8 fl oz)

**NDB No. 14297**
**Lemonade-flavor drink, powder, prepared with water**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14303**
**Limeade, frozen concentrate, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.08 | | 0 | RPI | 6 | | 26.60 | 212.62 | |
| Energy....kcal | 52 | | 0 | RPI | 6 | | 16 | 129 | |
| Energy....kJ | 219 | | 0 | RPI | 6 | | 68 | 542 | |
| Protein....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Ash....g | 0.13 | | 0 | RPI | 6 | | 0.04 | 0.31 | |
| Carbohydrate, by difference....g | 13.79 | | 0 | RPI | 6 | | 4.26 | 34.06 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Sugars, total....g | 13.27 | | 0 | RPI | 6 | | 4.10 | 32.78 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 0 | RPI | 6 | | 1 | 6 | |
| Iron, Fe....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Magnesium, Mg....mg | 2 | | 0 | RPI | 6 | | 1 | 4 | |
| Phosphorus, P....mg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Potassium, K....mg | 10 | | 0 | RPI | 6 | | 3 | 25 | |
| Sodium, Na....mg | 3 | | 0 | RPI | 6 | | 1 | 7 | |
| Zinc, Zn....mg | 0.01 | | 0 | RPI | 6 | | 0.00 | 0.03 | |
| Copper, Cu....mg | 0.016 | | 0 | RPI | 6 | | 0.005 | 0.040 | |
| Manganese, Mn....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| Selenium, Se....µg | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 3.1 | | 0 | RPI | 6 | | 1.0 | 7.7 | |
| Thiamin....mg | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.004 | |
| Riboflavin....mg | 0.003 | | 0 | RPI | 6 | | 0.001 | 0.007 | |
| Niacin....mg | 0.009 | | 0 | RPI | 6 | | 0.003 | 0.021 | |
| Pantothenic acid....mg | 0.012 | | 0 | RPI | 6 | | 0.004 | 0.029 | |
| Vitamin B-6....mg | 0.004 | | 0 | RPI | 6 | | 0.001 | 0.009 | |
| Folate, total....µg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Choline, total....mg | 0.5 | | 0 | RPI | 6 | | 0.1 | 1.1 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14303**
**Limeade, frozen concentrate, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30.9g: 1 fl oz

Measure 2 = 247g: 1 serving 1 cup 8 fl oz

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14305**
**Malt beverage, includes non-alcoholic beer**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.15 | 2.976 | 4 | JO | 11 | | 26.98 | 216.03 | |
| Energy....kcal | 37 | | 0 | NC | 4 | | 11 | 89 | |
| Energy....kJ | 156 | | 0 | NC | 4 | | 46 | 371 | |
| Protein (N x 6.25)....g | 0.21 | 0.050 | 3 | JO | 11 | | 0.06 | 0.50 | |
| Total lipid (fat)....g | 0.12 | | 2 | A | 1 | | 0.04 | 0.28 | |
| Ash....g | 0.12 | 0.017 | 3 | JO | 11 | | 0.03 | 0.28 | |
| Carbohydrate, by difference....g | 8.05 | | 0 | NC | 4 | | 2.38 | 19.08 | |
| Fiber, total dietary....g | 0.0 | | 2 | AI | 13 | | 0.0 | 0.0 | |
| Sugars, total....g | 8.05 | | 0 | NR | 4 | | 2.38 | 19.08 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | 1.139 | 4 | JO | 11 | | 2 | 16 | |
| Iron, Fe....mg | 0.06 | 0.025 | 4 | JO | 11 | | 0.02 | 0.14 | |
| Magnesium, Mg....mg | 7 | 0.941 | 3 | JO | 11 | | 2 | 16 | |
| Phosphorus, P....mg | 16 | 7.533 | 3 | JO | 11 | | 5 | 37 | |
| Potassium, K....mg | 8 | | 2 | A | 1 | | 2 | 19 | |
| Sodium, Na....mg | 13 | | 2 | A | 1 | | 4 | 31 | |
| Zinc, Zn....mg | 0.02 | | 3 | A | 1 | | 0.01 | 0.05 | |
| Copper, Cu....mg | 0.008 | | 2 | JO | 11 | | 0.002 | 0.019 | |
| Manganese, Mn....mg | 0.013 | | 1 | A | 1 | | 0.004 | 0.031 | |
| Selenium, Se....µg | 1.2 | | 0 | BFPN | 4 | | 0.4 | 2.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.5 | | 2 | A | 1 | | 0.1 | 1.2 | |
| Thiamin....mg | 0.016 | | 2 | A | 1 | | 0.005 | 0.038 | |
| Riboflavin....mg | 0.048 | | 2 | A | 1 | | 0.014 | 0.114 | |
| Niacin....mg | 1.113 | | 2 | A | 1 | | 0.329 | 2.638 | |
| Pantothenic acid....mg | 0.037 | | 2 | A | 1 | | 0.011 | 0.088 | |
| Vitamin B-6....mg | 0.027 | | 2 | A | 1 | | 0.008 | 0.064 | |
| Folate, total....µg | 14 | | 2 | A | 1 | | 4 | 33 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 14 | | 2 | A | 1 | | 4 | 33 | |
| Folate, DFE....µg | 14 | | 0 | NC | 4 | | 4 | 33 | |
| Choline, total....mg | 10.1 | | 0 | O | 4 | | 3.0 | 24.0 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.02 | | 0 | BFZN | 4 | | 0.01 | 0.05 | |
| 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 | | 2 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 2 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 2 | | 2 | A | 1 | | 1 | 5 | |
| Lycopene....µg | 0 | | 2 | 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 | BFZN | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14305**
**Malt beverage, includes non-alcoholic beer**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.024 | | 0 | BFFN | 4 | | 0.007 | 0.057 | |
| 4:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.001 | | 0 | BFFN | 4 | | 0.000 | 0.002 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.021 | | 0 | BFFN | 4 | | 0.006 | 0.050 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.001 | | 0 | BFFN | 4 | | 0.000 | 0.002 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.015 | | 0 | BFFN | 4 | | 0.004 | 0.036 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.012 | | 0 | BFFN | 4 | | 0.004 | 0.028 | |
| 20:1....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.056 | | 0 | BFFN | 4 | | 0.017 | 0.133 | |
| 18:2 undifferentiated....g | 0.050 | | 0 | BFFN | 4 | | 0.015 | 0.119 | |
| 18:3 undifferentiated....g | 0.006 | | 0 | BFFN | 4 | | 0.002 | 0.014 | |
| 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 | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.3 | 0.048 | 3 | JO | 11 | | 0.1 | 0.8 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup

**Calories Factors:** **Protein** 3.87 **Fat** 8.37 **Carbohydrate** 4.12

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14317**
**Malted drink mix, chocolate, powder**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 1.30 | 0.067 | 6 | | 1 | | 0.27 | | |
| Energy....kcal | 411 | | 0 | NC | 4 | | 86 | | |
| Energy....kJ | 1720 | | 0 | NC | 4 | | 361 | | |
| Protein (N x 6.25)....g | 5.10 | | 9 | | 1 | | 1.07 | | |
| Total lipid (fat)....g | 4.76 | | 1 | LC | 8 | | 1.00 | | |
| Ash....g | 1.90 | 0.020 | 6 | | 1 | | 0.40 | | |
| Carbohydrate, by difference....g | 86.94 | | 0 | NC | 4 | | 18.26 | | |
| Fiber, total dietary....g | 4.8 | | 1 | LC | 8 | | 1.0 | | |
| Sugars, total....g | 66.67 | | 1 | LC | 8 | | 14.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 60 | | 3 | | 1 | | 13 | | |
| Iron, Fe....mg | 2.28 | | 8 | | 1 | | 0.48 | | |
| Magnesium, Mg....mg | 70 | | 1 | | 1 | | 15 | | |
| Phosphorus, P....mg | 175 | | 1 | | 1 | | 37 | | |
| Potassium, K....mg | 618 | | 0 | FLA | 4 | | 130 | | |
| Sodium, Na....mg | 190 | | 1 | LC | 8 | | 40 | | |
| Zinc, Zn....mg | 0.80 | | 1 | | 1 | | 0.17 | | |
| Copper, Cu....mg | 0.200 | | 1 | | 1 | | 0.042 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 6.9 | | 0 | FLA | 4 | | 1.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.5 | | 7 | | 1 | | 0.3 | | |
| Thiamin....mg | 0.173 | | 7 | | 1 | | 0.036 | | |
| Riboflavin....mg | 0.200 | | 1 | | 1 | | 0.042 | | |
| Niacin....mg | 2.003 | | 7 | | 1 | | 0.421 | | |
| Pantothenic acid....mg | 0.316 | | 0 | FLA | 4 | | 0.066 | | |
| Vitamin B-6....mg | 0.156 | | 7 | | 1 | | 0.033 | | |
| Folate, total....µg | 37 | | 0 | FLA | 4 | | 8 | | |
| Folic acid....µg | 18 | | 0 | FLA | 4 | | 4 | | |
| Folate, food....µg | 19 | | 0 | FLA | 4 | | 4 | | |
| Folate, DFE....µg | 50 | | 0 | NC | 4 | | 10 | | |
| Choline, total....mg | 27.2 | | 0 | O | 4 | | 5.7 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.42 | | 0 | FLA | 4 | | 0.09 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 33 | | 0 | FLA | 4 | | 7 | | |
| Retinol....µg | 32 | | 0 | FLA | 4 | | 7 | | |
| Carotene, beta....µg | 5 | | 0 | FLA | 4 | | 1 | | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, IU....IU | 117 | | 0 | FLA | 4 | | 25 | | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 2 | | 0 | FLA | 4 | | 1 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.17 | | 0 | FLA | 4 | | 0.04 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 2.5 | | 0 | FLA | 4 | | 0.5 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14317**
**Malted drink mix, chocolate, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.381 | | 1 | LC | 8 | | 0.500 | | |
| 4:0....g | 0.111 | | 0 | FLA | 4 | | 0.023 | | |
| 6:0....g | 0.031 | | 0 | FLA | 4 | | 0.006 | | |
| 8:0....g | 0.034 | | 0 | FLA | 4 | | 0.007 | | |
| 10:0....g | 0.076 | | 0 | FLA | 4 | | 0.016 | | |
| 12:0....g | 0.079 | | 0 | FLA | 4 | | 0.017 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.362 | | 0 | FLA | 4 | | 0.076 | | |
| 15:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 16:0....g | 1.152 | | 0 | FLA | 4 | | 0.242 | | |
| 17:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 18:0....g | 0.412 | | 0 | FLA | 4 | | 0.086 | | |
| 20:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 1.167 | | 0 | FLA | 4 | | 0.245 | | |
| 14:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.158 | | 0 | FLA | 4 | | 0.033 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.941 | | 0 | FLA | 4 | | 0.198 | | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.669 | | 0 | FLA | 4 | | 0.140 | | |
| 18:2 undifferentiated....g | 0.583 | | 0 | FLA | 4 | | 0.122 | | |
| 18:3 undifferentiated....g | 0.085 | | 0 | FLA | 4 | | 0.018 | | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 1 | | 0 | FLA | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Caffeine....mg | 37 | | 2 | | 1 | | 8 | | |
| Theobromine....mg | 345 | | 0 | BFZN | 4 | | 72 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 21g: 1 serving (3 heaping tsp or 1 envelope)

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14318**
**Malted drink mix, chocolate, powder, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 81.34 | | 0 | RPA | 1 | | 215.56 | | |
| Energy....kcal | 85 | | 0 | RPI | 6 | | 226 | | |
| Energy....kJ | 357 | | 0 | RPI | 6 | | 947 | | |
| Protein....g | 3.37 | | 0 | RPA | 1 | | 8.94 | | |
| Total lipid (fat)....g | 3.29 | | 0 | RPI | 6 | | 8.73 | | |
| Ash....g | 0.79 | | 0 | RPA | 1 | | 2.08 | | |
| Carbohydrate, by difference....g | 11.20 | | 0 | RPI | 6 | | 29.67 | | |
| Fiber, total dietary....g | 0.5 | | 0 | RPI | 6 | | 1.4 | | |
| Sugars, total....g | 6.68 | | 0 | RPI | 6 | | 17.71 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 98 | | 0 | RPA | 1 | | 259 | | |
| Iron, Fe....mg | 0.21 | | 0 | RPA | 1 | | 0.57 | | |
| Magnesium, Mg....mg | 15 | | 0 | RPA | 1 | | 40 | | |
| Phosphorus, P....mg | 91 | | 0 | RPA | 1 | | 242 | | |
| Potassium, K....mg | 172 | | 0 | RPI | 6 | | 455 | | |
| Sodium, Na....mg | 60 | | 0 | RPA | 1 | | 159 | | |
| Zinc, Zn....mg | 0.41 | | 0 | RPA | 1 | | 1.10 | | |
| Copper, Cu....mg | 0.037 | | 0 | RPA | 1 | | 0.098 | | |
| Manganese, Mn....mg | 0.080 | | 0 | RPI | 6 | | 0.211 | | |
| Selenium, Se....µg | 5.4 | | 0 | RPI | 6 | | 14.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.1 | | 0 | RPA | 1 | | 0.3 | | |
| Thiamin....mg | 0.054 | | 0 | RPA | 1 | | 0.143 | | |
| Riboflavin....mg | 0.184 | | 0 | RPA | 1 | | 0.488 | | |
| Niacin....mg | 0.259 | | 0 | RPA | 1 | | 0.687 | | |
| Pantothenic acid....mg | 0.354 | | 0 | RPI | 6 | | 0.937 | | |
| Vitamin B-6....mg | 0.046 | | 0 | RPA | 1 | | 0.122 | | |
| Folate, total....µg | 9 | | 0 | RPI | 6 | | 23 | | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Folate, food....µg | 9 | | 0 | RPI | 6 | | 23 | | |
| Folate, DFE....µg | 9 | | 0 | NC | 4 | | 23 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.42 | | 0 | RPA | 1 | | 1.11 | | |
| Vitamin A, RAE....µg | 26 | | 0 | RPI | 6 | | 70 | | |
| Retinol....µg | 26 | | 0 | RPI | 6 | | 69 | | |
| Carotene, beta....µg | 5 | | 0 | RPI | 6 | | 13 | | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin A, IU....IU | 95 | | 0 | RPI | 6 | | 252 | | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Lutein + zeaxanthin....µg | 1 | | 0 | RPI | 6 | | 3 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.06 | | 0 | RPI | 6 | | 0.16 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | 0.3 | | 0 | RPI | 6 | | 0.9 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 14318**

**Malted drink mix, chocolate, powder, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 1.883 | | 0 | RPI | 6 | | 4.989 | | |
| 4:0....g | 0.076 | | 0 | RPA | 1 | | 0.202 | | |
| 6:0....g | 0.073 | | 0 | RPA | 1 | | 0.194 | | |
| 8:0....g | 0.071 | | 0 | RPA | 1 | | 0.189 | | |
| 10:0....g | 0.075 | | 0 | RPA | 1 | | 0.198 | | |
| 12:0....g | 0.077 | | 0 | RPA | 1 | | 0.205 | | |
| 13:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 14:0....g | 0.297 | | 0 | RPA | 1 | | 0.788 | | |
| 15:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 16:0....g | 0.838 | | 0 | RPA | 1 | | 2.222 | | |
| 17:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 18:0....g | 0.375 | | 0 | RPA | 1 | | 0.993 | | |
| 20:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 0.827 | | 0 | RPI | 6 | | 2.192 | | |
| 14:1....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.006 | | 0 | RPA | 1 | | 0.015 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.822 | | 0 | RPA | 1 | | 2.178 | | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.208 | | 0 | RPI | 6 | | 0.550 | | |
| 18:2 undifferentiated....g | 0.133 | | 0 | RPA | 1 | | 0.353 | | |
| 18:3 undifferentiated....g | 0.074 | | 0 | RPA | 1 | | 0.197 | | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 10 | | 0 | RPI | 6 | | 26 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.074 | | 0 | RPA | 1 | | 0.195 | | |
| Threonine....g | 0.143 | | 0 | RPA | 1 | | 0.379 | | |
| Isoleucine....g | 0.165 | | 0 | RPA | 1 | | 0.436 | | |
| Leucine....g | 0.268 | | 0 | RPA | 1 | | 0.709 | | |
| Lysine....g | 0.142 | | 0 | RPA | 1 | | 0.376 | | |
| Methionine....g | 0.074 | | 0 | RPA | 1 | | 0.196 | | |
| Cystine....g | 0.023 | | 0 | RPA | 1 | | 0.061 | | |
| Phenylalanine....g | 0.150 | | 0 | RPA | 1 | | 0.398 | | |
| Tyrosine....g | 0.152 | | 0 | RPA | 1 | | 0.402 | | |
| Valine....g | 0.193 | | 0 | RPA | 1 | | 0.510 | | |
| Arginine....g | 0.085 | | 0 | RPA | 1 | | 0.226 | | |
| Histidine....g | 0.077 | | 0 | RPA | 1 | | 0.203 | | |
| Alanine....g | 0.109 | | 0 | RPA | 1 | | 0.290 | | |
| Aspartic acid....g | 0.252 | | 0 | RPA | 1 | | 0.666 | | |
| Glutamic acid....g | 0.677 | | 0 | RPA | 1 | | 1.794 | | |
| Glycine....g | 0.079 | | 0 | RPA | 1 | | 0.211 | | |
| Proline....g | 0.350 | | 0 | RPA | 1 | | 0.926 | | |
| Serine....g | 0.119 | | 0 | RPA | 1 | | 0.316 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | | |
| Caffeine....mg | 3 | | 0 | RPI | 6 | | 8 | | |
| Theobromine....mg | 28 | | 0 | RPI | 6 | | 73 | | |

**NDB No. 14318**

**Malted drink mix, chocolate, powder, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 265g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14316**

**Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 81.26 | | 0 | RPA | 1 | | 215.34 | | |
| Energy....kcal | 87 | | 0 | RPI | 6 | | 231 | | |
| Energy....kJ | 365 | | 0 | RPI | 6 | | 968 | | |
| Protein....g | 3.29 | | 0 | RPA | 1 | | 8.73 | | |
| Total lipid (fat)....g | 3.26 | | 0 | RPI | 6 | | 8.64 | | |
| Ash....g | 0.99 | | 0 | RPA | 1 | | 2.62 | | |
| Carbohydrate, by difference....g | 11.19 | | 0 | RPI | 6 | | 29.67 | | |
| Fiber, total dietary....g | 0.4 | | 0 | RPI | 6 | | 1.0 | | |
| Sugars, total....g | 10.49 | | 0 | RPI | 6 | | 27.80 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 139 | | 0 | RPA | 1 | | 369 | | |
| Iron, Fe....mg | 1.42 | | 0 | RPA | 1 | | 3.77 | | |
| Magnesium, Mg....mg | 17 | | 0 | RPA | 1 | | 45 | | |
| Phosphorus, P....mg | 109 | | 0 | RPA | 1 | | 290 | | |
| Potassium, K....mg | 217 | | 0 | RPA | 1 | | 576 | | |
| Sodium, Na....mg | 87 | | 0 | RPA | 1 | | 230 | | |
| Zinc, Zn....mg | 0.43 | | 0 | RPA | 1 | | 1.14 | | |
| Copper, Cu....mg | 0.074 | | 0 | RPA | 1 | | 0.196 | | |
| Manganese, Mn....mg | 0.054 | | 0 | RPA | 1 | | 0.144 | | |
| Selenium, Se....µg | 3.6 | | 0 | RPI | 6 | | 9.6 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 12.0 | | 0 | RPA | 1 | | 31.9 | | |
| Thiamin....mg | 0.287 | | 0 | RPA | 1 | | 0.761 | | |
| Riboflavin....mg | 0.484 | | 0 | RPA | 1 | | 1.284 | | |
| Niacin....mg | 4.164 | | 0 | RPA | 1 | | 11.036 | | |
| Pantothenic acid....mg | 0.398 | | 0 | RPA | 1 | | 1.054 | | |
| Vitamin B-6....mg | 0.383 | | 0 | RPA | 1 | | 1.015 | | |
| Folate, total....µg | 5 | | 0 | RPI | 6 | | 14 | | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Folate, food....µg | 5 | | 0 | RPI | 6 | | 14 | | |
| Folate, DFE....µg | 5 | | 0 | NC | 4 | | 14 | | |
| Choline, total....mg | 13.6 | | 0 | RPI | 6 | | 36.1 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.42 | | 0 | RPI | 6 | | 1.10 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | | |
| Vitamin A, RAE....µg | 357 | | 0 | RPI | 6 | | 947 | | |
| Retinol....µg | 357 | | 0 | RPI | 6 | | 945 | | |
| Carotene, beta....µg | 6 | | 0 | RPI | 6 | | 16 | | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin A, IU....IU | 1199 | | 0 | RPA | 1 | | 3177 | | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Lutein + zeaxanthin....µg | 1 | | 0 | RPI | 6 | | 2 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.07 | | 0 | RPI | 6 | | 0.18 | | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 3.1 | | 0 | RPI | 6 | | 8.2 | | |
| Vitamin D....IU | 123 | | 0 | RPI | 6 | | 327 | | |
| Vitamin K (phylloquinone)....µg | 0.3 | | 0 | RPI | 6 | | 0.8 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14316**

**Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 1.873 | | 0 | RPI | 6 | | 4.964 | | |
| 4:0....g | 0.076 | | 0 | RPA | 1 | | 0.200 | | |
| 6:0....g | 0.073 | | 0 | RPA | 1 | | 0.193 | | |
| 8:0....g | 0.071 | | 0 | RPA | 1 | | 0.188 | | |
| 10:0....g | 0.074 | | 0 | RPA | 1 | | 0.196 | | |
| 12:0....g | 0.077 | | 0 | RPA | 1 | | 0.203 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.295 | | 0 | RPA | 1 | | 0.782 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.831 | | 0 | RPA | 1 | | 2.203 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.371 | | 0 | RPA | 1 | | 0.984 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.823 | | 0 | RPI | 6 | | 2.182 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.005 | | 0 | RPA | 1 | | 0.013 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.815 | | 0 | RPA | 1 | | 2.160 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.205 | | 0 | RPI | 6 | | 0.543 | | |
| 18:2 undifferentiated....g | 0.131 | | 0 | RPA | 1 | | 0.348 | | |
| 18:3 undifferentiated....g | 0.074 | | 0 | RPA | 1 | | 0.195 | | |
| 18:4....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 10 | | 0 | RPI | 6 | | 25 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | | |
| Caffeine....mg | 2 | | 0 | RPI | 6 | | 6 | | |
| Theobromine....mg | 28 | | 0 | RPI | 6 | | 73 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 265g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14311**
**Malted drink mix, natural, powder, has 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 | 2.00 | 0.134 | 6 | | 1 | | 0.42 | | |
| Energy....kcal | 428 | | 0 | NC | 4 | | 90 | | |
| Energy....kJ | 1789 | | 0 | NC | 4 | | 376 | | |
| Protein (N x 6.25)....g | 14.29 | | 1 | LC | 8 | | 3.00 | | |
| Total lipid (fat)....g | 9.52 | | 1 | LC | 8 | | 2.00 | | |
| Ash....g | 2.98 | | 0 | FLC | 4 | | 0.63 | | |
| Carbohydrate, by difference....g | 71.21 | | 0 | NC | 4 | | 14.95 | | |
| Fiber, total dietary....g | 0.1 | | 0 | FLC | 4 | | 0.0 | | |
| Sugars, total....g | 47.62 | | 1 | LC | 8 | | 10.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 298 | | 1 | | 1 | | 63 | | |
| Iron, Fe....mg | 0.70 | | 7 | | 1 | | 0.15 | | |
| Magnesium, Mg....mg | 93 | | 1 | | 1 | | 20 | | |
| Phosphorus, P....mg | 358 | | 1 | | 1 | | 75 | | |
| Potassium, K....mg | 758 | | 0 | | 1 | | 159 | | |
| Sodium, Na....mg | 405 | | 1 | LC | 8 | | 85 | | |
| Zinc, Zn....mg | 0.99 | | 1 | | 1 | | 0.21 | | |
| Copper, Cu....mg | 0.200 | | 1 | | 1 | | 0.042 | | |
| Manganese, Mn....mg | 0.237 | | 0 | FLC | 4 | | 0.050 | | |
| Selenium, Se....µg | 16.4 | | 0 | FLC | 4 | | 3.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 2.9 | | 7 | | 1 | | 0.6 | | |
| Thiamin....mg | 0.505 | | 7 | | 1 | | 0.106 | | |
| Riboflavin....mg | 0.920 | | 1 | | 1 | | 0.193 | | |
| Niacin....mg | 5.246 | | 7 | | 1 | | 1.102 | | |
| Pantothenic acid....mg | 0.624 | | 0 | FLC | 4 | | 0.131 | | |
| Vitamin B-6....mg | 0.410 | | 7 | | 1 | | 0.086 | | |
| Folate, total....µg | 46 | | 0 | FLM | 4 | | 10 | | |
| Folic acid....µg | 0 | | 0 | FLM | 4 | | 0 | | |
| Folate, food....µg | 46 | | 0 | FLM | 4 | | 10 | | |
| Folate, DFE....µg | 46 | | 0 | NC | 4 | | 10 | | |
| Choline, total....mg | 58.7 | | 0 | O | 4 | | 12.3 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.80 | | 0 | FLC | 4 | | 0.17 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 63 | | 0 | FLC | 4 | | 13 | | |
| Retinol....µg | 62 | | 0 | FLC | 4 | | 13 | | |
| Carotene, beta....µg | 11 | | 0 | FLC | 4 | | 2 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 224 | | 0 | FLC | 4 | | 47 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 7 | | 0 | FLC | 4 | | 1 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.36 | | 0 | FLC | 4 | | 0.08 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 5.4 | | 0 | FLC | 4 | | 1.1 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14311**
**Malted drink mix, natural, powder, has 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 | 4.762 | | 1 | LC | 8 | | 1.000 | | |
| 4:0....g | 0.220 | | 0 | FLC | 4 | | 0.046 | | |
| 6:0....g | 0.061 | | 0 | FLC | 4 | | 0.013 | | |
| 8:0....g | 0.068 | | 0 | FLC | 4 | | 0.014 | | |
| 10:0....g | 0.151 | | 0 | FLC | 4 | | 0.032 | | |
| 12:0....g | 0.156 | | 0 | FLC | 4 | | 0.033 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.719 | | 0 | FLC | 4 | | 0.151 | | |
| 15:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0....g | 2.343 | | 0 | FLC | 4 | | 0.492 | | |
| 17:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0....g | 0.799 | | 0 | FLC | 4 | | 0.168 | | |
| 20:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 2.157 | | 0 | FLC | 4 | | 0.453 | | |
| 14:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.290 | | 0 | FLC | 4 | | 0.061 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.741 | | 0 | FLC | 4 | | 0.366 | | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.429 | | 0 | FLC | 4 | | 0.300 | | |
| 18:2 undifferentiated....g | 1.254 | | 0 | FLC | 4 | | 0.263 | | |
| 18:3 undifferentiated....g | 0.174 | | 0 | FLC | 4 | | 0.037 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 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 | 24 | | 1 | LC | 8 | | 5 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 21g: 1 serving (3 heaping tsp or 1 envelope)

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14312**
**Malted drink mix, natural, powder, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 81.40 | | 0 | RPA | 1 | | 215.70 | | |
| Energy....kcal | 88 | | 0 | RPI | 6 | | 234 | | |
| Energy....kJ | 369 | | 0 | RPI | 6 | | 977 | | |
| Protein....g | 3.86 | | 0 | RPA | 1 | | 10.24 | | |
| Total lipid (fat)....g | 3.62 | | 0 | RPI | 6 | | 9.60 | | |
| Ash....g | 0.89 | | 0 | RPA | 1 | | 2.36 | | |
| Carbohydrate, by difference....g | 10.23 | | 0 | RPI | 6 | | 27.12 | | |
| Fiber, total dietary....g | 0.1 | | 0 | RPI | 6 | | 0.2 | | |
| Sugars, total....g | 9.56 | | 0 | RPI | 6 | | 25.34 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 117 | | 0 | RPA | 1 | | 309 | | |
| Iron, Fe....mg | 0.09 | | 0 | RPA | 1 | | 0.23 | | |
| Magnesium, Mg....mg | 17 | | 0 | RPA | 1 | | 44 | | |
| Phosphorus, P....mg | 106 | | 0 | RPA | 1 | | 280 | | |
| Potassium, K....mg | 183 | | 0 | RPA | 1 | | 485 | | |
| Sodium, Na....mg | 79 | | 0 | RPA | 1 | | 210 | | |
| Zinc, Zn....mg | 0.43 | | 0 | RPA | 1 | | 1.14 | | |
| Copper, Cu....mg | 0.037 | | 0 | RPA | 1 | | 0.098 | | |
| Manganese, Mn....mg | 0.021 | | 0 | RPI | 6 | | 0.057 | | |
| Selenium, Se....µg | 5.2 | | 0 | RPI | 6 | | 13.9 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.2 | | 0 | RPA | 1 | | 0.6 | | |
| Thiamin....mg | 0.081 | | 0 | RPA | 1 | | 0.214 | | |
| Riboflavin....mg | 0.242 | | 0 | RPA | 1 | | 0.641 | | |
| Niacin....mg | 0.519 | | 0 | RPA | 1 | | 1.376 | | |
| Pantothenic acid....mg | 0.402 | | 0 | RPI | 6 | | 1.066 | | |
| Vitamin B-6....mg | 0.066 | | 0 | RPA | 1 | | 0.176 | | |
| Folate, total....µg | 8 | | 0 | RPA | 1 | | 22 | | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Folate, food....µg | 8 | | 0 | RPI | 6 | | 22 | | |
| Folate, DFE....µg | 8 | | 0 | NC | 4 | | 22 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.46 | | 0 | RPA | 1 | | 1.23 | | |
| Vitamin A, RAE....µg | 33 | | 0 | RPI | 6 | | 87 | | |
| Retinol....µg | 32 | | 0 | RPI | 6 | | 85 | | |
| Carotene, beta....µg | 6 | | 0 | RPI | 6 | | 16 | | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin A, IU....IU | 117 | | 0 | RPI | 6 | | 310 | | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 1 | | |
| 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 | 0.5 | | 0 | RPI | 6 | | 1.3 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 14312**

