

NDB No. 14101

Alcoholic Beverage, wine, table, red, Barbera

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.29		0	NC	4		25.37	126.85	
Energy.....kcal	85		0	NC	4		25	125	
Energy.....kJ	355		0	NC	4		104	521	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.23	0.015	8	A	1		0.07	0.34	
Carbohydrate, by difference.....g	2.79		0	NC	4		0.82	4.10	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.6	0.182	8	A	1		3.1	15.6	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14152

Alcoholic Beverage, wine, table, red, Burgundy

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.62		0	NC	4		25.26	126.71	
Energy.....kcal	86		0	NC	4		25	127	
Energy.....kJ	360		0	NC	4		106	532	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.34	0.018	14	A	1		0.10	0.50	
Carbohydrate, by difference.....g	3.69		0	NC	4		1.09	5.46	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.3	0.350	14	A	1		3.0	15.2	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14098

Alcoholic Beverage, wine, table, red, Cabernet Franc

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.59		0	NC	4		25.46	127.29	
Energy.....kcal	83		0	NC	4		25	123	
Energy.....kJ	349		0	NC	4		103	513	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.27	0.010	30	A	1		0.08	0.39	
Carbohydrate, by difference.....g	2.45		0	NC	4		0.72	3.61	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.6	0.095	30	A	1		3.1	15.6	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14097
 Alcoholic Beverage, wine, table, red, Cabernet Sauvignon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.56		0	NC	4		25.45	127.24	
Energy.....kcal	83		0	NC	4		24	122	
Energy.....kJ	347		0	NC	4		102	511	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.29	0.003	377	A	1		0.09	0.43	
Carbohydrate, by difference.....g	2.60		0	NC	4		0.77	3.83	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.5	0.028	376	A	1		3.1	15.4	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz
 Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14109

Alcoholic Beverage, wine, table, red, Carignane

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.88		0	NC	4		25.84	129.18	
Energy.....kcal	74		0	NC	4		22	109	
Energy.....kJ	311		0	NC	4		91	457	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.31		1	A	1		0.09	0.46	
Carbohydrate, by difference.....g	2.40		0	NC	4		0.71	3.53	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.3		1	A	1		2.7	13.7	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14105

Alcoholic Beverage, wine, table, red, Claret

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.38		0	NC	4		25.40	126.98	
Energy.....kcal	83		0	NC	4		24	122	
Energy.....kJ	348		0	NC	4		102	511	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.29	0.018	11	A	1		0.09	0.43	
Carbohydrate, by difference.....g	3.01		0	NC	4		0.88	4.42	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.2	0.236	11	A	1		3.0	15.1	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14158

Alcoholic Beverage, wine, table, red, Gamay

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.49		0	NC	4		25.72	128.61	
Energy.....kcal	78		0	NC	4		23	114	
Energy.....kJ	326		0	NC	4		96	478	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.21	0.015	15	A	1		0.06	0.31	
Carbohydrate, by difference.....g	2.38		0	NC	4		0.70	3.50	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.8	0.229	15	A	1		2.9	14.5	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14107

Alcoholic Beverage, wine, table, red, Lemberger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.02		0	NC	4		25.59	127.93	
Energy.....kcal	80		0	NC	4		24	118	
Energy.....kJ	337		0	NC	4		99	495	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.25	0.013	11	A	1		0.07	0.37	
Carbohydrate, by difference.....g	2.46		0	NC	4		0.72	3.62	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.2	0.222	11	A	1		3.0	15.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14602

Alcoholic Beverage, wine, table, red, Merlot

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.6	0.038	142	A	1		3.1	15.5	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14159

Alcoholic Beverage, wine, table, red, Mouvedre

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.81		0	NC	4		25.23	126.14	
Energy.....kcal	88		0	NC	4		26	130	
Energy.....kJ	369		0	NC	4		108	542	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.29	0.026	8	A	1		0.08	0.42	
Carbohydrate, by difference.....g	2.64		0	NC	4		0.78	3.89	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	11.2	0.260	8	A	1		3.3	16.5	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14103

Alcoholic Beverage, wine, table, red, Petite Sirah

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.22		0	NC	4		25.44	126.75	
Energy.....kcal	85		0	NC	4		25	125	
Energy.....kJ	356		0	NC	4		105	523	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.31	0.013	25	A	1		0.09	0.46	
Carbohydrate, by difference.....g	2.68		0	NC	4		0.79	3.94	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.7	0.130	24	A	1		3.2	15.8	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14099

Alcoholic Beverage, wine, table, red, Pinot Noir

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.94		0	NC	4		25.56	127.79	
Energy.....kcal	82		0	NC	4		24	120	
Energy.....kJ	341		0	NC	4		100	502	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.25	0.003	287	A	1		0.07	0.37	
Carbohydrate, by difference.....g	2.31		0	NC	4		0.68	3.39	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.4	0.039	287	A	1		3.1	15.3	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14108

Alcoholic Beverage, wine, table, red, Sangiovese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.17		0	NC	4		25.33	126.66	
Energy.....kcal	86		0	NC	4		25	126	
Energy.....kJ	359		0	NC	4		106	528	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.26	0.009	14	A	1		0.08	0.39	
Carbohydrate, by difference.....g	2.62		0	NC	4		0.77	3.85	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.9	0.113	14	A	1		3.2	16.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14100

Alcoholic Beverage, wine, table, red, Syrah

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.53		0	NC	4		25.44	127.20	
Energy.....kcal	83		0	NC	4		24	122	
Energy.....kJ	348		0	NC	4		102	511	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.32	0.014	30	A	1		0.09	0.47	
Carbohydrate, by difference.....g	2.58		0	NC	4		0.76	3.79	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.5	0.146	30	A	1		3.1	15.4	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14102

Alcoholic Beverage, wine, table, red, Zinfandel

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.71		0	NC	4		25.20	126.00	
Energy.....kcal	88		0	NC	4		26	130	
Energy.....kJ	369		0	NC	4		109	543	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.27	0.004	164	A	1		0.08	0.40	
Carbohydrate, by difference.....g	2.86		0	NC	4		0.84	4.21	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	11.1	0.062	162	A	1		3.3	16.3	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14006
Alcoholic beverage, beer, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	A	1		0.000	0.000	
Threonine.....g	0.000		0	A	1		0.000	0.000	
Isoleucine.....g	0.000		0	A	1		0.000	0.000	
Leucine.....g	0.000		0	A	1		0.000	0.000	
Lysine.....g	0.000		0	A	1		0.000	0.000	
Methionine.....g	0.000		0	A	1		0.000	0.000	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.000		0	A	1		0.000	0.000	
Tyrosine.....g	0.000		0	A	1		0.000	0.000	
Valine.....g	0.000		0	A	1		0.000	0.000	
Arginine.....g	0.000		0	A	1		0.000	0.000	
Histidine.....g	0.000		0	A	1		0.000	0.000	
Alanine.....g	0.010		0	A	1		0.003	0.035	
Aspartic acid.....g	0.013		0	A	1		0.004	0.046	
Glutamic acid.....g	0.039		0	A	1		0.012	0.138	
Glycine.....g	0.011		0	A	1		0.003	0.039	

NDB No. 14006
 Alcoholic beverage, beer, light

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.029		0	A	1		0.009	0.102	
Serine.....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	3.1	0.027	167	A	1		0.9	11.1	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 354g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14007
Alcoholic beverage, beer, light, BUD LIGHT
Anheuser-Busch, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	95.00		1	MC	9		28.03	336.30	
Energy.....kcal	29		0	NC	4		9	104	
Energy.....kJ	123		0	NC	4		36	435	
Protein (N x 6.25).....g	0.25		1	MC	9		0.07	0.90	
Total lipid (fat).....g	0.00		1	MC	9		0.00	0.00	
Ash.....g	0.11		1	MC	9		0.03	0.39	
Carbohydrate, by difference.....g	1.30		0	NC	4		0.38	4.61	
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g	0.00		1	MC	9		0.00	0.00	
Fructose.....g	0.00		1	MC	9		0.00	0.00	
Lactose.....g									
Maltose.....g	0.00		1	MC	9		0.00	0.00	
Galactose.....g									
Starch.....g	0.00		1	MC	9		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	3		1	MC	9		1	12	
Iron, Fe.....mg	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg.....mg	7		1	MC	9		2	24	
Phosphorus, P.....mg	11		1	MC	9		3	40	
Potassium, K.....mg	26		1	MC	9		8	91	
Sodium, Na.....mg	3		1	MC	9		1	9	
Zinc, Zn.....mg	0.00		1	MC	9		0.00	0.00	
Copper, Cu.....mg	0.002		1	MC	9		0.001	0.007	
Manganese, Mn.....mg	0.006		1	MC	9		0.002	0.021	
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		1	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.3		1	MC	9		1.0	11.8	
Caffeine.....mg									
Theobromine.....mg									

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Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 354g: 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14005
Alcoholic beverage, beer, light, BUDWEISER SELECT
Anheuser-Busch, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	95.30		1	MC	9		28.11	338.32	
Energy.....kcal	28		1	MC	9		8	99	
Energy.....kJ	117		0	MC	9		35	415	
Protein.....g	0.20		1	MC	9		0.06	0.70	
Total lipid (fat).....g	0.00		1	MC	9		0.00	0.00	
Ash.....g	0.08		1	MC	9		0.02	0.29	
Carbohydrate, by difference.....g	0.87		1	MC	9		0.26	3.10	
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g	0.00		1	MC	9		0.00	0.00	
Fructose.....g	0.00		1	MC	9		0.00	0.00	
Lactose.....g									
Maltose.....g	0.00		1	MC	9		0.00	0.00	
Galactose.....g									
Starch.....g	0.00		1	MC	9		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	4		1	MC	9		1	14	
Iron, Fe.....mg	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg.....mg	6		1	MC	9		2	20	
Phosphorus, P.....mg									
Potassium, K.....mg	26		1	MC	9		8	93	
Sodium, Na.....mg	3		1	MC	9		1	9	
Zinc, Zn.....mg	0.01		1	MC	9		0.00	0.04	
Copper, Cu.....mg	0.001		1	MC	9		0.000	0.004	
Manganese, Mn.....mg	0.007		1	MC	9		0.002	0.025	
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		1	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.4		1	MC	9		1.0	11.9	
Caffeine.....mg									
Theobromine.....mg									

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Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 355g: 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14248

Alcoholic beverage, beer, light, higher alcohol

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	6.0		0	LC	8		21.4		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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Common Measures:

Measure 1 = 356g: 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000	0.000	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	Z	7		0.000	0.000	
12:0.....g	0.000		0	Z	7		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		1	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.3		0	O	4		1.0	11.8	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 354g: 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14013

