



Food and Nutrient Database for Dietary Studies 2019-2020

The USDA Food and Nutrient Database for Dietary Studies 2019-2020 (FNDDS) is an application database designed to convert food and beverage portions reported in What We Eat in America, National Health and Nutrition Examination Survey into gram amounts and to determine their nutrient values.

The complete FNDDS 2019-2020 consists of 10 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 5,624 foods/beverages (4,982 foods/642 beverages)
Unique 8-digit code assigned to each main food description

Additional Food Descriptions

Descriptions for 10,047 additional foods/beverages associated with a specific main food/beverage

Food Portions and Weights Component

Food Weights

Weights (g) for 22,710 portions

Food Portion Descriptions

Descriptions for unit measure of foods/beverages

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 100g

Ingredient Nutrient Values

Sources of nutrient values - USDA FoodData Central (*accessed 10/2021*) or other sources

Derivation Descriptions

Descriptions for derivation codes defined by USDA FoodData Central (*accessed 10/2021*)

FNDDS 2019-2020 Nutrients and Food Components (unit)

Food energy (kcal)	Vitamin A as retinol activity equivalents (µg)
Protein (g)	Retinol (µg)
Carbohydrate (g)	<i>Carotenoids:</i>
Fat, total (g)	Carotene, alpha (µg)
Alcohol (g)	Carotene, beta (µg)
	Cryptoxanthin, beta (µg)
Sugars, total (g)	Lycopene (µg)
Dietary fiber, total (g)	Lutein + zeaxanthin (µg)
Water (g)	
	Vitamin E as alpha-tocopherol (mg)
Saturated fatty acids, total (g)	*Added vitamin E (mg) <i>(added 2003-04)</i>
Monounsaturated fatty acids, total (g)	Vitamin D (D2 + D3) (µg) <i>(added 2007-08)</i>
Polyunsaturated fatty acids, total (g)	Vitamin K as phylloquinone (µg)
Cholesterol (mg)	Vitamin C (mg)
	Thiamin (mg)
<i>Individual fatty acids:</i>	Riboflavin (mg)
<i>Saturated fatty acids:</i>	Niacin (mg)
4:0 Butyric acid (g)	Vitamin B6 (mg)
6:0 Caproic acid (g)	
8:0 Caprylic acid (g)	Folate, total (µg)
10:0 Capric acid (g)	Folate (DFE) (µg)
12:0 Lauric acid (g)	Folic acid (µg)
14:0 Myristic acid (g)	Food folate (µg)
16:0 Palmitic acid (g)	
18:0 Stearic acid (g)	Vitamin B12 (µg)
	**Added vitamin B12 (µg) <i>(added 2003-04)</i>
<i>Monounsaturated fatty acids:</i>	Choline, total (mg) <i>(added 2005-06)</i>
16:1 Palmitoleic acid (g)	
18:1 Oleic acid (g)	Calcium (mg)
20:1 Gadoleic acid (g)	Iron (mg)
22:1 Erucic/citoleic acid (g)	Magnesium (mg)
	Phosphorus (mg)
<i>Polyunsaturated fatty acids:</i>	Potassium (mg)
18:2 Linoleic acid (g)	Sodium (mg)
18:3 Linolenic acid (g)	Zinc (mg)
18:4 Parinaric acid (g)	Copper (mg)
20:4 Arachidonic acid (g)	Selenium (µg)
20:5 n-3 Eicosapentaenoic acid (EPA) (g)	
22:5 n-3 Docosapentaenoic acid (DPA) (g)	Caffeine (mg)
22:6 n-3 Docosahexaenoic acid (DHA) (g)	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.