**Malted drink mix, natural, powder, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 2.039 | | 0 | RPI | 6 | | 5.403 | | |
| 4:0....g | 0.085 | | 0 | RPA | 1 | | 0.224 | | |
| 6:0....g | 0.078 | | 0 | RPA | 1 | | 0.207 | | |
| 8:0....g | 0.074 | | 0 | RPA | 1 | | 0.196 | | |
| 10:0....g | 0.081 | | 0 | RPA | 1 | | 0.215 | | |
| 12:0....g | 0.085 | | 0 | RPA | 1 | | 0.224 | | |
| 13:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 14:0....g | 0.324 | | 0 | RPA | 1 | | 0.858 | | |
| 15:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 16:0....g | 0.916 | | 0 | RPA | 1 | | 2.426 | | |
| 17:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 18:0....g | 0.397 | | 0 | RPA | 1 | | 1.053 | | |
| 20:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 0.903 | | 0 | RPI | 6 | | 2.394 | | |
| 14:1....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.012 | | 0 | RPA | 1 | | 0.031 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.892 | | 0 | RPA | 1 | | 2.363 | | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.276 | | 0 | RPI | 6 | | 0.731 | | |
| 18:2 undifferentiated....g | 0.191 | | 0 | RPA | 1 | | 0.507 | | |
| 18:3 undifferentiated....g | 0.085 | | 0 | RPA | 1 | | 0.224 | | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 12 | | 0 | RPI | 6 | | 32 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.079 | | 0 | RPA | 1 | | 0.209 | | |
| Threonine....g | 0.155 | | 0 | RPA | 1 | | 0.412 | | |
| Isoleucine....g | 0.180 | | 0 | RPA | 1 | | 0.476 | | |
| Leucine....g | 0.298 | | 0 | RPA | 1 | | 0.789 | | |
| Lysine....g | 0.154 | | 0 | RPA | 1 | | 0.409 | | |
| Methionine....g | 0.082 | | 0 | RPA | 1 | | 0.216 | | |
| Cystine....g | 0.034 | | 0 | RPA | 1 | | 0.090 | | |
| Phenylalanine....g | 0.167 | | 0 | RPA | 1 | | 0.441 | | |
| Tyrosine....g | 0.165 | | 0 | RPA | 1 | | 0.438 | | |
| Valine....g | 0.209 | | 0 | RPA | 1 | | 0.553 | | |
| Arginine....g | 0.103 | | 0 | RPA | 1 | | 0.274 | | |
| Histidine....g | 0.087 | | 0 | RPA | 1 | | 0.232 | | |
| Alanine....g | 0.127 | | 0 | RPA | 1 | | 0.338 | | |
| Aspartic acid....g | 0.291 | | 0 | RPA | 1 | | 0.770 | | |
| Glutamic acid....g | 0.796 | | 0 | RPA | 1 | | 2.108 | | |
| Glycine....g | 0.089 | | 0 | RPA | 1 | | 0.236 | | |
| Proline....g | 0.407 | | 0 | RPA | 1 | | 1.078 | | |
| Serine....g | 0.150 | | 0 | RPA | 1 | | 0.398 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | | |

**NDB No. 14312**

**Malted drink mix, natural, powder, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 265g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14310**

**Malted drink mix, natural, with added nutrients, powder, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 81.49 | | 0 | RPA | 1 | | 215.94 | | |
| Energy....kcal | 86 | | 0 | RPI | 6 | | 227 | | |
| Energy....kJ | 359 | | 0 | RPI | 6 | | 951 | | |
| Protein....g | 3.67 | | 0 | RPA | 1 | | 9.73 | | |
| Total lipid (fat)....g | 3.21 | | 0 | RPI | 6 | | 8.52 | | |
| Ash....g | 0.97 | | 0 | RPA | 1 | | 2.57 | | |
| Carbohydrate, by difference....g | 10.67 | | 0 | RPI | 6 | | 28.27 | | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.1 | | |
| Sugars, total....g | 8.37 | | 0 | RPI | 6 | | 22.19 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 123 | | 0 | RPA | 1 | | 326 | | |
| Iron, Fe....mg | 1.36 | | 0 | RPA | 1 | | 3.61 | | |
| Magnesium, Mg....mg | 15 | | 0 | RPA | 1 | | 39 | | |
| Phosphorus, P....mg | 107 | | 0 | RPA | 1 | | 284 | | |
| Potassium, K....mg | 200 | | 0 | RPA | 1 | | 529 | | |
| Sodium, Na....mg | 72 | | 0 | RPA | 1 | | 191 | | |
| Zinc, Zn....mg | 0.41 | | 0 | RPA | 1 | | 1.08 | | |
| Copper, Cu....mg | 0.044 | | 0 | RPA | 1 | | 0.116 | | |
| Manganese, Mn....mg | 0.037 | | 0 | RPA | 1 | | 0.097 | | |
| Selenium, Se....µg | 4.2 | | 0 | RPI | 6 | | 11.2 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 10.4 | | 0 | RPA | 1 | | 27.5 | | |
| Thiamin....mg | 0.277 | | 0 | RPA | 1 | | 0.734 | | |
| Riboflavin....mg | 0.455 | | 0 | RPA | 1 | | 1.204 | | |
| Niacin....mg | 3.993 | | 0 | RPA | 1 | | 10.583 | | |
| Pantothenic acid....mg | 0.353 | | 0 | RPI | 6 | | 0.935 | | |
| Vitamin B-6....mg | 0.325 | | 0 | RPA | 1 | | 0.860 | | |
| Folate, total....µg | 6 | | 0 | RPI | 6 | | 15 | | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Folate, food....µg | 6 | | 0 | RPI | 6 | | 15 | | |
| Folate, DFE....µg | 6 | | 0 | NC | 4 | | 15 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.40 | | 0 | RPI | 6 | | 1.07 | | |
| Vitamin A, RAE....µg | 281 | | 0 | RPI | 6 | | 744 | | |
| Retinol....µg | 280 | | 0 | RPI | 6 | | 743 | | |
| Carotene, beta....µg | 5 | | 0 | RPI | 6 | | 13 | | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin A, IU....IU | 942 | | 0 | RPI | 6 | | 2496 | | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| 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 | 0.4 | | 0 | RPI | 6 | | 1.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14310**

**Malted drink mix, natural, with added nutrients, powder, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.830 | | 0 | RPI | 6 | | 4.849 | | |
| 4:0....g | 0.074 | | 0 | RPA | 1 | | 0.197 | | |
| 6:0....g | 0.072 | | 0 | RPA | 1 | | 0.191 | | |
| 8:0....g | 0.070 | | 0 | RPA | 1 | | 0.187 | | |
| 10:0....g | 0.073 | | 0 | RPA | 1 | | 0.193 | | |
| 12:0....g | 0.075 | | 0 | RPA | 1 | | 0.200 | | |
| 13:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 14:0....g | 0.291 | | 0 | RPA | 1 | | 0.771 | | |
| 15:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 16:0....g | 0.817 | | 0 | RPA | 1 | | 2.164 | | |
| 17:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 18:0....g | 0.357 | | 0 | RPA | 1 | | 0.947 | | |
| 20:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 22:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 24:0....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 0.802 | | 0 | RPI | 6 | | 2.127 | | |
| 14:1....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.004 | | 0 | RPA | 1 | | 0.011 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.798 | | 0 | RPA | 1 | | 2.116 | | |
| 20:1....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.213 | | 0 | RPI | 6 | | 0.565 | | |
| 18:2 undifferentiated....g | 0.139 | | 0 | RPA | 1 | | 0.368 | | |
| 18:3 undifferentiated....g | 0.074 | | 0 | RPA | 1 | | 0.197 | | |
| 18:4....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPA | 1 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 11 | | 0 | RPI | 6 | | 30 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 265g: 1 cup (8 fl oz)

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14632**

**Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 77.79 | | 1 | A | 1 | | 122.91 | 304.16 | |
| Energy....kcal | 101 | | 0 | NC | 4 | | 159 | 393 | |
| Energy....kJ | 421 | | 0 | NC | 4 | | 665 | 1646 | |
| Protein (N x 6.25)....g | 3.50 | | 1 | A | 1 | | 5.53 | 13.69 | |
| Total lipid (fat)....g | 3.07 | | 1 | A | 1 | | 4.85 | 12.00 | |
| Ash....g | 0.90 | | 1 | A | 1 | | 1.42 | 3.52 | |
| Carbohydrate, by difference....g | 14.74 | | 0 | NC | 4 | | 23.29 | 57.63 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Sucrose....g | 6.06 | | 1 | A | 1 | | 9.58 | 23.71 | |
| Glucose (dextrose)....g | 0.37 | | 1 | A | 1 | | 0.58 | 1.45 | |
| Fructose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Lactose....g | 3.41 | | 1 | A | 1 | | 5.39 | 13.33 | |
| Maltose....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Galactose....g | | | | | | | | | |
| Starch....g | 1.40 | | 1 | A | 1 | | 2.21 | 5.47 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 110 | | 1 | A | 1 | | 174 | 430 | |
| Iron, Fe....mg | 2.20 | | 1 | A | 1 | | 3.48 | 8.60 | |
| Magnesium, Mg....mg | 16 | | 1 | A | 1 | | 25 | 63 | |
| Phosphorus, P....mg | 110 | | 1 | A | 1 | | 174 | 430 | |
| Potassium, K....mg | 160 | | 1 | A | 1 | | 253 | 626 | |
| Sodium, Na....mg | 54 | | 1 | A | 1 | | 85 | 211 | |
| Zinc, Zn....mg | 0.42 | | 1 | A | 1 | | 0.66 | 1.64 | |
| Copper, Cu....mg | 0.030 | | 1 | A | 1 | | 0.047 | 0.117 | |
| Manganese, Mn....mg | 0.071 | | 1 | A | 1 | | 0.112 | 0.278 | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.7 | | 1 | A | 1 | | 1.2 | 2.9 | |
| Thiamin....mg | 0.430 | | 1 | A | 1 | | 0.679 | 1.681 | |
| Riboflavin....mg | 1.300 | | 1 | A | 1 | | 2.054 | 5.083 | |
| Niacin....mg | 6.600 | | 1 | A | 1 | | 10.428 | 25.806 | |
| Pantothenic acid....mg | 1.700 | | 1 | A | 1 | | 2.686 | 6.647 | |
| Vitamin B-6....mg | 0.540 | | 1 | A | 1 | | 0.853 | 2.111 | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.53 | | 1 | A | 1 | | 0.84 | 2.07 | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.09 | | 1 | A | 1 | | 0.14 | 0.35 | |
| Tocopherol, beta....mg | 0.03 | | 1 | A | 1 | | 0.05 | 0.12 | |
| Tocopherol, gamma....mg | 0.52 | | 1 | A | 1 | | 0.82 | 2.03 | |
| Tocopherol, delta....mg | 0.17 | | 1 | A | 1 | | 0.27 | 0.66 | |
| Tocotrienol, alpha....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, beta....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Tocotrienol, gamma....mg | 0.04 | | 1 | A | 1 | | 0.06 | 0.16 | |
| Tocotrienol, delta....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D (D2 + D3)....µg | | | | | | | | | |
| Vitamin D2 (ergocalciferol)....µg | | | | | | | | | |
| Vitamin D3 (cholecalciferol)....µg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | | | | | | | | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14632**

**Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.571 | | 0 | NC | 4 | | 0.902 | 2.231 | |
| 4:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.011 | | 1 | A | 1 | | 0.017 | 0.043 | |
| 12:0....g | 0.002 | | 1 | A | 1 | | 0.003 | 0.007 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.006 | | 1 | A | 1 | | 0.009 | 0.023 | |
| 15:0....g | 0.001 | | 1 | A | 1 | | 0.001 | 0.003 | |
| 16:0....g | 0.248 | | 1 | A | 1 | | 0.391 | 0.969 | |
| 17:0....g | 0.003 | | 1 | A | 1 | | 0.004 | 0.010 | |
| 18:0....g | 0.204 | | 1 | A | 1 | | 0.323 | 0.799 | |
| 20:0....g | 0.025 | | 1 | A | 1 | | 0.040 | 0.098 | |
| 22:0....g | 0.050 | | 1 | A | 1 | | 0.079 | 0.196 | |
| 24:0....g | 0.022 | | 1 | A | 1 | | 0.034 | 0.085 | |
| Fatty acids, total monounsaturated....g | 1.922 | | 0 | NC | 4 | | 3.036 | 7.514 | |
| 14:1....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 15:1....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.003 | | 0 | AS | 1 | | 0.004 | 0.010 | |
| 16:1 c....g | 0.003 | | 1 | A | 1 | | 0.004 | 0.010 | |
| 16:1 t....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 17:1....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated....g | 1.899 | | 0 | AS | 1 | | 3.001 | 7.426 | |
| 18:1 c....g | 1.532 | | 1 | A | 1 | | 2.420 | 5.989 | |
| 18:1 t....g | 0.367 | | 1 | A | 1 | | 0.581 | 1.437 | |
| 18:1-11 t (18:1t n-7)....g | | | | | | | | | |
| 20:1....g | 0.020 | | 1 | A | 1 | | 0.032 | 0.079 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | |
| 22:1 c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:1 t....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated....g | 0.178 | | 0 | NC | 4 | | 0.282 | 0.697 | |
| 18:2 undifferentiated....g | 0.173 | | 0 | AS | 1 | | 0.274 | 0.677 | |
| 18:2 n-6 c,c....g | 0.130 | | 1 | A | 1 | | 0.205 | 0.507 | |
| 18:2 CLAs....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:2 t,t....g | | | | | | | | | |
| 18:2 i....g | | | | | | | | | |
| 18:2 t not further defined....g | 0.044 | | 1 | A | 1 | | 0.069 | 0.170 | |
| 18:3 undifferentiated....g | 0.005 | | 0 | AS | 1 | | 0.008 | 0.020 | |
| 18:3 n-3 c,c,c (ALA)....g | 0.005 | | 1 | A | 1 | | 0.008 | 0.020 | |
| 18:3 n-6 c,c,c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.000 | | 0 | AS | 1 | | 0.000 | 0.000 | |
| 20:3 n-3....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-6....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:4 undifferentiated....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 (DPA)....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.411 | | 0 | NC | 4 | | 0.649 | 1.607 | |
| Fatty acids, total trans-monoenoic....g | 0.367 | | 0 | NC | 4 | | 0.581 | 1.437 | |
| Fatty acids, total trans-polyenoic....g | 0.044 | | 0 | NC | 4 | | 0.069 | 0.170 | |
| Cholesterol....mg | | | | | | | | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.040 | | 0 | A | 1 | | 0.063 | 0.156 | |
| Threonine....g | 0.110 | | 0 | A | 1 | | 0.174 | 0.430 | |

**NDB No. 14632**

**Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Isoleucine....g | 0.145 | | 0 | A | 1 | | 0.229 | 0.567 | |
| Leucine....g | 0.335 | | 0 | A | 1 | | 0.529 | 1.310 | |
| Lysine....g | 0.225 | | 0 | A | 1 | | 0.355 | 0.880 | |
| Methionine....g | 0.100 | | 0 | A | 1 | | 0.158 | 0.391 | |
| Cystine....g | 0.010 | | 0 | A | 1 | | 0.016 | 0.039 | |
| Phenylalanine....g | 0.180 | | 0 | A | 1 | | 0.284 | 0.704 | |
| Tyrosine....g | 0.150 | | 0 | A | 1 | | 0.237 | 0.587 | |
| Valine....g | 0.195 | | 0 | A | 1 | | 0.308 | 0.762 | |
| Arginine....g | 0.120 | | 0 | A | 1 | | 0.189 | 0.469 | |
| Histidine....g | 0.060 | | 0 | A | 1 | | 0.095 | 0.234 | |
| Alanine....g | 0.135 | | 0 | A | 1 | | 0.213 | 0.528 | |
| Aspartic acid....g | 0.325 | | 0 | A | 1 | | 0.513 | 1.271 | |
| Glutamic acid....g | 0.775 | | 0 | A | 1 | | 1.224 | 3.030 | |
| Glycine....g | 0.100 | | 0 | A | 1 | | 0.158 | 0.391 | |
| Proline....g | 0.425 | | 0 | A | 1 | | 0.671 | 1.662 | |
| Serine....g | 0.205 | | 0 | A | 1 | | 0.324 | 0.801 | |
| Hydroxyproline....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 158g: 1 cup

Measure 2 = 391g: 1 can

**Calories Factors:** **Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14119**

**Mixed vegetable and fruit juice drink, with added nutrients**

includes V-8 Splash drinks

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 92.34 | | 0 | FLC | 4 | | 228.08 | | |
| Energy....kcal | 29 | | 1 | LC | 8 | | 72 | | |
| Energy....kJ | 122 | | 0 | LC | 8 | | 301 | | |
| Protein....g | 0.04 | | 0 | FLC | 4 | | 0.10 | | |
| Total lipid (fat)....g | 0.01 | | 0 | FLC | 4 | | 0.03 | | |
| Ash....g | 0.13 | | 0 | FLC | 4 | | 0.33 | | |
| Carbohydrate, by difference....g | 7.47 | | 0 | NC | 4 | | 18.46 | | |
| Fiber, total dietary....g | 0.0 | | 0 | FLC | 4 | | 0.1 | | |
| Sugars, total....g | 2.10 | | 0 | FLC | 4 | | 5.19 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 0 | FLC | 4 | | 8 | | |
| Iron, Fe....mg | 0.04 | | 0 | FLC | 4 | | 0.10 | | |
| Magnesium, Mg....mg | 1 | | 0 | FLC | 4 | | 3 | | |
| Phosphorus, P....mg | 2 | | 0 | FLC | 4 | | 5 | | |
| Potassium, K....mg | 19 | | 1 | LC | 8 | | 46 | | |
| Sodium, Na....mg | 21 | | 1 | LC | 8 | | 51 | | |
| Zinc, Zn....mg | 0.01 | | 0 | FLC | 4 | | 0.03 | | |
| Copper, Cu....mg | 0.009 | | 0 | FLC | 4 | | 0.023 | | |
| Manganese, Mn....mg | 0.012 | | 0 | FLC | 4 | | 0.030 | | |
| Selenium, Se....µg | 0.1 | | 0 | FLC | 4 | | 0.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 32.5 | | 1 | LC | 8 | | 80.3 | | |
| Thiamin....mg | 0.003 | | 0 | FLC | 4 | | 0.008 | | |
| Riboflavin....mg | 0.004 | | 0 | FLC | 4 | | 0.010 | | |
| Niacin....mg | 0.018 | | 0 | FLC | 4 | | 0.045 | | |
| Pantothenic acid....mg | 0.013 | | 0 | FLC | 4 | | 0.031 | | |
| Vitamin B-6....mg | 0.010 | | 0 | FLC | 4 | | 0.024 | | |
| Folate, total....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 5.2 | | 0 | O | 4 | | 12.9 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 104 | | 0 | FLC | 4 | | 257 | | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta....µg | 1178 | | 0 | FLC | 4 | | 2910 | | |
| Carotene, alpha....µg | 144 | | 0 | FLC | 4 | | 355 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 2083 | | 1 | LC | 8 | | 5146 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 12 | | 0 | FLC | 4 | | 30 | | |
| Vitamin E (alpha-tocopherol)....mg | 1.63 | | 0 | NR | 4 | | 4.01 | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.5 | | 0 | FLC | 4 | | 1.3 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14119**

**Mixed vegetable and fruit juice drink, with added nutrients**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 1 | 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 247g: 8 fl oz

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14327**
**Orange and apricot juice drink, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.70 | | 0 | | 1 | | 27.05 | 216.75 | |
| Energy....kcal | 51 | | 0 | NC | 4 | | 16 | 128 | |
| Energy....kJ | 213 | | 0 | | 4 | | 67 | 533 | |
| Protein (N x 6.25)....g | 0.30 | | 0 | | 1 | | 0.09 | 0.75 | |
| Total lipid (fat)....g | 0.10 | | 0 | | 1 | | 0.03 | 0.25 | |
| Ash....g | 0.20 | | 1 | | 1 | | 0.06 | 0.50 | |
| Carbohydrate, by difference....g | 12.70 | | 0 | NC | 4 | | 3.96 | 31.75 | |
| Fiber, total dietary....g | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.3 | |
| Sugars, total....g | 12.06 | | 0 | FLA | 4 | | 3.76 | 30.16 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | | 0 | | 1 | | 2 | 13 | |
| Iron, Fe....mg | 0.10 | | 0 | | 1 | | 0.03 | 0.25 | |
| Magnesium, Mg....mg | 5 | | 0 | FLA | 4 | | 2 | 13 | |
| Phosphorus, P....mg | 8 | | 0 | | 1 | | 2 | 20 | |
| Potassium, K....mg | 80 | | 1 | | 1 | | 25 | 200 | |
| Sodium, Na....mg | 2 | | 0 | FLA | 4 | | 1 | 5 | |
| Zinc, Zn....mg | 0.04 | | 0 | FLA | 4 | | 0.01 | 0.09 | |
| Copper, Cu....mg | 0.032 | | 0 | FLA | 4 | | 0.010 | 0.080 | |
| Manganese, Mn....mg | 0.009 | | 0 | FLA | 4 | | 0.003 | 0.021 | |
| Selenium, Se....µg | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 20.0 | | 1 | | 1 | | 6.2 | 50.0 | |
| Thiamin....mg | 0.020 | | 0 | | 1 | | 0.006 | 0.050 | |
| Riboflavin....mg | 0.010 | | 0 | | 1 | | 0.003 | 0.025 | |
| Niacin....mg | 0.200 | | 0 | | 1 | | 0.062 | 0.500 | |
| Pantothenic acid....mg | 0.068 | | 0 | FLA | 4 | | 0.021 | 0.171 | |
| Vitamin B-6....mg | 0.037 | | 0 | FLA | 4 | | 0.012 | 0.093 | |
| Folate, total....µg | 7 | | 0 | FLA | 4 | | 2 | 18 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 7 | | 0 | FLA | 4 | | 2 | 18 | |
| Folate, DFE....µg | 7 | | 0 | NC | 4 | | 2 | 18 | |
| Choline, total....mg | 0.5 | | 0 | O | 4 | | 0.2 | 1.4 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 9 | | 0 | FLA | 4 | | 3 | 23 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 79 | | 0 | FLA | 4 | | 25 | 197 | |
| Carotene, alpha....µg | 2 | | 0 | FLA | 4 | | 1 | 5 | |
| Cryptoxanthin, beta....µg | 60 | | 0 | FLA | 4 | | 19 | 150 | |
| Vitamin A, IU....IU | 183 | | 0 | FLA | 4 | | 57 | 456 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 47 | | 0 | FLA | 4 | | 15 | 118 | |
| Vitamin E (alpha-tocopherol)....mg | 0.11 | | 0 | FLA | 4 | | 0.03 | 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.3 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14327**
**Orange and apricot juice drink, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.010 | | 0 | | 1 | | 0.003 | 0.025 | |
| 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 | 0.009 | | 0 | | 1 | | 0.003 | 0.023 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.001 | | 0 | | 1 | | 0.000 | 0.003 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.031 | | 0 | | 1 | | 0.010 | 0.078 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.029 | | 0 | | 1 | | 0.009 | 0.073 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.022 | | 0 | | 1 | | 0.007 | 0.055 | |
| 18:2 undifferentiated....g | 0.019 | | 0 | | 1 | | 0.006 | 0.048 | |
| 18:3 undifferentiated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.005 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31.2g: 1 fl oz

Measure 2 = 250g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14436**

**Orange breakfast drink, ready-to-drink, with added nutrients**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 85.40 | | 0 | | 4 | | 26.99 | 216.06 | |
| Energy....kcal | 53 | | 0 | NC | 4 | | 17 | 134 | |
| Energy....kJ | 221 | | 0 | NC | 4 | | 70 | 559 | |
| Protein (N x 6.25)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Ash....g | 1.40 | | 0 | | 4 | | 0.44 | 3.54 | |
| Carbohydrate, by difference....g | 13.20 | | 0 | NC | 4 | | 4.17 | 33.40 | |
| Fiber, total dietary....g | 0.1 | | 0 | | 4 | | 0.0 | 0.3 | |
| Sugars, total....g | 8.02 | | 0 | O | 4 | | 2.53 | 20.28 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 100 | | 0 | | 4 | | 32 | 253 | |
| Iron, Fe....mg | 0.05 | | 0 | | 4 | | 0.02 | 0.13 | |
| Magnesium, Mg....mg | 5 | | 0 | | 4 | | 2 | 13 | |
| Phosphorus, P....mg | 7 | | 0 | | 4 | | 2 | 18 | |
| Potassium, K....mg | 83 | | 0 | | 4 | | 26 | 210 | |
| Sodium, Na....mg | 54 | | 0 | | 4 | | 17 | 137 | |
| Zinc, Zn....mg | 0.05 | | 0 | | 4 | | 0.02 | 0.13 | |
| Copper, Cu....mg | 0.027 | | 0 | | 4 | | 0.009 | 0.068 | |
| Manganese, Mn....mg | 0.013 | | 0 | FLA | 4 | | 0.004 | 0.034 | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.0 | | 0 | | 4 | | 7.6 | 60.7 | |
| Thiamin....mg | 0.120 | | 0 | | 4 | | 0.038 | 0.304 | |
| Riboflavin....mg | 0.010 | | 0 | | 4 | | 0.003 | 0.025 | |
| Niacin....mg | 0.090 | | 0 | | 4 | | 0.028 | 0.228 | |
| Pantothenic acid....mg | 0.051 | | 0 | FLA | 4 | | 0.016 | 0.130 | |
| Vitamin B-6....mg | 0.020 | | 0 | | 4 | | 0.006 | 0.051 | |
| Folate, total....µg | 5 | | 0 | NR | 4 | | 1 | 11 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 5 | | 0 | FLA | 4 | | 1 | 11 | |
| Folate, DFE....µg | 5 | | 0 | NC | 4 | | 1 | 11 | |
| Choline, total....mg | 0.5 | | 0 | O | 4 | | 0.1 | 1.2 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 7 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 21 | | 0 | FLC | 4 | | 7 | 53 | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Carotene, beta....µg | 219 | | 0 | FLC | 4 | | 69 | 554 | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | 1 | |
| Cryptoxanthin, beta....µg | 62 | | 0 | FLC | 4 | | 20 | 156 | |
| Vitamin A, IU....IU | 417 | | 0 | FLC | 4 | | 132 | 1054 | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 8 | | 0 | FLC | 4 | | 3 | 21 | |
| Vitamin E (alpha-tocopherol)....mg | 0.04 | | 0 | NR | 4 | | 0.01 | 0.09 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14436**

**Orange breakfast drink, ready-to-drink, with added nutrients**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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 | | 7 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31.6g: 1 fl oz

Measure 2 = 253g: 1 cup (8 fl oz)

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14426**

**Orange drink, breakfast type, with juice and pulp, frozen concentrate**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.20 | | 1 | | 1 | | 21.49 | 258.11 | |
| Energy....kcal | 153 | | 0 | NC | 4 | | 56 | 667 | |
| Energy....kJ | 640 | | 0 | | 4 | | 232 | 2791 | |
| Protein (N x 6.25)....g | 0.40 | | 1 | | 1 | | 0.15 | 1.74 | |
| Total lipid (fat)....g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 1.40 | | 1 | | 1 | | 0.51 | 6.10 | |
| Carbohydrate, by difference....g | 39.00 | | 0 | NC | 4 | | 14.16 | 170.04 | |
| Fiber, total dietary....g | 0.1 | | 0 | | 4 | | 0.0 | 0.4 | |
| Sugars, total....g | 38.05 | | 0 | BFCN | 4 | | 13.81 | 165.88 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 399 | | 1 | | 1 | | 145 | 1740 | |
| Iron, Fe....mg | 0.26 | | 1 | | 1 | | 0.09 | 1.13 | |
| Magnesium, Mg....mg | 34 | | 1 | | 1 | | 12 | 148 | |
| Phosphorus, P....mg | 115 | | 1 | | 1 | | 42 | 501 | |
| Potassium, K....mg | 465 | | 1 | | 1 | | 169 | 2027 | |
| Sodium, Na....mg | 26 | | 1 | | 1 | | 9 | 113 | |
| Zinc, Zn....mg | 0.12 | | 1 | | 1 | | 0.04 | 0.52 | |
| Copper, Cu....mg | 0.320 | | 1 | | 1 | | 0.116 | 1.395 | |
| Manganese, Mn....mg | 0.048 | | 0 | | 4 | | 0.017 | 0.209 | |
| Selenium, Se....µg | 0.0 | | 0 | BFSN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 189.7 | | 1 | | 1 | | 68.9 | 827.1 | |
| Thiamin....mg | 0.363 | | 1 | | 1 | | 0.132 | 1.583 | |
| Riboflavin....mg | 3.590 | | 1 | | 1 | | 1.303 | 15.652 | |
| Niacin....mg | 0.870 | | 1 | | 1 | | 0.316 | 3.793 | |
| Pantothenic acid....mg | 0.650 | | 1 | | 1 | | 0.236 | 2.834 | |
| Vitamin B-6....mg | 0.244 | | 1 | | 1 | | 0.089 | 1.064 | |
| Folate, total....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 1.7 | | 0 | O | 4 | | 0.6 | 7.4 | |
| 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 | 1 | | 1 | | 1 | | 0 | 5 | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, beta....µg | 11 | | 0 | O | 4 | | 4 | 48 | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 21 | | 1 | | 1 | | 8 | 92 | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.09 | | 0 | BFZN | 4 | | 0.03 | 0.37 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | BFZN | 4 | | 0.0 | 0.2 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14426**

