



Food and Nutrient Database for Dietary Studies, 3.0

USDA's Food and Nutrient Database for Dietary Studies, 3.0 (FNDDS) is the database of foods, their nutrient values, and weights for typical food portions that was used to process data from the survey What We Eat in America (WWEIA), the dietary intake component of the National Health and Nutrition Examination Survey (NHANES) 2005-2006. In addition to its usefulness in analyses of WWEIA food intake data, FNDDS can also be used in other food intake studies to code foods and amounts eaten and to calculate the amounts of nutrients/food components in those foods. The FNDDS is available in 3 formats – as a Microsoft Access® database, SAS® formatted files, or ASCII delimited text files. It includes 3 components that comprise 10 data files, as shown below:

Food Descriptions Component

1. Main Food Descriptions:

Primary descriptions (usually generic) for about 7,000 foods
Unique 8-digit food code assigned to each main food description

2. Additional Food Descriptions:

Descriptions for about 6,500 similar foods associated with specific main foods
Same nutrient profile and food portion weights as the main food

Food Portions and Weights Component

3. Food Weights:

Weights (in grams) for various portions of each food
About 30,000 weights

4. Food Portion Descriptions:

Descriptions for common portions (amounts) of foods and 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 and subcodes

Nutrients Component

7. FNDDS Nutrient Values:

Food energy and 63 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 20

8. Nutrient Descriptions:

Descriptions and measurement units for nutrients in FNDDS

9. Moisture & Fat Adjustments:

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

10. FNDDS-SR Links:

Information used to calculate nutrient values in FNDDS
Documents the links between FNDDS and SR

For more information or to download FNDDS, visit our web site:

<http://www.ars.usda.gov/ba/bhnrc/fsrg>

FNDDS 3.0 Nutrients and Food Components

Food energy (kcal)	Vitamin A as retinol activity equivalents (µg)
Protein (g)	Retinol (µg)
Carbohydrate (g)	Carotenoids:
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)
	Added vitamin E (mg)
Saturated fatty acids, total (g)	Vitamin K as phylloquinone (µg)
Monounsaturated fatty acids, total (g)	Vitamin C (mg)
Polyunsaturated fatty acids, total (g)	Thiamin (mg)
Cholesterol (mg)	Riboflavin (mg)
	Niacin (mg)
Individual fatty acids:	Vitamin B-6 (mg)
4:0 (g)	Folate, total (µg)
6:0 (g)	Folate (DFE) (µg)
8:0 (g)	Folic acid (µg)
10:0 (g)	Food folate (µg)
12:0 (g)	Vitamin B-12 (µg)
14:0 (g)	Added vitamin B-12 (µg)
16:0 (g)	Choline, total (mg)
18:0 (g)	
	Calcium (mg)
16:1 (g)	Iron (mg)
18:1 (g)	Magnesium (mg)
20:1 (g)	Phosphorus (mg)
22:1 (g)	Potassium (mg)
	Sodium (mg)
18:2 (g)	Zinc (mg)
18:3 (g)	Copper (mg)
18:4 (g)	Selenium (µg)
20:4 (g)	
20:5 n-3 (g)	Caffeine (mg)
22:5 n-3 (g)	Theobromine (mg)
22:6 n-3 (g)	

