



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.

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)