**Orange drink, breakfast type, with juice and pulp, frozen concentrate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.009 | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.003 | | 0 | | 1 | | 0.001 | 0.013 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.004 | | 0 | | 1 | | 0.001 | 0.017 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 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 | 0.001 | | 0 | | 1 | | 0.000 | 0.004 | |
| Threonine....g | 0.004 | | 0 | | 1 | | 0.001 | 0.017 | |
| Isoleucine....g | 0.004 | | 0 | | 1 | | 0.001 | 0.017 | |
| Leucine....g | 0.007 | | 0 | | 1 | | 0.003 | 0.031 | |
| Lysine....g | 0.005 | | 0 | | 1 | | 0.002 | 0.022 | |
| Methionine....g | 0.002 | | 0 | | 1 | | 0.001 | 0.009 | |
| Cystine....g | 0.003 | | 0 | | 1 | | 0.001 | 0.013 | |
| Phenylalanine....g | 0.005 | | 0 | | 1 | | 0.002 | 0.022 | |
| Tyrosine....g | 0.002 | | 0 | | 1 | | 0.001 | 0.009 | |
| Valine....g | 0.006 | | 0 | | 1 | | 0.002 | 0.026 | |
| Arginine....g | 0.025 | | 0 | | 1 | | 0.009 | 0.109 | |
| Histidine....g | 0.002 | | 0 | | 1 | | 0.001 | 0.009 | |
| Alanine....g | 0.008 | | 0 | | 1 | | 0.003 | 0.035 | |
| Aspartic acid....g | 0.040 | | 0 | | 1 | | 0.015 | 0.174 | |
| Glutamic acid....g | 0.018 | | 0 | | 1 | | 0.007 | 0.078 | |
| Glycine....g | 0.005 | | 0 | | 1 | | 0.002 | 0.022 | |
| Proline....g | 0.023 | | 0 | | 1 | | 0.008 | 0.100 | |
| Serine....g | 0.007 | | 0 | | 1 | | 0.003 | 0.031 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |

**NDB No. 14426**

**Orange drink, breakfast type, with juice and pulp, frozen concentrate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 = 36.3g: 1 fl oz

Measure 2 = 436g: 1 can (12 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14427**

**Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.08 | | 0 | RPI | 6 | | 27.57 | 220.20 | |
| Energy....kcal | 45 | | 0 | RPI | 6 | | 14 | 111 | |
| Energy....kJ | 186 | | 0 | RPI | 6 | | 58 | 466 | |
| Protein (N x 0)....g | 0.12 | | 0 | RPI | 6 | | 0.04 | 0.29 | |
| Total lipid (fat)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Ash....g | 0.48 | | 0 | RPI | 6 | | 0.15 | 1.19 | |
| Carbohydrate, by difference....g | 11.32 | | 0 | RPI | 6 | | 3.54 | 28.31 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.1 | |
| Sugars, total....g | 11.05 | | 0 | RPI | 6 | | 3.46 | 27.62 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 118 | | 0 | RPA | 1 | | 37 | 295 | |
| Iron, Fe....mg | 0.08 | | 0 | RPA | 1 | | 0.02 | 0.19 | |
| Magnesium, Mg....mg | 11 | | 0 | RPA | 1 | | 3 | 26 | |
| Phosphorus, P....mg | 33 | | 0 | RPA | 1 | | 10 | 84 | |
| Potassium, K....mg | 167 | 17.976 | 3 | AI | 13 | | 52 | 417 | |
| Sodium, Na....mg | 10 | 3.005 | 3 | AI | 13 | | 3 | 26 | |
| Zinc, Zn....mg | 0.04 | | 0 | RPA | 1 | | 0.01 | 0.10 | |
| Copper, Cu....mg | 0.100 | | 0 | RPA | 1 | | 0.031 | 0.250 | |
| Manganese, Mn....mg | 0.014 | | 0 | RPI | 6 | | 0.004 | 0.035 | |
| Selenium, Se....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 55.1 | | 0 | RPI | 6 | | 17.2 | 137.7 | |
| Thiamin....mg | 0.105 | | 0 | RPI | 6 | | 0.033 | 0.264 | |
| Riboflavin....mg | 1.042 | | 0 | RPI | 6 | | 0.326 | 2.606 | |
| Niacin....mg | 0.253 | | 0 | RPI | 6 | | 0.079 | 0.632 | |
| Pantothenic acid....mg | 0.189 | | 0 | RPI | 6 | | 0.059 | 0.472 | |
| Vitamin B-6....mg | 0.071 | | 0 | RPI | 6 | | 0.022 | 0.177 | |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 1 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 3 | | 0 | RPI | 6 | | 1 | 8 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 6 | | 0 | RPI | 6 | | 2 | 15 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.02 | | 0 | RPI | 6 | | 0.01 | 0.06 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14427**

**Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.003 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31.3g: 1 fl oz

Measure 2 = 250g: 1 serving 8 fl oz

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14323**
**Orange drink, canned, with added vitamin C**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.47 | 0.269 | 6 | A | 1 | | 27.12 | 216.94 | |
| Energy....kcal | 49 | | 0 | NC | 4 | | 15 | 121 | |
| Energy....kJ | 204 | | 0 | NC | 4 | | 63 | 505 | |
| Protein (N x 6.25)....g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.07 | 0.023 | 6 | A | 1 | | 0.02 | 0.17 | |
| Ash....g | 0.11 | 0.025 | 6 | A | 1 | | 0.04 | 0.28 | |
| Carbohydrate, by difference....g | 12.34 | | 0 | NC | 4 | | 3.83 | 30.62 | |
| Fiber, total dietary....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.1 | |
| Sugars, total....g | 11.03 | 0.209 | 6 | A | 1 | | 3.42 | 27.35 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 0.168 | 5 | A | 1 | | 2 | 13 | |
| Iron, Fe....mg | 0.04 | 0.006 | 6 | A | 1 | | 0.01 | 0.11 | |
| Magnesium, Mg....mg | 2 | 0.160 | 6 | A | 1 | | 1 | 5 | |
| Phosphorus, P....mg | 1 | 0.136 | 6 | A | 1 | | 0 | 3 | |
| Potassium, K....mg | 18 | | 8 | | 1 | | 6 | 45 | |
| Sodium, Na....mg | 3 | 0.530 | 6 | A | 1 | | 1 | 6 | |
| Zinc, Zn....mg | 0.02 | 0.004 | 6 | A | 1 | | 0.01 | 0.05 | |
| Copper, Cu....mg | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn....mg | 0.011 | 0.002 | 6 | A | 1 | | 0.004 | 0.028 | |
| Selenium, Se....µg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 57.3 | | 2 | A | 1 | | 17.8 | 142.1 | |
| Thiamin....mg | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| Niacin....mg | 0.011 | 0.007 | 6 | A | 1 | | 0.004 | 0.028 | |
| Pantothenic acid....mg | 0.018 | | 0 | FLA | 4 | | 0.005 | 0.044 | |
| Vitamin B-6....mg | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 2 | | 0 | FLA | 4 | | 1 | 6 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 2 | | 0 | FLA | 4 | | 1 | 6 | |
| Folate, DFE....µg | 2 | | 0 | NC | 4 | | 1 | 6 | |
| Choline, total....mg | 0.5 | | 0 | O | 4 | | 0.2 | 1.3 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 1 | | 0 | FLA | 4 | | 0 | 1 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 1 | | 0 | FLA | 4 | | 0 | 3 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 1 | |
| Cryptoxanthin, beta....µg | 7 | | 0 | FLA | 4 | | 2 | 17 | |
| Vitamin A, IU....IU | 8 | | 0 | FLA | 4 | | 3 | 21 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 9 | | 0 | FLA | 4 | | 3 | 22 | |
| Vitamin E (alpha-tocopherol)....mg | 0.02 | | 0 | FLA | 4 | | 0.01 | 0.05 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin K (phylloquinone)....µg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14323**
**Orange drink, canned, with added vitamin C**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.002 | | 0 | FLA | 4 | | 0.001 | 0.005 | |
| 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 | 0.002 | | 0 | | 1 | | 0.001 | 0.005 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.005 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.005 | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.003 | | 0 | | 1 | | 0.001 | 0.007 | |
| 18:2 undifferentiated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.005 | |
| 18:3 undifferentiated....g | 0.001 | | 0 | | 1 | | 0.000 | 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 | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 248g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 42270**
**Orange juice drink**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.20 | | 0 | | 4 | | 214.64 | 26.81 | 226.71 |
| Energy....kcal | 54 | | 0 | NC | 4 | | 136 | 17 | 143 |
| Energy....kJ | 228 | | 0 | NC | 4 | | 567 | 71 | 599 |
| Protein (N x 6.25)....g | 0.20 | | 0 | | 4 | | 0.50 | 0.06 | 0.53 |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.19 | | 0 | BFSN | 4 | | 0.46 | 0.06 | 0.49 |
| Carbohydrate, by difference....g | 13.41 | | 0 | NC | 4 | | 33.40 | 4.17 | 35.28 |
| Fiber, total dietary....g | 0.2 | | 0 | FLA | 4 | | 0.5 | 0.1 | 0.5 |
| Sugars, total....g | 9.36 | | 0 | FLA | 4 | | 23.32 | 2.91 | 24.63 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 0 | | 4 | | 5 | 1 | 5 |
| Iron, Fe....mg | 0.11 | | 0 | | 4 | | 0.27 | 0.03 | 0.29 |
| Magnesium, Mg....mg | 3 | | 0 | | 4 | | 7 | 1 | 8 |
| Phosphorus, P....mg | 4 | | 0 | | 4 | | 10 | 1 | 11 |
| Potassium, K....mg | 42 | | 0 | | 4 | | 105 | 13 | 110 |
| Sodium, Na....mg | 2 | | 0 | | 4 | | 5 | 1 | 5 |
| Zinc, Zn....mg | 0.02 | | 0 | | 4 | | 0.05 | 0.01 | 0.05 |
| Copper, Cu....mg | 0.018 | | 0 | | 4 | | 0.045 | 0.006 | 0.047 |
| Manganese, Mn....mg | 0.007 | | 0 | BFSN | 4 | | 0.019 | 0.002 | 0.020 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 15.0 | | 0 | | 4 | | 37.4 | 4.7 | 39.5 |
| Thiamin....mg | 0.380 | | 0 | | 4 | | 0.946 | 0.118 | 0.999 |
| Riboflavin....mg | 0.430 | | 0 | | 4 | | 1.071 | 0.134 | 1.131 |
| Niacin....mg | 5.000 | | 0 | | 4 | | 12.450 | 1.555 | 13.150 |
| Pantothenic acid....mg | 0.060 | | 0 | BFSN | 4 | | 0.150 | 0.019 | 0.159 |
| Vitamin B-6....mg | 0.500 | | 0 | | 4 | | 1.245 | 0.156 | 1.315 |
| Folate, total....µg | 4 | | 0 | | 4 | | 10 | 1 | 11 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 4 | | 0 | | 4 | | 10 | 1 | 11 |
| Folate, DFE....µg | 4 | | 0 | NC | 4 | | 10 | 1 | 11 |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLC | 4 | | 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 | FLC | 4 | | 5 | 1 | 6 |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Carotene, beta....µg | 7 | | 0 | FLC | 4 | | 18 | 2 | 19 |
| Carotene, alpha....µg | 1 | | 0 | FLC | 4 | | 3 | 0 | 3 |
| Cryptoxanthin, beta....µg | 37 | | 0 | FLC | 4 | | 93 | 12 | 98 |
| Vitamin A, IU....IU | 44 | | 0 | | 4 | | 110 | 14 | 116 |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 29 | | 0 | FLC | 4 | | 72 | 9 | 76 |
| Vitamin E (alpha-tocopherol)....mg | 0.02 | | 0 | BFSN | 4 | | 0.05 | 0.01 | 0.06 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | BFSN | 4 | | 0.1 | 0.0 | 0.1 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 42270**
**Orange juice drink**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.010 | | 0 | | 4 | | 0.025 | 0.003 | 0.026 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.010 | | 0 | | 4 | | 0.025 | 0.003 | 0.026 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 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 | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Measure 3 = 263g: 1 drink box (8.45 fl oz)

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14407**
**Orange-flavor drink, breakfast type, powder**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.14 | | 5 | MC | 9 | | 0.04 | | |
| Energy | kcal | 386 | | 0 | NC | 4 | | 100 | | |
| Energy | kJ | 1615 | | 0 | NC | 4 | | 420 | | |
| Protein (N x 6.25) | g | 0.00 | 0.000 | 5 | MC | 9 | | 0.00 | | |
| Total lipid (fat) | g | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Ash | g | 0.92 | | 5 | MC | 9 | | 0.24 | | |
| Carbohydrate, by difference | g | 98.94 | | 0 | NC | 4 | | 25.72 | | |
| Fiber, total dietary | g | 0.4 | | 0 | FLA | 4 | | 0.1 | | |
| Sugars, total | g | 92.31 | | 1 | LC | 8 | | 24.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 385 | 61.712 | 3 | AI | 13 | | 100 | | |
| Iron, Fe | mg | 0.02 | | 0 | FLA | 4 | | 0.01 | | |
| Magnesium, Mg | mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Phosphorus, P | mg | 151 | | 5 | MC | 9 | | 39 | | |
| Potassium, K | mg | 190 | | 0 | MC | 9 | | 49 | | |
| Sodium, Na | mg | 17 | | 5 | MC | 9 | | 4 | | |
| Zinc, Zn | mg | 0.01 | | 0 | FLA | 4 | | 0.00 | | |
| Copper, Cu | mg | 0.013 | | 0 | FLA | 4 | | 0.003 | | |
| Manganese, Mn | mg | 0.050 | | 1 | | 1 | | 0.013 | | |
| Selenium, Se | µg | 0.5 | | 0 | FLA | 4 | | 0.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 230.8 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin | mg | 0.001 | | 0 | FLA | 4 | | 0.000 | | |
| Riboflavin | mg | 0.680 | | 0 | MC | 9 | | 0.177 | | |
| Niacin | mg | 8.000 | | 0 | MC | 9 | | 2.080 | | |
| Pantothenic acid | mg | 0.007 | | 0 | FLA | 4 | | 0.002 | | |
| Vitamin B-6 | mg | 0.800 | | 0 | MC | 9 | | 0.208 | | |
| Folate, total | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folic acid | µg | 0 | | 0 | NR | 4 | | 0 | | |
| Folate, food | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, DFE | µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total | mg | 0.1 | | 0 | O | 4 | | 0.0 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | µg | 600 | | 0 | FLA | 4 | | 156 | | |
| Retinol | µg | 599 | | 0 | FLA | 4 | | 156 | | |
| Carotene, beta | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 1 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, IU | IU | 2000 | | 0 | FLA | 4 | | 520 | | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 1 | | 0 | FLA | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 14407**
**Orange-flavor drink, breakfast type, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 18:2 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 26g: 1 serving 2 tbsp

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14408**

**Orange-flavor drink, breakfast type, powder, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.15 | | 0 | RPI | 6 | | 29.54 | 176.91 | |
| Energy....kcal | 49 | | 0 | RPI | 6 | | 17 | 100 | |
| Energy....kJ | 206 | | 0 | RPI | 6 | | 70 | 419 | |
| Protein....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Ash....g | 0.20 | | 0 | RPI | 6 | | 0.07 | 0.42 | |
| Carbohydrate, by difference....g | 12.65 | | 0 | RPI | 6 | | 4.29 | 25.67 | |
| Fiber, total dietary....g | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.1 | |
| Sugars, total....g | 11.80 | | 0 | RPI | 6 | | 4.00 | 23.95 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 52 | | 0 | RPI | 6 | | 18 | 105 | |
| Iron, Fe....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.01 | |
| Magnesium, Mg....mg | 1 | | 0 | RPI | 6 | | 0 | 2 | |
| Phosphorus, P....mg | 19 | | 0 | RPI | 6 | | 7 | 39 | |
| Potassium, K....mg | 25 | | 0 | RPI | 6 | | 8 | 50 | |
| Sodium, Na....mg | 5 | | 0 | RPI | 6 | | 2 | 11 | |
| Zinc, Zn....mg | 0.01 | | 0 | RPI | 6 | | 0.00 | 0.01 | |
| Copper, Cu....mg | 0.010 | | 0 | RPI | 6 | | 0.003 | 0.021 | |
| Manganese, Mn....mg | 0.007 | | 0 | RPA | 1 | | 0.002 | 0.013 | |
| Selenium, Se....µg | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 29.5 | | 0 | RPI | 6 | | 10.0 | 59.9 | |
| Thiamin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.087 | | 0 | RPI | 6 | | 0.029 | 0.176 | |
| Niacin....mg | 1.023 | | 0 | RPI | 6 | | 0.347 | 2.076 | |
| Pantothenic acid....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| Vitamin B-6....mg | 0.102 | | 0 | RPI | 6 | | 0.035 | 0.208 | |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 77 | | 0 | RPI | 6 | | 26 | 156 | |
| Retinol....µg | 77 | | 0 | RPI | 6 | | 26 | 156 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 256 | | 0 | RPI | 6 | | 87 | 519 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14408**

**Orange-flavor drink, breakfast type, powder, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 33.9g: 1 fl oz

Measure 2 = 203g: 1 serving 6 fl oz

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14424**

**Orange-flavor drink, breakfast type, with pulp, frozen concentrate**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 55.20 | | 6 | | 1 | | 19.49 | 234.05 | |
| Energy | kcal | 172 | | 0 | NC | 4 | | 61 | 729 | |
| Energy | kJ | 720 | | 0 | | 4 | | 254 | 3051 | |
| Protein (N x 6.25) | g | 0.10 | | 6 | | 1 | | 0.04 | 0.42 | |
| Total lipid (fat) | g | 0.50 | | 6 | | 1 | | 0.18 | 2.12 | |
| Ash | g | 1.30 | | 6 | | 1 | | 0.46 | 5.51 | |
| Carbohydrate, by difference | g | 42.90 | | 0 | NC | 4 | | 15.14 | 181.90 | |
| Fiber, total dietary | g | 0.2 | | 0 | FLA | 4 | | 0.1 | 0.7 | |
| Sugars, total | g | 11.70 | | 0 | NR | 4 | | 4.13 | 49.61 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 130 | | 1 | AI | 13 | | 46 | 551 | |
| Iron, Fe | mg | 0.26 | | 1 | | 1 | | 0.09 | 1.10 | |
| Magnesium, Mg | mg | 2 | | 1 | | 1 | | 1 | 8 | |
| Phosphorus, P | mg | 76 | | 6 | | 1 | | 27 | 322 | |
| Potassium, K | mg | 435 | | 6 | | 1 | | 154 | 1844 | |
| Sodium, Na | mg | 24 | | 6 | | 1 | | 8 | 102 | |
| Zinc, Zn | mg | 0.06 | | 1 | | 1 | | 0.02 | 0.25 | |
| Copper, Cu | mg | 0.039 | | 0 | FLA | 4 | | 0.014 | 0.165 | |
| Manganese, Mn | mg | 0.028 | | 0 | FLA | 4 | | 0.010 | 0.120 | |
| Selenium, Se | µg | 0.3 | | 0 | FLA | 4 | | 0.1 | 1.5 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 243.1 | | 1 | | 1 | | 85.8 | 1030.7 | |
| Thiamin | mg | 0.422 | | 1 | | 1 | | 0.149 | 1.789 | |
| Riboflavin | mg | 0.133 | | 1 | | 1 | | 0.047 | 0.564 | |
| Niacin | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | 0.025 | | 1 | | 1 | | 0.009 | 0.106 | |
| Vitamin B-6 | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Folate, total | µg | 30 | | 0 | FLA | 4 | | 11 | 129 | |
| Folic acid | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | µg | 30 | | 0 | FLA | 4 | | 11 | 129 | |
| Folate, DFE | µg | 30 | | 0 | NC | 4 | | 11 | 129 | |
| Choline, total | mg | 0.0 | | 0 | O | 4 | | 0.0 | 0.2 | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Retinol | µg | 0 | | 0 | FLA | 4 | | 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 | | 1 | | 0 | 0 | |
| Lycopene | µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin | µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.30 | | 0 | FLA | 4 | | 0.11 | 1.28 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.1 | 0.8 | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 14424**

**Orange-flavor drink, breakfast type, with pulp, frozen concentrate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.078 | | 0 | | 1 | | 0.028 | 0.331 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.001 | | 0 | | 1 | | 0.000 | 0.004 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.051 | | 0 | | 1 | | 0.018 | 0.216 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.026 | | 0 | | 1 | | 0.009 | 0.110 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.226 | | 0 | | 1 | | 0.080 | 0.958 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.008 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.223 | | 0 | | 1 | | 0.079 | 0.946 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.197 | | 0 | | 1 | | 0.070 | 0.835 | |
| 18:2 undifferentiated....g | 0.183 | | 0 | | 1 | | 0.065 | 0.776 | |
| 18:3 undifferentiated....g | 0.014 | | 0 | | 1 | | 0.005 | 0.059 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 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 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 35.3g: 1 fl oz

Measure 2 = 424g: 1 can (12 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14425**

**Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.18 | | 0 | RPI | 6 | | 27.02 | 216.20 | |
| Energy....kcal | 49 | | 0 | RPI | 6 | | 15 | 121 | |
| Energy....kJ | 205 | | 0 | RPI | 6 | | 63 | 508 | |
| Protein (N x 0)....g | 0.03 | | 0 | RPI | 6 | | 0.01 | 0.07 | |
| Total lipid (fat)....g | 0.14 | | 0 | RPI | 6 | | 0.04 | 0.35 | |
| Ash....g | 0.44 | | 0 | RPI | 6 | | 0.14 | 1.10 | |
| Carbohydrate, by difference....g | 12.21 | | 0 | RPI | 6 | | 3.79 | 30.28 | |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.1 | |
| Sugars, total....g | 11.91 | | 0 | RPI | 6 | | 3.69 | 29.54 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 39 | | 0 | RPI | 6 | | 12 | 97 | |
| Iron, Fe....mg | 0.08 | | 0 | RPA | 1 | | 0.02 | 0.19 | |
| Magnesium, Mg....mg | 1 | | 0 | RPA | 1 | | 0 | 3 | |
| Phosphorus, P....mg | 22 | | 0 | RPA | 1 | | 7 | 54 | |
| Potassium, K....mg | 124 | | 0 | RPA | 1 | | 38 | 308 | |
| Sodium, Na....mg | 10 | | 0 | RPA | 1 | | 3 | 24 | |
| Zinc, Zn....mg | 0.02 | | 0 | RPA | 1 | | 0.01 | 0.05 | |
| Copper, Cu....mg | 0.018 | | 0 | RPI | 6 | | 0.006 | 0.045 | |
| Manganese, Mn....mg | 0.008 | | 0 | RPI | 6 | | 0.003 | 0.020 | |
| Selenium, Se....µg | 0.1 | | 0 | RPI | 6 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 69.2 | | 0 | RPI | 6 | | 21.5 | 171.6 | |
| Thiamin....mg | 0.120 | | 0 | RPI | 6 | | 0.037 | 0.298 | |
| Riboflavin....mg | 0.038 | | 0 | RPI | 6 | | 0.012 | 0.094 | |
| Niacin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.007 | | 0 | RPI | 6 | | 0.002 | 0.018 | |
| Vitamin B-6....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Folate, total....µg | 9 | | 0 | RPI | 6 | | 3 | 22 | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food....µg | 9 | | 0 | RPI | 6 | | 3 | 22 | |
| Folate, DFE....µg | 9 | | 0 | NC | 4 | | 3 | 22 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| 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. 14425**

**Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.022 | | 0 | RPI | 6 | | 0.007 | 0.055 | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.015 | | 0 | RPI | 6 | | 0.005 | 0.036 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.007 | | 0 | RPI | 6 | | 0.002 | 0.018 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.064 | | 0 | RPI | 6 | | 0.020 | 0.160 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.063 | | 0 | RPI | 6 | | 0.020 | 0.157 | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.056 | | 0 | RPI | 6 | | 0.017 | 0.139 | |
| 18:2 undifferentiated....g | 0.052 | | 0 | RPI | 6 | | 0.016 | 0.129 | |
| 18:3 undifferentiated....g | 0.004 | | 0 | RPI | 6 | | 0.001 | 0.010 | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 248g: 1 serving 8 fl oz

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14334**
**Pineapple and grapefruit juice drink, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.90 | | 7 | | 1 | | 27.51 | 219.75 | |
| Energy....kcal | 47 | | 0 | NC | 4 | | 15 | 118 | |
| Energy....kJ | 197 | | 0 | | 4 | | 62 | 492 | |
| Protein (N x 6.25)....g | 0.20 | | 8 | | 1 | | 0.06 | 0.50 | |
| Total lipid (fat)....g | 0.10 | | 7 | | 1 | | 0.03 | 0.25 | |
| Ash....g | 0.20 | | 7 | | 1 | | 0.06 | 0.50 | |
| Carbohydrate, by difference....g | 11.60 | | 0 | NC | 4 | | 3.63 | 29.00 | |
| Fiber, total dietary....g | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.2 | |
| Sugars, total....g | 11.52 | | 0 | FLA | 4 | | 3.60 | 28.79 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 8 | | 1 | | 2 | 18 | |
| Iron, Fe....mg | 0.31 | | 7 | | 1 | | 0.10 | 0.78 | |
| Magnesium, Mg....mg | 6 | | 8 | | 1 | | 2 | 15 | |
| Phosphorus, P....mg | 6 | | 8 | | 1 | | 2 | 15 | |
| Potassium, K....mg | 61 | | 8 | | 1 | | 19 | 153 | |
| Sodium, Na....mg | 14 | | 5 | | 1 | | 4 | 35 | |
| Zinc, Zn....mg | 0.06 | | 7 | | 1 | | 0.02 | 0.15 | |
| Copper, Cu....mg | 0.045 | | 7 | | 1 | | 0.014 | 0.113 | |
| Manganese, Mn....mg | 0.413 | | 0 | | 1 | | 0.129 | 1.033 | |
| Selenium, Se....µg | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 46.0 | | 17 | | 1 | | 14.4 | 115.0 | |
| Thiamin....mg | 0.030 | 0.000 | 6 | | 1 | | 0.009 | 0.075 | |
| Riboflavin....mg | 0.016 | 0.002 | 6 | | 1 | | 0.005 | 0.040 | |
| Niacin....mg | 0.267 | 0.024 | 6 | | 1 | | 0.084 | 0.668 | |
| Pantothenic acid....mg | 0.053 | | 0 | | 1 | | 0.017 | 0.133 | |
| Vitamin B-6....mg | 0.042 | | 0 | | 1 | | 0.013 | 0.105 | |
| Folate, total....µg | 9 | | 0 | FLA | 4 | | 3 | 23 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 9 | | 0 | FLA | 4 | | 3 | 23 | |
| Folate, DFE....µg | 9 | | 0 | NC | 4 | | 3 | 23 | |
| Choline, total....mg | 0.5 | | 0 | O | 4 | | 0.2 | 1.2 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 1 | | 0 | FLA | 4 | | 0 | 3 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 2 | | 0 | FLA | 4 | | 1 | 6 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 1 | | 0 | FLA | 4 | | 0 | 2 | |
| Vitamin E (alpha-tocopherol)....mg | 0.01 | | 0 | FLA | 4 | | 0.00 | 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 | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.3 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14334**
**Pineapple and grapefruit juice drink, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.006 | | 0 | | 1 | | 0.002 | 0.015 | |
| 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 | 0.005 | | 0 | | 1 | | 0.002 | 0.013 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.002 | | 0 | | 1 | | 0.001 | 0.005 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.010 | | 0 | | 1 | | 0.003 | 0.025 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | | 1 | | 0.000 | 0.003 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.009 | | 0 | | 1 | | 0.003 | 0.023 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.028 | | 0 | | 1 | | 0.009 | 0.070 | |
| 18:2 undifferentiated....g | 0.017 | | 0 | | 1 | | 0.005 | 0.043 | |
| 18:3 undifferentiated....g | 0.011 | | 0 | | 1 | | 0.003 | 0.028 | |
| 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 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31.3g: 1 fl oz