Alcoholic beverage, beer, light, low carb

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14004

Alcoholic beverage, beer, regular, BUDWEISER

Anheuser-Busch, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.77		1	MC	9		27.65	331.20	
Energy.....kcal	41		1	MC	9		12	145	
Energy.....kJ	170		0	MC	9		51	607	
Protein (N x 6.25).....g	0.36		1	MC	9		0.11	1.30	
Total lipid (fat).....g	0.00		1	MC	9		0.00	0.00	
Ash.....g	0.11		1	MC	9		0.03	0.39	
Carbohydrate, by difference.....g	2.97		1	MC	9		0.88	10.60	
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g	0.00		1	MC	9		0.00	0.00	
Fructose.....g	0.00		1	MC	9		0.00	0.00	
Lactose.....g									
Maltose.....g	0.00		1	MC	9		0.00	0.00	
Galactose.....g									
Starch.....g	0.00		1	MC	9		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	4		1	MC	9		1	14	
Iron, Fe.....mg	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg.....mg	7		1	MC	9		2	25	
Phosphorus, P.....mg	13		1	MC	9		4	46	
Potassium, K.....mg	33		1	MC	9		10	118	
Sodium, Na.....mg	3		1	MC	9		1	9	
Zinc, Zn.....mg	0.00		1	MC	9		0.00	0.00	
Copper, Cu.....mg	0.003		1	MC	9		0.001	0.011	
Manganese, Mn.....mg	0.009		1	MC	9		0.003	0.032	
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		1	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.9		1	MC	9		1.2	14.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.8g: 1 fl oz

Measure 2 = 357g: 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	A	1		0.000	0.000	
Threonine.....g	0.000		0	A	1		0.000	0.000	
Isoleucine.....g	0.000		0	A	1		0.000	0.000	
Leucine.....g	0.000		0	A	1		0.000	0.000	
Lysine.....g	0.000		0	A	1		0.000	0.000	
Methionine.....g	0.000		0	A	1		0.000	0.000	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.000		0	A	1		0.000	0.000	
Tyrosine.....g	0.000		0	A	1		0.000	0.000	
Valine.....g	0.000		0	A	1		0.000	0.000	
Arginine.....g	0.000		0	A	1		0.000	0.000	
Histidine.....g	0.000		0	A	1		0.000	0.000	
Alanine.....g	0.012		0	A	1		0.004	0.043	
Aspartic acid.....g	0.016		0	A	1		0.005	0.057	
Glutamic acid.....g	0.047		0	A	1		0.014	0.167	

NDB No. 14003

Alcoholic beverage, beer, regular, all (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.013		0	A	1		0.004	0.046	
Proline.....g	0.035		0	A	1		0.010	0.125	
Serine.....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	3.9	0.032	588	A	1		1.1	13.8	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.7g: 1 fl oz

Measure 2 = 356g: 1 can

Footnotes:

1 Proximates include ales, lagers, porters, premium beers and stouts. Other nutrients based on lager samples.

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.014		0		1		0.005	0.007	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.010		0		1		0.003	0.005	
17:0.....g									
18:0.....g	0.003		0		1		0.001	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.005	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.005	0.008	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1		0.056	0.084	
18:2 undifferentiated.....g	0.058		0		1		0.019	0.029	
18:3 undifferentiated.....g	0.109		0		1		0.037	0.055	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	29.8		1		1		10.0	14.9	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 14034

Alcoholic beverage, creme de menthe, 72 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33.6g: 1 fl oz

Measure 2 = 50g: 1 jigger 1.5 fl oz

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14009
 Alcoholic beverage, daiquiri, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.60		1		1		22.75	154.42	
Energy.....kcal	125		0		4		38	259	
Energy.....kJ	523		0		4		160	1083	
Protein (N x 6.25).....g	0.00		0		4		0.00	0.00	
Total lipid (fat).....g	0.00		0		4		0.00	0.00	
Ash.....g	0.10		1		1		0.03	0.21	
Carbohydrate, by difference.....g	15.70		0		4		4.79	32.50	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1		1		0	0	
Iron, Fe.....mg	0.01		1		1		0.00	0.02	
Magnesium, Mg.....mg	1		0		4		0	2	
Phosphorus, P.....mg	2		0		4		1	4	
Potassium, K.....mg	11		1		1		3	23	
Sodium, Na.....mg	40		1		1		12	83	
Zinc, Zn.....mg	0.03		0		4		0.01	0.06	
Copper, Cu.....mg	0.016		0		4		0.005	0.033	
Manganese, Mn.....mg	0.005		0		4		0.002	0.010	
Selenium, Se.....µg	0.1		0	BFZN	4		0.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		0		4		0.4	2.7	
Thiamin.....mg	0.001		0		4		0.000	0.002	
Riboflavin.....mg	0.001		0		4		0.000	0.002	
Niacin.....mg	0.014		0		4		0.004	0.029	
Pantothenic acid.....mg	0.007		0		4		0.002	0.014	
Vitamin B-6.....mg	0.003		0		4		0.001	0.006	
Folate, total.....µg	1		0		4		0	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	1		0		4		0	2	
Folate, DFE.....µg	1		0	NC	4		0	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2		0		4		1	4	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14009
Alcoholic beverage, daiquiri, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.6		1		1		2.9	19.9	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 207g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14010

Alcoholic beverage, daiquiri, prepared-from-recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.74		0	RA	4		21.06	41.84	
Energy.....kcal	186		0	RA	4		56	111	
Energy.....kJ	777		0	RA	4		235	466	
Protein (N x 0).....g	0.06		0	RA	4		0.02	0.04	
Total lipid (fat).....g	0.06		0	RA	4		0.02	0.04	
Ash.....g	0.08		0	RA	4		0.02	0.05	
Carbohydrate, by difference.....g	6.94		0	RA	4		2.09	4.16	
Fiber, total dietary.....g	0.1		0	RA	4		0.0	0.1	
Sugars, total.....g	5.58		0	RA	4		1.68	3.35	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		0	RA	4		1	2	
Iron, Fe.....mg	0.09		0	RA	4		0.03	0.05	
Magnesium, Mg.....mg	2		0	RA	4		1	1	
Phosphorus, P.....mg	5		0	RA	4		2	3	
Potassium, K.....mg	21		0	RA	4		6	12	
Sodium, Na.....mg	5		0	RA	4		1	3	
Zinc, Zn.....mg	0.04		0	RA	4		0.01	0.03	
Copper, Cu.....mg	0.022		0	RA	4		0.007	0.013	
Manganese, Mn.....mg	0.015		0	RA	4		0.004	0.009	
Selenium, Se.....µg	0.1		0	RA	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.6		0	RA	4		0.5	1.0	
Thiamin.....mg	0.013		0	RA	4		0.004	0.008	
Riboflavin.....mg	0.005		0	RA	4		0.001	0.003	
Niacin.....mg	0.051		0	RA	4		0.015	0.030	
Pantothenic acid.....mg	0.017		0	RA	4		0.005	0.010	
Vitamin B-6.....mg	0.008		0	RA	4		0.002	0.005	
Folate, total.....µg	2		0	RA	4		1	1	
Folic acid.....µg	0		0	RA	4		0	0	
Folate, food.....µg	2		0	RA	4		1	1	
Folate, DFE.....µg	2		0	NC	4		1	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	RA	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	2		0	RA	4		1	1	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	4		0	NC	4		1	2	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.03		0	RA	4		0.01	0.02	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.1		0	RA	4		0.0	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.006		0	RA	4		0.002	0.004	
4:0.....g	0.000		0	RA	4		0.000	0.000	
6:0.....g	0.000		0	RA	4		0.000	0.000	
8:0.....g	0.000		0	RA	4		0.000	0.000	
10:0.....g	0.000		0	RA	4		0.000	0.000	
12:0.....g	0.000		0	RA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.006		0	RA	4		0.002	0.004	
17:0.....g									
18:0.....g	0.000		0	RA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0	RA	4		0.002	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.005		0	RA	4		0.001	0.003	
20:1.....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0	RA	4		0.005	0.010	
18:2 undifferentiated.....g	0.011		0	RA	4		0.003	0.006	
18:3 undifferentiated.....g	0.006		0	RA	4		0.002	0.003	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	23.1		0	RA	4		7.0	13.9	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.2g: 1 fl oz

Measure 2 = 60g: 1 cocktail (2 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14533

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.50		1		1		15.99	24.15	
Energy.....kcal	295		0	NC	4		82	124	
Energy.....kJ	1234		0		4		343	518	
Protein (N x 6.25).....g	0.00		4		1		0.00	0.00	
Total lipid (fat).....g	0.00		4		1		0.00	0.00	
Ash.....g	0.01		0	O	4		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		235		1		0	0	
Iron, Fe.....mg	0.04		128		1		0.01	0.02	
Magnesium, Mg.....mg	0		231		1		0	0	
Phosphorus, P.....mg	4		13		1		1	2	
Potassium, K.....mg	2		254		1		1	1	
Sodium, Na.....mg	1		260		1		0	0	
Zinc, Zn.....mg	0.04		66		1		0.01	0.02	
Copper, Cu.....mg	0.021		136		1		0.006	0.009	
Manganese, Mn.....mg	0.018		12		1		0.005	0.008	
Selenium, Se.....µg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.006		16		1		0.002	0.003	
Riboflavin.....mg	0.004		16		1		0.001	0.002	
Niacin.....mg	0.013		16		1		0.004	0.005	
Pantothenic acid.....mg	0.000		8		1		0.000	0.000	
Vitamin B-6.....mg	0.001		8		1		0.000	0.000	
Folate, total.....µg	0		14		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		14		1		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 14533

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	33.4		0		1		9.3	14.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 14037

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger (1.5 fl oz)

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	36.0		0		1		10.0	15.1	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 14550

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 Jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	37.9		0		1		10.5	15.9	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 14551

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14532

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.30		1		1		16.76	25.33	
Energy.....kcal	275		0	NC	4		76	116	
Energy.....kJ	1151		0		4		320	483	
Protein (N x 6.25).....g	0.00		4		1		0.00	0.00	
Total lipid (fat).....g	0.00		4		1		0.00	0.00	
Ash.....g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		235		1		0	0	
Iron, Fe.....mg	0.04		128		1		0.01	0.02	
Magnesium, Mg.....mg	0		231		1		0	0	
Phosphorus, P.....mg	4		13		1		1	2	
Potassium, K.....mg	2		254		1		1	1	
Sodium, Na.....mg	1		260		1		0	0	
Zinc, Zn.....mg	0.04		66		1		0.01	0.02	
Copper, Cu.....mg	0.021		136		1		0.006	0.009	
Manganese, Mn.....mg	0.018		12		1		0.005	0.008	
Selenium, Se.....µg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.006		16		1		0.002	0.003	
Riboflavin.....mg	0.004		16		1		0.001	0.002	
Niacin.....mg	0.013		16		1		0.004	0.005	
Pantothenic acid.....mg	0.000		8		1		0.000	0.000	
Vitamin B-6.....mg	0.001		8		1		0.000	0.000	
Folate, total.....µg	0		14		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		14		1		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14532

