



# Food and Nutrient Database for Dietary Studies 2013-2014

**USDA's Food and Nutrient Database for Dietary Studies 2013-2014 (FNDDS)** is used to convert food and beverages consumed in What We Eat In America, NHANES into gram amounts and to determine their nutrient values. 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.

FNDDS is organized into 11 data files described below. The data files are available in 2 formats – Microsoft Access® database and SAS® formatted files.

## **Food Descriptions Component**

### **File 1. Main Food Descriptions**

Primary descriptions for 8,536 foods/beverages  
Unique 8-digit food code assigned to each main food description

### **File 2. Additional Food Descriptions**

Descriptions for 12,128 additional foods/beverages associated with a specific main food/beverage  
Same nutrient values and portion weights as the main food/beverage

## **Food Portions and Weights Component**

### **File 3. Food Weights**

Weights (g) for various portions of each food/beverage  
Over 40,000 weights

### **File 4. Food Portion Descriptions**

Descriptions for unit measure (e.g. slice, piece, snack size, medium, teaspoon, cup) of foods/beverage

### **File 5. Subcode Descriptions**

Descriptions for specific candy and snack cakes with more than one weight for a single portion

### **File 6. Food Code-Subcode Links**

Show associations between main food codes and subcodes

## **Nutrients Component**

### **File 7. FNDDS Nutrient Values**

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

### **File 8. Nutrient Descriptions**

Descriptions and measurement units for nutrients

### **File 9. Moisture & Fat Adjustments**

Factors used during calculation of nutrient values for some foods/beverages in the database

### **File 10. FNDDS-SR Links**

Information used in calculating FNDDS nutrient values per 100 g

### **File 11. SR Nutrient Values**

Source of nutrient values is USDA SR 28 (*accessed 2015 October 1*)

**For more information or to download FNDDS, visit the FSRG web site:**  
[www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg)

## FNDDS 2013-2014 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 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)

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)