Measure 2 = 250g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14341**
**Pineapple and orange juice drink, canned**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 86.90 | 0.026 | 15 | | 1 | | 27.20 | 217.25 | |
| Energy....kcal | 50 | | 0 | NC | 4 | | 16 | 125 | |
| Energy....kJ | 209 | | 0 | | 4 | | 65 | 523 | |
| Protein (N x 6.25)....g | 1.30 | 0.000 | 15 | | 1 | | 0.41 | 3.25 | |
| Total lipid (fat)....g | 0.00 | 0.000 | 15 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.10 | 0.000 | 22 | | 1 | | 0.03 | 0.25 | |
| Carbohydrate, by difference....g | 11.80 | | 0 | NC | 4 | | 3.69 | 29.50 | |
| Fiber, total dietary....g | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.2 | |
| Sugars, total....g | 11.59 | | 0 | FLA | 4 | | 3.63 | 28.98 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 0.248 | 15 | | 1 | | 2 | 13 | |
| Iron, Fe....mg | 0.27 | 0.023 | 15 | | 1 | | 0.08 | 0.68 | |
| Magnesium, Mg....mg | 6 | 0.153 | 15 | | 1 | | 2 | 15 | |
| Phosphorus, P....mg | 4 | 0.091 | 15 | | 1 | | 1 | 10 | |
| Potassium, K....mg | 46 | 1.540 | 22 | | 1 | | 14 | 115 | |
| Sodium, Na....mg | 3 | 0.163 | 15 | | 1 | | 1 | 8 | |
| Zinc, Zn....mg | 0.06 | 0.002 | 15 | | 1 | | 0.02 | 0.15 | |
| Copper, Cu....mg | 0.041 | 0.003 | 15 | | 1 | | 0.013 | 0.103 | |
| Manganese, Mn....mg | 0.361 | | 0 | | 1 | | 0.113 | 0.903 | |
| Selenium, Se....µg | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 22.5 | 0.423 | 27 | | 1 | | 7.0 | 56.3 | |
| Thiamin....mg | 0.030 | 0.000 | 15 | | 1 | | 0.009 | 0.075 | |
| Riboflavin....mg | 0.019 | 0.000 | 15 | | 1 | | 0.006 | 0.048 | |
| Niacin....mg | 0.207 | 0.007 | 15 | | 1 | | 0.065 | 0.518 | |
| Pantothenic acid....mg | 0.057 | | 0 | | 1 | | 0.018 | 0.143 | |
| Vitamin B-6....mg | 0.047 | | 0 | | 1 | | 0.015 | 0.118 | |
| Folate, total....µg | 9 | | 0 | FLA | 4 | | 3 | 23 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 9 | | 0 | FLA | 4 | | 3 | 23 | |
| Folate, DFE....µg | 9 | | 0 | NC | 4 | | 3 | 23 | |
| Choline, total....mg | 0.5 | | 0 | O | 4 | | 0.2 | 1.3 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 1 | | 0 | FLA | 4 | | 0 | 2 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 4 | | 0 | FLA | 4 | | 1 | 10 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 1 | |
| Cryptoxanthin, beta....µg | 15 | | 0 | FLA | 4 | | 5 | 37 | |
| Vitamin A, IU....IU | 19 | | 0 | FLA | 4 | | 6 | 48 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 12 | | 0 | FLA | 4 | | 4 | 29 | |
| Vitamin E (alpha-tocopherol)....mg | 0.03 | | 0 | FLA | 4 | | 0.01 | 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 | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.3 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14341**
**Pineapple and orange juice drink, canned**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **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 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31.3g: 1 fl oz

Measure 2 = 250g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14634**

**Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D**

Nesquik ready-to-drink

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 82.32 | | 0 | FLC | 4 | | 200.86 | | |
| Energy....kcal | 77 | | 0 | FLC | 4 | | 188 | | |
| Energy....kJ | 322 | | 0 | FLC | 4 | | 785 | | |
| Protein (N x 6.25)....g | 3.05 | | 0 | FLC | 4 | | 7.44 | | |
| Total lipid (fat)....g | 1.83 | | 0 | FLC | 4 | | 4.45 | | |
| Ash....g | 0.73 | | 0 | FLC | 4 | | 1.78 | | |
| Carbohydrate, by difference....g | 12.08 | | 0 | NC | 4 | | 29.47 | | |
| Fiber, total dietary....g | 0.4 | | 1 | LC | 8 | | 1.0 | | |
| Sugars, total....g | 11.40 | | 0 | O | 4 | | 27.82 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 164 | | 0 | FLC | 4 | | 400 | | |
| Iron, Fe....mg | 0.03 | | 0 | FLC | 4 | | 0.06 | | |
| Magnesium, Mg....mg | 10 | | 0 | FLC | 4 | | 25 | | |
| Phosphorus, P....mg | 85 | | 0 | FLC | 4 | | 206 | | |
| Potassium, K....mg | 130 | | 0 | FLC | 4 | | 318 | | |
| Sodium, Na....mg | 49 | | 0 | FLC | 4 | | 120 | | |
| Zinc, Zn....mg | 0.45 | | 0 | FLC | 4 | | 1.09 | | |
| Copper, Cu....mg | 0.006 | | 0 | FLC | 4 | | 0.015 | | |
| Manganese, Mn....mg | 0.013 | | 0 | FLC | 4 | | 0.032 | | |
| Selenium, Se....µg | 2.3 | | 0 | FLC | 4 | | 5.7 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.2 | | 0 | FLC | 4 | | 0.4 | | |
| Thiamin....mg | 0.036 | | 0 | FLC | 4 | | 0.089 | | |
| Riboflavin....mg | 0.172 | | 0 | FLC | 4 | | 0.421 | | |
| Niacin....mg | 0.085 | | 0 | FLC | 4 | | 0.207 | | |
| Pantothenic acid....mg | 0.328 | | 0 | FLC | 4 | | 0.801 | | |
| Vitamin B-6....mg | 0.035 | | 0 | FLC | 4 | | 0.086 | | |
| Folate, total....µg | 4 | | 0 | FLC | 4 | | 10 | | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food....µg | 4 | | 0 | FLC | 4 | | 10 | | |
| Folate, DFE....µg | 4 | | 0 | NC | 4 | | 10 | | |
| Choline, total....mg | 15.1 | | 0 | FLC | 4 | | 36.9 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.49 | | 0 | FLC | 4 | | 1.20 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 51 | | 0 | FLC | 4 | | 125 | | |
| Retinol....µg | 51 | | 0 | FLC | 4 | | 124 | | |
| Carotene, beta....µg | 4 | | 0 | FLC | 4 | | 9 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 175 | | 0 | FLC | 4 | | 428 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.03 | | 0 | FLC | 4 | | 0.07 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 1.1 | | 0 | FLC | 4 | | 2.7 | | |
| Vitamin D....IU | 45 | | 0 | FLC | 4 | | 109 | | |
| Vitamin K (phylloquinone)....µg | 0.2 | | 0 | FLC | 4 | | 0.4 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14634**

**Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.124 | | 0 | NC | 4 | | 2.743 | | |
| 4:0....g | 0.071 | | 0 | BFFN | 4 | | 0.173 | | |
| 6:0....g | 0.037 | | 0 | BFFN | 4 | | 0.090 | | |
| 8:0....g | 0.019 | | 0 | BFFN | 4 | | 0.046 | | |
| 10:0....g | 0.045 | | 0 | BFFN | 4 | | 0.111 | | |
| 12:0....g | 0.050 | | 0 | BFFN | 4 | | 0.123 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.162 | | 0 | BFFN | 4 | | 0.395 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.516 | | 0 | BFFN | 4 | | 1.258 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.224 | | 0 | BFFN | 4 | | 0.547 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.470 | | 0 | NC | 4 | | 1.146 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.030 | | 0 | BFFN | 4 | | 0.074 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.437 | | 0 | BFFN | 4 | | 1.066 | | |
| 20:1....g | 0.002 | | 0 | BFFN | 4 | | 0.005 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.001 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.075 | | 0 | NC | 4 | | 0.183 | | |
| 18:2 undifferentiated....g | 0.063 | | 0 | BFFN | 4 | | 0.153 | | |
| 18:3 undifferentiated....g | 0.012 | | 0 | BFFN | 4 | | 0.029 | | |
| 18:4....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 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 | 8 | | 0 | FLC | 4 | | 18 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 244g: 1 cup

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14639**

**Rice drink, unsweetened, with added calcium, vitamins A and D**

rice milk, ricemilk

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 89.28 | | 0 | O | 4 | | 214.27 | | |
| Energy....kcal | 47 | | 0 | NC | 4 | | 112 | | |
| Energy....kJ | 195 | | 0 | NC | 4 | | 467 | | |
| Protein....g | 0.28 | 0.139 | 3 | LC | 8 | | 0.67 | | |
| Total lipid (fat)....g | 0.97 | 0.069 | 3 | LC | 8 | | 2.33 | | |
| Ash....g | 0.30 | | 0 | FLC | 4 | | 0.73 | | |
| Carbohydrate, by difference....g | 9.17 | 0.417 | 3 | LC | 8 | | 22.00 | | |
| Fiber, total dietary....g | 0.3 | | 0 | FLC | 4 | | 0.7 | | |
| Sugars, total....g | 5.28 | 0.605 | 3 | LC | 8 | | 12.67 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 118 | 6.944 | 3 | LC | 8 | | 283 | | |
| Iron, Fe....mg | 0.20 | 0.100 | 3 | LC | 8 | | 0.48 | | |
| Magnesium, Mg....mg | 11 | | 0 | FLC | 4 | | 25 | | |
| Phosphorus, P....mg | 56 | 6.944 | 3 | LC | 8 | | 133 | | |
| Potassium, K....mg | 27 | | 1 | LC | 8 | | 65 | | |
| Sodium, Na....mg | 39 | 3.675 | 3 | LC | 8 | | 93 | | |
| Zinc, Zn....mg | 0.13 | 0.125 | 3 | LC | 8 | | 0.30 | | |
| Copper, Cu....mg | 0.037 | | 0 | FLC | 4 | | 0.088 | | |
| Manganese, Mn....mg | 0.282 | | 0 | FLC | 4 | | 0.677 | | |
| Selenium, Se....µg | 2.2 | | 0 | FLC | 4 | | 5.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | 0.000 | 3 | LC | 8 | | 0.0 | | |
| Thiamin....mg | 0.027 | | 0 | FLC | 4 | | 0.066 | | |
| Riboflavin....mg | 0.142 | 0.071 | 3 | LC | 8 | | 0.340 | | |
| Niacin....mg | 0.390 | | 0 | FLC | 4 | | 0.937 | | |
| Pantothenic acid....mg | 0.146 | | 0 | FLC | 4 | | 0.351 | | |
| Vitamin B-6....mg | 0.039 | | 0 | FLC | 4 | | 0.094 | | |
| Folate, total....µg | 2 | | 0 | FLC | 4 | | 4 | | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food....µg | 2 | | 0 | FLC | 4 | | 4 | | |
| Folate, DFE....µg | 2 | | 0 | NC | 4 | | 4 | | |
| Choline, total....mg | 2.1 | | 0 | FLC | 4 | | 5.1 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.63 | 0.361 | 3 | LC | 8 | | 1.50 | | |
| Vitamin B-12, added....µg | 0.63 | | 0 | NR | 4 | | 1.50 | | |
| Vitamin A, RAE....µg | 63 | | 0 | NC | 4 | | 150 | | |
| Retinol....µg | 63 | | 0 | NR | 4 | | 150 | | |
| Carotene, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 208 | 0.000 | 3 | LC | 8 | | 500 | | |
| Lycopene....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.47 | 0.469 | 3 | LC | 8 | | 1.13 | | |
| Vitamin E, added....mg | 0.13 | | 0 | NR | 4 | | 0.32 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| Vitamin D (D2 + D3)....µg | 1.0 | | 3 | LC | 8 | | 2.5 | | |
| Vitamin D....IU | 42 | 0.000 | 3 | LC | 8 | | 100 | | |
| Vitamin K (phylloquinone)....µg | 0.2 | | 0 | FLC | 4 | | 0.4 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14639**

**Rice drink, unsweetened, with added calcium, vitamins A and D**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 2 | 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 | 0.625 | | 2 | LC | 8 | | 1.500 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | FLC | 4 | | 0.002 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.624 | | 0 | FLC | 4 | | 1.498 | | |
| 20:1....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.313 | | 2 | LC | 8 | | 0.750 | | |
| 18:2 undifferentiated....g | 0.305 | | 0 | FLC | 4 | | 0.732 | | |
| 18:3 undifferentiated....g | 0.008 | | 0 | FLC | 4 | | 0.018 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 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 | 0.000 | 3 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 0 | 0.000 | 3 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 8 fl oz (approximate weight, 1 serving)

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14428**
**Shake, fast food, strawberry**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.10 | | 6 | | 1 | | 17.41 | 208.96 | 278.62 |
| Energy....kcal | 113 | | 0 | NC | 4 | | 27 | 319 | 425 |
| Energy....kJ | 473 | | 0 | | 4 | | 111 | 1333 | 1778 |
| Protein (N x 6.38)....g | 3.40 | | 3 | | 1 | | 0.80 | 9.59 | 12.78 |
| Total lipid (fat)....g | 2.80 | | 6 | | 1 | | 0.66 | 7.90 | 10.53 |
| Ash....g | 0.90 | | 3 | | 1 | | 0.21 | 2.54 | 3.38 |
| Carbohydrate, by difference....g | 18.90 | | 0 | NC | 4 | | 4.44 | 53.30 | 71.06 |
| Fiber, total dietary....g | 0.4 | | 0 | BFZN | 4 | | 0.1 | 1.1 | 1.5 |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 113 | | 3 | | 1 | | 27 | 319 | 425 |
| Iron, Fe....mg | 0.11 | | 3 | | 1 | | 0.03 | 0.31 | 0.41 |
| Magnesium, Mg....mg | 13 | | 3 | | 1 | | 3 | 37 | 49 |
| Phosphorus, P....mg | 100 | | 3 | | 1 | | 24 | 282 | 376 |
| Potassium, K....mg | 182 | | 3 | | 1 | | 43 | 513 | 684 |
| Sodium, Na....mg | 83 | | 3 | | 1 | | 20 | 234 | 312 |
| Zinc, Zn....mg | 0.36 | | 3 | | 1 | | 0.08 | 1.02 | 1.35 |
| Copper, Cu....mg | 0.022 | | 3 | | 1 | | 0.005 | 0.062 | 0.083 |
| Manganese, Mn....mg | 0.015 | | 3 | | 1 | | 0.004 | 0.042 | 0.056 |
| Selenium, Se....µg | 2.1 | | 0 | BFPN | 4 | | 0.5 | 5.9 | 7.9 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.8 | | 3 | | 1 | | 0.2 | 2.3 | 3.0 |
| Thiamin....mg | 0.045 | | 3 | | 1 | | 0.011 | 0.127 | 0.169 |
| Riboflavin....mg | 0.195 | | 3 | | 1 | | 0.046 | 0.550 | 0.733 |
| Niacin....mg | 0.175 | | 3 | | 1 | | 0.041 | 0.494 | 0.658 |
| Pantothenic acid....mg | 0.492 | | 3 | | 1 | | 0.116 | 1.387 | 1.850 |
| Vitamin B-6....mg | 0.044 | | 3 | | 1 | | 0.010 | 0.124 | 0.165 |
| Folate, total....µg | 3 | | 3 | | 1 | | 1 | 8 | 11 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 3 | | 3 | | 1 | | 1 | 8 | 11 |
| Folate, DFE....µg | 3 | | 0 | NC | 4 | | 1 | 8 | 11 |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.31 | | 3 | | 1 | | 0.07 | 0.87 | 1.17 |
| Vitamin A, RAE....µg | 26 | | 0 | NC | 4 | | 6 | 74 | 99 |
| Retinol....µg | 26 | | 0 | O | 4 | | 6 | 74 | 99 |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 120 | | 2 | | 1 | | 28 | 338 | 451 |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamin D....IU | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin K (phylloquinone)....µg | | | | | | | | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 14428**
**Shake, fast food, strawberry**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 1.734 | | 0 | | 4 | | 0.407 | 4.890 | 6.520 |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | | | | | | | | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| 18:2 undifferentiated....g | | | | | | | | | |
| 18:3 undifferentiated....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | 11 | | 5 | | 1 | | 3 | 31 | 41 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.047 | | 0 | | 1 | | 0.011 | 0.133 | 0.177 |
| Threonine....g | 0.152 | | 0 | | 1 | | 0.036 | 0.429 | 0.572 |
| Isoleucine....g | 0.204 | | 0 | | 1 | | 0.048 | 0.575 | 0.767 |
| Leucine....g | 0.329 | | 0 | | 1 | | 0.077 | 0.928 | 1.237 |
| Lysine....g | 0.266 | | 0 | | 1 | | 0.063 | 0.750 | 1.000 |
| Methionine....g | 0.084 | | 0 | | 1 | | 0.020 | 0.237 | 0.316 |
| Cystine....g | 0.031 | | 0 | | 1 | | 0.007 | 0.087 | 0.117 |
| Phenylalanine....g | 0.162 | | 0 | | 1 | | 0.038 | 0.457 | 0.609 |
| Tyrosine....g | 0.162 | | 0 | | 1 | | 0.038 | 0.457 | 0.609 |
| Valine....g | 0.225 | | 0 | | 1 | | 0.053 | 0.635 | 0.846 |
| Arginine....g | 0.121 | | 0 | | 1 | | 0.028 | 0.341 | 0.455 |
| Histidine....g | 0.092 | | 0 | | 1 | | 0.022 | 0.259 | 0.346 |
| Alanine....g | 0.116 | | 0 | | 1 | | 0.027 | 0.327 | 0.436 |
| Aspartic acid....g | 0.254 | | 0 | | 1 | | 0.060 | 0.716 | 0.955 |
| Glutamic acid....g | 0.703 | | 0 | | 1 | | 0.165 | 1.982 | 2.643 |
| Glycine....g | 0.072 | | 0 | | 1 | | 0.017 | 0.203 | 0.271 |
| Proline....g | 0.325 | | 0 | | 1 | | 0.076 | 0.917 | 1.222 |
| Serine....g | 0.183 | | 0 | | 1 | | 0.043 | 0.516 | 0.688 |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 23.5g: 1 fl oz

Measure 2 = 282g: 1 small 12 fl oz

Measure 3 = 376g: 1 medium 16 fl oz

**Calories Factors:** **Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14347**
**Shake, fast food, 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 | 69.65 | | 2 | A | 1 | | 14.49 | 115.63 | 144.88 |
| Energy....kcal | 148 | | 0 | NC | 4 | | 31 | 246 | 308 |
| Energy....kJ | 620 | | 0 | NC | 4 | | 129 | 1029 | 1289 |
| Protein (N x 6.38)....g | 3.37 | | 2 | A | 1 | | 0.70 | 5.60 | 7.02 |
| Total lipid (fat)....g | 6.52 | | 2 | A | 1 | | 1.36 | 10.82 | 13.56 |
| Ash....g | 0.86 | | 2 | A | 1 | | 0.18 | 1.44 | 1.80 |
| Carbohydrate, by difference....g | 19.59 | | 0 | NC | 4 | | 4.07 | 32.51 | 40.74 |
| Fiber, total dietary....g | 0.9 | | 2 | A | 1 | | 0.2 | 1.6 | 2.0 |
| Sugars, total....g | 13.63 | | 0 | FLA | 4 | | 2.84 | 22.63 | 28.35 |
| Sucrose....g | | | | | | | | | |
| Glucose (dextrose)....g | | | | | | | | | |
| Fructose....g | | | | | | | | | |
| Lactose....g | | | | | | | | | |
| Maltose....g | | | | | | | | | |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 115 | | 2 | A | 1 | | 24 | 190 | 238 |
| Iron, Fe....mg | 0.46 | | 2 | A | 1 | | 0.10 | 0.76 | 0.95 |
| Magnesium, Mg....mg | 13 | | 2 | A | 1 | | 3 | 21 | 26 |
| Phosphorus, P....mg | 98 | | 2 | A | 1 | | 20 | 162 | 203 |
| Potassium, K....mg | 166 | | 2 | A | 1 | | 34 | 275 | 344 |
| Sodium, Na....mg | 81 | | 2 | A | 1 | | 17 | 134 | 168 |
| Zinc, Zn....mg | 0.57 | | 2 | A | 1 | | 0.12 | 0.94 | 1.18 |
| Copper, Cu....mg | 0.103 | | 2 | A | 1 | | 0.021 | 0.171 | 0.215 |
| Manganese, Mn....mg | 0.035 | | 2 | A | 1 | | 0.007 | 0.058 | 0.072 |
| Selenium, Se....µg | 3.2 | | 1 | A | 1 | | 0.7 | 5.3 | 6.7 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 2 | A | 1 | | 0.0 | 0.1 | 0.1 |
| Thiamin....mg | 0.026 | | 2 | A | 1 | | 0.005 | 0.043 | 0.053 |
| Riboflavin....mg | 0.660 | | 2 | A | 1 | | 0.137 | 1.096 | 1.373 |
| Niacin....mg | 0.213 | | 2 | A | 1 | | 0.044 | 0.353 | 0.442 |
| Pantothenic acid....mg | 0.562 | | 2 | A | 1 | | 0.117 | 0.933 | 1.169 |
| Vitamin B-6....mg | 0.060 | | 2 | A | 1 | | 0.012 | 0.099 | 0.124 |
| Folate, total....µg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 27.3 | | 1 | A | 1 | | 5.7 | 45.3 | 56.8 |
| Betaine....mg | 3.8 | | 1 | A | 1 | | 0.8 | 6.3 | 7.9 |
| Vitamin B-12....µg | 0.22 | | 2 | A | 1 | | 0.05 | 0.36 | 0.45 |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | 91 | | 0 | O | 4 | | 19 | 151 | 189 |
| Retinol....µg | 91 | | 0 | BFZN | 4 | | 19 | 151 | 189 |
| Carotene, beta....µg | 0 | | 0 | O | 4 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 304 | | 0 | BFZN | 4 | | 63 | 505 | 632 |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol)....mg | 0.25 | | 0 | FLA | 4 | | 0.05 | 0.42 | 0.53 |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Tocotrienol, alpha....mg | | | | | | | | | |
| Tocotrienol, beta....mg | | | | | | | | | |

**NDB No. 14347**
**Shake, fast food, vanilla**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tocotrienol, gamma....mg | | | | | | | | | |
| Tocotrienol, delta....mg | | | | | | | | | |
| 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 | 0.4 | | 1 | A | 1 | | 0.1 | 0.7 | 0.8 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.962 | | 0 | NC | 4 | | 0.824 | 6.577 | 8.241 |
| 4:0....g | 0.198 | | 1 | A | 1 | | 0.041 | 0.328 | 0.411 |
| 6:0....g | 0.152 | | 1 | A | 1 | | 0.032 | 0.253 | 0.317 |
| 8:0....g | 0.066 | | 2 | A | 1 | | 0.014 | 0.110 | 0.138 |
| 10:0....g | 0.154 | | 2 | A | 1 | | 0.032 | 0.255 | 0.319 |
| 12:0....g | 0.174 | | 2 | A | 1 | | 0.036 | 0.289 | 0.363 |
| 13:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 14:0....g | 0.593 | | 2 | A | 1 | | 0.123 | 0.984 | 1.233 |
| 15:0....g | 0.057 | | 2 | A | 1 | | 0.012 | 0.095 | 0.119 |
| 16:0....g | 1.724 | | 2 | A | 1 | | 0.359 | 2.861 | 3.585 |
| 17:0....g | 0.036 | | 2 | A | 1 | | 0.008 | 0.060 | 0.075 |
| 18:0....g | 0.795 | | 2 | A | 1 | | 0.165 | 1.319 | 1.653 |
| 20:0....g | 0.007 | | 2 | A | 1 | | 0.001 | 0.011 | 0.014 |
| 22:0....g | 0.002 | | 2 | A | 1 | | 0.000 | 0.003 | 0.004 |
| 24:0....g | 0.003 | | 2 | A | 1 | | 0.001 | 0.005 | 0.006 |
| Fatty acids, total monounsaturated....g | 1.785 | | 0 | NC | 4 | | 0.371 | 2.963 | 3.712 |
| 14:1....g | 0.049 | | 2 | A | 1 | | 0.010 | 0.081 | 0.101 |
| 15:1....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated....g | 0.116 | | 2 | JA | 6 | | 0.024 | 0.193 | 0.242 |
| 17:1....g | 0.009 | | 2 | A | 1 | | 0.002 | 0.014 | 0.018 |
| 18:1 undifferentiated....g | 1.607 | | 2 | JA | 6 | | 0.334 | 2.667 | 3.342 |
| 20:1....g | 0.004 | | 2 | A | 1 | | 0.001 | 0.007 | 0.009 |
| 22:1 undifferentiated....g | 0.000 | | 2 | JA | 6 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.316 | | 0 | NC | 4 | | 0.066 | 0.525 | 0.657 |
| 18:2 undifferentiated....g | 0.261 | | 2 | JA | 6 | | 0.054 | 0.433 | 0.542 |
| 18:3 undifferentiated....g | 0.029 | | 2 | JA | 6 | | 0.006 | 0.047 | 0.059 |
| 18:4....g | 0.012 | | 2 | A | 1 | | 0.002 | 0.020 | 0.025 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | 0.006 | | 2 | JA | 6 | | 0.001 | 0.009 | 0.012 |
| 20:4 undifferentiated....g | 0.007 | | 2 | A | 1 | | 0.001 | 0.011 | 0.014 |
| 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 | 0.003 | | 2 | A | 1 | | 0.001 | 0.004 | 0.005 |
| 22:6 n-3 (DHA)....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 23 | | 2 | A | 1 | | 5 | 39 | 48 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.058 | | 0 | A | 1 | | 0.012 | 0.096 | 0.120 |
| Threonine....g | 0.152 | | 0 | A | 1 | | 0.032 | 0.253 | 0.317 |
| Isoleucine....g | 0.158 | | 0 | A | 1 | | 0.033 | 0.262 | 0.328 |
| Leucine....g | 0.354 | | 0 | A | 1 | | 0.074 | 0.588 | 0.737 |
| Lysine....g | 0.268 | | 0 | A | 1 | | 0.056 | 0.446 | 0.558 |
| Methionine....g | 0.095 | | 0 | A | 1 | | 0.020 | 0.158 | 0.198 |
| Cystine....g | 0.038 | | 0 | A | 1 | | 0.008 | 0.063 | 0.079 |
| Phenylalanine....g | 0.169 | | 0 | A | 1 | | 0.035 | 0.280 | 0.351 |
| Tyrosine....g | 0.123 | | 0 | A | 1 | | 0.026 | 0.204 | 0.256 |
| Valine....g | 0.194 | | 0 | A | 1 | | 0.040 | 0.322 | 0.404 |
| Arginine....g | 0.105 | | 0 | A | 1 | | 0.022 | 0.175 | 0.219 |
| Histidine....g | 0.090 | | 0 | A | 1 | | 0.019 | 0.149 | 0.186 |
| Alanine....g | 0.127 | | 0 | A | 1 | | 0.026 | 0.211 | 0.264 |

**NDB No. 14347**
**Shake, fast food, vanilla**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Aspartic acid....g | 0.318 | | 0 | A | 1 | | 0.066 | 0.528 | 0.662 |
| Glutamic acid....g | 0.841 | | 0 | A | 1 | | 0.175 | 1.395 | 1.748 |
| Glycine....g | 0.074 | | 0 | A | 1 | | 0.015 | 0.123 | 0.154 |
| Proline....g | 0.393 | | 0 | A | 1 | | 0.082 | 0.652 | 0.817 |
| Serine....g | 0.228 | | 0 | A | 1 | | 0.047 | 0.378 | 0.474 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 20.8g: 1 fl oz

Measure 2 = 166g: 1 cup (8 fl oz)

Measure 3 = 208g: 1 milkshake (10 fl oz)

**Calories Factors:** **Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14350**
**Strawberry-flavor beverage mix, powder**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 0.40 | | 8 | | 1 | | 0.09 | | |
| Energy....kcal | 389 | | 0 | NC | 4 | | 85 | | |
| Energy....kJ | 1626 | | 0 | NC | 4 | | 358 | | |
| Protein (N x 6.25)....g | 0.10 | | 8 | | 1 | | 0.02 | | |
| Total lipid (fat)....g | 0.20 | | 8 | | 1 | | 0.04 | | |
| Ash....g | 0.20 | | 8 | | 1 | | 0.04 | | |
| Carbohydrate, by difference....g | 99.10 | | 0 | NC | 4 | | 21.80 | | |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 95.45 | | 1 | LC | 8 | | 21.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | FLA | 4 | | 1 | | |
| Iron, Fe....mg | 0.44 | | 7 | | 1 | | 0.10 | | |
| Magnesium, Mg....mg | 1 | | 0 | FLA | 4 | | 0 | | |
| Phosphorus, P....mg | 5 | | 0 | FLA | 4 | | 1 | | |
| Potassium, K....mg | 6 | | 0 | FLA | 4 | | 1 | | |
| Sodium, Na....mg | 38 | | 7 | | 1 | | 8 | | |
| Zinc, Zn....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Copper, Cu....mg | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Manganese, Mn....mg | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Selenium, Se....µg | 0.5 | | 0 | FLA | 4 | | 0.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.3 | | 7 | | 1 | | 0.1 | | |
| Thiamin....mg | 0.003 | | 7 | | 1 | | 0.001 | | |
| Riboflavin....mg | 0.110 | | 2 | | 1 | | 0.024 | | |
| Niacin....mg | 0.073 | | 7 | | 1 | | 0.016 | | |
| Pantothenic acid....mg | 0.001 | | 0 | FLA | 4 | | 0.000 | | |
| Vitamin B-6....mg | 0.002 | 0.000 | 6 | | 1 | | 0.000 | | |
| Folate, total....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 0.1 | | 0 | O | 4 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Carotene, beta....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, IU....IU | 0 | | 0 | FLA | 4 | | 0 | | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14350**
**Strawberry-flavor beverage mix, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 18:2 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 22g: 1 serving (2-3 heaping tsp)