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	37.9		0		1		10.5	15.9	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 14049

Alcoholic beverage, distilled, gin, 90 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger (1.5 fl oz)

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	33.4		0		1		9.3	14.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 14050

Alcoholic beverage, distilled, rum, 80 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14051

Alcoholic beverage, distilled, vodka, 80 proof

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data			Code	Code	Code

Theobromine.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14052

Alcoholic beverage, distilled, whiskey, 86 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	36.0		0		1		10.0	15.1	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger (1.5 fl oz)

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	9.664		0		1		3.006	4.542	
4:0.....g	0.495		0		1		0.154	0.233	
6:0.....g	0.294		0		1		0.091	0.138	
8:0.....g	0.170		0		1		0.053	0.080	
10:0.....g	0.387		0		1		0.120	0.182	
12:0.....g	0.433		0		1		0.135	0.204	
13:0.....g									
14:0.....g	1.546		0		1		0.481	0.727	
15:0.....g									
16:0.....g	4.126		0		1		1.283	1.939	
17:0.....g									
18:0.....g	0.358		0		1		0.111	0.168	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.458		0		1		1.386	2.095	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		0		1		0.106	0.160	
17:1.....g									
18:1 undifferentiated.....g	3.886		0		1		1.209	1.826	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.669		0		1		0.208	0.314	
18:2 undifferentiated.....g	0.439		0		1		0.137	0.206	
18:3 undifferentiated.....g	0.232		0		1		0.072	0.109	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	FLC	4		18	27	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0		1		0.012	0.019	
Threonine.....g	0.127		0		1		0.039	0.060	
Isoleucine.....g	0.170		0		1		0.053	0.080	
Leucine.....g	0.275		0		1		0.086	0.129	
Lysine.....g	0.223		0		1		0.069	0.105	
Methionine.....g	0.070		0		1		0.022	0.033	
Cystine.....g	0.026		0		1		0.008	0.012	
Phenylalanine.....g	0.136		0		1		0.042	0.064	
Tyrosine.....g	0.136		0		1		0.042	0.064	
Valine.....g	0.188		0		1		0.058	0.088	
Arginine.....g	0.102		0		1		0.032	0.048	
Histidine.....g	0.076		0		1		0.024	0.036	
Alanine.....g	0.097		0		1		0.030	0.046	
Aspartic acid.....g	0.213		0		1		0.066	0.100	
Glutamic acid.....g	0.588		0		1		0.183	0.276	
Glycine.....g	0.059		0		1		0.018	0.028	
Proline.....g	0.272		0		1		0.085	0.128	
Serine.....g	0.153		0		1		0.048	0.072	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	13.8		0		1		4.3	6.5	
Caffeine.....mg	8		0	FLC	4		3	4	

NDB No. 14415

Alcoholic beverage, liqueur, coffee with cream, 34 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.1g: 1 fl oz

Measure 2 = 47g: 1.5 fl oz

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 14 Beverages

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.106		0		1		0.037	0.055	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.078		0		1		0.027	0.041	
17:0.....g									
18:0.....g	0.019		0		1		0.007	0.010	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0		1		0.008	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		0	FLA	4		0.007	0.011	
20:1.....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.105		0	FLA	4		0.037	0.055	
18:2 undifferentiated.....g	0.096		0	FLA	4		0.034	0.050	
18:3 undifferentiated.....g	0.008		0	FLA	4		0.003	0.004	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	21.7		0		1		7.6	11.3	
Caffeine.....mg	26		0	FLA	4		9	13	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 serving 1.5 fl oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.106		0		1		0.037	0.055	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.078		0		1		0.027	0.041	
17:0.....g									
18:0.....g	0.019		0		1		0.007	0.010	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0		1		0.008	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.007	0.011	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.105		0		1		0.037	0.055	
18:2 undifferentiated.....g	0.097		0		1		0.034	0.050	
18:3 undifferentiated.....g	0.008		0		1		0.003	0.004	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	26.0		0		1		9.0	13.5	
Caffeine.....mg	26		0	FLA	4		9	14	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 52g: 1.5 fl oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14239

Alcoholic beverage, malt beer, hard lemonade

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	0.0		0	FLC	4		0.1		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLC	4		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	4.0		0	NR	4		13.4		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 335g: 11.2 fl oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14239

Alcoholic beverage, malt beer, hard lemonade

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14015

Alcoholic beverage, pina colada, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.90		1		1		17.90	121.88	
Energy.....kcal	237		0	NC	4		77	526	
Energy.....kJ	992		0		4		323	2201	
Protein (N x 6.25).....g	0.60		1		1		0.20	1.33	
Total lipid (fat).....g	7.60		1		1		2.48	16.87	
Ash.....g	0.30		1		1		0.10	0.67	
Carbohydrate, by difference.....g	27.60		0	NC	4		9.00	61.27	
Fiber, total dietary.....g	0.1		0		4		0.0	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1		1		0	2	
Iron, Fe.....mg	0.03		1		1		0.01	0.07	
Magnesium, Mg.....mg	6		0		4		2	13	
Phosphorus, P.....mg	36		0		4		12	80	
Potassium, K.....mg	83		1		1		27	184	
Sodium, Na.....mg	71		1		1		23	158	
Zinc, Zn.....mg	0.20		0		4		0.07	0.44	
Copper, Cu.....mg	0.087		0		4		0.028	0.193	
Manganese, Mn.....mg	0.319		0		4		0.104	0.708	
Selenium, Se.....µg	0.7		0	BFZN	4		0.2	1.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		0		4		0.5	3.3	
Thiamin.....mg	0.017		0		4		0.006	0.038	
Riboflavin.....mg	0.005		0		4		0.002	0.011	
Niacin.....mg	0.104		0		4		0.034	0.231	
Pantothenic acid.....mg	0.054		0		4		0.018	0.120	
Vitamin B-6.....mg	0.017		0		4		0.006	0.038	
Folate, total.....µg	6		0		4		2	13	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6		0		4		2	13	
Folate, DFE.....µg	6		0	NC	4		2	13	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		0	3	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	24		0		4		8	53	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14015
Alcoholic beverage, pina colada, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.571		0		1		2.142	14.588	
4:0.....g									
6:0.....g	0.044		0		1		0.014	0.098	
8:0.....g	0.570		0		1		0.186	1.265	
10:0.....g	0.459		0		1		0.150	1.019	
12:0.....g	3.391		0		1		1.105	7.528	
13:0.....g									
14:0.....g	1.275		0		1		0.416	2.831	
15:0.....g									
16:0.....g	0.622		0		1		0.203	1.381	
17:0.....g									
18:0.....g	0.211		0		1		0.069	0.468	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.442		0		1		0.144	0.981	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.442		0		1		0.144	0.981	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.137		0		1		0.045	0.304	
18:2 undifferentiated.....g	0.137		0		1		0.045	0.304	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.0		1		1		2.9	20.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32.6g: 1 fl oz

Measure 2 = 222g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: Protein 3.4

Fat 8.5

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14017

Alcoholic beverage, pina colada, prepared-from-recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.99		0	RC	4		20.41	91.64	
Energy.....kcal	174		0	RC	4		55	245	
Energy.....kJ	728		0	RC	4		229	1027	
Protein (N x 0).....g	0.42		0	RC	4		0.13	0.59	
Total lipid (fat).....g	1.88		0	RC	4		0.59	2.65	
Ash.....g	0.14		0	RC	4		0.04	0.19	
Carbohydrate, by difference.....g	22.66		0	RC	4		7.11	31.94	
Fiber, total dietary.....g	0.3		0	RC	4		0.1	0.4	
Sugars, total.....g	22.33		0	RC	4		7.01	31.48	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		0	RC	4		2	11	
Iron, Fe.....mg	0.21		0	RC	4		0.06	0.29	
Magnesium, Mg.....mg	8		0	RC	4		2	11	
Phosphorus, P.....mg	7		0	RC	4		2	10	
Potassium, K.....mg	71		0	RC	4		22	100	
Sodium, Na.....mg	6		0	RC	4		2	8	
Zinc, Zn.....mg	0.13		0	RC	4		0.04	0.19	
Copper, Cu.....mg	0.079		0	RC	4		0.025	0.112	
Manganese, Mn.....mg	0.528		0	RC	4		0.166	0.744	
Selenium, Se.....µg	0.7		0	RC	4		0.2	1.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.9		0	RC	4		1.5	6.9	
Thiamin.....mg	0.029		0	RC	4		0.009	0.041	
Riboflavin.....mg	0.017		0	RC	4		0.005	0.024	
Niacin.....mg	0.118		0	RC	4		0.037	0.166	
Pantothenic acid.....mg	0.061		0	RC	4		0.019	0.086	
Vitamin B-6.....mg	0.045		0	RC	4		0.014	0.064	
Folate, total.....µg	12		0	RC	4		4	16	
Folic acid.....µg	0		0	RC	4		0	0	
Folate, food.....µg	12		0	RC	4		4	16	
Folate, DFE.....µg	12		0	NC	4		4	16	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	RC	4		0	0	
Retinol.....µg	0		0	RC	4		0	0	
Carotene, beta.....µg	1		0	RC	4		0	2	
Carotene, alpha.....µg	0		0	RC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RC	4		0	0	
Vitamin A, IU.....IU	2		0	RC	4		1	3	
Lycopene.....µg	0		0	RC	4		0	0	
Lutein + zeaxanthin.....µg	0		0	RC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	RC	4		0.01	0.03	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.1		0	RC	4		0.0	0.2	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Alcoholic beverage, pina colada, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.636		0	RC	4		0.514	2.307	
4:0.....g	0.000		0	RC	4		0.000	0.000	
6:0.....g	0.011		0	RC	4		0.003	0.015	
8:0.....g	0.129		0	RC	4		0.041	0.182	
10:0.....g	0.103		0	RC	4		0.032	0.145	
12:0.....g	0.818		0	RC	4		0.257	1.153	
13:0.....g									
14:0.....g	0.323		0	RC	4		0.101	0.455	
15:0.....g									
16:0.....g	0.158		0	RC	4		0.049	0.222	
17:0.....g									
18:0.....g	0.096		0	RC	4		0.030	0.136	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.082		0	RC	4		0.026	0.116	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.082		0	RC	4		0.026	0.116	
20:1.....g	0.000		0	RC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0	RC	4		0.010	0.046	
18:2 undifferentiated.....g	0.027		0	RC	4		0.009	0.038	
18:3 undifferentiated.....g	0.005		0	RC	4		0.002	0.007	
18:4.....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	9.9		0	RC	4		3.1	14.0	
Caffeine.....mg	0		0	RC	4		0	0	
Theobromine.....mg	0		0	RC	4		0	0	

