



# Food and Nutrient Database for Dietary Studies 2015-2016

The USDA Food and Nutrient Database for Dietary Studies 2015-2016 (FNDDS) is used to convert food and beverages consumed in What We Eat In America, National Health and Nutrition Examination Survey into gram amounts and to determine their nutrient values.

The complete FNDDS 2015-2016 consists of 12 datasets (Access® and SAS®). New for this release – selected variables in quick view and search format (Excel®). All available for download at [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

## Food Descriptions Component

### Main Food Descriptions

Primary descriptions for 8,690 foods/beverages (*7,898 foods/792 beverages*)

Unique 8-digit code assigned to each main food description

### Additional Food Descriptions

Descriptions for 14,449 additional foods/beverages associated with a specific main food/beverage

## Food Portions and Weights Component

### Food Weights

Weights (g) for 39,718 portions

### Food Portion Descriptions

Descriptions for unit measure of foods/beverages

### Subcode Descriptions

Candy and snack cakes with unique portion weights

### Food Code-Subcode Links

Associations between main food codes and subcodes

## Nutrients Component

### FNDDS Nutrient Values

Nutrient values for food energy and 64 nutrients/food components (**other side of page**) for each food/beverage

### Nutrient Descriptions

Descriptions and measurement units for nutrients

### Moisture Adjustment

Factors used during calculation of nutrient values for foods/beverages

### FNDDS Ingredients

Information used in calculating FNDDS nutrient values per 100 g

### Ingredient Nutrient Values

Sources of nutrient values - USDA SR 28 (*accessed 2017 October 2*) or other source

### Derivation Descriptions

Descriptions for derivation codes used by SR 28 (*accessed 2017 October 2*)

## FNDDS 2015-2016 Nutrients and Food Components (unit)

Food energy (kcal)

Protein (g)

Carbohydrate (g)

Fat, total (g)

Alcohol (g)

Sugars, total (g)

Dietary fiber, total (g)

Water (g)

Saturated fatty acids, total (g)

Monounsaturated fatty acids, total (g)

Polyunsaturated fatty acids, total (g)

Cholesterol (mg)

*Individual fatty acids:*

4:0 (g)

6:0 (g)

8:0 (g)

10:0 (g)

12:0 (g)

14:0 (g)

16:0 (g)

18:0 (g)

16:1 (g)

18:1 (g)

20:1 (g)

22:1 (g)

18:2 (g)

18:3 (g)

18:4 (g)

20:4 (g)

20:5 n-3 (g)

22:5 n-3 (g)

22:6 n-3 (g)

Vitamin A as retinol activity equivalents (µg)

Retinol (µg)

*Carotenoids:*

Carotene, alpha (µg)

Carotene, beta (µg)

Cryptoxanthin, beta (µg)

Lycopene (µg)

Lutein + zeaxanthin (µg)

Vitamin E as alpha-tocopherol (mg)

Added vitamin E (mg) *(added 2003-04)*

Vitamin D (D2 + D3) (µg) *(added 2007-08)*

Vitamin K as phyloquinone (µg)

Vitamin C (mg)

Thiamin (mg)

Riboflavin (mg)

Niacin (mg)

Vitamin B-6 (mg)

Folate, total (µg)

Folate (DFE) (µg)

Folic acid (µg)

Food folate (µg)

Vitamin B-12 (µg)

Added vitamin B-12 (µg) *(added 2003-04)*

Choline, total (mg) *(added 2005-06)*

Calcium (mg)

Iron (mg)

Magnesium (mg)

Phosphorus (mg)

Potassium (mg)

Sodium (mg)

Zinc (mg)

Copper (mg)

Selenium (µg)

Caffeine (mg)

Theobromine (mg)