**Calories Factors:** **Protein** 3.9 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14351**

**Strawberry-flavor beverage mix, powder, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 80.90 | | 0 | | 1 | | 215.19 | | |
| Energy....kcal | 88 | | 0 | NC | 4 | | 234 | | |
| Energy....kJ | 368 | | | | 4 | | 979 | | |
| Protein....g | 3.00 | | 0 | | 1 | | 7.98 | | |
| Total lipid (fat)....g | 3.10 | | 0 | | 1 | | 8.25 | | |
| Ash....g | 0.70 | | 0 | | 1 | | 1.86 | | |
| Carbohydrate, by difference....g | 12.30 | | 0 | NC | 4 | | 32.72 | | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 110 | | 0 | | 1 | | 293 | | |
| Iron, Fe....mg | 0.08 | | 0 | | 1 | | 0.21 | | |
| Magnesium, Mg....mg | 12 | | 0 | | 1 | | 32 | | |
| Phosphorus, P....mg | 86 | | 0 | | 1 | | 229 | | |
| Potassium, K....mg | 139 | | 0 | | 1 | | 370 | | |
| Sodium, Na....mg | 48 | | 0 | | 1 | | 128 | | |
| Zinc, Zn....mg | 0.35 | | 0 | | 1 | | 0.93 | | |
| Copper, Cu....mg | 0.009 | | 0 | | 1 | | 0.024 | | |
| Manganese, Mn....mg | 0.002 | | 0 | | 1 | | 0.005 | | |
| Selenium, Se....µg | 1.8 | | 0 | RP | 4 | | 4.8 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.9 | | 0 | | 1 | | 2.4 | | |
| Thiamin....mg | 0.035 | | 0 | | 1 | | 0.093 | | |
| Riboflavin....mg | 0.158 | | 0 | | 1 | | 0.420 | | |
| Niacin....mg | 0.083 | | 0 | | 1 | | 0.221 | | |
| Pantothenic acid....mg | 0.288 | | 0 | | 1 | | 0.766 | | |
| Vitamin B-6....mg | 0.039 | | 0 | | 1 | | 0.104 | | |
| Folate, total....µg | 5 | | 0 | | 1 | | 12 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 5 | | 0 | | 1 | | 12 | | |
| Folate, DFE....µg | 5 | | 0 | NC | 4 | | 12 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.33 | | 0 | | 1 | | 0.88 | | |
| Vitamin A, RAE....µg | 26 | | 0 | NC | 4 | | 69 | | |
| Retinol....µg | 26 | | 0 | O | 4 | | 69 | | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 116 | | 0 | | 1 | | 309 | | |
| 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. 14351**
**Strawberry-flavor beverage mix, powder, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 1.910 | | 0 | | 1 | | 5.081 | | |
| 4:0....g | 0.099 | | 0 | | 1 | | 0.263 | | |
| 6:0....g | 0.059 | | 0 | | 1 | | 0.157 | | |
| 8:0....g | 0.034 | | 0 | | 1 | | 0.090 | | |
| 10:0....g | 0.077 | | 0 | | 1 | | 0.205 | | |
| 12:0....g | 0.086 | | 0 | | 1 | | 0.229 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.309 | | 0 | | 1 | | 0.822 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.808 | | 0 | | 1 | | 2.149 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.372 | | 0 | | 1 | | 0.990 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.886 | | 0 | | 1 | | 2.357 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.069 | | 0 | | 1 | | 0.184 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.772 | | 0 | | 1 | | 2.054 | | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.114 | | 0 | | 1 | | 0.303 | | |
| 18:2 undifferentiated....g | 0.069 | | 0 | | 1 | | 0.184 | | |
| 18:3 undifferentiated....g | 0.045 | | 0 | | 1 | | 0.120 | | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 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 | 12 | | 0 | | 1 | | 32 | | |
| Phytosterols....mg | 0 | | 0 | | 1 | | 0 | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.042 | | 0 | | 1 | | 0.112 | | |
| Threonine....g | 0.137 | | 0 | | 1 | | 0.364 | | |
| Isoleucine....g | 0.183 | | 0 | | 1 | | 0.487 | | |
| Leucine....g | 0.296 | | 0 | | 1 | | 0.787 | | |
| Lysine....g | 0.240 | | 0 | | 1 | | 0.638 | | |
| Methionine....g | 0.076 | | 0 | | 1 | | 0.202 | | |
| Cystine....g | 0.028 | | 0 | | 1 | | 0.074 | | |
| Phenylalanine....g | 0.146 | | 0 | | 1 | | 0.388 | | |
| Tyrosine....g | 0.146 | | 0 | | 1 | | 0.388 | | |
| Valine....g | 0.202 | | 0 | | 1 | | 0.537 | | |
| Arginine....g | 0.109 | | 0 | | 1 | | 0.290 | | |
| Histidine....g | 0.082 | | 0 | | 1 | | 0.218 | | |
| Alanine....g | 0.104 | | 0 | | 1 | | 0.277 | | |
| Aspartic acid....g | 0.230 | | 0 | | 1 | | 0.612 | | |
| Glutamic acid....g | 0.633 | | 0 | | 1 | | 1.684 | | |
| Glycine....g | 0.064 | | 0 | | 1 | | 0.170 | | |
| Proline....g | 0.293 | | 0 | | 1 | | 0.779 | | |
| Serine....g | 0.164 | | 0 | | 1 | | 0.436 | | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 14351**

**Strawberry-flavor beverage mix, powder, prepared with whole milk**

**Common Measures:**

Measure 1 = 266g: 1 cup (8 fl oz)

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14544**
**Tea, black, brewed, prepared with distilled water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.70 | | 4 | | 1 | | 29.51 | 177.47 | |
| Energy....kcal | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Energy....kJ | 4 | | 0 | | 4 | | 1 | 7 | |
| Protein (N x 6.25)....g | 0.00 | | 14 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 10 | | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.00 | | 6 | | 1 | | 0.00 | 0.00 | |
| Carbohydrate, by difference....g | 0.30 | | 0 | NC | 4 | | 0.09 | 0.53 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | | 1 | | 0 | 0 | |
| Iron, Fe....mg | 0.01 | | 0 | | 1 | | 0.00 | 0.02 | |
| Magnesium, Mg....mg | 1 | | 0 | | 1 | | 0 | 2 | |
| Phosphorus, P....mg | 1 | | 0 | | 1 | | 0 | 2 | |
| Potassium, K....mg | 21 | | 0 | | 1 | | 6 | 37 | |
| Sodium, Na....mg | 0 | | 0 | | 1 | | 0 | 0 | |
| Zinc, Zn....mg | 0.01 | | 0 | | 1 | | 0.00 | 0.02 | |
| Copper, Cu....mg | 0.008 | | 0 | | 1 | | 0.002 | 0.014 | |
| Manganese, Mn....mg | 0.219 | | 0 | | 4 | | 0.065 | 0.390 | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.014 | | 8 | | 1 | | 0.004 | 0.025 | |
| Niacin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.011 | | 0 | | 4 | | 0.003 | 0.020 | |
| Vitamin B-6....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 5 | 0.610 | 7 | | 1 | | 2 | 9 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 5 | 0.610 | 7 | | 1 | | 2 | 9 | |
| Folate, DFE....µg | 5 | | 0 | NC | 4 | | 2 | 9 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 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. 14544**
**Tea, black, brewed, prepared with distilled water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.004 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | | | | | | | | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.004 | | 0 | | 1 | | 0.001 | 0.007 | |
| 18:2 undifferentiated....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | |
| 18:3 undifferentiated....g | 0.003 | | 0 | | 1 | | 0.001 | 0.005 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 20 | | 41 | | 1 | | 6 | 36 | |
| Theobromine....mg | | | | | | | | | |

**NDB No. 14544**
**Tea, black, brewed, prepared with distilled water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

**Calories Factors:** **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14355**
**Tea, black, brewed, prepared with tap water**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.70 | | 4 | | 1 | | 29.51 | 177.47 | 236.29 |
| Energy....kcal | 1 | | 0 | NC | 4 | | 0 | 2 | 2 |
| Energy....kJ | 4 | | 0 | | 4 | | 1 | 7 | 10 |
| Protein (N x 6.25)....g | 0.00 | | 14 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 10 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.04 | | 0 | O | 4 | | 0.01 | 0.08 | 0.10 |
| Carbohydrate, by difference....g | 0.30 | | 0 | NC | 4 | | 0.09 | 0.53 | 0.71 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 2 | | 1 | | 0 | 0 | 0 |
| Iron, Fe....mg | 0.02 | | 1 | | 1 | | 0.01 | 0.04 | 0.05 |
| Magnesium, Mg....mg | 3 | | 2 | | 1 | | 1 | 5 | 7 |
| Phosphorus, P....mg | 1 | | 2 | | 1 | | 0 | 2 | 2 |
| Potassium, K....mg | 37 | | 2 | | 1 | | 11 | 66 | 88 |
| Sodium, Na....mg | 3 | | 2 | | 1 | | 1 | 5 | 7 |
| Zinc, Zn....mg | 0.02 | | 2 | | 1 | | 0.01 | 0.04 | 0.05 |
| Copper, Cu....mg | 0.010 | | 2 | | 1 | | 0.003 | 0.018 | 0.024 |
| Manganese, Mn....mg | 0.219 | | 0 | | 4 | | 0.065 | 0.390 | 0.519 |
| Selenium, Se....µg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.014 | | 8 | | 1 | | 0.004 | 0.025 | 0.033 |
| Niacin....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.011 | | 0 | | 4 | | 0.003 | 0.020 | 0.026 |
| Vitamin B-6....mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 5 | 0.610 | 7 | | 1 | | 2 | 9 | 12 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 5 | 0.610 | 7 | | 1 | | 2 | 9 | 12 |
| Folate, DFE....µg | 5 | | 0 | NC | 4 | | 2 | 9 | 12 |
| Choline, total....mg | 0.4 | | 0 | AS | 1 | | 0.1 | 0.7 | 0.9 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| 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 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, delta....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| 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 | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14355**
**Tea, black, brewed, prepared with tap water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.004 | 0.005 |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | 0.002 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | 0.002 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.004 | | 0 | | 1 | | 0.001 | 0.007 | 0.009 |
| 18:2 undifferentiated....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | 0.002 |
| 18:3 undifferentiated....g | 0.003 | | 0 | | 1 | | 0.001 | 0.005 | 0.007 |
| 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 20 | | 41 | | 1 | | 6 | 36 | 47 |

**NDB No. 14355**
**Tea, black, brewed, prepared with tap water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Theobromine.....mg | 2 | | 0 | | 1 | | 1 | 4 | 5 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Measure 3 = 237g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14352**

**Tea, black, brewed, prepared with tap water, decaffeinated**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.70 | | 0 | BFZN | 4 | | 29.51 | 177.47 | 236.29 |
| Energy....kcal | 1 | | 0 | BFZN | 4 | | 0 | 2 | 2 |
| Energy....kJ | 4 | | 0 | | 4 | | 1 | 7 | 10 |
| Protein....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.04 | | 0 | O | 4 | | 0.01 | 0.08 | 0.10 |
| Carbohydrate, by difference....g | 0.30 | | 0 | BFZN | 4 | | 0.09 | 0.53 | 0.71 |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Iron, Fe....mg | 0.02 | | 0 | BFZN | 4 | | 0.01 | 0.04 | 0.05 |
| Magnesium, Mg....mg | 3 | | 0 | BFZN | 4 | | 1 | 5 | 7 |
| Phosphorus, P....mg | 1 | | 0 | BFZN | 4 | | 0 | 2 | 2 |
| Potassium, K....mg | 37 | | 0 | BFZN | 4 | | 11 | 66 | 88 |
| Sodium, Na....mg | 3 | | 0 | BFZN | 4 | | 1 | 5 | 7 |
| Zinc, Zn....mg | 0.02 | | 0 | BFZN | 4 | | 0.01 | 0.04 | 0.05 |
| Copper, Cu....mg | 0.010 | | 0 | BFZN | 4 | | 0.003 | 0.018 | 0.024 |
| Manganese, Mn....mg | 0.219 | | 0 | BFZN | 4 | | 0.065 | 0.390 | 0.519 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.014 | | 0 | BFZN | 4 | | 0.004 | 0.025 | 0.033 |
| Niacin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.011 | | 0 | BFZN | 4 | | 0.003 | 0.020 | 0.026 |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 5 | | 0 | BFZN | 4 | | 1 | 9 | 12 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 5 | | 0 | BFZN | 4 | | 1 | 9 | 12 |
| Folate, DFE....µg | 5 | | 0 | NC | 4 | | 1 | 9 | 12 |
| Choline, total....mg | 0.4 | | 0 | BFZN | 4 | | 0.1 | 0.7 | 0.9 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| 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 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14352**

**Tea, black, brewed, prepared with tap water, decaffeinated**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.002 | | 0 | BFZN | 4 | | 0.001 | 0.004 | 0.005 |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.001 | | 0 | BFZN | 4 | | 0.000 | 0.002 | 0.002 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.001 | | 0 | BFZN | 4 | | 0.000 | 0.002 | 0.002 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.004 | | 0 | BFZN | 4 | | 0.001 | 0.007 | 0.009 |
| 18:2 undifferentiated....g | 0.001 | | 0 | BFZN | 4 | | 0.000 | 0.002 | 0.002 |
| 18:3 undifferentiated....g | 0.003 | | 0 | BFZN | 4 | | 0.001 | 0.005 | 0.007 |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Threonine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Isoleucine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Leucine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lysine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Methionine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Cystine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Tyrosine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Valine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Arginine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Histidine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Alanine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Glycine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Proline....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Serine....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 1 | | 0 | BFZN | 4 | | 0 | 2 | 2 |

**NDB No. 14352**

**Tea, black, brewed, prepared with tap water, decaffeinated**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Measure 3 = 237g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14545**
**Tea, herb, chamomile, brewed**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.70 | | 21 | | 1 | | 29.51 | 177.47 | 236.29 |
| Energy....kcal | 1 | | 0 | NC | 4 | | 0 | 2 | 2 |
| Energy....kJ | 4 | | 0 | | 4 | | 1 | 7 | 10 |
| Protein (N x 6.25)....g | 0.00 | | 28 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 28 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference....g | 0.20 | | 0 | NC | 4 | | 0.06 | 0.36 | 0.47 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 10 | | 1 | | 1 | 4 | 5 |
| Iron, Fe....mg | 0.08 | | 3 | | 1 | | 0.02 | 0.14 | 0.19 |
| Magnesium, Mg....mg | 1 | | 3 | | 1 | | 0 | 2 | 2 |
| Phosphorus, P....mg | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 9 | | 33 | | 1 | | 3 | 16 | 21 |
| Sodium, Na....mg | 1 | | 32 | | 1 | | 0 | 2 | 2 |
| Zinc, Zn....mg | 0.04 | | 32 | | 1 | | 0.01 | 0.07 | 0.09 |
| Copper, Cu....mg | 0.015 | | 28 | | 1 | | 0.004 | 0.027 | 0.036 |
| Manganese, Mn....mg | 0.044 | | 3 | | 1 | | 0.013 | 0.078 | 0.104 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.010 | | 3 | | 1 | | 0.003 | 0.018 | 0.024 |
| Riboflavin....mg | 0.004 | | 3 | | 1 | | 0.001 | 0.007 | 0.009 |
| Niacin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.011 | | 3 | | 1 | | 0.003 | 0.020 | 0.026 |
| Vitamin B-6....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 1 | | 5 | | 1 | | 0 | 1 | 1 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 1 | | 5 | | 1 | | 0 | 1 | 1 |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 1 | 1 |
| Choline, total....mg | 0.4 | | 0 | BFZN | 4 | | 0.1 | 0.7 | 0.9 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | 2 | 2 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta....µg | 12 | | 0 | NR | 4 | | 4 | 21 | 28 |
| Carotene, alpha....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 20 | | 0 | | 1 | | 6 | 36 | 47 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14545**
**Tea, herb, chamomile, brewed**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | NC | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Measure 3 = 237g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14381**
**Tea, herb, other than chamomile, brewed**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.70 | | 21 | | 1 | | 29.51 | 177.47 | 236.29 |
| Energy....kcal | 1 | | 0 | NC | 4 | | 0 | 2 | 2 |
| Energy....kJ | 4 | | 0 | | 4 | | 1 | 7 | 10 |
| Protein (N x 6.25)....g | 0.00 | | 28 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 28 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.00 | | 21 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference....g | 0.20 | | 0 | NC | 4 | | 0.06 | 0.36 | 0.47 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 10 | | 1 | | 1 | 4 | 5 |
| Iron, Fe....mg | 0.08 | | 3 | | 1 | | 0.02 | 0.14 | 0.19 |
| Magnesium, Mg....mg | 1 | | 3 | | 1 | | 0 | 2 | 2 |
| Phosphorus, P....mg | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 9 | | 33 | | 1 | | 3 | 16 | 21 |
| Sodium, Na....mg | 1 | | 32 | | 1 | | 0 | 2 | 2 |
| Zinc, Zn....mg | 0.04 | | 32 | | 1 | | 0.01 | 0.07 | 0.09 |
| Copper, Cu....mg | 0.015 | | 28 | | 1 | | 0.004 | 0.027 | 0.036 |
| Manganese, Mn....mg | 0.044 | | 3 | | 1 | | 0.013 | 0.078 | 0.104 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.010 | | 3 | | 1 | | 0.003 | 0.018 | 0.024 |
| Riboflavin....mg | 0.004 | | 3 | | 1 | | 0.001 | 0.007 | 0.009 |
| Niacin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.011 | | 3 | | 1 | | 0.003 | 0.020 | 0.026 |
| Vitamin B-6....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 1 | | 5 | | 1 | | 0 | 1 | 1 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 1 | | 5 | | 1 | | 0 | 1 | 1 |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 1 | 1 |
| Choline, total....mg | 0.4 | | 0 | BFZN | 4 | | 0.1 | 0.7 | 0.9 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14381**
**Tea, herb, other than chamomile, brewed**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.004 | 0.005 |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | 0.002 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.005 | | 0 | | 1 | | 0.001 | 0.009 | 0.012 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 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 | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Measure 3 = 237g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14356**

**Tea, instant, sweetened with non-nutritive sweetener, lemon-flavored, powder, decaffeinated**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.50 | | 0 | BFZN | 4 | | 0.06 | | |
| Energy | kcal | 338 | | 0 | BFZN | 4 | | 5 | | |
| Energy | kJ | 1412 | | 0 | BFZN | 4 | | 23 | | |
| Protein (N x 6.25) | g | 3.30 | | 0 | BFZN | 4 | | 0.05 | | |
| Total lipid (fat) | g | 0.60 | | 0 | BFZN | 4 | | 0.01 | | |
| Ash | g | 7.20 | | 0 | BFZN | 4 | | 0.12 | | |
| Carbohydrate, by difference | g | 85.40 | | 0 | BFZN | 4 | | 1.37 | | |
| Fiber, total dietary | g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total | g | 1.88 | | 0 | BFZN | 4 | | 0.03 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 21 | | 0 | BFZN | 4 | | 0 | | |
| Iron, Fe | mg | 8.87 | | 0 | BFZN | 4 | | 0.14 | | |
| Magnesium, Mg | mg | 125 | | 0 | BFZN | 4 | | 2 | | |
| Phosphorus, P | mg | 140 | | 0 | BFZN | 4 | | 2 | | |
| Potassium, K | mg | 2568 | | 0 | BFZN | 4 | | 41 | | |
| Sodium, Na | mg | 412 | | 0 | BFZN | 4 | | 7 | | |
| Zinc, Zn | mg | 0.89 | | 0 | BFZN | 4 | | 0.01 | | |
| Copper, Cu | mg | 0.120 | | 0 | BFZN | 4 | | 0.002 | | |
| Manganese, Mn | mg | 30.370 | | 0 | BFZN | 4 | | 0.486 | | |
| Selenium, Se | µg | 1.8 | | 0 | BFZN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin | mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Riboflavin | mg | 0.335 | | 0 | BFZN | 4 | | 0.005 | | |
| Niacin | mg | 3.880 | | 0 | BFZN | 4 | | 0.062 | | |
| Pantothenic acid | mg | 1.540 | | 0 | BFZN | 4 | | 0.025 | | |
| Vitamin B-6 | mg | 0.121 | | 0 | BFZN | 4 | | 0.002 | | |
| Folate, total | µg | 35 | | 0 | BFZN | 4 | | 1 | | |
| Folic acid | µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food | µg | 35 | | 0 | BFZN | 4 | | 1 | | |
| Folate, DFE | µg | 35 | | 0 | NC | 4 | | 1 | | |
| Choline, total | mg | 40.2 | | 0 | BFZN | 4 | | 0.6 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Carotene, beta | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, alpha | µg | 0 | | 0 | NR | 4 | | 0 | | |
| Cryptoxanthin, beta | µg | 0 | | 0 | NR | 4 | | 0 | | |
| Vitamin A, IU | IU | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lycopene | µg | 0 | | 0 | NR | 4 | | 0 | | |
| Lutein + zeaxanthin | µg | 0 | | 0 | NR | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | NR | 4 | | 0.00 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| 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. 14356**

**Tea, instant, sweetened with non-nutritive sweetener, lemon-flavored, powder, decaffeinated**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 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 | NR | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 57 | | 0 | O | 4 | | 1 | | |
| Theobromine....mg | 4 | | 0 | O | 4 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 1.6g: 2 tsp

**Calories Factors:** **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.8

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14375**

**Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 3.50 | | 1 | MC | 9 | | 0.06 | 0.50 | |
| Energy....kcal | 338 | | 0 | NC | 4 | | 5 | 49 | |
| Energy....kJ | 1412 | | 0 | NC | 4 | | 23 | 203 | |
| Protein (N x 6.25)....g | 3.30 | | 3 | | 1 | | 0.05 | 0.48 | |
| Total lipid (fat)....g | 0.60 | | 1 | MC | 9 | | 0.01 | 0.09 | |
| Ash....g | 7.20 | | 1 | MC | 9 | | 0.12 | 1.04 | |
| Carbohydrate, by difference....g | 85.40 | | 0 | NC | 4 | | 1.37 | 12.30 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 1.88 | | 0 | FLA | 4 | | 0.03 | 0.27 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | | 1 | MC | 9 | | 0 | 3 | |
| Iron, Fe....mg | 8.87 | | 1 | MC | 9 | | 0.14 | 1.28 | |
| Magnesium, Mg....mg | 125 | | 1 | MC | 9 | | 2 | 18 | |
| Phosphorus, P....mg | 140 | | 1 | MC | 9 | | 2 | 20 | |
| Potassium, K....mg | 2568 | | 1 | MC | 9 | | 41 | 370 | |
| Sodium, Na....mg | 412 | | 0 | LC | 8 | | 7 | 59 | |
| Zinc, Zn....mg | 0.89 | | 1 | MC | 9 | | 0.01 | 0.13 | |
| Copper, Cu....mg | 0.120 | | 1 | MC | 9 | | 0.002 | 0.017 | |
| Manganese, Mn....mg | 30.370 | | 1 | MC | 9 | | 0.486 | 4.373 | |
| Selenium, Se....µg | 1.8 | | 0 | FLA | 4 | | 0.0 | 0.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.335 | | 0 | FLA | 4 | | 0.005 | 0.048 | |
| Niacin....mg | 3.880 | | 1 | MC | 9 | | 0.062 | 0.559 | |
| Pantothenic acid....mg | 1.540 | | 0 | FLA | 4 | | 0.025 | 0.222 | |
| Vitamin B-6....mg | 0.121 | | 0 | FLA | 4 | | 0.002 | 0.017 | |
| Folate, total....µg | 35 | | 0 | FLA | 4 | | 1 | 5 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 35 | | 0 | FLA | 4 | | 1 | 5 | |
| Folate, DFE....µg | 35 | | 0 | NC | 4 | | 1 | 5 | |
| Choline, total....mg | 40.2 | | 0 | FLA | 4 | | 0.6 | 5.8 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14375**

**Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 2240 | | 1 | MC | 9 | | 36 | 323 | |
| Theobromine....mg | 24 | | 0 | FLA | 4 | | 0 | 3 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 1.6g: 2 tsp

Measure 2 = 14.4g: 4 tbsp (1/4 cup)

**Calories Factors:** **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.8

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14548**

**Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 0.30 | 0.048 | 4 | | 1 | | 0.07 | 0.55 | |
| Energy....kcal | 385 | | 0 | NC | 4 | | 89 | 701 | |
| Energy....kJ | 1611 | | | | 4 | | 370 | 2932 | |
| Protein (N x 6.25)....g | 0.60 | | 4 | | 1 | | 0.14 | 1.09 | |
| Total lipid (fat)....g | 0.30 | 0.070 | 4 | | 1 | | 0.07 | 0.55 | |
| Ash....g | 1.10 | 0.388 | 4 | | 1 | | 0.25 | 2.00 | |
| Carbohydrate, by difference....g | 97.60 | | 0 | NC | 4 | | 22.45 | 177.63 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | 0.601 | 4 | | 1 | | 1 | 5 | |
| Iron, Fe....mg | 0.16 | 0.008 | 4 | | 1 | | 0.04 | 0.29 | |
| Magnesium, Mg....mg | 11 | 0.459 | 4 | | 1 | | 3 | 20 | |
| Phosphorus, P....mg | 14 | 0.396 | 4 | | 1 | | 3 | 25 | |
| Potassium, K....mg | 217 | 9.635 | 4 | | 1 | | 50 | 395 | |
| Sodium, Na....mg | 5 | | 0 | | 4 | | 1 | 9 | |
| Zinc, Zn....mg | 0.10 | 0.004 | 4 | | 1 | | 0.02 | 0.18 | |
| Copper, Cu....mg | 0.025 | 0.003 | 4 | | 1 | | 0.006 | 0.046 | |
| Manganese, Mn....mg | 2.965 | 0.076 | 4 | | 1 | | 0.682 | 5.396 | |
| Selenium, Se....µg | 0.7 | | 0 | BFZN | 4 | | 0.2 | 1.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 100.0 | | 1 | | 1 | | 23.0 | 182.0 | |
| Thiamin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Riboflavin....mg | 0.200 | 0.058 | 3 | | 1 | | 0.046 | 0.364 | |
| Niacin....mg | 0.407 | 0.009 | 3 | | 1 | | 0.094 | 0.741 | |
| Pantothenic acid....mg | 0.110 | | 0 | | 4 | | 0.025 | 0.200 | |
| Vitamin B-6....mg | 0.022 | | 0 | | 4 | | 0.005 | 0.040 | |
| Folate, total....µg | 43 | | 2 | | 1 | | 10 | 77 | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....µg | 43 | | 2 | | 1 | | 10 | 77 | |
| Folate, DFE....µg | 43 | | 0 | NC | 4 | | 10 | 77 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | | | | | | | | | |
| 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. 14548**

**Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.037 | | 0 | | 1 | | 0.009 | 0.067 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | | | | | | | | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.032 | | 0 | | 1 | | 0.007 | 0.058 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.005 | | 0 | | 1 | | 0.001 | 0.009 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.011 | | 0 | | 1 | | 0.003 | 0.020 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.010 | | 0 | | 1 | | 0.002 | 0.018 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.091 | | 0 | | 1 | | 0.021 | 0.166 | |
| 18:2 undifferentiated....g | 0.030 | | 0 | | 1 | | 0.007 | 0.055 | |
| 18:3 undifferentiated....g | 0.061 | | 0 | | 1 | | 0.014 | 0.111 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | | | | | | | | | |
| 22:6 n-3 (DHA)....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.005 | | 0 | | 1 | | 0.001 | 0.009 | |
| Threonine....g | 0.003 | | 0 | | 1 | | 0.001 | 0.005 | |
| Isoleucine....g | 0.003 | | 0 | | 1 | | 0.001 | 0.005 | |
| Leucine....g | 0.003 | | 0 | | 1 | | 0.001 | 0.005 | |
| Lysine....g | 0.003 | | 0 | | 1 | | 0.001 | 0.005 | |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine....g | 0.003 | | 0 | | 1 | | 0.001 | 0.005 | |
| Phenylalanine....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | |
| Tyrosine....g | 0.003 | | 0 | | 1 | | 0.001 | 0.005 | |
| Valine....g | 0.003 | | 0 | | 1 | | 0.001 | 0.005 | |
| Arginine....g | 0.003 | | 0 | | 1 | | 0.001 | 0.005 | |
| Histidine....g | 0.001 | | 0 | | 1 | | 0.000 | 0.002 | |
| Alanine....g | 0.004 | | 0 | | 1 | | 0.001 | 0.007 | |
| Aspartic acid....g | 0.017 | | 0 | | 1 | | 0.004 | 0.031 | |
| Glutamic acid....g | 0.031 | | 0 | | 1 | | 0.007 | 0.056 | |
| Glycine....g | 0.005 | | 0 | | 1 | | 0.001 | 0.009 | |
| Proline....g | 0.003 | | 0 | | 1 | | 0.001 | 0.005 | |
| Serine....g | 0.004 | | 0 | | 1 | | 0.001 | 0.007 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 124 | 19.934 | 6 | | 1 | | 29 | 226 | |
| Theobromine....mg | | | | | | | | | |