NDB No. 14017

Alcoholic beverage, pina colada, prepared-from-recipe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.4g: 1 fl oz

Measure 2 = 141g: 1 cocktail (4.5 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43479
 Alcoholic beverage, rice (sake)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.000		0		4		0.000		
17:0.....g									
18:0.....g	0.000		0		4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000		
18:2 undifferentiated.....g	0.000		0		4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	16.1		1		1		4.7		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.1g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14019

Alcoholic beverage, tequila sunrise, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.80		1		1		24.51	166.27	
Energy.....kcal	110		0		4		34	232	
Energy.....kJ	460		0		4		143	971	
Protein (N x 6.25).....g	0.30		0		4		0.09	0.63	
Total lipid (fat).....g	0.10		0		4		0.03	0.21	
Ash.....g	0.10		1		1		0.03	0.21	
Carbohydrate, by difference.....g	11.30		0		4		3.51	23.84	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1		1		0	0	
Iron, Fe.....mg	0.02		1		1		0.01	0.04	
Magnesium, Mg.....mg	7		0		4		2	15	
Phosphorus, P.....mg	10		0		4		3	21	
Potassium, K.....mg	10		1		1		3	21	
Sodium, Na.....mg	57		1		1		18	120	
Zinc, Zn.....mg	0.60		0		4		0.19	1.27	
Copper, Cu.....mg	0.042		0		4		0.013	0.089	
Manganese, Mn.....mg	0.014		0		4		0.004	0.030	
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	19.3		0		4		6.0	40.7	
Thiamin.....mg	0.038		0		4		0.012	0.080	
Riboflavin.....mg	0.016		0		4		0.005	0.034	
Niacin.....mg	0.190		0		4		0.059	0.401	
Pantothenic acid.....mg	0.088		0		4		0.027	0.186	
Vitamin B-6.....mg	0.050		0		4		0.016	0.106	
Folate, total.....µg	11		0		4		3	22	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	11		0		4		3	22	
Folate, DFE.....µg	11		0	NC	4		3	22	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	5		0	NC	4		2	10	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	97		0		4		30	205	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14019

Alcoholic beverage, tequila sunrise, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.4		1		1		2.9	19.8	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.1g: 1 fl oz

Measure 2 = 211g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14531
 Alcoholic beverage, whiskey sour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.60		0		1		22.07	76.96	47.19
Energy.....kcal	149		0	NC	4		45	158	97
Energy.....kJ	623		0		4		190	661	405
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	0.03		0	O	4		0.01	0.04	0.02
Ash.....g	0.10		0		1		0.03	0.11	0.07
Carbohydrate, by difference.....g	13.17		0	NC	4		4.00	13.96	8.56
Fiber, total dietary.....g	0.0		0	RP	4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		0		1		0	1	1
Iron, Fe.....mg	0.08		0		1		0.02	0.08	0.05
Magnesium, Mg.....mg	1		0		1		0	1	1
Phosphorus, P.....mg	6		0		1		2	6	4
Potassium, K.....mg	5		0		1		2	5	3
Sodium, Na.....mg	20		0		1		6	21	13
Zinc, Zn.....mg	0.06		0		1		0.02	0.06	0.04
Copper, Cu.....mg	0.009		0		1		0.003	0.010	0.006
Manganese, Mn.....mg	0.006		0		1		0.002	0.006	0.004
Selenium, Se.....µg	0.1		0	BFZN	4		0.0	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.6		0		1		0.5	1.7	1.0
Thiamin.....mg	0.011		0		1		0.003	0.012	0.007
Riboflavin.....mg	0.006		0		1		0.002	0.006	0.004
Niacin.....mg	0.020		0		1		0.006	0.021	0.013
Pantothenic acid.....mg	0.008		0		1		0.002	0.008	0.005
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	0.000
Folate, total.....µg	0		0		1		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		1		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	13		0		1		4	14	8
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 14531
Alcoholic beverage, whiskey sour

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.005		0		1		0.002	0.005	0.003
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.005		0		1		0.002	0.005	0.003
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0		1		0.000	0.001	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000	0.001	0.001
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.012		0		1		0.004	0.013	0.008
18:2 undifferentiated.....g	0.008		0		1		0.002	0.008	0.005
18:3 undifferentiated.....g	0.003		0		1		0.001	0.003	0.002
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	14.1		0		1		4.3	14.9	9.2
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.4g: 1 fl oz

Measure 2 = 106g: 1 portion (2 oz mix + 1.5 oz whiskey)

Measure 3 = 65g: 2 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14027

Alcoholic beverage, whiskey sour, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.90		1		1		23.69	160.72	
Energy.....kcal	119		0		4		37	249	
Energy.....kJ	498		0		4		153	1041	
Protein (N x 6.25).....g	0.00		0		4		0.00	0.00	
Total lipid (fat).....g	0.00		0		4		0.00	0.00	
Ash.....g	0.10		1		1		0.03	0.21	
Carbohydrate, by difference.....g	13.40		0		4		4.13	28.01	
Fiber, total dietary.....g	0.1		0		4		0.0	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1		1		0	0	
Iron, Fe.....mg	0.01		1		1		0.00	0.02	
Magnesium, Mg.....mg	1		0		4		0	2	
Phosphorus, P.....mg	6		0		4		2	13	
Potassium, K.....mg	11		1		1		3	23	
Sodium, Na.....mg	44		1		1		14	92	
Zinc, Zn.....mg	0.06		0		4		0.02	0.13	
Copper, Cu.....mg	0.009		0		4		0.003	0.019	
Manganese, Mn.....mg	0.006		0		4		0.002	0.013	
Selenium, Se.....µg	0.1		0	BFZN	4		0.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.6		0		4		0.5	3.3	
Thiamin.....mg	0.011		0		4		0.003	0.023	
Riboflavin.....mg	0.006		0		4		0.002	0.013	
Niacin.....mg	0.020		0		4		0.006	0.042	
Pantothenic acid.....mg	0.008		0		4		0.002	0.017	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....µg	0		0		4		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		0	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	13		0		4		4	27	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14027

Alcoholic beverage, whiskey sour, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.5		1		1		2.9	19.9	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 209g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14029

Alcoholic beverage, whiskey sour, prepared from item 14028

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.44		0	RPA	1		22.02	76.78	
Energy.....kcal	153		0	RPI	6		46	162	
Energy.....kJ	638		0	RPI	6		194	677	
Protein (N x 0).....g	0.06		0	RPA	1		0.02	0.06	
Total lipid (fat).....g	0.06		0	RPA	1		0.02	0.06	
Ash.....g	0.12		0	RPA	1		0.04	0.13	
Carbohydrate, by difference.....g	12.82		0	RPI	6		3.90	13.59	
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total.....g	12.78		0	RPI	6		3.88	13.54	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		0	RPA	1		0	1	
Iron, Fe.....mg	0.08		0	RPA	1		0.02	0.09	
Magnesium, Mg.....mg	1		0	RPA	1		0	1	
Phosphorus, P.....mg	5		0	RPA	1		2	6	
Potassium, K.....mg	18		0	RPA	1		5	19	
Sodium, Na.....mg	61		0	RPA	1		19	65	
Zinc, Zn.....mg	0.06		0	RPA	1		0.02	0.06	
Copper, Cu.....mg	0.008		0	RPA	1		0.003	0.009	
Manganese, Mn.....mg	0.007		0	RPA	1		0.002	0.008	
Selenium, Se.....µg	0.2		0	RPI	6		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.6		0	RPA	1		0.5	1.7	
Thiamin.....mg	0.010		0	RPA	1		0.003	0.011	
Riboflavin.....mg	0.008		0	RPA	1		0.002	0.008	
Niacin.....mg	0.005		0	RPA	1		0.002	0.006	
Pantothenic acid.....mg	0.008		0	RPA	1		0.002	0.008	
Vitamin B-6.....mg	0.000		0	RPA	1		0.000	0.000	
Folate, total.....µg	0		0	RPI	6		0	0	
Folic acid.....µg	0		0	RPI	6		0	0	
Folate, food.....µg	0		0	RPI	6		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....µg	0		0	RPI	6		0	0	
Retinol.....µg	0		0	RPI	6		0	0	
Carotene, beta.....µg	0		0	RPI	6		0	0	
Carotene, alpha.....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....µg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....µg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.005		0	RPA	1		0.001	0.005	
4:0.....g	0.000		0	RPA	1		0.000	0.000	
6:0.....g	0.000		0	RPA	1		0.000	0.000	
8:0.....g	0.000		0	RPA	1		0.000	0.000	
10:0.....g	0.000		0	RPA	1		0.000	0.000	
12:0.....g	0.000		0	RPA	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPA	1		0.000	0.000	
15:0.....g									
16:0.....g	0.005		0	RPA	1		0.001	0.005	
17:0.....g									
18:0.....g	0.000		0	RPA	1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	RPA	1		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPA	1		0.000	0.001	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.011		0	RPA	1		0.003	0.011	
18:2 undifferentiated.....g	0.008		0	RPA	1		0.002	0.008	
18:3 undifferentiated.....g	0.003		0	RPA	1		0.001	0.003	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPA	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	14.5		0	RPI	6		4.4	15.4	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.4g: 1 fl oz

Measure 2 = 106g: 1 portion (2 oz mix + 1.5 oz whiskey)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14025

Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.003		0	RPI	6		0.001	0.003	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.002		0	RPI	6		0.001	0.002	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	RPI	6		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPI	6		0.000	0.001	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0	RPI	6		0.002	0.006	
18:2 undifferentiated.....g	0.004		0	RPI	6		0.001	0.004	
18:3 undifferentiated.....g	0.002		0	RPI	6		0.001	0.002	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	14.6		0	RPI	6		4.3	15.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 103g: 1 packet prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 43154
 Alcoholic beverage, wine, cooking

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.3		0		4		0.2	1.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.9g: 1 tsp

Measure 2 = 29.0g: 1 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14536

Alcoholic beverage, wine, dessert, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	15.3		0		1		4.5	15.8	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

NDB No. 14536
Alcoholic beverage, wine, dessert, dry

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14057

Alcoholic beverage, wine, dessert, sweet

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		1	AI	13		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	15.3		0		1		4.5	15.8	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

NDB No. 14057

Alcoholic beverage, wine, dessert, sweet

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43155
Alcoholic beverage, wine, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	6.4		0		4		1.9	9.5	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14084
 Alcoholic beverage, wine, table, all

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.4	0.158	2526	A	1		15.4	3.1	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 148g: 1 serving (5 fl oz)

Measure 2 = 29.5g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....µg	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.4		0	O	4		0.1	0.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.6	0.020	1300	A	1		3.1	15.5	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Footnotes:

1 Minerals, B vitamins and vitamin C determinations were made on samples of Merlot.

NDB No. 14096

Alcoholic beverage, wine, table, red (1)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.3	0.028	1200	A	1		3.0	15.1	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Footnotes:

