



# Food and Nutrient Database for Dietary Studies, 5.0

**USDA's Food and Nutrient Database for Dietary Studies, 5.0 (FNDDS)** is the database of foods, their nutrient values, and weights for typical food portions that was used to process data from What We Eat in America (WWEIA), NHANES 2009-2010. In addition to analyzing 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 –Microsoft Access<sup>®</sup> database, SAS<sup>®</sup> formatted files, or ASCII delimited text files. It includes 3 components, food modifications, and 12 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 7,000 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 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 24

### 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

## Modifications Files

### 11. Modifications Descriptions

Description for modifications associated with specific main food  
Unique 6-digit food code assigned to each modification description  
Nutrient profile differs from the main food

### 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](http://www.ars.usda.gov/ba/bhnrc/fsrg)

## FNDDS 5.0 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)