**NDB No. 14548**

**Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 23g: 1 serving (3 heaping tsp)

Measure 2 = 182g: 1 cup

**Calories Factors:** **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14370**

**Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 0.13 | | 1 | A | 1 | | 0.03 | 0.24 | |
| Energy....kcal | 401 | | 0 | NC | 4 | | 92 | 730 | |
| Energy....kJ | 1679 | | 0 | NC | 4 | | 386 | 3056 | |
| Protein (N x 6.25)....g | 0.12 | | 1 | A | 1 | | 0.03 | 0.23 | |
| Total lipid (fat)....g | 0.73 | | 1 | A | 1 | | 0.17 | 1.33 | |
| Ash....g | 0.47 | | 1 | A | 1 | | 0.11 | 0.85 | |
| Carbohydrate, by difference....g | 98.55 | | 0 | NC | 4 | | 22.67 | 179.36 | |
| Fiber, total dietary....g | 0.7 | | 1 | A | 1 | | 0.2 | 1.4 | |
| Sugars, total....g | 95.29 | | 1 | A | 1 | | 21.92 | 173.43 | |
| Starch....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 1 | A | 1 | | 0 | 3 | |
| Iron, Fe....mg | 0.21 | | 1 | A | 1 | | 0.05 | 0.39 | |
| Magnesium, Mg....mg | 3 | | 1 | A | 1 | | 1 | 5 | |
| Phosphorus, P....mg | 2 | | 1 | A | 1 | | 0 | 4 | |
| Potassium, K....mg | 169 | | 1 | A | 1 | | 39 | 308 | |
| Sodium, Na....mg | 5 | | 1 | A | 1 | | 1 | 10 | |
| Zinc, Zn....mg | 0.03 | | 1 | A | 1 | | 0.01 | 0.06 | |
| Copper, Cu....mg | 0.010 | | 1 | A | 1 | | 0.002 | 0.017 | |
| Manganese, Mn....mg | 1.410 | | 1 | A | 1 | | 0.324 | 2.566 | |
| Selenium, Se....µg | 0.6 | | 0 | FLA | 4 | | 0.1 | 1.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.011 | | 1 | A | 1 | | 0.003 | 0.021 | |
| Riboflavin....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Niacin....mg | 0.125 | | 1 | A | 1 | | 0.029 | 0.228 | |
| Pantothenic acid....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Vitamin B-6....mg | 0.015 | | 1 | A | 1 | | 0.003 | 0.027 | |
| Folate, total....µg | 1 | | 0 | FLA | 4 | | 0 | 2 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | FLA | 4 | | 0 | 2 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Choline, total....mg | 1.1 | | 0 | FLA | 4 | | 0.3 | 2.1 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14370**

**Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.097 | | 0 | FLA | 4 | | 0.022 | 0.176 | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.002 | | 0 | FLA | 4 | | 0.001 | 0.004 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.084 | | 0 | FLA | 4 | | 0.019 | 0.152 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.005 | | 0 | FLA | 4 | | 0.001 | 0.009 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.033 | | 0 | FLA | 4 | | 0.008 | 0.060 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.002 | | 0 | FLA | 4 | | 0.001 | 0.004 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.025 | | 0 | FLA | 4 | | 0.006 | 0.045 | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.218 | | 0 | FLA | 4 | | 0.050 | 0.397 | |
| 18:2 undifferentiated....g | 0.148 | | 0 | FLA | 4 | | 0.034 | 0.269 | |
| 18:3 undifferentiated....g | 0.061 | | 0 | FLA | 4 | | 0.014 | 0.112 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 35 | | 1 | A | 1 | | 8 | 64 | |
| Theobromine....mg | 1 | | 1 | A | 1 | | 0 | 2 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 23g: 1 serving (3 heaping tsp)

Measure 2 = 182g: 1 cup

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14357**

**Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 0.13 | | 0 | BFZN | 4 | | 0.03 | 0.24 | |
| Energy....kcal | 401 | | 0 | NC | 4 | | 92 | 730 | |
| Energy....kJ | 1679 | | 0 | NC | 4 | | 386 | 3056 | |
| Protein (N x 6.25)....g | 0.12 | | 0 | BFZN | 4 | | 0.03 | 0.23 | |
| Total lipid (fat)....g | 0.73 | | 0 | BFZN | 4 | | 0.17 | 1.33 | |
| Ash....g | 0.47 | | 0 | BFZN | 4 | | 0.11 | 0.85 | |
| Carbohydrate, by difference....g | 98.55 | | 0 | BFZN | 4 | | 22.67 | 179.36 | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 95.29 | | 0 | BFZN | 4 | | 21.92 | 173.43 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 0 | BFZN | 4 | | 0 | 3 | |
| Iron, Fe....mg | 0.21 | | 0 | BFZN | 4 | | 0.05 | 0.39 | |
| Magnesium, Mg....mg | 3 | | 0 | BFZN | 4 | | 1 | 5 | |
| Phosphorus, P....mg | 2 | | 0 | BFZN | 4 | | 0 | 4 | |
| Potassium, K....mg | 169 | | 0 | BFZN | 4 | | 39 | 308 | |
| Sodium, Na....mg | 5 | | 0 | BFZN | 4 | | 1 | 10 | |
| Zinc, Zn....mg | 0.03 | | 0 | BFZN | 4 | | 0.01 | 0.06 | |
| Copper, Cu....mg | 0.010 | | 0 | BFZN | 4 | | 0.002 | 0.017 | |
| Manganese, Mn....mg | 2.965 | | 0 | BFZN | 4 | | 0.682 | 5.396 | |
| Selenium, Se....µg | 0.6 | | 0 | BFZN | 4 | | 0.1 | 1.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.011 | | 0 | BFZN | 4 | | 0.003 | 0.021 | |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Niacin....mg | 0.125 | | 0 | BFZN | 4 | | 0.029 | 0.228 | |
| Pantothenic acid....mg | 0.110 | | 0 | BFZN | 4 | | 0.025 | 0.200 | |
| Vitamin B-6....mg | 0.015 | | 0 | BFZN | 4 | | 0.003 | 0.027 | |
| Folate, total....µg | 1 | | 0 | BFZN | 4 | | 0 | 2 | |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Folate, food....µg | 1 | | 0 | BFZN | 4 | | 0 | 2 | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | BFZN | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |

**NDB No. 14357**

**Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.091 | | 0 | BFZN | 4 | | 0.021 | 0.166 | |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.002 | | 0 | BFZN | 4 | | 0.001 | 0.004 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.084 | | 0 | BFZN | 4 | | 0.019 | 0.152 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.005 | | 0 | BFZN | 4 | | 0.001 | 0.009 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.027 | | 0 | BFZN | 4 | | 0.006 | 0.049 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.002 | | 0 | BFZN | 4 | | 0.001 | 0.004 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.025 | | 0 | BFZN | 4 | | 0.006 | 0.045 | |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.209 | | 0 | BFZN | 4 | | 0.048 | 0.380 | |
| 18:2 undifferentiated....g | 0.148 | | 0 | BFZN | 4 | | 0.034 | 0.269 | |
| 18:3 undifferentiated....g | 0.061 | | 0 | BFZN | 4 | | 0.014 | 0.112 | |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 5 | | 0 | BFZN | 4 | | 1 | 9 | |
| 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 = 23g: 1 serving (3 heaping tsp)

Measure 2 = 182g: 1 cup

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14371**

**Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.18 | | 0 | RPI | 6 | | 236.15 | | |
| Energy....kcal | 35 | | 0 | RPI | 6 | | 91 | | |
| Energy....kJ | 147 | | 0 | RPI | 6 | | 380 | | |
| Protein (N x 0)....g | 0.01 | | 0 | RPI | 6 | | 0.03 | | |
| Total lipid (fat)....g | 0.06 | | 0 | RPI | 6 | | 0.17 | | |
| Ash....g | 0.13 | | 0 | RPI | 6 | | 0.34 | | |
| Carbohydrate, by difference....g | 8.61 | | 0 | RPI | 6 | | 22.31 | | |
| Fiber, total dietary....g | 0.1 | | 0 | RPI | 6 | | 0.2 | | |
| Sugars, total....g | 8.33 | | 0 | RPI | 6 | | 21.57 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 0 | RPA | 1 | | 6 | | |
| Iron, Fe....mg | 0.02 | | 0 | RPA | 1 | | 0.06 | | |
| Magnesium, Mg....mg | 1 | | 0 | RPA | 1 | | 2 | | |
| Phosphorus, P....mg | 0 | | 0 | RPA | 1 | | 0 | | |
| Potassium, K....mg | 15 | | 0 | RPA | 1 | | 39 | | |
| Sodium, Na....mg | 2 | | 0 | RPA | 1 | | 6 | | |
| Zinc, Zn....mg | 0.01 | | 0 | RPA | 1 | | 0.02 | | |
| Copper, Cu....mg | 0.007 | | 0 | RPA | 1 | | 0.018 | | |
| Manganese, Mn....mg | 0.124 | | 0 | RPA | 1 | | 0.320 | | |
| Selenium, Se....µg | 0.1 | | 0 | RPI | 6 | | 0.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | RPI | 6 | | 0.0 | | |
| Thiamin....mg | 0.001 | | 0 | RPI | 6 | | 0.003 | | |
| Riboflavin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| Niacin....mg | 0.011 | | 0 | RPI | 6 | | 0.028 | | |
| Pantothenic acid....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| Vitamin B-6....mg | 0.001 | | 0 | RPI | 6 | | 0.003 | | |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | | |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | | |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | | |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | RPI | 6 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14371**

**Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.008 | | 0 | RPI | 6 | | 0.021 | | |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.001 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.007 | | 0 | RPI | 6 | | 0.019 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.001 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.002 | | 0 | RPI | 6 | | 0.006 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.001 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.002 | | 0 | RPI | 6 | | 0.006 | | |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.018 | | 0 | RPI | 6 | | 0.047 | | |
| 18:2 undifferentiated....g | 0.013 | | 0 | RPI | 6 | | 0.033 | | |
| 18:3 undifferentiated....g | 0.005 | | 0 | RPI | 6 | | 0.014 | | |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | | |
| Caffeine....mg | 3 | | 0 | RPI | 6 | | 8 | | |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 259g: 1 cup (8 fl oz)

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14376**

**Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.41 | | 0 | RPI | 6 | | 29.62 | 177.94 | 236.59 |
| Energy....kcal | 2 | | 0 | RPI | 6 | | 1 | 3 | 4 |
| Energy....kJ | 7 | | 0 | RPI | 6 | | 2 | 13 | 17 |
| Protein (N x 0)....g | 0.02 | | 0 | RPI | 6 | | 0.01 | 0.03 | 0.04 |
| Total lipid (fat)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.01 | 0.01 |
| Ash....g | 0.14 | | 0 | RPI | 6 | | 0.04 | 0.24 | 0.32 |
| Carbohydrate, by difference....g | 0.44 | | 0 | RPI | 6 | | 0.13 | 0.78 | 1.04 |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.01 | | 0 | RPI | 6 | | 0.00 | 0.02 | 0.02 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 0 | RPI | 6 | | 1 | 6 | 7 |
| Iron, Fe....mg | 0.05 | | 0 | RPI | 6 | | 0.01 | 0.08 | 0.11 |
| Magnesium, Mg....mg | 2 | | 0 | RPI | 6 | | 0 | 3 | 4 |
| Phosphorus, P....mg | 1 | | 0 | RPI | 6 | | 0 | 1 | 2 |
| Potassium, K....mg | 14 | | 0 | RPI | 6 | | 4 | 24 | 32 |
| Sodium, Na....mg | 6 | | 0 | RPI | 6 | | 2 | 11 | 14 |
| Zinc, Zn....mg | 0.01 | | 0 | RPI | 6 | | 0.00 | 0.02 | 0.02 |
| Copper, Cu....mg | 0.010 | | 0 | RPI | 6 | | 0.003 | 0.019 | 0.025 |
| Manganese, Mn....mg | 0.155 | | 0 | RPI | 6 | | 0.046 | 0.278 | 0.369 |
| Selenium, Se....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.002 | | 0 | RPI | 6 | | 0.001 | 0.003 | 0.004 |
| Niacin....mg | 0.020 | | 0 | RPI | 6 | | 0.006 | 0.035 | 0.047 |
| Pantothenic acid....mg | 0.008 | | 0 | RPI | 6 | | 0.002 | 0.014 | 0.019 |
| Vitamin B-6....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.001 | 0.001 |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.2 | | 0 | RPI | 6 | | 0.1 | 0.4 | 0.5 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14376**

**Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 11 | | 0 | RPI | 6 | | 3 | 20 | 27 |
| 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 = 29.8g: 1 fl oz

Measure 2 = 179g: 6 fl oz

Measure 3 = 238g: 1 serving 8 fl oz cup

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14368**

**Tea, instant, unsweetened, lemon-flavored, powder**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 4.30 | | 1 | | 1 | | 0.06 | 0.49 | |
| Energy....kcal | 345 | | 0 | NC | 4 | | 5 | 39 | |
| Energy....kJ | 1445 | | 0 | NC | 4 | | 20 | 163 | |
| Protein (N x 6.25)....g | 7.40 | | 1 | | 1 | | 0.10 | 0.84 | |
| Total lipid (fat)....g | 0.18 | | 0 | FLA | 4 | | 0.00 | 0.02 | |
| Ash....g | 9.60 | | 1 | | 1 | | 0.13 | 1.08 | |
| Carbohydrate, by difference....g | 78.52 | | 0 | NC | 4 | | 1.10 | 8.87 | |
| Fiber, total dietary....g | 5.0 | | 0 | FLA | 4 | | 0.1 | 0.6 | |
| Sugars, total....g | 4.52 | | 0 | FLA | 4 | | 0.06 | 0.51 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 28 | | 1 | | 1 | | 0 | 3 | |
| Iron, Fe....mg | 0.75 | | 1 | | 1 | | 0.01 | 0.08 | |
| Magnesium, Mg....mg | 139 | | 1 | | 1 | | 2 | 16 | |
| Phosphorus, P....mg | 107 | | 1 | | 1 | | 1 | 12 | |
| Potassium, K....mg | 3453 | | 1 | | 1 | | 48 | 390 | |
| Sodium, Na....mg | 55 | | 0 | FLA | 4 | | 1 | 6 | |
| Zinc, Zn....mg | 0.98 | | 0 | FLA | 4 | | 0.01 | 0.11 | |
| Copper, Cu....mg | 0.331 | | 0 | FLA | 4 | | 0.005 | 0.037 | |
| Manganese, Mn....mg | 30.670 | | 1 | | 1 | | 0.429 | 3.466 | |
| Selenium, Se....µg | 3.0 | | 0 | FLA | 4 | | 0.0 | 0.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.017 | | 0 | FLA | 4 | | 0.000 | 0.002 | |
| Riboflavin....mg | 0.558 | | 0 | FLA | 4 | | 0.008 | 0.063 | |
| Niacin....mg | 6.168 | | 0 | FLA | 4 | | 0.086 | 0.697 | |
| Pantothenic acid....mg | 2.597 | | 0 | FLA | 4 | | 0.036 | 0.293 | |
| Vitamin B-6....mg | 0.223 | | 0 | FLA | 4 | | 0.003 | 0.025 | |
| Folate, total....µg | 61 | | 0 | FLA | 4 | | 1 | 7 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 61 | | 0 | FLA | 4 | | 1 | 7 | |
| Folate, DFE....µg | 61 | | 0 | NC | 4 | | 1 | 7 | |
| Choline, total....mg | 66.4 | | 0 | FLA | 4 | | 0.9 | 7.5 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, RAE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.09 | | 0 | FLA | 4 | | 0.00 | 0.01 | |
| Vitamin E, added....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14368**

**Tea, instant, unsweetened, lemon-flavored, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.047 | | 0 | FLA | 4 | | 0.001 | 0.005 | |
| 4:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.041 | | 0 | FLA | 4 | | 0.001 | 0.005 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.002 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.012 | | 0 | FLA | 4 | | 0.000 | 0.001 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.009 | | 0 | FLA | 4 | | 0.000 | 0.001 | |
| 20:1....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.117 | | 0 | FLA | 4 | | 0.002 | 0.013 | |
| 18:2 undifferentiated....g | 0.079 | | 0 | FLA | 4 | | 0.001 | 0.009 | |
| 18:3 undifferentiated....g | 0.033 | | 0 | FLA | 4 | | 0.000 | 0.004 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 1794 | | 1 | | 1 | | 25 | 203 | |
| Theobromine....mg | 40 | | 0 | FLA | 4 | | 1 | 5 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 1.4g: 1 tsp, rounded

Measure 2 = 11.3g: 2 tbsp, rounded

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14366**
**Tea, instant, unsweetened, 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 | 5.09 | | 1 | A | 1 | | 0.04 | | |
| Energy | kcal | 315 | | 0 | NC | 4 | | 2 | | |
| Energy | kJ | 1320 | | 0 | NC | 4 | | 9 | | |
| Protein (N x 6.25) | g | 20.21 | | 1 | A | 1 | | 0.14 | | |
| Total lipid (fat) | g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Ash | g | 16.04 | | 1 | A | 1 | | 0.11 | | |
| Carbohydrate, by difference | g | 58.66 | | 0 | NC | 4 | | 0.41 | | |
| Fiber, total dietary | g | 8.5 | | 1 | A | 1 | | 0.1 | | |
| Sugars, total | g | 5.53 | | 1 | A | 1 | | 0.04 | | |
| Sucrose | g | | | | | | | | | |
| Glucose (dextrose) | g | | | | | | | | | |
| Fructose | g | | | | | | | | | |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 118 | | 1 | A | 1 | | 1 | | |
| Iron, Fe | mg | 2.26 | | 1 | A | 1 | | 0.02 | | |
| Magnesium, Mg | mg | 272 | | 1 | A | 1 | | 2 | | |
| Phosphorus, P | mg | 239 | | 1 | A | 1 | | 2 | | |
| Potassium, K | mg | 6040 | | 1 | A | 1 | | 42 | | |
| Sodium, Na | mg | 72 | | 1 | A | 1 | | 1 | | |
| Zinc, Zn | mg | 1.69 | | 1 | A | 1 | | 0.01 | | |
| Copper, Cu | mg | 0.550 | | 1 | A | 1 | | 0.004 | | |
| Manganese, Mn | mg | 133.000 | | 1 | A | 1 | | 0.931 | | |
| Selenium, Se | µg | 5.3 | 0.318 | 3 | A | 1 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| Thiamin | mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Riboflavin | mg | 0.985 | | 1 | A | 1 | | 0.007 | | |
| Niacin | mg | 10.800 | | 1 | A | 1 | | 0.076 | | |
| Pantothenic acid | mg | 4.530 | | 1 | A | 1 | | 0.032 | | |
| Vitamin B-6 | mg | 0.356 | | 1 | A | 1 | | 0.002 | | |
| Folate, total | µg | 103 | | 5 | | 1 | | 1 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 103 | | 0 | NR | 4 | | 1 | | |
| Folate, DFE | µg | 103 | | 0 | NC | 4 | | 1 | | |
| Choline, total | mg | 118.3 | | 0 | NR | 4 | | 0.8 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | | 4 | | 0.00 | | |
| 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 | | 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 | Z | 7 | | 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. 14366**
**Tea, instant, unsweetened, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 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 | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.043 | | 0 | | 1 | | 0.000 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.007 | | 0 | | 1 | | 0.000 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.002 | | 0 | | 1 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.013 | | 0 | | 1 | | 0.000 | | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| 18:2 undifferentiated....g | 0.040 | | 0 | | 1 | | 0.000 | | |
| 18:3 undifferentiated....g | 0.082 | | 0 | | 1 | | 0.001 | | |
| 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 | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine....mg | 5714 | | 0 | MC | 9 | | 40 | | |
| Theobromine....mg | 71 | | 1 | A | 1 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 0.7g: 1 serving 1 tsp

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**NDB No. 14366**
**Tea, instant, unsweetened, powder**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14353**
**Tea, instant, unsweetened, powder, decaffeinated**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.09 | | 0 | BFZN | 4 | | 0.04 | | |
| Energy | kcal | 315 | | 0 | NC | 4 | | 2 | | |
| Energy | kJ | 1320 | | 0 | NC | 4 | | 9 | | |
| Protein (N x 6.25) | g | 20.21 | | 0 | BFZN | 4 | | 0.14 | | |
| Total lipid (fat) | g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Ash | g | 16.04 | | 0 | BFZN | 4 | | 0.11 | | |
| Carbohydrate, by difference | g | 58.66 | | 0 | NC | 4 | | 0.41 | | |
| Fiber, total dietary | g | 8.5 | | 0 | BFZN | 4 | | 0.1 | | |
| Sugars, total | g | 5.53 | | 0 | BFZN | 4 | | 0.04 | | |
| Starch | g | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 118 | | 0 | BFZN | 4 | | 1 | | |
| Iron, Fe | mg | 2.26 | | 0 | BFZN | 4 | | 0.02 | | |
| Magnesium, Mg | mg | 272 | | 0 | BFZN | 4 | | 2 | | |
| Phosphorus, P | mg | 239 | | 0 | BFZN | 4 | | 2 | | |
| Potassium, K | mg | 6040 | | 0 | BFZN | 4 | | 42 | | |
| Sodium, Na | mg | 72 | | 0 | BFZN | 4 | | 1 | | |
| Zinc, Zn | mg | 1.69 | | 0 | BFZN | 4 | | 0.01 | | |
| Copper, Cu | mg | 0.550 | | 0 | BFZN | 4 | | 0.004 | | |
| Manganese, Mn | mg | 133.000 | | 0 | BFZN | 4 | | 0.931 | | |
| Selenium, Se | µg | 5.3 | | 0 | BFZN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Thiamin | mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Riboflavin | mg | 0.985 | | 0 | BFZN | 4 | | 0.007 | | |
| Niacin | mg | 10.800 | | 0 | BFZN | 4 | | 0.076 | | |
| Pantothenic acid | mg | 4.530 | | 0 | BFZN | 4 | | 0.032 | | |
| Vitamin B-6 | mg | 0.356 | | 0 | BFZN | 4 | | 0.002 | | |
| Folate, total | µg | 103 | | 0 | BFZN | 4 | | 1 | | |
| Folic acid | µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food | µg | 103 | | 0 | BFZN | 4 | | 1 | | |
| Folate, DFE | µg | 103 | | 0 | NC | 4 | | 1 | | |
| Choline, total | mg | 118.3 | | 0 | BFZN | 4 | | 0.8 | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Vitamin A, RAE | µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | 0 | | 0 | BFZN | 4 | | 0 | | |
| 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 | Z | 7 | | 0.0 | | |
| Vitamin D | IU | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin K (phylloquinone) | µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone | µg | | | | | | | | | |
| Menaquinone-4 | µg | | | | | | | | | |

**NDB No. 14353**

**Tea, instant, unsweetened, powder, decaffeinated**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:2 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 169 | | 0 | BFZN | 4 | | 1 | | |
| Theobromine....mg | 11 | | 0 | BFZN | 4 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 0.7g: 1 serving 2 tsp

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14367**
**Tea, instant, unsweetened, powder, prepared**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.62 | | 0 | RPI | 6 | | 29.59 | 177.33 | 237.10 |
| Energy....kcal | 1 | | 0 | RPI | 6 | | 0 | 2 | 2 |
| Energy....kJ | 4 | | 0 | RPI | 6 | | 1 | 7 | 9 |
| Protein (N x 0)....g | 0.06 | | 0 | RPI | 6 | | 0.02 | 0.11 | 0.14 |
| Total lipid (fat)....g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.15 | | 0 | RPI | 6 | | 0.04 | 0.26 | 0.35 |
| Carbohydrate, by difference....g | 0.17 | | 0 | RPI | 6 | | 0.05 | 0.31 | 0.41 |
| Fiber, total dietary....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.1 |
| Sugars, total....g | 0.02 | | 0 | RPI | 6 | | 0.00 | 0.03 | 0.04 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 0 | RPA | 1 | | 1 | 6 | 8 |
| Iron, Fe....mg | 0.01 | | 0 | RPA | 1 | | 0.00 | 0.01 | 0.02 |
| Magnesium, Mg....mg | 2 | | 0 | RPA | 1 | | 1 | 3 | 4 |
| Phosphorus, P....mg | 1 | | 0 | RPA | 1 | | 0 | 1 | 2 |
| Potassium, K....mg | 18 | | 0 | RPA | 1 | | 5 | 33 | 43 |
| Sodium, Na....mg | 4 | | 0 | RPA | 1 | | 1 | 7 | 9 |
| Zinc, Zn....mg | 0.01 | | 0 | RPA | 1 | | 0.00 | 0.02 | 0.02 |
| Copper, Cu....mg | 0.011 | | 0 | RPA | 1 | | 0.003 | 0.020 | 0.027 |
| Manganese, Mn....mg | 0.392 | | 0 | RPA | 1 | | 0.116 | 0.698 | 0.933 |
| Selenium, Se....µg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.003 | | 0 | RPI | 6 | | 0.001 | 0.005 | 0.007 |
| Niacin....mg | 0.032 | | 0 | RPI | 6 | | 0.009 | 0.057 | 0.076 |
| Pantothenic acid....mg | 0.013 | | 0 | RPI | 6 | | 0.004 | 0.024 | 0.032 |
| Vitamin B-6....mg | 0.001 | | 0 | RPI | 6 | | 0.000 | 0.002 | 0.002 |
| Folate, total....µg | 0 | | 0 | RPI | 6 | | 0 | 1 | 1 |
| Folic acid....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | RPI | 6 | | 0 | 1 | 1 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 1 | 1 |
| Choline, total....mg | 0.3 | | 0 | RPI | 6 | | 0.1 | 0.6 | 0.8 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added....µg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Carotene, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Lycopene....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14367**
**Tea, instant, unsweetened, powder, prepared**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 11 | | 0 | RPI | 6 | | 3 | 19 | 26 |
| Theobromine....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | 1 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.7g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Measure 3 = 238g: 1 serving 8 fl oz cup

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14475**

**Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor**

*Arizona Beverage Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 90.15 | | 1 | A | 1 | | 27.59 | 204.65 | 331.76 |
| Energy....kcal | 39 | | 0 | NC | 4 | | 12 | 89 | 144 |
| Energy....kJ | 164 | | 0 | NC | 4 | | 50 | 371 | 602 |
| Protein (N x 6.25)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.07 | | 1 | A | 1 | | 0.02 | 0.17 | 0.27 |
| Carbohydrate, by difference....g | 9.77 | | 0 | NC | 4 | | 2.99 | 22.18 | 35.96 |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 9.63 | | 1 | A | 1 | | 2.95 | 21.86 | 35.44 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 1 | A | 1 | | 1 | 7 | 11 |
| Iron, Fe....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg....mg | 1 | | 1 | A | 1 | | 0 | 3 | 5 |
| Phosphorus, P....mg | 1 | | 1 | A | 1 | | 0 | 1 | 2 |
| Potassium, K....mg | 10 | | 1 | A | 1 | | 3 | 23 | 38 |
| Sodium, Na....mg | 4 | | 1 | A | 1 | | 1 | 9 | 15 |
| Zinc, Zn....mg | 0.01 | | 1 | A | 1 | | 0.00 | 0.02 | 0.03 |
| Copper, Cu....mg | 0.005 | | 1 | A | 1 | | 0.002 | 0.012 | 0.019 |
| Manganese, Mn....mg | 0.160 | | 1 | A | 1 | | 0.049 | 0.363 | 0.588 |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 1 | LC | 8 | | 0 | 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:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | 0.000 |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |

**NDB No. 14475**

**Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 5 | | 1 | A | 1 | | 1 | 11 | 18 |
| Theobromine....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 227g: 1 serving 8 fl oz

Measure 3 = 368g: 1 box 12 fl oz

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14476**

**Tea, ready-to-drink, LIPTON BRISK iced tea, with lemon flavor**

*Lipton*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.06 | | 2 | A | 1 | | 27.87 | 223.11 | 334.20 |
| Energy....kcal | 35 | | 0 | NC | 4 | | 11 | 86 | 129 |
| Energy....kJ | 147 | | 0 | NC | 4 | | 45 | 361 | 541 |
| Protein (N x 6.25)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.12 | | 2 | A | 1 | | 0.04 | 0.30 | 0.45 |
| Carbohydrate, by difference....g | 8.81 | | 0 | NC | 4 | | 2.70 | 21.59 | 32.34 |
| Fiber, total dietary....g | 0.0 | | 2 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 8.69 | | 2 | A | 1 | | 2.66 | 21.29 | 31.88 |
| Sucrose....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Glucose (dextrose)....g | | | | | | | | | |
| Fructose....g | | | | | | | | | |
| Lactose....g | | | | | | | | | |
| Maltose....g | | | | | | | | | |
| Galactose....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 2 | A | 1 | | 0 | 2 | 3 |
| Iron, Fe....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg....mg | 0 | | 2 | A | 1 | | 0 | 1 | 1 |
| Phosphorus, P....mg | 26 | | 2 | A | 1 | | 8 | 64 | 95 |
| Potassium, K....mg | 19 | | 2 | A | 1 | | 6 | 46 | 69 |
| Sodium, Na....mg | 21 | | 2 | A | 1 | | 6 | 50 | 75 |
| Zinc, Zn....mg | 0.01 | | 2 | A | 1 | | 0.00 | 0.03 | 0.05 |
| Copper, Cu....mg | 0.005 | | 2 | A | 1 | | 0.002 | 0.013 | 0.019 |
| Manganese, Mn....mg | 0.146 | | 2 | A | 1 | | 0.045 | 0.359 | 0.537 |
| Selenium, Se....µg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 2 | LC | 8 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated....g | 0.000 | | 2 | LC | 8 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 2 | LC | 8 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 2 | | 2 | A | 1 | | 1 | 5 | 7 |
| Theobromine....mg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 245g: 1 serving 8 fl oz

