



Food and Nutrient Database for Dietary Studies 2017-2018

The USDA Food and Nutrient Database for Dietary Studies 2017-2018 (FNDDS) converts food and beverages consumed in What We Eat In America, National Health and Nutrition Examination Survey into gram amounts and determines their nutrient values.

The complete FNDDS 2017-2018 consists of 12 datasets (Access® and SAS®). Select variables available in quick view/search format (Excel®). All available for download at www.ars.usda.gov/nea/bhnrc/fsrg.

Food Descriptions Component

Main Food Descriptions

Primary descriptions for 7,083 foods/beverages (6,286 foods/797 beverages)
Unique 8-digit code assigned to each main food description

Additional Food Descriptions

Descriptions for 12,953 additional foods/beverages associated with a specific main food/beverage

Food Portions and Weights Component

Food Weights

Weights (g) for 32,614 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 FDC (*accessed 10/2019*) or other sources

Derivation Descriptions

Descriptions for derivation codes defined by USDA FDC (*accessed 10/2019*)

FNDDS 2017-2018 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:

Saturated fatty acids:

4:0 Butyric acid (g)

6:0 Caproic acid (g)

8:0 Caprylic acid (g)

10:0 Capric acid (g)

12:0 Lauric acid (g)

14:0 Myristic acid (g)

16:0 Palmitic acid (g)

18:0 Stearic acid (g)

Monounsaturated fatty acids:

16:1 Palmitoleic acid (g)

18:1 Oleic acid (g)

20:1 Gadoleic acid (g)

22:1 Erucic/citoleic acid (g)

Polyunsaturated fatty acids:

18:2 Linoleic acid (g)

18:3 Linolenic acid (g)

18:4 Parinaric acid (g)

20:4 Arachidonic acid (g)

20:5 n-3 Eicosapentaenoic acid (EPA) (g)

22:5 n-3 Docosapentaenoic acid (DPA) (g)

22:6 n-3 Docosahexaenoic acid (DHA) (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 phylloquinone (µg)

Vitamin C (mg)

Thiamin (mg)

Riboflavin (mg)

Niacin (mg)

Vitamin B6 (mg)

Folate, total (µg)

Folate (DFE) (µg)

Folic acid (µg)

Food folate (µg)

Vitamin B12 (µg)

**Added vitamin B12 (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)

*Represents a synthetic subcomponent of vitamin E and is included in the vitamin E value.

**Represents a fortified subcomponent of vitamin B12 and is included in the vitamin B12 value.



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