- 1 Minerals, B vitamins and vitamin C determinations were made on samples of Chardonnay.
- 2 Late harvest wines have not been included.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

NDB No. 14106

Alcoholic beverage, wine, table, white (1, 2)

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14160

Alcoholic beverage, wine, table, white, Chardonnay

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.7	0.024	504	A	1		3.1	15.7	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14116

Alcoholic beverage, wine, table, white, Chenin Blanc

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.78		0	NC	4		25.60	128.43	
Energy.....kcal	80		0	NC	4		24	118	
Energy.....kJ	334		0	NC	4		99	495	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.22	0.007	39	A	1		0.06	0.32	
Carbohydrate, by difference.....g	3.31		0	NC	4		0.98	4.90	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.6	0.157	39	A	1		2.8	14.2	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 3.87

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14117

Alcoholic beverage, wine, table, white, Fume Blanc

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.98		0	NC	4		25.49	127.86	
Energy.....kcal	82		0	NC	4		24	121	
Energy.....kJ	343		0	NC	4		100	504	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.17	0.007	32	A	1		0.05	0.25	
Carbohydrate, by difference.....g	2.27		0	NC	4		0.67	3.34	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.5	0.111	32	A	1		3.1	15.5	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14124

Alcoholic beverage, wine, table, white, Gewurztraminer (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.03		0	NC	4		25.67	127.93	
Energy.....kcal	81		0	NC	4		24	119	
Energy.....kJ	337		0	NC	4		100	496	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.17	0.005	68	A	1		0.05	0.25	
Carbohydrate, by difference.....g	2.60		0	NC	4		0.77	3.82	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.1	0.100	66	A	1		3.0	14.9	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Footnotes:

1 Late harvest wines have not been included.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14120
 Alcoholic beverage, wine, table, white, Muller Thurgau

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.28		0	NC	4		25.75	129.18	
Energy.....kcal	76		0	NC	4		23	113	
Energy.....kJ	319		0	NC	4		94	473	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.15	0.012	13	A	1		0.04	0.23	
Carbohydrate, by difference.....g	3.48		0	NC	4		1.03	5.15	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.0	0.365	13	A	1		2.7	13.3	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.5g: 1 fl oz
 Measure 2 = 148g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14140

Alcoholic beverage, wine, table, white, Muscat (1, 2)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.69		0	NC	4		25.71	128.53	
Energy.....kcal	82		0	NC	4		25	123	
Energy.....kJ	342		0	NC	4		103	513	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.11	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.21	0.010	37	A	1		0.06	0.32	
Carbohydrate, by difference.....g	5.23		0	NC	4		1.57	7.84	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	8.8	0.253	37	A	1		2.6	13.2	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.0g: 1 fl oz

Measure 2 = 150g: 1 serving (5 fl oz)

Footnotes:

- Late harvest wines have not been included.
- Includes Muscat, Muscat Blanc and Muscat Canelli.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14138

Alcoholic beverage, wine, table, white, Pinot Blanc

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.14		0	NC	4		25.53	128.10	
Energy.....kcal	81		0	NC	4		24	120	
Energy.....kJ	340		0	NC	4		100	500	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.24	0.014	11	A	1		0.07	0.36	
Carbohydrate, by difference.....g	1.94		0	NC	4		0.57	2.85	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.6	0.142	11	A	1		3.1	15.6	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14113
 Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.98		0	NC	4		25.48	127.85	
Energy.....kcal	83		0	NC	4		24	122	
Energy.....kJ	346		0	NC	4		101	509	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.16	0.005	47	A	1		0.05	0.23	
Carbohydrate, by difference.....g	2.06		0	NC	4		0.60	3.03	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.7	0.086	47	A	1		3.1	15.8	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.3g: 1 fl oz
 Measure 2 = 147g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14132

Alcoholic beverage, wine, table, white, Riesling (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.56		0	NC	4		25.62	128.11	
Energy.....kcal	80		0	NC	4		24	119	
Energy.....kJ	337		0	NC	4		100	498	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.17	0.003	146	A	1		0.05	0.25	
Carbohydrate, by difference.....g	3.74		0	NC	4		1.11	5.54	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.5	0.081	146	A	1		2.8	14.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 148g: 1 serving (5 fl oz)

Footnotes:

1 Late harvest wines have not been included.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14134

Alcoholic beverage, wine, table, white, Sauvignon Blanc (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.16		0	NC	4		25.54	128.13	
Energy.....kcal	81		0	NC	4		24	119	
Energy.....kJ	340		0	NC	4		100	500	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.18	0.003	146	A	1		0.05	0.27	
Carbohydrate, by difference.....g	2.05		0	NC	4		0.60	3.02	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.5	0.062	146	A	1		3.1	15.5	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Footnotes:

1 Late harvest wines have not been included.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14126

Alcoholic beverage, wine, table, white, Semillon (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.54		0	NC	4		25.53	127.22	
Energy.....kcal	82		0	NC	4		24	121	
Energy.....kJ	344		0	NC	4		101	505	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.21	0.017	31	A	1		0.06	0.31	
Carbohydrate, by difference.....g	3.12		0	NC	4		0.92	4.58	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.1	0.145	31	A	1		3.0	14.8	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 147g: 1 serving (5 fl oz)

Footnotes:

1 Late harvest wines have not been included.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14135

Alcoholic beverage, wine, table, white, late harvest

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	77.76		0	NC	4		23.95	119.75	
Energy.....kcal	112		0	NC	4		34	172	
Energy.....kJ	467		0	NC	4		144	720	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.11	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.27	0.016	26	A	1		0.08	0.42	
Carbohydrate, by difference.....g	13.39		0	NC	4		4.12	20.62	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	8.5	0.235	26	A	1		2.6	13.1	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 154g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14125

Alcoholic beverage, wine, table, white, late harvest, Gewurztraminer

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.40		0	NC	4		24.22	120.68	
Energy.....kcal	108		0	NC	4		33	164	
Energy.....kJ	451		0	NC	4		137	685	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.11	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.20	0.032	3	A	1		0.06	0.31	
Carbohydrate, by difference.....g	11.39		0	NC	4		3.48	17.32	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	8.9	0.394	3	A	1		2.7	13.6	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 152g: 1 serving (5 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14251

Alcoholic beverages, beer, higher alcohol

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000	0.000	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	Z	7		0.000	0.000	
12:0.....g	0.000		0	Z	7		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	7.7		0	A	1		2.4	27.4	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 355g: 1 bottle

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14251
Alcoholic beverages, beer, higher alcohol

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14253
Alcoholic beverages, wine, rose

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.6		0	A	1		2.9		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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Common Measures:

Measure 1 = 30.3g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14253
Alcoholic beverages, wine, rose

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14021
Beverages, Energy drink, Citrus

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....mg	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	13		0	LC	8		31		
Theobromine.....mg	0		0	BFZN	4		0		

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Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14035
 Beverages, ABBOTT, EAS soy protein powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.644		0	NC	4		0.283		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLC	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.631		0	FLC	4		0.278		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.956		0	NC	4		0.861		
18:2 undifferentiated.....g	1.729		0	FLC	4		0.761		
18:3 undifferentiated.....g	0.227		0	FLC	4		0.100		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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Common Measures:

Measure 1 = 44g: 1 scoop

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14033
 Beverages, ABBOTT, EAS whey protein powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.564		0	NC	4		1.000		
4:0.....g	0.055		0	FLC	4		0.021		
6:0.....g	0.019		0	FLC	4		0.007		
8:0.....g	0.012		0	FLC	4		0.005		
10:0.....g	0.024		0	FLC	4		0.009		
12:0.....g	0.014		0	FLC	4		0.006		
13:0.....g									
14:0.....g	0.122		0	FLC	4		0.048		
15:0.....g									
16:0.....g	1.819		0	FLC	4		0.709		
17:0.....g									
18:0.....g	0.499		0	FLC	4		0.195		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.281		0	NC	4		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	FLC	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.263		0	FLC	4		0.102		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.926		0	NC	4		0.361		
18:2 undifferentiated.....g	0.821		0	FLC	4		0.320		
18:3 undifferentiated.....g	0.105		0	FLC	4		0.041		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	205		0	LC	8		80		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 2 scoop

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.574		0	NC	4		1.448	0.181	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.493		0		4		1.243	0.155	
17:0.....g									
18:0.....g	0.081		0		4		0.204	0.026	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.095		0	NC	4		2.760	0.345	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.095		0		4		2.760	0.345	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.655		0	NC	4		6.691	0.836	
18:2 undifferentiated.....g	2.624		0		4		6.612	0.826	
18:3 undifferentiated.....g	0.032		0		4		0.080	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	MC	9		4	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup
 Measure 2 = 31.5g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.422		0	MC	9		1.072		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.001		0	MC	9		0.002		
8:0.....g	0.001		0	MC	9		0.002		
10:0.....g	0.002		0	MC	9		0.004		
12:0.....g	0.002		0	MC	9		0.004		
13:0.....g									
14:0.....g	0.005		0	MC	9		0.014		
15:0.....g	0.001		0	MC	9		0.002		
16:0.....g	0.255		0	MC	9		0.647		
17:0.....g	0.002		0	MC	9		0.006		
18:0.....g	0.081		0	MC	9		0.207		
20:0.....g	0.010		0	MC	9		0.026		
22:0.....g	0.006		0	MC	9		0.016		
24:0.....g	0.003		0	MC	9		0.008		
Fatty acids, total monounsaturated.....g	0.844		0	MC	9		2.143		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	MC	9		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.784		0	MC	9		1.991		
20:1.....g	0.010		0	MC	9		0.024		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.266		0	MC	9		3.215		
18:2 undifferentiated.....g	0.604		0	BFZN	4		1.533		
18:2 n-6 c,c.....g	1.232		0	MC	9		3.128		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.062		0	BFZN	4		0.158		
18:3 n-3 c,c,c (ALA).....g	0.127		0	MC	9		0.323		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.001		0	MC	9		0.002		
20:2 n-6 c,c.....g	0.003		0	MC	9		0.008		
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.001		0	MC	9		0.002		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	2		0	MC	9		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254g: 8 fl oz

NDB No. 14062

Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14250
 Beverages, AMBER, hard cider

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	4.0		0	NR	4		14.2		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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Common Measures:

Measure 1 = 355g: 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14475
 Beverages, ARIZONA, tea, ready-to-drink, lemon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g									
Caffeine.....mg	5		1	A	1		1	11	18
Theobromine.....mg	0		1	A	1		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 30.6g: 1 fl oz
- Measure 2 = 227g: 8 bottle 8 fl oz
- Measure 3 = 368g: 1 bottle 12 fl oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14056
Beverages, Acai berry drink, fortified