Measure 3 = 367g: 1 can 12 fl oz

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14137**

**Tea, ready-to-drink, NESTLE, COOL NESTEA ice tea lemon flavor**

*Nestle USA, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.18 | | 1 | A | 1 | | 27.90 | 223.39 | 335.54 |
| Energy....kcal | 36 | | 0 | NC | 4 | | 11 | 89 | 134 |
| Energy....kJ | 152 | | 0 | NC | 4 | | 47 | 373 | 560 |
| Protein (N x 6.25)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.12 | | 1 | A | 1 | | 0.04 | 0.30 | 0.45 |
| Carbohydrate, by difference....g | 9.09 | | 0 | NR | 4 | | 2.78 | 22.27 | 33.45 |
| Fiber, total dietary....g | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 9.09 | | 1 | A | 1 | | 2.78 | 22.28 | 33.46 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 1 | A | 1 | | 1 | 6 | 10 |
| Iron, Fe....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg....mg | 1 | | 1 | A | 1 | | 0 | 2 | 3 |
| Phosphorus, P....mg | 36 | | 1 | A | 1 | | 11 | 88 | 133 |
| Potassium, K....mg | 19 | | 1 | A | 1 | | 6 | 46 | 68 |
| Sodium, Na....mg | 21 | | 1 | A | 1 | | 6 | 51 | 76 |
| Zinc, Zn....mg | 0.06 | | 1 | A | 1 | | 0.02 | 0.15 | 0.23 |
| Copper, Cu....mg | 0.008 | | 1 | A | 1 | | 0.002 | 0.020 | 0.029 |
| Manganese, Mn....mg | 0.131 | | 1 | A | 1 | | 0.040 | 0.321 | 0.482 |
| Selenium, Se....µg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 3 | | 1 | A | 1 | | 1 | 8 | 13 |
| Theobromine....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 245g: 1 serving 8 fl oz

Measure 3 = 368g: 1 can 12 fl oz

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14601**

**Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice**

*Wendy's International, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.79 | | 1 | A | 1 | | 29.94 | | |
| Energy....kcal | 1 | | 0 | NC | 4 | | 0 | | |
| Energy....kJ | 4 | | 0 | NC | 4 | | 1 | | |
| Protein (N x 6.25)....g | 0.22 | | 1 | A | 1 | | 0.07 | | |
| Total lipid (fat)....g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Ash....g | 0.04 | | 1 | A | 1 | | 0.01 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 1 | A | 1 | | 1 | | |
| Iron, Fe....mg | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Magnesium, Mg....mg | 1 | | 1 | A | 1 | | 0 | | |
| Phosphorus, P....mg | 1 | | 1 | A | 1 | | 0 | | |
| Potassium, K....mg | 14 | | 1 | A | 1 | | 4 | | |
| Sodium, Na....mg | 3 | | 1 | A | 1 | | 1 | | |
| Zinc, Zn....mg | 0.01 | | 1 | A | 1 | | 0.00 | | |
| Copper, Cu....mg | 0.008 | | 1 | A | 1 | | 0.002 | | |
| Manganese, Mn....mg | 0.136 | | 1 | A | 1 | | 0.041 | | |
| Selenium, Se....µg | 0.0 | | 1 | A | 1 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.018 | | 1 | A | 1 | | 0.006 | | |
| Riboflavin....mg | 0.024 | | 1 | A | 1 | | 0.007 | | |
| Niacin....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Pantothenic acid....mg | 0.009 | | 1 | A | 1 | | 0.003 | | |
| Vitamin B-6....mg | 0.000 | | 1 | A | 1 | | 0.000 | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| 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:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | NC | 4 | | 0.000 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 10:0....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 12:0....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 13:0....g | | | | | | | | | |

**NDB No. 14601**

**Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 15:0 ... g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 16:0 ... g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 17:0 ... g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:0 ... g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 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 | 0.000 | | 0 | NC | 4 | | 0.000 | | |
| 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 | | 1 | A | 1 | | 0.000 | | |
| 17:1 ... g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:1 undifferentiated ... g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:1 ... g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 22:1 undifferentiated ... g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.000 | | 0 | NC | 4 | | 0.000 | | |
| 18:2 undifferentiated ... g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:3 undifferentiated ... 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 | | 1 | A | 1 | | 0.000 | | |
| 20:4 undifferentiated ... g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 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 | | | | | | | | | |
| Phytosterols ... mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | | | | | | | | | |
| Caffeine ... mg | 8 | | 1 | A | 1 | | 2 | | |
| Theobromine ... mg | 1 | | 1 | A | 1 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 1 fluid ounce

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14611**

**V8 SPLASH Juice Drinks, Berry Blend**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 92.20 | | 1 | MC | 9 | | 224.05 | | |
| Energy....kcal | 29 | | 1 | LC | 8 | | 70 | | |
| Energy....kJ | 121 | | 0 | LC | 8 | | 293 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.39 | | 0 | NR | 4 | | 0.95 | | |
| Carbohydrate, by difference....g | 7.41 | | 1 | LC | 8 | | 18.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 7.41 | | 1 | LC | 8 | | 18.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 14 | | 1 | LC | 8 | | 35 | | |
| Sodium, Na....mg | 21 | | 1 | LC | 8 | | 50 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.7 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2058 | | 1 | LC | 8 | | 5000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.11 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 243g: 1 serving 8 oz

**NDB No. 14611**
**V8 SPLASH Juice Drinks, Berry Blend**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14607**

**V8 SPLASH Juice Drinks, Diet Berry Blend**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.70 | | 1 | MC | 9 | | 239.84 | | |
| Energy....kcal | 4 | | 0 | LC | 8 | | 10 | | |
| Energy....kJ | 17 | | 0 | LC | 8 | | 42 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.07 | | 0 | NR | 4 | | 0.16 | | |
| Carbohydrate, by difference....g | 1.23 | | 1 | LC | 8 | | 3.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 0.41 | | 1 | LC | 8 | | 1.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 33 | | 1 | LC | 8 | | 80 | | |
| Sodium, Na....mg | 14 | | 1 | LC | 8 | | 35 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.7 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2058 | | 1 | LC | 8 | | 5000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.11 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 243g: 1 serving 8 oz

**NDB No. 14607**
**V8 SPLASH Juice Drinks, Diet Berry Blend**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14608**

**V8 SPLASH Juice Drinks, Diet Fruit Medley**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.80 | | 1 | MC | 9 | | 235.14 | | |
| Energy....kcal | 4 | | 0 | LC | 8 | | 10 | | |
| Energy....kJ | 18 | | 0 | LC | 8 | | 42 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.10 | | 0 | O | 4 | | 0.24 | | |
| Carbohydrate, by difference....g | 1.26 | | 1 | LC | 8 | | 3.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 0.84 | | 1 | LC | 8 | | 2.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 15 | | 1 | LC | 8 | | 35 | | |
| Sodium, Na....mg | 13 | | 1 | LC | 8 | | 30 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.2 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2101 | | 1 | LC | 8 | | 5000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.13 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 238g: 1 serving 8 oz

**NDB No. 14608**
**V8 SPLASH Juice Drinks, Diet Fruit Medley**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14609**

**V8 SPLASH Juice Drinks, Diet Strawberry Kiwi**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 98.80 | | 1 | MC | 9 | | 235.14 | | |
| Energy | kcal | 4 | | 0 | LC | 8 | | 10 | | |
| Energy | kJ | 18 | | 0 | LC | 8 | | 42 | | |
| Protein | g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat) | g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash | g | 0.10 | | 0 | O | 4 | | 0.24 | | |
| Carbohydrate, by difference | g | 1.26 | | 1 | LC | 8 | | 3.00 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | 0.84 | | 1 | LC | 8 | | 2.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 8 | | 1 | LC | 8 | | 20 | | |
| Iron, Fe | mg | 0.30 | | 1 | LC | 8 | | 0.72 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | 15 | | 1 | LC | 8 | | 35 | | |
| Sodium, Na | mg | 13 | | 1 | LC | 8 | | 30 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 25.2 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | µg | | | | | | | | | |
| Folate, DFE | µg | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | | | | | | | | | |
| Vitamin A, RAE | µg | | | | | | | | | |
| Vitamin A, IU | IU | 2101 | | 1 | LC | 8 | | 5000 | | |
| Lycopene | µg | | | | | | | | | |
| Lutein + zeaxanthin | µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 1.13 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 238g: 1 serving

**NDB No. 14609**
**V8 SPLASH Juice Drinks, Diet Strawberry Kiwi**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14610**

**V8 SPLASH Juice Drinks, Diet Tropical Blend**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.80 | | 1 | MC | 9 | | 235.14 | | |
| Energy....kcal | 4 | | 0 | LC | 8 | | 10 | | |
| Energy....kJ | 18 | | 0 | LC | 8 | | 42 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.10 | | 0 | O | 4 | | 0.24 | | |
| Carbohydrate, by difference....g | 1.26 | | 1 | LC | 8 | | 3.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 0.42 | | 1 | LC | 8 | | 1.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 34 | | 1 | LC | 8 | | 80 | | |
| Sodium, Na....mg | 15 | | 1 | LC | 8 | | 35 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.2 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2101 | | 1 | LC | 8 | | 5000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.13 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 238g: 1 serving 8 oz

**NDB No. 14610**
**V8 SPLASH Juice Drinks, Diet Tropical Blend**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14612**

**V8 SPLASH Juice Drinks, Fruit Medley**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.80 | | 1 | MC | 9 | | 223.07 | | |
| Energy....kcal | 33 | | 0 | LC | 8 | | 80 | | |
| Energy....kJ | 138 | | 0 | LC | 8 | | 335 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.38 | | 0 | NR | 4 | | 0.92 | | |
| Carbohydrate, by difference....g | 7.82 | | 1 | LC | 8 | | 19.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 7.82 | | 1 | LC | 8 | | 19.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 10 | | 1 | LC | 8 | | 25 | | |
| Sodium, Na....mg | 21 | | 1 | LC | 8 | | 50 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.7 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2058 | | 1 | LC | 8 | | 5000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.11 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 243g: 1 serving 8 oz

**NDB No. 14612**
**V8 SPLASH Juice Drinks, Fruit Medley**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14613**

**V8 SPLASH Juice Drinks, Guava Passion Fruit**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.90 | | 1 | MC | 9 | | 223.32 | | |
| Energy....kcal | 33 | | 0 | LC | 8 | | 80 | | |
| Energy....kJ | 138 | | 0 | LC | 8 | | 335 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.28 | | 0 | NR | 4 | | 0.68 | | |
| Carbohydrate, by difference....g | 7.82 | | 1 | LC | 8 | | 19.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 7.82 | | 1 | LC | 8 | | 19.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 12 | | 1 | LC | 8 | | 30 | | |
| Sodium, Na....mg | 14 | | 1 | LC | 8 | | 35 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.7 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2058 | | 1 | LC | 8 | | 5000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.11 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 243g: 1 serving 8 oz

**NDB No. 14613**
**V8 SPLASH Juice Drinks, Guava Passion Fruit**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14614**

**V8 SPLASH Juice Drinks, Mango Peach**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.60 | | 1 | MC | 9 | | 222.59 | | |
| Energy....kcal | 33 | | 0 | LC | 8 | | 80 | | |
| Energy....kJ | 138 | | 0 | LC | 8 | | 335 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.17 | | 0 | NR | 4 | | 0.41 | | |
| Carbohydrate, by difference....g | 8.23 | | 1 | LC | 8 | | 20.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 8.23 | | 1 | LC | 8 | | 20.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 12 | | 1 | LC | 8 | | 30 | | |
| Sodium, Na....mg | 16 | | 1 | LC | 8 | | 40 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.7 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2058 | | 1 | LC | 8 | | 5000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.11 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 243g: 1 serving 8 oz

**NDB No. 14614**
**V8 SPLASH Juice Drinks, Mango Peach**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14615**

**V8 SPLASH Juice Drinks, Orange Pineapple**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 91.90 | | 1 | MC | 9 | | 223.32 | | |
| Energy....kcal | 29 | | 0 | LC | 8 | | 70 | | |
| Energy....kJ | 121 | | 0 | LC | 8 | | 293 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.69 | | 0 | NR | 4 | | 1.68 | | |
| Carbohydrate, by difference....g | 7.41 | | 1 | LC | 8 | | 18.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 7.41 | | 1 | LC | 8 | | 18.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 10 | | 1 | LC | 8 | | 25 | | |
| Sodium, Na....mg | 21 | | 1 | LC | 8 | | 50 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.7 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2058 | | 1 | LC | 8 | | 5000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.11 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 243g: 1 serving 8 oz

**NDB No. 14615**
**V8 SPLASH Juice Drinks, Orange Pineapple**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14616**

**V8 SPLASH Juice Drinks, Orchard Blend**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 92.20 | | 1 | MC | 9 | | 224.05 | | |
| Energy....kcal | 33 | | 0 | LC | 8 | | 80 | | |
| Energy....kJ | 138 | | 0 | LC | 8 | | 335 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.10 | | 0 | O | 4 | | 0.24 | | |
| Carbohydrate, by difference....g | 7.82 | | 1 | LC | 8 | | 19.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 7.82 | | 1 | LC | 8 | | 19.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 10 | | 1 | LC | 8 | | 25 | | |
| Sodium, Na....mg | 21 | | 1 | LC | 8 | | 50 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.7 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2058 | | 1 | LC | 8 | | 5000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.11 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 243g: 1 serving 8 oz

**NDB No. 14616**
**V8 SPLASH Juice Drinks, Orchard Blend**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14617**

**V8 SPLASH Juice Drinks, Strawberry Banana**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 92.20 | | 1 | MC | 9 | | 224.05 | | |
| Energy....kcal | 29 | | 0 | LC | 8 | | 70 | | |
| Energy....kJ | 121 | | 0 | LC | 8 | | 293 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.39 | | 0 | NR | 4 | | 0.95 | | |
| Carbohydrate, by difference....g | 7.41 | | 1 | LC | 8 | | 18.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 7.41 | | 1 | LC | 8 | | 18.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 8 | | 1 | LC | 8 | | 20 | | |
| Sodium, Na....mg | 21 | | 1 | LC | 8 | | 50 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.7 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2058 | | 1 | LC | 8 | | 5000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.11 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 243g: 1 serving 8 oz

**NDB No. 14617**
**V8 SPLASH Juice Drinks, Strawberry Banana**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14618**

**V8 SPLASH Juice Drinks, Strawberry Kiwi**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 92.40 | | 1 | MC | 9 | | 224.53 | | |
| Energy....kcal | 29 | | 0 | LC | 8 | | 70 | | |
| Energy....kJ | 121 | | 0 | LC | 8 | | 293 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.19 | | 0 | NR | 4 | | 0.46 | | |
| Carbohydrate, by difference....g | 7.41 | | 1 | LC | 8 | | 18.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 7.41 | | 1 | LC | 8 | | 18.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 14 | | 1 | LC | 8 | | 35 | | |
| Sodium, Na....mg | 21 | | 1 | LC | 8 | | 50 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.7 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2058 | | 1 | LC | 8 | | 5000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.11 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 243g: 1 serving 8 oz

**NDB No. 14618**
**V8 SPLASH Juice Drinks, Strawberry Kiwi**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14619**

**V8 SPLASH Juice Drinks, Tropical Blend**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 92.40 | | 1 | MC | 9 | | 224.53 | | |
| Energy....kcal | 29 | | 0 | LC | 8 | | 70 | | |
| Energy....kJ | 121 | | 0 | LC | 8 | | 293 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.19 | | 0 | NR | 4 | | 0.46 | | |
| Carbohydrate, by difference....g | 7.41 | | 1 | LC | 8 | | 18.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 7.41 | | 1 | LC | 8 | | 18.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | | | | | | | | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 12 | | 1 | LC | 8 | | 30 | | |
| Sodium, Na....mg | 21 | | 1 | LC | 8 | | 50 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.7 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 2058 | | 1 | LC | 8 | | 5000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.11 | | 1 | LC | 8 | | 2.70 | | |
| 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 | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 243g: 1 serving 8 oz

**NDB No. 14619**
**V8 SPLASH Juice Drinks, Tropical Blend**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14086**

**V8 SPLASH Smoothies, Peach Mango**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.20 | | 1 | MC | 9 | | 213.64 | | |
| Energy....kcal | 37 | | 1 | LC | 8 | | 90 | | |
| Energy....kJ | 154 | | 1 | LC | 8 | | 377 | | |
| Protein....g | 1.22 | | 1 | LC | 8 | | 3.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 3.82 | | 0 | NR | 4 | | 9.36 | | |
| Carbohydrate, by difference....g | 7.76 | | 1 | LC | 8 | | 19.00 | | |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 7.35 | | 1 | LC | 8 | | 18.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 41 | | 1 | LC | 8 | | 100 | | |
| Iron, Fe....mg | 0.15 | | 1 | LC | 8 | | 0.36 | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 24 | | 1 | LC | 8 | | 60 | | |
| Sodium, Na....mg | 29 | | 1 | LC | 8 | | 70 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.5 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | 0.816 | | 1 | LC | 8 | | 2.000 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.082 | | 1 | LC | 8 | | 0.200 | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.24 | | 1 | LC | 8 | | 0.60 | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 1429 | | 1 | LC | 8 | | 3500 | | |
| 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 | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |

**NDB No. 14086**
**V8 SPLASH Smoothies, Peach Mango**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 serving 8 oz

**Calories Factors:** **Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14087**

**V8 SPLASH Smoothies, Strawberry Banana**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 86.50 | | 1 | MC | 9 | | 211.93 | | |
| Energy | kcal | 37 | | 1 | LC | 8 | | 90 | | |
| Energy | kJ | 154 | | 1 | LC | 8 | | 377 | | |
| Protein | g | 1.22 | | 1 | LC | 8 | | 3.00 | | |
| Total lipid (fat) | g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash | g | 4.11 | | 0 | NR | 4 | | 10.07 | | |
| Carbohydrate, by difference | g | 8.16 | | 1 | LC | 8 | | 20.00 | | |
| Fiber, total dietary | g | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Sugars, total | g | 7.35 | | 1 | LC | 8 | | 18.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 41 | | 1 | LC | 8 | | 100 | | |
| Iron, Fe | mg | 0.15 | | 1 | LC | 8 | | 0.36 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | 24 | | 1 | LC | 8 | | 60 | | |
| Sodium, Na | mg | 29 | | 1 | LC | 8 | | 70 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 24.5 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | 0.816 | | 1 | LC | 8 | | 2.000 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.082 | | 1 | LC | 8 | | 0.200 | | |
| Folate, total | µg | | | | | | | | | |
| Folate, DFE | µg | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.24 | | 1 | LC | 8 | | 0.60 | | |
| Vitamin A, RAE | µg | | | | | | | | | |
| Vitamin A, IU | IU | 408 | | 1 | LC | 8 | | 1000 | | |
| 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 | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

**NDB No. 14087**
**V8 SPLASH Smoothies, Strawberry Banana**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 serving 8 oz

**Calories Factors:** **Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14088**

**V8 SPLASH Smoothies, Tropical Colada**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 86.70 | | 1 | MC | 9 | | 213.28 | | |
| Energy | kcal | 41 | | 1 | LC | 8 | | 100 | | |
| Energy | kJ | 170 | | 1 | LC | 8 | | 418 | | |
| Protein | g | 1.22 | | 1 | LC | 8 | | 3.00 | | |
| Total lipid (fat) | g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash | g | 3.54 | | 0 | NR | 4 | | 8.71 | | |
| Carbohydrate, by difference | g | 8.54 | | 1 | LC | 8 | | 21.00 | | |
| Fiber, total dietary | g | 0.4 | | 1 | LC | 8 | | 1.0 | | |
| Sugars, total | g | 7.32 | | 1 | LC | 8 | | 18.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 41 | | 1 | LC | 8 | | 100 | | |
| Iron, Fe | mg | 0.15 | | 1 | LC | 8 | | 0.36 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | 24 | | 1 | LC | 8 | | 60 | | |
| Sodium, Na | mg | 20 | | 1 | LC | 8 | | 50 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 24.4 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | 0.813 | | 1 | LC | 8 | | 2.000 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| Folate, total | µg | | | | | | | | | |
| Folate, DFE | µg | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.24 | | 1 | LC | 8 | | 0.60 | | |
| Vitamin A, RAE | µg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 1 | LC | 8 | | 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:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

**NDB No. 14088**
**V8 SPLASH Smoothies, Tropical Colada**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 serving 8 oz

**Calories Factors:** **Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14623**

**V8 V. FUSION Juices, Acai Berry**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.40 | | 1 | MC | 9 | | 217.46 | | |
| Energy....kcal | 45 | | 1 | LC | 8 | | 110 | | |
| Energy....kJ | 188 | | 1 | LC | 8 | | 462 | | |
| Protein....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.62 | | 0 | NR | 4 | | 1.53 | | |
| Carbohydrate, by difference....g | 10.98 | | 1 | LC | 8 | | 27.00 | | |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 10.57 | | 1 | LC | 8 | | 26.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 1 | LC | 8 | | 2 | | |
| Iron, Fe....mg | 0.81 | | 1 | LC | 8 | | 2.00 | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 98 | | 1 | LC | 8 | | 240 | | |
| Sodium, Na....mg | 28 | | 1 | LC | 8 | | 70 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 40.7 | | 1 | LC | 8 | | 100.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....µg | | | | | | | | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 6 | | 1 | LC | 8 | | 15 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 1.83 | | 1 | LC | 8 | | 4.50 | | |
| 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 | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| Fatty acids, total trans....g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |

**NDB No. 14623**
**V8 V. FUSION Juices, Acai Berry**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 serving 8 oz

**Calories Factors:** **Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14620**

**V8 V. FUSION Juices, Peach Mango**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.80 | | 1 | MC | 9 | | 215.99 | | |
| Energy....kcal | 49 | | 0 | LC | 8 | | 120 | | |
| Energy....kJ | 204 | | 0 | LC | 8 | | 502 | | |
| Protein....g | 0.41 | | 1 | LC | 8 | | 1.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.41 | | 0 | NR | 4 | | 1.01 | | |
| Carbohydrate, by difference....g | 11.38 | | 1 | LC | 8 | | 28.00 | | |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 10.57 | | 1 | LC | 8 | | 26.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 1 | LC | 8 | | 20 | | |
| Iron, Fe....mg | 0.15 | | 1 | LC | 8 | | 0.36 | | |
| Magnesium, Mg....mg | 7 | | 1 | LC | 8 | | 16 | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 85 | | 1 | LC | 8 | | 210 | | |
| Sodium, Na....mg | 28 | | 1 | LC | 8 | | 70 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.4 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.016 | | 1 | LC | 8 | | 0.040 | | |
| Folate, total....µg | 3 | | 1 | LC | 8 | | 8 | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 407 | | 1 | LC | 8 | | 1000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.55 | | 1 | LC | 8 | | 1.35 | | |
| 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 | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | | | | | | | | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 246g: 1 serving 8 oz

**NDB No. 14620**
**V8 V. FUSION Juices, Peach Mango**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14621**

**V8 V. FUSION Juices, Strawberry Banana**

*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 87.90 | | 1 | MC | 9 | | 216.23 | | |
| Energy....kcal | 49 | | 0 | LC | 8 | | 120 | | |
| Energy....kJ | 204 | | 0 | LC | 8 | | 502 | | |
| Protein....g | 0.41 | | 1 | LC | 8 | | 1.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.10 | | 0 | O | 4 | | 0.25 | | |
| Carbohydrate, by difference....g | 11.79 | | 1 | LC | 8 | | 29.00 | | |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 10.16 | | 1 | LC | 8 | | 25.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 1 | LC | 8 | | 20 | | |
| Iron, Fe....mg | 0.15 | | 1 | LC | 8 | | 0.36 | | |
| Magnesium, Mg....mg | 7 | | 1 | LC | 8 | | 16 | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 102 | | 1 | LC | 8 | | 250 | | |
| Sodium, Na....mg | 28 | | 1 | LC | 8 | | 70 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.4 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.016 | | 1 | LC | 8 | | 0.040 | | |
| Folate, total....µg | 3 | | 1 | LC | 8 | | 8 | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 813 | | 1 | LC | 8 | | 2000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.55 | | 1 | LC | 8 | | 1.35 | | |
| 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 | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | | | | | | | | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 246g: 1 serving 8 oz

**NDB No. 14621**
**V8 V. FUSION Juices, Strawberry Banana**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14622**
**V8 V. FUSION Juices, Tropical**
*Campbell Soup Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 88.00 | | 1 | MC | 9 | | 216.48 | | |
| Energy....kcal | 49 | | 0 | LC | 8 | | 120 | | |
| Energy....kJ | 204 | | 0 | LC | 8 | | 502 | | |
| Protein....g | 0.41 | | 1 | LC | 8 | | 1.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 0.21 | | 0 | NR | 4 | | 0.52 | | |
| Carbohydrate, by difference....g | 11.38 | | 1 | LC | 8 | | 28.00 | | |
| Fiber, total dietary....g | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Sugars, total....g | 10.16 | | 1 | LC | 8 | | 25.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 1 | LC | 8 | | 20 | | |
| Iron, Fe....mg | 0.15 | | 1 | LC | 8 | | 0.36 | | |
| Magnesium, Mg....mg | 7 | | 1 | LC | 8 | | 16 | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 118 | | 1 | LC | 8 | | 290 | | |
| Sodium, Na....mg | 33 | | 1 | LC | 8 | | 80 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 24.4 | | 1 | LC | 8 | | 60.0 | | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.016 | | 1 | LC | 8 | | 0.040 | | |
| Folate, total....µg | 3 | | 1 | LC | 8 | | 8 | | |
| Folate, DFE....µg | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | | | | | | | | | |
| Vitamin A, RAE....µg | | | | | | | | | |
| Vitamin A, IU....IU | 1626 | | 1 | LC | 8 | | 4000 | | |
| Lycopene....µg | | | | | | | | | |
| Lutein + zeaxanthin....µg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.55 | | 1 | LC | 8 | | 1.35 | | |
| 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 | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....µg | | | | | | | | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 246g: 1 serving 8 oz

**NDB No. 14622**
**V8 V. FUSION Juices, Tropical**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14633**

**Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.78 | 0.025 | 4 | MC | 9 | | 235.08 | | |
| Energy....kcal | 4 | 0.022 | 4 | LC | 8 | | 10 | | |
| Energy....kJ | 17 | | 4 | LC | 8 | | 40 | | |
| Protein....g | 0.00 | 0.000 | 4 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | 0.000 | 4 | LC | 8 | | 0.00 | | |
| Ash....g | 0.13 | | 0 | FLC | 4 | | 0.31 | | |
| Carbohydrate, by difference....g | 1.10 | | 0 | NC | 4 | | 2.61 | | |
| Fiber, total dietary....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Sugars, total....g | 0.63 | 0.123 | 4 | LC | 8 | | 1.49 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 1 | LC | 8 | | 20 | | |
| Iron, Fe....mg | 0.30 | | 1 | LC | 8 | | 0.72 | | |
| Magnesium, Mg....mg | 1 | | 0 | FLC | 4 | | 3 | | |
| Phosphorus, P....mg | 1 | | 0 | FLC | 4 | | 2 | | |
| Potassium, K....mg | 24 | 5.360 | 4 | LC | 8 | | 57 | | |
| Sodium, Na....mg | 14 | 0.566 | 4 | LC | 8 | | 32 | | |
| Zinc, Zn....mg | 0.01 | | 0 | FLC | 4 | | 0.02 | | |
| Copper, Cu....mg | 0.012 | | 0 | FLC | 4 | | 0.028 | | |
| Manganese, Mn....mg | 0.005 | | 0 | FLC | 4 | | 0.012 | | |
| Selenium, Se....µg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 25.1 | 0.130 | 4 | LC | 8 | | 59.7 | | |
| Thiamin....mg | 0.001 | | 0 | FLC | 4 | | 0.002 | | |
| Riboflavin....mg | 0.001 | | 0 | FLC | 4 | | 0.003 | | |
| Niacin....mg | 0.013 | | 0 | FLC | 4 | | 0.031 | | |
| Pantothenic acid....mg | 0.007 | | 0 | FLC | 4 | | 0.017 | | |
| Vitamin B-6....mg | 0.004 | | 0 | FLC | 4 | | 0.009 | | |
| Folate, total....µg | 0 | | 0 | FLC | 4 | | 1 | | |
| Folic acid....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food....µg | 0 | | 0 | FLC | 4 | | 1 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 1 | | |
| Choline, total....mg | 0.2 | | 0 | FLC | 4 | | 0.5 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, RAE....µg | 105 | | 0 | NC | 4 | | 249 | | |
| Retinol....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Carotene, beta....µg | 1253 | | 0 | FLC | 4 | | 2981 | | |
| Carotene, alpha....µg | 3 | | 0 | FLC | 4 | | 7 | | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, IU....IU | 2090 | 10.807 | 4 | LC | 8 | | 4974 | | |
| Lycopene....µg | 144 | | 0 | FLC | 4 | | 343 | | |
| Lutein + zeaxanthin....µg | 2 | | 0 | FLC | 4 | | 5 | | |
| Vitamin E (alpha-tocopherol)....mg | 1.13 | 0.006 | 4 | LC | 8 | | 2.69 | | |
| Vitamin E, added....mg | 1.12 | | 0 | NR | 4 | | 2.67 | | |
| 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 | FLC | 4 | | 0.0 | | |
| Vitamin D....IU | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin K (phylloquinone)....µg | 0.1 | | 0 | FLC | 4 | | 0.2 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14633**

**Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | FLC | 4 | | 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 | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | FLC | 4 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 238g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14384**

