Food and Nutrient Database for Dietary Studies 2011-2012

USDA's Food and Nutrient Database for Dietary Studies 2011-2012 (FNDDS) is the database of foods/beverages, their nutrient values, and weights for typical portions that was used to process data from What We Eat in America (WWEIA), NHANES 2011-2012. In addition to analyzing WWEIA intake data, FNDDS can also be used in other dietary studies to code foods/beverages and amounts eaten and to calculate the amounts of nutrients/food components in those items. The FNDDS is available in 3 formats – Microsoft Access® database, SAS® formatted files, or ASCII delimited text files. It includes 3 components, food/beverage modifications, and 12 data files, as shown below:

Food Descriptions Component

1. **Main Food Descriptions:**
   Primary descriptions for about 7,600 foods/beverages
   Unique 8-digit food code assigned to each main food description
   As a new addition for FNDDS 2011-2012, an **identifier code** was added to the Main Food Description File to indicate which FNDDS foods/beverages are "fortified" or contain "fortified" ingredients
2. **Additional Food Descriptions:**
   Descriptions for about 9,900 additional foods/beverages associated with a specific main food/beverage
   Same nutrient profile and food portion weights as the main food/beverage

Food Portions and Weights Component

3. **Food Weights:**
   Weights (g) for various portions of each food/beverage
   About 35,000 weights
4. **Food Portion Descriptions:**
   Descriptions for common portions (amounts) of foods/beverages
5. **Subcode Descriptions:**
   Descriptions for specific snack cakes and candy
   Unique 7-digit code assigned to each subcode description
   Same nutrient profile as the main food
   Unique food portion weights
6. **Food Code-Subcode Links:**
   Records that show the association between main foods/beverages and subcodes

Nutrients Component

7. **FNDDS Nutrient Values:**
   Food energy and 64 nutrients/food components **(see other side of page)** for each food code
   Source of nutrient values is the USDA Nutrient Database for Standard Reference (SR), Release 26
8. **Nutrient Descriptions:**
   Descriptions and measurement units for nutrients
9. **Moisture & Fat Adjustments:**
   Factors used during calculation of nutrient values for some foods/beverages in the database
10. **FNDDS-SR Links:**
    Information used to calculate nutrient values
    Documents the links between FNDDS and SR

Modifications Files

11. **Modifications Descriptions**
    Description for modifications associated with specific main food/beverage
    Unique 6-digit food code assigned to each modification description
    Nutrient profile differs from the main food/beverage
12. **Modifications Nutrient Values**
    Complete nutrient profile (food energy and 64 nutrients/food components) for each modification code

For more information or to download FNDDS, visit the FSRG web site:
www.ars.usda.gov/ba/bhnrc/fsrg

FNDDS 2011-2012 Nutrients and Food Components

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)

Vitamin D (D2 + D3) (µg)
Vitamin K as phylloquinone (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)

Choline, total (mg)

Calcium (mg)
Iron (mg)
Magnesium (mg)
Phosphorus (mg)
Potassium (mg)
Sodium (mg)
Zinc (mg)
Copper (mg)
Selenium (µg)

Caffeine (mg)
Theobromine (mg)

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