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	84.88		1	A	1		225.78	50.93	
Energy.....kcal	62		0	NC	4		165	37	
Energy.....kJ	260		0	NC	4		692	156	
Protein (N x 6.25).....g	0.83		0	LC	8		2.22	0.50	
Total lipid (fat).....g	0.83		0	LC	8		2.22	0.50	
Ash.....g	0.62		0	BFZN	4		1.65	0.37	
Carbohydrate, by difference.....g	12.83		0	NC	4		34.13	7.70	
Fiber, total dietary.....g	1.2		1	A	1		3.2	0.7	
Sugars, total.....g	11.10		1	A	1		29.53	6.66	
Sucrose.....g	0.80		1	A	1		2.13	0.48	
Glucose (dextrose).....g	3.70		1	A	1		9.84	2.22	
Fructose.....g	6.60		1	A	1		17.56	3.96	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		1	A	1		49	11	
Iron, Fe.....mg	0.16		1	A	1		0.43	0.10	
Magnesium, Mg.....mg	11		1	A	1		29	6	
Phosphorus, P.....mg	13		1	A	1		34	8	
Potassium, K.....mg	130		1	A	1		346	78	
Sodium, Na.....mg	13		1	A	1		35	8	
Zinc, Zn.....mg	0.11		1	A	1		0.30	0.07	
Copper, Cu.....mg	0.076		1	A	1		0.203	0.046	
Manganese, Mn.....mg	1.660		1	A	1		4.415	0.996	
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	42.1		1	A	1		112.0	25.3	
Thiamin.....mg	0.030		1	A	1		0.080	0.018	
Riboflavin.....mg	0.040		1	A	1		0.106	0.024	
Niacin.....mg	9.060		1	A	1		24.100	5.436	
Pantothenic acid.....mg	3.333		0	LC	8		8.867	2.000	
Vitamin B-6.....mg	1.100		1	A	1		2.926	0.660	
Folate, total.....µg	4		1	A	1		12	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	4		0	NR	4		12	3	
Folate, DFE.....µg	4		0	NC	4		12	3	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....µg	3.40		1	A	1		9.04	2.04	
Vitamin B-12, added.....µg	3.40		0	NR	4		9.04	2.04	
Vitamin A, RAE.....µg	485		0	AS	1		1290	291	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	5784		1	A	1		15386	3471	
Carotene, alpha.....µg	46		1	A	1		121	27	
Cryptoxanthin, beta.....µg	23		1	A	1		61	14	
Vitamin A, IU.....IU	9698		0	AS	1		25795	5819	
Lycopene.....µg	899		1	A	1		2390	539	
Lutein + zeaxanthin.....µg	783		1	A	1		2081	470	
Vitamin E (alpha-tocopherol).....mg	11.11		1	A	1		29.54	6.66	
Vitamin E, added.....mg	6.75		0	NR	4		17.96	4.05	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.10		1	A	1		0.28	0.06	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 14056
Beverages, Acai berry drink, fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	16.7		0	LC	8		44.3	10.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	Z	7		0.000	0.000	
12:0.....g	0.000		0	Z	7		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 266g: 8 fl oz

Measure 2 = 60g: 2 fl oz

NDB No. 14056
Beverages, Acai berry drink, fortified

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14162
 Beverages, Apple juice drink, light, fortified with vitamin C

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	FLA	4		0	0	0
Vitamin K (phylloquinone).....µg	0.0		0	FLA	4		0.0	0.0	0.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.008		0	FLA	4		0.002	0.019	0.028
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.001		0	FLA	4		0.000	0.002	0.002
10:0.....g	0.001		0	FLA	4		0.000	0.001	0.002
12:0.....g	0.004		0	FLA	4		0.001	0.010	0.014
13:0.....g									
14:0.....g	0.001		0	FLA	4		0.000	0.004	0.005
15:0.....g									
16:0.....g	0.001		0	FLA	4		0.000	0.002	0.003
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.001	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0	FLA	4		0.003	0.028	0.041
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.009		0	FLA	4		0.003	0.021	0.032
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0	FLA	4		0.009	0.069	0.104
18:2 undifferentiated.....g	0.011		0	FLA	4		0.003	0.027	0.041
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 244g: 8 fl oz

Measure 3 = 365g: 12 fl oz

NDB No. 14461

Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14036
 Beverages, CYTOSPORT, Muscle Milk, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.221		0	LC	8		0.915		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.054		0	FLC	4		0.223		
17:0.....g									
18:0.....g	0.081		0	FLC	4		0.335		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.884		0	FLC	4		3.660		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.519		0	FLC	4		2.147		
20:1.....g	0.014		0	FLC	4		0.058		
22:1 undifferentiated.....g	0.007		0	FLC	4		0.029		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.221		0	LC	8		0.915		
18:2 undifferentiated.....g	0.130		0	FLC	4		0.539		
18:3 undifferentiated.....g	0.005		0	FLC	4		0.019		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	2		0	MC	9		7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 414g: 14 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14168

Beverages, Carob-flavor beverage mix, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.030		0		1		0.004		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.024		0		1		0.003		
17:0.....g									
18:0.....g	0.005		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.060		0		1		0.007		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.059		0		1		0.007		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0		1		0.008		
18:2 undifferentiated.....g	0.066		0		1		0.008		
18:3 undifferentiated.....g	0.002		0		1		0.000		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 tbsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14169

Beverages, Carob-flavor beverage mix, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	84.32		0	RPA	1		215.86		
Energy.....kcal	75		0	RPI	6		192		
Energy.....kJ	313		0	RPI	6		801		
Protein.....g	3.16		0	RPA	1		8.08		
Total lipid (fat).....g	3.11		0	RPI	6		7.95		
Ash.....g	0.75		0	RPA	1		1.91		
Carbohydrate, by difference.....g	8.68		0	RPI	6		22.21		
Fiber, total dietary.....g	0.4		0	RPI	6		1.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	98		0	RPI	6		250		
Iron, Fe.....mg	0.25		0	RPA	1		0.63		
Magnesium, Mg.....mg	10		0	RPI	6		25		
Phosphorus, P.....mg	80		0	RPI	6		205		
Potassium, K.....mg	131		0	RPI	6		336		
Sodium, Na.....mg	46		0	RPA	1		118		
Zinc, Zn.....mg	0.37		0	RPI	6		0.94		
Copper, Cu.....mg	0.025		0	RPI	6		0.063		
Manganese, Mn.....mg	0.006		0	RPI	6		0.015		
Selenium, Se.....µg	3.6		0	RPI	6		9.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPA	1		0.0		
Thiamin.....mg	0.042		0	RPA	1		0.108		
Riboflavin.....mg	0.174		0	RPI	6		0.446		
Niacin.....mg	0.138		0	RPA	1		0.353		
Pantothenic acid.....mg	0.346		0	RPI	6		0.885		
Vitamin B-6.....mg	0.040		0	RPA	1		0.103		
Folate, total.....µg	5		0	RPI	6		12		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	5		0	RPI	6		12		
Folate, DFE.....µg	5		0	NC	4		12		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.42		0	RPI	6		1.07		
Vitamin A, RAE.....µg	27		0	NC	4		68		
Retinol.....µg	27		0	RPI	6		68		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	97		0	RPI	6		249		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.779		0	RPI	6		4.555		
4:0.....g	0.071		0	RPA	1		0.182		
6:0.....g	0.071		0	RPA	1		0.182		
8:0.....g	0.071		0	RPA	1		0.182		
10:0.....g	0.071		0	RPA	1		0.182		
12:0.....g	0.073		0	RPA	1		0.187		
13:0.....g									
14:0.....g	0.283		0	RPA	1		0.724		
15:0.....g									
16:0.....g	0.791		0	RPA	1		2.025		
17:0.....g									
18:0.....g	0.348		0	RPA	1		0.891		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.777		0	RPI	6		1.989		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.777		0	RPA	1		1.989		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.189		0	RPI	6		0.483		
18:2 undifferentiated.....g	0.118		0	RPA	1		0.301		
18:3 undifferentiated.....g	0.071		0	RPA	1		0.182		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	RPA	1		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0	RPA	1		0.183		
Threonine.....g	0.136		0	RPA	1		0.349		
Isoleucine.....g	0.157		0	RPA	1		0.403		
Leucine.....g	0.253		0	RPA	1		0.648		
Lysine.....g	0.134		0	RPA	1		0.342		
Methionine.....g	0.071		0	RPA	1		0.183		
Cystine.....g	0.016		0	RPA	1		0.041		
Phenylalanine.....g	0.140		0	RPA	1		0.359		
Tyrosine.....g	0.145		0	RPA	1		0.370		
Valine.....g	0.183		0	RPA	1		0.469		
Arginine.....g	0.071		0	RPA	1		0.183		
Histidine.....g	0.071		0	RPA	1		0.183		
Alanine.....g	0.098		0	RPA	1		0.251		
Aspartic acid.....g	0.226		0	RPA	1		0.579		
Glutamic acid.....g	0.618		0	RPA	1		1.581		
Glycine.....g	0.071		0	RPA	1		0.183		
Proline.....g	0.326		0	RPA	1		0.834		
Serine.....g	0.102		0	RPA	1		0.261		
Hydroxyproline.....g									

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NDB No. 14169

Beverages, Carob-flavor beverage mix, powder, prepared with whole milk

Common Measures:

Measure 1 = 256g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43369

Beverages, Chocolate-flavored drink, whey and milk based

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.310		0	FLC	4		0.756	0.094	
4:0.....g	0.005		0	FLC	4		0.013	0.002	
6:0.....g	0.001		0	FLC	4		0.002	0.000	
8:0.....g	0.001		0	FLC	4		0.002	0.000	
10:0.....g	0.002		0	FLC	4		0.004	0.000	
12:0.....g	0.001		0	FLC	4		0.003	0.000	
13:0.....g									
14:0.....g	0.010		0	FLC	4		0.024	0.003	
15:0.....g	0.000		0	FLC	4		0.000	0.000	
16:0.....g	0.143		0	FLC	4		0.349	0.044	
17:0.....g	0.000		0	FLC	4		0.000	0.000	
18:0.....g	0.139		0	FLC	4		0.339	0.042	
20:0.....g	0.000		0	FLC	4		0.001	0.000	
22:0.....g	0.000		0	FLC	4		0.001	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.049		0	FLC	4		0.119	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLC	4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	FLC	4		0.116	0.015	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0	FLC	4		0.022	0.003	
18:2 undifferentiated.....g	0.008		0	FLC	4		0.020	0.003	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.001	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		1	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	1		0	FLC	4		4	0	
Theobromine.....mg	50		0	FLC	4		121	15	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14187