**Water, bottled, PERRIER**

*Nestle Waters North America Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.90 | | 1 | | 1 | | 29.57 | 191.81 | 324.68 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Protein (N x 6.25)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | | 1 | | 1 | | 0.03 | 0.19 | 0.33 |
| Carbohydrate, by difference....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 41 | | 1 | | 4 | 27 | 46 |
| Iron, Fe....mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg....mg | 0 | 0.024 | 40 | | 1 | | 0 | 0 | 0 |
| Phosphorus, P....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 0 | | 42 | | 1 | | 0 | 0 | 0 |
| Sodium, Na....mg | 1 | | 44 | | 1 | | 0 | 2 | 3 |
| Zinc, Zn....mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 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. 14384**
**Water, bottled, PERRIER**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 14384**
**Water, bottled, PERRIER**

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 192g: 1 bottle 6.5 fl oz

Measure 3 = 325g: 1 bottle 11 fl oz

**Footnotes:**

1 One fl oz = 29.57 g.

**Calories Factors:** **Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14385**

**Water, bottled, POLAND SPRING**

*Nestle Waters North America Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 100.00 | 0.002 | 3 | | 1 | | 29.60 | 500.00 | 710.00 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Protein (N x 6.25)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.00 | | 2 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference....g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 1 | | 1 | | 0 | 5 | 7 |
| Iron, Fe....mg | 0.01 | | 2 | | 1 | | 0.00 | 0.05 | 0.07 |
| Magnesium, Mg....mg | 1 | | 1 | | 1 | | 0 | 5 | 7 |
| Phosphorus, P....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Potassium, K....mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Sodium, Na....mg | 1 | | 3 | | 1 | | 0 | 5 | 7 |
| Zinc, Zn....mg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 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. 14385**
**Water, bottled, POLAND SPRING**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Isoleucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Leucine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Lysine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Methionine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Cystine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Tyrosine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Valine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Arginine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Histidine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Alanine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Aspartic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glutamic acid....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Glycine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Proline....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Serine....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 14385**
**Water, bottled, POLAND SPRING**

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz in packages of 6 and 24

Measure 3 = 710g: 1 bottle 24 fl oz in packages of 6

**Footnotes:**

1 One fl oz = 29.57 g.

**Calories Factors:** **Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14555**
**Water, bottled, generic**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.98 | 0.008 | 8 | JO | 11 | | 29.60 | 236.96 | 1.00 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Protein....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.07 | 0.013 | 8 | JO | 11 | | 0.02 | 0.17 | 0.00 |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | | 1 | JA | 6 | | 3 | 23 | 0 |
| Iron, Fe....mg | 0.00 | 0.002 | 6 | JA | 6 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg....mg | 2 | | 1 | JA | 6 | | 1 | 5 | 0 |
| Phosphorus, P....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Potassium, K....mg | 0 | | 1 | JA | 6 | | 0 | 1 | 0 |
| Sodium, Na....mg | 2 | | 1 | JA | 6 | | 1 | 6 | 0 |
| Zinc, Zn....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.01 | 0.00 |
| Copper, Cu....mg | 0.007 | | 0 | BFZN | 4 | | 0.002 | 0.016 | 0.000 |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14555**
**Water, bottled, generic**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup

Measure 3 = 1.0g: 1 ml

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14437**

**Water, bottled, non-carbonated, CALISTOGA**

*Nestle Waters North America Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 100.00 | | 2 | AI | 13 | D | 29.60 | 500.00 | 710.00 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Protein (N x 6.25)....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | | 2 | AI | 13 | D | 0.03 | 0.50 | 0.71 |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 2 | A | 1 | D | 0 | 0 | 0 |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | 0 | | 2 | A | 1 | D | 0 | 0 | 0 |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 0 | | 2 | A | 1 | D | 0 | 0 | 0 |
| Sodium, Na....mg | 0 | | 2 | A | 1 | D | 0 | 0 | 0 |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz

Measure 3 = 710g: 1 bottle 24 fl oz

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14438**

**Water, bottled, non-carbonated, CRYSTAL GEYSER**

*Crystal Geyser Alpine Spring Water*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 100.00 | | 4 | AI | 13 | D | 29.60 | 237.00 | 500.00 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Protein (N x 6.25)....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | | 4 | AI | 13 | D | 0.03 | 0.24 | 0.50 |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | 0.010 | 4 | A | 1 | D | 1 | 8 | 16 |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | 0 | 0.003 | 4 | A | 1 | D | 0 | 1 | 2 |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 0 | 0.007 | 4 | A | 1 | D | 0 | 0 | 1 |
| Sodium, Na....mg | 1 | 0.002 | 4 | A | 1 | D | 0 | 1 | 3 |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 bottle 8 fl oz in packages of 8

Measure 3 = 500g: 1 bottle 500 ml in packages of 6, 12 or 28

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14432**

**Water, bottled, non-carbonated, DANNON**

*The Dannon Company, Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.98 | | 1 | A | 1 | | 29.59 | 330.93 | 499.89 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | NC | 4 | | 0 | 1 | 2 |
| Protein (N x 6.25)....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 1 | A | 1 | | 1 | 10 | 16 |
| Iron, Fe....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg....mg | 1 | | 1 | A | 1 | | 0 | 3 | 5 |
| Phosphorus, P....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Sodium, Na....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Zinc, Zn....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se....µg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 331g: 1 bottle 11.2 fl oz in package of 12

Measure 3 = 500g: 1 bottle 500 ml in package of 24

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14440**
**Water, bottled, non-carbonated, DANNON Fluoride To Go**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.97 | | 1 | A | 1 | | 29.59 | 250.92 | |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Energy....kJ | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Protein (N x 6.25)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Total lipid (fat)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Ash....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Carbohydrate, by difference....g | 0.03 | | 0 | NC | 4 | | 0.01 | 0.08 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 1 | A | 1 | | 1 | 7 | |
| Iron, Fe....mg | 0.01 | | 1 | A | 1 | | 0.00 | 0.04 | |
| Magnesium, Mg....mg | 1 | | 1 | A | 1 | | 0 | 3 | |
| Phosphorus, P....mg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Potassium, K....mg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Sodium, Na....mg | 1 | | 1 | A | 1 | | 0 | 2 | |
| Zinc, Zn....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.01 | |
| Copper, Cu....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Selenium, Se....µg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 251g: 1 bottle 8.5 fl oz in packages of 8

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14434**

**Water, bottled, non-carbonated, DASANI**

*The Coca-Cola Company*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.96 | | 1 | A | 1 | | 29.59 | 499.79 | 354.85 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Protein (N x 6.25)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 1 | A | 1 | | 0 | 2 | 1 |
| Iron, Fe....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg....mg | 0 | | 1 | A | 1 | | 0 | 2 | 1 |
| Phosphorus, P....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Sodium, Na....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Zinc, Zn....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se....µg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz in packages of 6 and 24

Measure 3 = 355g: 1 bottle 12 fl oz in packages of 12

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14559**

**Water, bottled, non-carbonated, EVIAN**

*S.A. Evian Co.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.97 | 0.035 | 11 | A | 1 | | 29.59 | 330.88 | 499.83 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Protein (N x 6.25)....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.05 | 0.050 | 11 | A | 1 | | 0.01 | 0.17 | 0.25 |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | 0.490 | 11 | A | 1 | | 2 | 26 | 39 |
| Iron, Fe....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg....mg | 2 | 0.050 | 11 | A | 1 | | 1 | 8 | 12 |
| Phosphorus, P....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 0 | 0.075 | 11 | A | 1 | | 0 | 0 | 0 |
| Sodium, Na....mg | 0 | 0.296 | 11 | A | 1 | | 0 | 1 | 1 |
| Zinc, Zn....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se....µg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 331g: 1 bottle 11.2 fl oz in package of 6

Measure 3 = 500g: 1 bottle 16.9 fl oz in package of 6

**Calories Factors:** **Protein** 0 **Fat** 0 **Carbohydrate** 0

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14439**

**Water, bottled, non-carbonated, NAYA**

*NAYA Inc.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 100.00 | | 4 | A | 1 | | 29.60 | | |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | | |
| Energy....kJ | 0 | | 0 | NC | 4 | | 0 | | |
| Protein (N x 6.25)....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Ash....g | 0.10 | | 4 | A | 1 | | 0.03 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | 0.005 | 4 | A | 1 | D | 1 | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | 2 | 0.005 | 4 | A | 1 | D | 1 | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | 0 | 0.007 | 4 | A | 1 | D | 0 | | |
| Sodium, Na....mg | 1 | 0.005 | 4 | A | 1 | D | 0 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14433**

**Water, bottled, non-carbonated, PEPSI, AQUAFINA**

*Pepsi-Cola North America*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.97 | | 1 | A | 1 | | 29.59 | 499.86 | 709.79 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Protein (N x 6.25)....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 0 | | 1 | A | 1 | | 0 | 2 | 3 |
| Iron, Fe....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg....mg | 0 | | 1 | A | 1 | | 0 | 2 | 3 |
| Phosphorus, P....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Sodium, Na....mg | 0 | | 1 | A | 1 | | 0 | 0 | 0 |
| Zinc, Zn....mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn....mg | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se....µg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz in packages of 6, 12 or 24

Measure 3 = 710g: 1 bottle 24 fl oz in packages of 6

**Calories Factors:** **Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14604**

**Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.85 | | 2 | A | 1 | | 29.55 | 236.64 | 1.10 |
| Energy....kcal | 1 | | 0 | NC | 4 | | 0 | 1 | 0 |
| Energy....kJ | 2 | | 0 | NC | 4 | | 1 | 5 | 0 |
| Protein....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.02 | | 0 | O | 4 | | 0.01 | 0.05 | 0.00 |
| Carbohydrate, by difference....g | 0.13 | | 0 | NC | 4 | | 0.04 | 0.32 | 0.00 |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 1 | | 2 | A | 1 | | 0 | 3 | 0 |
| Iron, Fe....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg....mg | 0 | | 2 | A | 1 | | 0 | 1 | 0 |
| Phosphorus, P....mg | 0 | | 2 | A | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 4 | | 2 | A | 1 | | 1 | 9 | 0 |
| Sodium, Na....mg | 14 | | 0 | NR | 4 | | 4 | 32 | 0 |
| Zinc, Zn....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.01 | 0.00 |
| Copper, Cu....mg | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn....mg | 0.003 | | 2 | A | 1 | | 0.001 | 0.006 | 0.000 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14604**

**Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 serving (8 fl oz)

Measure 3 = 1.1g: 1 ml

**Calories Factors:** **Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14411**
**Water, tap, drinking (1 )**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.90 | | 0 | BFZN | 4 | | 29.57 | 236.76 | 999.00 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Protein....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | | 0 | BFZN | 4 | | 0.03 | 0.24 | 1.00 |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | 0.138 | 287 | A | 1 | | 1 | 7 | 30 |
| Iron, Fe....mg | 0.00 | 0.000 | 287 | A | 1 | | 0.00 | 0.00 | 0.02 |
| Magnesium, Mg....mg | 1 | 0.049 | 287 | A | 1 | | 0 | 2 | 9 |
| Phosphorus, P....mg | 0 | 0.001 | 287 | A | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 0 | 0.110 | 287 | A | 1 | | 0 | 1 | 5 |
| Sodium, Na....mg | 4 | 0.322 | 287 | A | 1 | | 1 | 9 | 38 |
| Zinc, Zn....mg | 0.01 | 0.001 | 287 | A | 1 | | 0.00 | 0.01 | 0.05 |
| Copper, Cu....mg | 0.010 | 0.002 | 287 | A | 1 | | 0.003 | 0.023 | 0.098 |
| Manganese, Mn....mg | 0.000 | 0.000 | 287 | A | 1 | | 0.000 | 0.001 | 0.002 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added....µg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Carotene, alpha....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Cryptoxanthin, beta....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin A, IU....IU | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14411**
**Water, tap, drinking (1 )**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3 (DPA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA)....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup 8 fl oz

Measure 3 = 1000g: 1 liter

**Footnotes:**

1 Includes municipal water and well water.

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 14411**
**Water, tap, drinking (1 )**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14429**
**Water, tap, municipal**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.90 | | 0 | | 4 | | 29.57 | 236.76 | 999.00 |
| Energy....kcal | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Protein (N x 6.25)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | | 0 | | 4 | | 0.03 | 0.24 | 1.00 |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | 0.138 | 236 | A | 1 | | 1 | 7 | 31 |
| Iron, Fe....mg | 0.00 | 0.000 | 236 | A | 1 | | 0.00 | 0.00 | 0.02 |
| Magnesium, Mg....mg | 1 | 0.048 | 236 | A | 1 | | 0 | 2 | 9 |
| Phosphorus, P....mg | 0 | 0.002 | 236 | A | 1 | | 0 | 0 | 0 |
| Potassium, K....mg | 1 | 0.133 | 236 | A | 1 | | 0 | 1 | 5 |
| Sodium, Na....mg | 3 | 0.318 | 236 | A | 1 | | 1 | 8 | 34 |
| Zinc, Zn....mg | 0.00 | 0.001 | 236 | A | 1 | | 0.00 | 0.01 | 0.05 |
| Copper, Cu....mg | 0.009 | 0.002 | 236 | A | 1 | | 0.003 | 0.020 | 0.086 |
| Manganese, Mn....mg | 0.000 | 0.000 | 236 | A | 1 | | 0.000 | 0.000 | 0.002 |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6....mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food....µg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Choline, total....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 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 | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| 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 | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| 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 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14429**
**Water, tap, municipal**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 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 | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup 8 fl oz

Measure 3 = 1000g: 1 liter

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14412**
**Water, tap, well**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 99.90 | | 0 | BFZN | 4 | | 29.57 | 236.76 | 999.00 |
| Energy....kcal | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Energy....kJ | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Protein (N x 6.25)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat)....g | 0.00 | | 0 | BFZN | 4 | | 0.00 | 0.00 | 0.00 |
| Ash....g | 0.10 | | 0 | BFZN | 4 | | 0.03 | 0.24 | 1.00 |
| Carbohydrate, by difference....g | 0.00 | | 0 | NC | 4 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 50 | A | 1 | C | 1 | 7 | 29 |
| Iron, Fe....mg | 0.00 | | 50 | A | 1 | C | 0.00 | 0.00 | 0.01 |
| Magnesium, Mg....mg | 1 | | 50 | A | 1 | C | 0 | 3 | 11 |
| Phosphorus, P....mg | 0 | | 50 | A | 1 | C | 0 | 0 | 0 |
| Potassium, K....mg | 0 | | 50 | A | 1 | C | 0 | 1 | 3 |
| Sodium, Na....mg | 5 | | 50 | A | 1 | C | 2 | 13 | 55 |
| Zinc, Zn....mg | 0.01 | | 50 | A | 1 | C | 0.00 | 0.02 | 0.07 |
| Copper, Cu....mg | 0.016 | | 50 | A | 1 | C | 0.005 | 0.037 | 0.156 |
| Manganese, Mn....mg | 0.000 | | 50 | A | 1 | C | 0.000 | 0.001 | 0.004 |
| Selenium, Se....µg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup 8 fl oz

Measure 3 = 1000g: 1 liter

**Calories Factors:** **Protein** 0 **Fat** 0 **Carbohydrate** 0

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14637**

**Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored**

includes Caprisun Roarin' Waters

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 94.44 | | 0 | BFZN | 4 | | 188.88 | | |
| Energy....kcal | 18 | | 0 | NC | 4 | | 36 | | |
| Energy....kJ | 75 | | 0 | NC | 4 | | 151 | | |
| Protein (N x 6.25)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Total lipid (fat)....g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash....g | 1.00 | | 0 | NR | 4 | | 2.00 | | |
| Carbohydrate, by difference....g | 4.50 | | 1 | LC | 8 | | 9.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total....g | 4.50 | | 1 | LC | 8 | | 9.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | BFZN | 4 | | 34 | | |
| Iron, Fe....mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Magnesium, Mg....mg | 3 | | 0 | BFZN | 4 | | 7 | | |
| Phosphorus, P....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Potassium, K....mg | 0 | | 0 | BFZN | 4 | | 1 | | |
| Sodium, Na....mg | 8 | | 1 | LC | 8 | | 15 | | |
| Zinc, Zn....mg | 0.32 | | 0 | BFZN | 4 | | 0.63 | | |
| Copper, Cu....mg | 0.007 | | 0 | BFZN | 4 | | 0.013 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 12.7 | | 0 | BFZN | 4 | | 25.3 | | |
| Thiamin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Riboflavin....mg | 0.000 | | 0 | BFZN | 4 | | 0.000 | | |
| Niacin....mg | 0.844 | | 0 | BFZN | 4 | | 1.688 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.084 | | 0 | BFZN | 4 | | 0.169 | | |
| Folate, total....µg | 8 | | 0 | BFZN | 4 | | 17 | | |
| Folic acid....µg | 8 | | 0 | BFZN | 4 | | 17 | | |
| Folate, food....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE....µg | 14 | | 0 | NC | 4 | | 29 | | |
| Choline, total....mg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.25 | | 0 | BFZN | 4 | | 0.51 | | |
| Vitamin B-12, added....µg | 0.25 | | 0 | BFZN | 4 | | 0.51 | | |
| Vitamin A, RAE....µg | 32 | | 0 | BFZN | 4 | | 63 | | |
| Retinol....µg | 32 | | 0 | BFZN | 4 | | 63 | | |
| 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 | 106 | | 0 | NC | 4 | | 211 | | |
| Lycopene....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 1.90 | | 0 | BFZN | 4 | | 3.80 | | |
| Vitamin E, added....mg | 1.90 | | 0 | BFZN | 4 | | 3.80 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14637**

**Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | BFZN | 4 | | 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 | | 0 | BFZN | 4 | | 0 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Theobromine....mg | 0 | | 0 | BFZN | 4 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 200g: 1 pouch

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14028**
**Whiskey sour mix, bottled**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 78.20 | | 2 | | 1 | | 25.26 | 50.83 | |
| Energy....kcal | 87 | | 0 | NC | 4 | | 28 | 56 | |
| Energy....kJ | 364 | | 0 | NC | 4 | | 117 | 236 | |
| Protein (N x 6.25)....g | 0.10 | | 2 | | 1 | | 0.03 | 0.07 | |
| Total lipid (fat)....g | 0.10 | | 2 | | 1 | | 0.03 | 0.07 | |
| Ash....g | 0.20 | | 2 | | 1 | | 0.06 | 0.13 | |
| Carbohydrate, by difference....g | 21.40 | | 0 | NC | 4 | | 6.91 | 13.91 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total....g | 21.40 | | 0 | NR | 4 | | 6.91 | 13.91 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 2 | | 1 | | 1 | 1 | |
| Iron, Fe....mg | 0.11 | | 2 | | 1 | | 0.04 | 0.07 | |
| Magnesium, Mg....mg | 1 | | 2 | | 1 | | 0 | 1 | |
| Phosphorus, P....mg | 6 | | 2 | | 1 | | 2 | 4 | |
| Potassium, K....mg | 28 | | 1 | | 1 | | 9 | 18 | |
| Sodium, Na....mg | 102 | | 1 | | 1 | | 33 | 66 | |
| Zinc, Zn....mg | 0.07 | | 2 | | 1 | | 0.02 | 0.05 | |
| Copper, Cu....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Manganese, Mn....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Selenium, Se....µg | 0.4 | | 0 | FLA | 4 | | 0.1 | 0.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 2.7 | | 2 | | 1 | | 0.9 | 1.8 | |
| Thiamin....mg | 0.013 | | 2 | | 1 | | 0.004 | 0.008 | |
| Riboflavin....mg | 0.010 | | 2 | | 1 | | 0.003 | 0.007 | |
| Niacin....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid....mg | 0.013 | | 2 | | 1 | | 0.004 | 0.008 | |
| Vitamin B-6....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Folate, total....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folic acid....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 0.9 | | 0 | O | 4 | | 0.3 | 0.6 | |
| 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 | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Carotene, alpha....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Cryptoxanthin, beta....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lycopene....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Lutein + zeaxanthin....µg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | FLA | 4 | | 0.0 | 0.0 | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14028**
**Whiskey sour mix, bottled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.008 | | 0 | | 1 | | 0.003 | 0.005 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.008 | | 0 | | 1 | | 0.003 | 0.005 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.001 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.002 | | 0 | | 1 | | 0.001 | 0.001 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.020 | | 0 | | 1 | | 0.006 | 0.013 | |
| 18:2 undifferentiated....g | 0.013 | | 0 | | 1 | | 0.004 | 0.008 | |
| 18:3 undifferentiated....g | 0.005 | | 0 | | 1 | | 0.002 | 0.003 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 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 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 32.3g: 1 fl oz

Measure 2 = 65g: 2 fl oz

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14530**
**Whiskey sour mix, bottled, with added potassium and sodium**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 78.20 | | 2 | | 1 | | 25.26 | | |
| Energy....kcal | 84 | | 0 | NC | 4 | | 27 | | |
| Energy....kJ | 351 | | 0 | | 4 | | 114 | | |
| Protein (N x 6.25)....g | 0.10 | | 2 | | 1 | | 0.03 | | |
| Total lipid (fat)....g | 0.10 | | 2 | | 1 | | 0.03 | | |
| Ash....g | 0.20 | | 2 | | 1 | | 0.06 | | |
| Carbohydrate, by difference....g | 21.40 | | 0 | NC | 4 | | 6.91 | | |
| Fiber, total dietary....g | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 2 | | 1 | | 1 | | |
| Iron, Fe....mg | 0.11 | | 2 | | 1 | | 0.04 | | |
| Magnesium, Mg....mg | 1 | | 2 | | 1 | | 0 | | |
| Phosphorus, P....mg | 6 | | 2 | | 1 | | 2 | | |
| Potassium, K....mg | 7 | | 1 | | 1 | | 2 | | |
| Sodium, Na....mg | 33 | | 1 | | 1 | | 11 | | |
| Zinc, Zn....mg | 0.07 | | 2 | | 1 | | 0.02 | | |
| Copper, Cu....mg | 0.000 | | 0 | | 1 | | 0.000 | | |
| Manganese, Mn....mg | 0.000 | | 0 | | 1 | | 0.000 | | |
| Selenium, Se....µg | 0.1 | | 0 | BFZN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 2.7 | | 2 | | 1 | | 0.9 | | |
| Thiamin....mg | 0.013 | | 2 | | 1 | | 0.004 | | |
| Riboflavin....mg | 0.010 | | 2 | | 1 | | 0.003 | | |
| Niacin....mg | 0.000 | | 0 | | 1 | | 0.000 | | |
| Pantothenic acid....mg | 0.013 | | 2 | | 1 | | 0.004 | | |
| Vitamin B-6....mg | 0.000 | | 0 | | 1 | | 0.000 | | |
| Folate, total....µg | 0 | | 0 | | 1 | | 0 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 0 | | 0 | | 1 | | 0 | | |
| Folate, DFE....µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....µg | 0.00 | | 0 | | 4 | | 0.00 | | |
| Vitamin B-12, added....µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....µg | 1 | | 0 | NC | 4 | | 0 | | |
| Retinol....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta....µg | | | | | | | | | |
| Carotene, alpha....µg | | | | | | | | | |
| Cryptoxanthin, beta....µg | | | | | | | | | |
| Vitamin A, IU....IU | 21 | | 2 | | 1 | | 7 | | |
| 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. 14530**

**Whiskey sour mix, bottled, with added potassium and sodium**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.008 | | 0 | | 1 | | 0.003 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.008 | | 0 | | 1 | | 0.003 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.002 | | 0 | | 1 | | 0.001 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.002 | | 0 | | 1 | | 0.001 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.020 | | 0 | | 1 | | 0.006 | | |
| 18:2 undifferentiated....g | 0.013 | | 0 | | 1 | | 0.004 | | |
| 18:3 undifferentiated....g | 0.005 | | 0 | | 1 | | 0.002 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 32.3g: 1 fl oz

**Calories Factors:** **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14024**
**Whiskey sour mix, powder**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.60 | | 1 | | 1 | | 0.10 | | |
| Energy | kcal | 383 | | 0 | NC | 4 | | 65 | | |
| Energy | kJ | 1602 | | 0 | | 4 | | 272 | | |
| Protein (N x 6.25) | g | 0.60 | | 1 | | 1 | | 0.10 | | |
| Total lipid (fat) | g | 0.10 | | 1 | | 1 | | 0.02 | | |
| Ash | g | 1.40 | | 1 | | 1 | | 0.24 | | |
| Carbohydrate, by difference | g | 97.30 | | 0 | NC | 4 | | 16.54 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total | g | 97.30 | | 0 | NR | 4 | | 16.54 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 272 | | 1 | | 1 | | 46 | | |
| Iron, Fe | mg | 0.39 | | 1 | | 1 | | 0.07 | | |
| Magnesium, Mg | mg | 19 | | 1 | | 1 | | 3 | | |
| Phosphorus, P | mg | 13 | | 1 | | 1 | | 2 | | |
| Potassium, K | mg | 19 | | 1 | | 1 | | 3 | | |
| Sodium, Na | mg | 274 | | 1 | | 1 | | 47 | | |
| Zinc, Zn | mg | 0.14 | | 1 | | 1 | | 0.02 | | |
| Copper, Cu | mg | 0.130 | | 1 | | 1 | | 0.022 | | |
| Manganese, Mn | mg | 0.000 | | 0 | | 1 | | 0.000 | | |
| Selenium, Se | µg | 0.6 | | 0 | FLA | 4 | | 0.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.7 | | 1 | | 1 | | 0.5 | | |
| Thiamin | mg | 0.005 | | 1 | | 1 | | 0.001 | | |
| Riboflavin | mg | 0.000 | | 0 | | 1 | | 0.000 | | |
| Niacin | mg | 0.000 | | 0 | | 1 | | 0.000 | | |
| Pantothenic acid | mg | 0.060 | | 1 | | 1 | | 0.010 | | |
| Vitamin B-6 | mg | 0.000 | | 0 | | 1 | | 0.000 | | |
| Folate, total | µg | 0 | | 0 | | 1 | | 0 | | |
| Folic acid | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | µg | 0 | | 0 | | 1 | | 0 | | |
| Folate, DFE | µg | 0 | | 0 | NC | 4 | | 0 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | µg | 0.01 | | 0 | | 4 | | 0.00 | | |
| Vitamin B-12, added | µg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | µg | 2 | | 0 | NC | 4 | | 0 | | |
| Retinol | µg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, beta | µg | | | | | | | | | |
| Carotene, alpha | µg | | | | | | | | | |
| Cryptoxanthin, beta | µg | | | | | | | | | |
| Vitamin A, IU | IU | 30 | | 1 | | 1 | | 5 | | |
| 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. 14024**
**Whiskey sour mix, powder**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.019 | | 0 | | 1 | | 0.003 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.012 | | 0 | | 1 | | 0.002 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.006 | | 0 | | 1 | | 0.001 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.006 | | 0 | | 1 | | 0.001 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.037 | | 0 | | 1 | | 0.006 | | |
| 18:2 undifferentiated....g | 0.025 | | 0 | | 1 | | 0.004 | | |
| 18:3 undifferentiated....g | 0.012 | | 0 | | 1 | | 0.002 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3 (EPA)....g | | | | | | | | | |
| 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 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 17g: 1 packet

**Calories Factors:** **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

**NDB No. 14553**
**Wine, non-alcoholic**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 98.20 | | 0 | | 4 | | 28.48 | | |
| Energy....kcal | 6 | | 0 | | 4 | | 2 | | |
| Energy....kJ | 25 | | 0 | | 4 | | 7 | | |
| Protein....g | 0.50 | | 0 | | 4 | | 0.15 | | |
| Total lipid (fat)....g | 0.00 | | 0 | | 4 | | 0.00 | | |
| Ash....g | 0.20 | | 0 | BFZN | 4 | | 0.06 | | |
| Carbohydrate, by difference....g | 1.10 | | 0 | | 4 | | 0.32 | | |
| Fiber, total dietary....g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total....g | 1.10 | | 0 | NR | 4 | | 0.32 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 0 | | 4 | | 3 | | |
| Iron, Fe....mg | 0.40 | | 0 | | 4 | | 0.12 | | |
| Magnesium, Mg....mg | 10 | | 0 | | 4 | | 3 | | |
| Phosphorus, P....mg | 15 | | 0 | | 4 | | 4 | | |
| Potassium, K....mg | 88 | | 0 | | 4 | | 26 | | |
| Sodium, Na....mg | 7 | | 0 | | 4 | | 2 | | |
| Zinc, Zn....mg | 0.08 | | 0 | | 4 | | 0.02 | | |
| Copper, Cu....mg | 0.011 | | 0 | | 4 | | 0.003 | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....µg | 0.2 | | 0 | BFZN | 4 | | 0.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | | 4 | | 0.0 | | |
| Thiamin....mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Riboflavin....mg | 0.010 | | 0 | | 4 | | 0.003 | | |
| Niacin....mg | 0.100 | | 0 | | 4 | | 0.029 | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.020 | | 0 | | 4 | | 0.006 | | |
| Folate, total....µg | 1 | | 0 | | 4 | | 0 | | |
| Folic acid....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....µg | 1 | | 0 | | 4 | | 0 | | |
| Folate, DFE....µg | 1 | | 0 | NC | 4 | | 0 | | |
| Choline, total....mg | 5.0 | | 0 | BFZN | 4 | | 1.4 | | |
| 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 | 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 | | 4 | | 0 | | |
| Lycopene....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin....µg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| 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 | BFZN | 4 | | 0.0 | | |
| Dihydrophylloquinone....µg | | | | | | | | | |
| Menaquinone-4....µg | | | | | | | | | |

**NDB No. 14553**
**Wine, non-alcoholic**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.000 | | 0 | | 4 | | 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 | | 4 | | 0.000 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3 (EPA)....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 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 | | 4 | | 0.0 | | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29.0g: 1 fl oz

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 27 (2014)