Beverages, Clam and tomato juice, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.40		2	A	1		26.39	145.08	
Energy.....kcal	48		0	NC	4		14	79	
Energy.....kJ	200		0	NC	4		60	332	
Protein (N x 6.25).....g	0.60		2	A	1		0.18	1.00	
Total lipid (fat).....g	0.20		2	A	1		0.06	0.33	
Ash.....g	0.85		2	A	1		0.26	1.41	
Carbohydrate, by difference.....g	10.95		0	NC	4		3.31	18.18	
Fiber, total dietary.....g	0.4		1	LC	8		0.1	0.7	
Sugars, total.....g	3.31		1	LC	8		1.00	5.49	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	LC	8		2	14	
Iron, Fe.....mg	0.15		1	LC	8		0.04	0.25	
Magnesium, Mg.....mg	5		0	FLC	4		2	9	
Phosphorus, P.....mg	11		0	FLC	4		3	19	
Potassium, K.....mg	89		0	FLC	4		27	147	
Sodium, Na.....mg	362		2	A	1		109	601	
Zinc, Zn.....mg	0.08		0	FLC	4		0.02	0.14	
Copper, Cu.....mg	0.029		0	FLC	4		0.009	0.049	
Manganese, Mn.....mg	0.032		0	FLC	4		0.010	0.053	
Selenium, Se.....µg	0.4		0	FLC	4		0.1	0.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.0		1	LC	8		1.5	8.2	
Thiamin.....mg	0.021		0	FLC	4		0.006	0.035	
Riboflavin.....mg	0.012		0	FLC	4		0.004	0.020	
Niacin.....mg	0.231		0	FLC	4		0.070	0.383	
Pantothenic acid.....mg	0.083		0	FLC	4		0.025	0.138	
Vitamin B-6.....mg	0.061		0	FLC	4		0.019	0.102	
Folate, total.....µg	8		0	FLC	4		2	13	
Folic acid.....µg	0		0	FLC	4		0	0	
Folate, food.....µg	8		0	FLC	4		2	13	
Folate, DFE.....µg	8		0	NC	4		2	13	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.03		0	FLC	4		0.01	0.04	
Vitamin A, RAE.....µg	7		0	FLC	4		2	12	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	89		0	FLC	4		27	148	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	149		0	NC	4		45	247	
Lycopene.....µg	2982		0	FLC	4		901	4951	
Lutein + zeaxanthin.....µg	20		0	FLC	4		6	33	
Vitamin E (alpha-tocopherol).....mg	0.11		0	FLC	4		0.03	0.19	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.004		0	FLC	4		0.001	0.006	
Threonine.....g	0.010		0	FLC	4		0.003	0.016	
Isoleucine.....g	0.011		0	FLC	4		0.003	0.018	
Leucine.....g	0.015		0	FLC	4		0.005	0.025	
Lysine.....g	0.013		0	FLC	4		0.004	0.022	
Methionine.....g	0.004		0	FLC	4		0.001	0.006	
Cystine.....g	0.003		0	FLC	4		0.001	0.006	
Phenylalanine.....g	0.010		0	FLC	4		0.003	0.016	
Tyrosine.....g	0.006		0	FLC	4		0.002	0.010	
Valine.....g	0.011		0	FLC	4		0.003	0.018	
Arginine.....g	0.023		0	FLC	4		0.007	0.038	
Histidine.....g	0.007		0	FLC	4		0.002	0.011	
Alanine.....g	0.011		0	FLC	4		0.003	0.019	
Aspartic acid.....g	0.042		0	FLC	4		0.013	0.070	
Glutamic acid.....g	0.124		0	FLC	4		0.037	0.206	
Glycine.....g	0.009		0	FLC	4		0.003	0.015	
Proline.....g	0.010		0	FLC	4		0.003	0.016	
Serine.....g	0.010		0	FLC	4		0.003	0.017	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

NDB No. 14187

Beverages, Clam and tomato juice, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.2g: 1 fl oz

Measure 2 = 166g: 1 can (5.5 oz)

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 44203

Beverages, Cocktail mix, non-alcoholic, concentrated, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.003		0	NC	4		0.001	0.002	0.012
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.003		0	FLA	4		0.001	0.002	0.011
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	NC	4		0.000	0.001	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.001	0.003
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0	NC	4		0.003	0.006	0.030
18:2 undifferentiated.....g	0.006		0	FLA	4		0.002	0.004	0.021
18:3 undifferentiated.....g	0.003		0	FLA	4		0.001	0.002	0.010
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		2	LC	8		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36.0g: 1 fl oz

Measure 2 = 71g: 1 serving 2 fl oz

Measure 3 = 355g: 1 can 10 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14195

Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 20g: 1 serving 1 envelope

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14538

Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.777		0		1		0.267	0.338	
4:0.....g	0.074		0	FLA	4		0.011	0.014	
6:0.....g	0.013		0	FLA	4		0.002	0.002	
8:0.....g	0.015		0	FLA	4		0.002	0.003	
10:0.....g	0.031		0	FLA	4		0.005	0.006	
12:0.....g	0.022		0	FLA	4		0.003	0.004	
13:0.....g									
14:0.....g	0.164		0	FLA	4		0.025	0.031	
15:0.....g									
16:0.....g	1.013		0	FLA	4		0.152	0.192	
17:0.....g									
18:0.....g	0.379		0	FLA	4		0.057	0.072	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.979		0	FLA	4		0.147	0.186	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		0	FLA	4		0.007	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.910		0	FLA	4		0.136	0.173	
20:1.....g	0.003		0	FLA	4		0.000	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0	FLA	4		0.013	0.017	
18:2 undifferentiated.....g	0.077		0	FLA	4		0.012	0.015	
18:3 undifferentiated.....g	0.011		0	FLA	4		0.002	0.002	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	11		0	FLA	4		2	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	34		0	BFZN	4		5	6	
Theobromine.....mg	608		0	BFZN	4		91	116	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 envelope Swiss Miss (.53 oz)

Measure 2 = 19g: 1 packet (0.675 oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14196
Beverages, Cocoa mix, no sugar added, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.777		0		1		0.338	0.267	
4:0.....g	0.023		0	FLA	4		0.004	0.003	
6:0.....g	0.003		0	FLA	4		0.001	0.001	
8:0.....g	0.004		0	FLA	4		0.001	0.001	
10:0.....g	0.007		0	FLA	4		0.001	0.001	
12:0.....g	0.005		0	FLA	4		0.001	0.001	
13:0.....g									
14:0.....g	0.044		0	FLA	4		0.008	0.007	
15:0.....g									
16:0.....g	0.817		0	FLA	4		0.155	0.123	
17:0.....g									
18:0.....g	0.830		0	FLA	4		0.158	0.125	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.979		0	FLA	4		0.186	0.147	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.955		0	FLA	4		0.182	0.143	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0	FLA	4		0.017	0.013	
18:2 undifferentiated.....g	0.078		0	FLA	4		0.015	0.012	
18:3 undifferentiated.....g	0.003		0	FLA	4		0.001	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	19		0	FLA	4		4	3	
Theobromine.....mg	658		0	FLA	4		125	99	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 19g: 1 envelope Alba (.675 oz)

Measure 2 = 15.0g: 1 envelope Swiss Miss (.53 oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14192
Beverages, Cocoa mix, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.377		0	FLA	4		0.666		
4:0.....g	0.012		0	FLA	4		0.003		
6:0.....g	0.002		0	FLA	4		0.001		
8:0.....g	0.002		0	FLA	4		0.001		
10:0.....g	0.004		0	FLA	4		0.001		
12:0.....g	0.003		0	FLA	4		0.001		
13:0.....g									
14:0.....g	0.029		0	FLA	4		0.008		
15:0.....g	0.001		0	FLA	4		0.000		
16:0.....g	1.085		0	FLA	4		0.304		
17:0.....g	0.004		0	FLA	4		0.001		
18:0.....g	1.181		0	FLA	4		0.331		
20:0.....g	0.012		0	FLA	4		0.003		
22:0.....g	0.012		0	FLA	4		0.003		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.325		0	FLA	4		0.371		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.318		0	FLA	4		0.369		
20:1.....g	0.001		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.114		0	FLA	4		0.032		
18:2 undifferentiated.....g	0.107		0	FLA	4		0.030		
18:3 undifferentiated.....g	0.003		0	FLA	4		0.001		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	18		10		1		5		
Theobromine.....mg	323		0	FLA	4		90		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14194

Beverages, Cocoa mix, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.328		0	RPI	6		0.112	0.675	
4:0.....g	0.002		0	RPI	6		0.001	0.003	
6:0.....g	0.000		0	RPI	6		0.000	0.001	
8:0.....g	0.000		0	RPI	6		0.000	0.001	
10:0.....g	0.001		0	RPI	6		0.000	0.001	
12:0.....g	0.000		0	RPI	6		0.000	0.001	
13:0.....g									
14:0.....g	0.004		0	RPI	6		0.001	0.008	
15:0.....g	0.000		0	RPI	6		0.000	0.000	
16:0.....g	0.150		0	RPI	6		0.051	0.308	
17:0.....g	0.001		0	RPI	6		0.000	0.001	
18:0.....g	0.163		0	RPI	6		0.056	0.335	
20:0.....g	0.002		0	RPI	6		0.001	0.003	
22:0.....g	0.002		0	RPI	6		0.001	0.003	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.183		0	RPI	6		0.063	0.376	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPI	6		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.182		0	RPI	6		0.062	0.374	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0	RPI	6		0.005	0.032	
18:2 undifferentiated.....g	0.015		0	RPI	6		0.005	0.030	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.001	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.104		0	RPI	6		0.036	0.215	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	2		0	RPI	6		1	5	
Theobromine.....mg	44		0	RPI	6		15	92	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34.3g: 1 fl oz

Measure 2 = 206g: 1 serving 6 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14090
Beverages, Coconut water, ready-to-drink, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14090

Beverages, Coconut water, ready-to-drink, unsweetened

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14284
 Beverages, Cranberry juice cocktail

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.39	0.464	13	A	1		236.81		
Energy.....kcal	52		0	NC	4		141		
Energy.....kJ	218		0	NC	4		591		
Protein.....g	0.00	0.000	13	A	1		0.00		
Total lipid (fat).....g	0.34	0.028	13	A	1		0.92		
Ash.....g	0.03	0.000	13	A	1		0.08		
Carbohydrate, by difference.....g	12.25		0	NC	4		33.18		
Fiber, total dietary.....g									
Sugars, total.....g	11.41	0.050	9	A	1		30.92		
Sucrose.....g	0.55	0.340	9	A	1		1.49		
Glucose (dextrose).....g	5.68	0.160	9	A	1		15.41		
Fructose.....g	5.17	0.163	9	A	1		14.02		
Lactose.....g	0.00	0.000	9	A	1		0.00		
Maltose.....g	0.00	0.000	9	A	1		0.00		
Galactose.....g	0.00	0.000	9	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.545	13	A	1		8		
Iron, Fe.....mg	0.04	0.001	13	A	1		0.11		
Magnesium, Mg.....mg	1	0.095	13	A	1		4		
Phosphorus, P.....mg	1	0.027	13	A	1		3		
Potassium, K.....mg	19	0.459	13	A	1		52		
Sodium, Na.....mg	2	0.127	13	A	1		6		
Zinc, Zn.....mg	0.02	0.002	13	A	1		0.04		
Copper, Cu.....mg	0.015	0.000	13	A	1		0.040		
Manganese, Mn.....mg	0.060	0.009	13	A	1		0.164		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	33.5	4.375	9	A	1		90.8		
Thiamin.....mg	0.000	0.000	6	A	1		0.000		
Riboflavin.....mg	0.000	0.000	6	A	1		0.000		
Niacin.....mg	0.025	0.003	6	A	1		0.067		
Pantothenic acid.....mg	0.048	0.004	5	A	1		0.129		
Vitamin B-6.....mg	0.000	0.000	6	A	1		0.000		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 14284
Beverages, Cranberry juice cocktail

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 271g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.871		0		1		0.393	0.393	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.007		0		1		0.001	0.001	
8:0.....g	0.096		0		1		0.020	0.020	
10:0.....g	0.077		0		1		0.016	0.016	
12:0.....g	0.571		0		1		0.120	0.120	
13:0.....g									
14:0.....g	0.216		0		1		0.045	0.045	
15:0.....g									
16:0.....g	0.430		0		1		0.090	0.090	
17:0.....g									
18:0.....g	0.461		0		1		0.097	0.097	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.496		0		1		0.104	0.104	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.492		0		1		0.103	0.103	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0		1		0.013	0.013	
18:2 undifferentiated.....g	0.060		0		1		0.013	0.013	
18:3 undifferentiated.....g	0.002		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		1	LC	8		5	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	25		0	FLC	4		5	5	

NDB No. 14422

Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	833		0	FLC	4		175	175	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 packet (.75 oz)

Measure 2 = 21g: 1 envelope

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14245

Beverages, Eggnog-flavor mix, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.16		0	RPA	1		215.32		
Energy.....kcal	95		0	RPI	6		258		
Energy.....kJ	396		0	RPI	6		1077		
Protein.....g	2.93		0	RPA	1		7.97		
Total lipid (fat).....g	3.02		0	RPI	6		8.20		
Ash.....g	0.69		0	RPA	1		1.88		
Carbohydrate, by difference.....g	14.20		0	RPI	6		38.64		
Fiber, total dietary.....g	0.0		0	RPI	6		0.1		
Sugars, total.....g	12.66		0	RPI	6		34.43		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	92		0	RPI	6		249		
Iron, Fe.....mg	0.12		0	RPA	1		0.34		
Magnesium, Mg.....mg	10		0	RPI	6		26		
Phosphorus, P.....mg	77		0	RPI	6		210		
Potassium, K.....mg	121		0	RPI	6		328		
Sodium, Na.....mg	55		0	RPA	1		149		
Zinc, Zn.....mg	0.35		0	RPI	6		0.95		
Copper, Cu.....mg	0.022		0	RPI	6		0.060		
Manganese, Mn.....mg	0.007		0	RPI	6		0.020		
Selenium, Se.....µg	3.4		0	RPI	6		9.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPA	1		0.0		
Thiamin.....mg	0.040		0	RPA	1		0.108		
Riboflavin.....mg	0.166		0	RPI	6		0.452		
Niacin.....mg	0.112		0	RPA	1		0.306		
Pantothenic acid.....mg	0.330		0	RPI	6		0.897		
Vitamin B-6.....mg	0.033		0	RPA	1		0.090		
Folate, total.....µg	5		0	RPI	6		13		
Folic acid.....µg	0		0	RPI	6		0		
Folate, food.....µg	5		0	RPI	6		13		
Folate, DFE.....µg	5		0	NC	4		13		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.39		0	RPI	6		1.07		
Vitamin A, RAE.....µg	26		0	RPI	6		71		
Retinol.....µg	26		0	RPI	6		70		
Carotene, beta.....µg	5		0	RPI	6		13		
Carotene, alpha.....µg	0		0	RPI	6		0		
Cryptoxanthin, beta.....µg	0		0	RPI	6		0		
Vitamin A, IU.....IU	94		0	RPI	6		256		
Lycopene.....µg	0		0	RPI	6		0		
Lutein + zeaxanthin.....µg	2		0	RPI	6		5		
Vitamin E (alpha-tocopherol).....mg	0.06		0	RPI	6		0.15		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.2		0	RPI	6		0.6		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.701		0	RPI	6		4.626		
4:0.....g	0.067		0	RPI	6		0.182		
6:0.....g	0.067		0	RPI	6		0.182		
8:0.....g	0.067		0	RPI	6		0.182		
10:0.....g	0.067		0	RPI	6		0.182		
12:0.....g	0.069		0	RPI	6		0.188		
13:0.....g									
14:0.....g	0.284		0	RPI	6		0.774		
15:0.....g	0.000		0	RPI	6		0.000		
16:0.....g	0.751		0	RPI	6		2.042		
17:0.....g									
18:0.....g	0.329		0	RPI	6		0.895		
20:0.....g	0.000		0	RPI	6		0.000		
22:0.....g	0.000		0	RPI	6		0.000		
24:0.....g	0.000		0	RPI	6		0.000		
Fatty acids, total monounsaturated.....g	0.767		0	RPI	6		2.085		
14:1.....g	0.000		0	RPI	6		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		0	RPI	6		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.761		0	RPI	6		2.069		
20:1.....g	0.000		0	RPI	6		0.001		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186		0	RPI	6		0.506		
18:2 undifferentiated.....g	0.118		0	RPI	6		0.320		
18:3 undifferentiated.....g	0.067		0	RPI	6		0.182		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	RPI	6		0.003		
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RPI	6		31		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0	RPI	6		0.183		
Threonine.....g	0.129		0	RPI	6		0.352		
Isoleucine.....g	0.149		0	RPI	6		0.406		
Leucine.....g	0.240		0	RPI	6		0.654		
Lysine.....g	0.128		0	RPI	6		0.348		
Methionine.....g	0.068		0	RPI	6		0.184		
Cystine.....g	0.015		0	RPI	6		0.042		
Phenylalanine.....g	0.133		0	RPI	6		0.361		
Tyrosine.....g	0.137		0	RPI	6		0.373		
Valine.....g	0.174		0	RPI	6		0.473		
Arginine.....g	0.069		0	RPI	6		0.188		
Histidine.....g	0.068		0	RPI	6		0.184		
Alanine.....g	0.094		0	RPI	6		0.254		
Aspartic acid.....g	0.215		0	RPI	6		0.586		
Glutamic acid.....g	0.584		0	RPI	6		1.589		
Glycine.....g	0.068		0	RPI	6		0.185		
Proline.....g	0.307		0	RPI	6		0.836		
Serine.....g	0.098		0	RPI	6		0.267		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		

NDB No. 14245

Beverages, Eggnog-flavor mix, powder, prepared with whole milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 272g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14060

Beverages, Energy Drink with carbonated water and high fructose corn syrup

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	38		0	NR	4		92		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14627

Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	0.0		0	FLC	4		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLC	4		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	33		0	MC	9		79		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14627

Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14061
 Beverages, Energy Drink, sugar free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	LC	8		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	32		0	LC	8		77		
Theobromine.....mg	0		0	Z	7		0		

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Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14625
Beverages, Energy drink, AMP

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	31		0	LC	8		75		
Theobromine.....mg	0		0	BFZN	4		0		

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Common Measures:

Measure 1 = 240g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14628
 Beverages, Energy drink, AMP, sugar free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	30		1	LC	8		71		
Theobromine.....mg	0		0	BFZN	4		0		

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Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14626
 Beverages, Energy drink, FULL THROTTLE

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	33		0	MC	9		80	160	
Theobromine.....mg	0		0	BFZN	4		0	0	

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Common Measures:

Measure 1 = 240g: 1 serving 8 fluid oz

Measure 2 = 480g: 1 can

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14154
Beverages, Energy drink, RED BULL

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0		0	FLC	4		0.0	0.1	0.1
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	0.000
4:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	FLC	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	29	0.371	3	A	1		76	108	144
Theobromine.....mg	0		0	FLC	4		0	0	0

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Common Measures:

Measure 1 = 258g: 1 can 8.4 fl oz

Measure 2 = 369g: 1 serving 12 fl oz

Measure 3 = 492g: 1 serving 16 fl oz

NDB No. 14154
Beverages, Energy drink, RED BULL

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	30		2	AI	13		75		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 serving 8.3 fl oz can

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14629
Beverages, Energy drink, ROCKSTAR

Rockstar, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.08	0.267	5	A	1		26.99	208.99	417.98
Energy.....kcal	58		1	LC	8		18	140	280
Energy.....kJ	244		0	LC	8		76	586	1171
Protein.....g	0.34	0.015	5	A	1		0.10	0.81	1.62
Total lipid (fat).....g	0.22	0.037	5	A	1		0.07	0.52	1.04
Ash.....g	0.05	0.010	5	A	1		0.02	0.12	0.24
Carbohydrate, by difference.....g	12.70		0	O	4		3.94	30.48	60.96
Fiber, total dietary.....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total.....g	12.26	0.035	5	A	1		3.80	29.43	58.86
Sucrose.....g	2.65	0.515	5	A	1		0.82	6.36	12.72
Glucose (dextrose).....g	6.03	0.251	5	A	1		1.87	14.46	28.92
Fructose.....g	3.59	0.243	5	A	1		1.11	8.61	17.21
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1	0.100	5	A	1		0	3	7
Iron, Fe.....mg	0.05	0.009	5	A	1		0.01	0.11	0.22
Magnesium, Mg.....mg	0	0.000	5	A	1		0	0	0
Phosphorus, P.....mg	0	0.000	5	A	1		0	0	0
Potassium, K.....mg	6	0.434	5	A	1		2	14	29
Sodium, Na.....mg	16	0.343	5	A	1		5	37	75
Zinc, Zn.....mg	0.05	0.013	5	A	1		0.01	0.11	0.22
Copper, Cu.....mg	0.000	0.000	5	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000	0.000	5	A	1		0.000	0.000	0.000
Selenium, Se.....µg	0.0		1	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Riboflavin.....mg	1.600	0.000	3	A	1		0.496	3.840	7.680
Niacin.....mg	9.820	0.154	3	A	1		3.044	23.568	47.136
Pantothenic acid.....mg	4.167		1	LC	8		1.292	10.000	20.000
Vitamin B-6.....mg	1.353	0.019	3	A	1		0.420	3.248	6.496
Folate, total.....µg	0		0	BFZN	4		0	0	0
Folic acid.....µg	0		0	BFZN	4		0	0	0
Folate, food.....µg	0		0	BFZN	4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	0.3		0	BFZN	4		0.1	0.8	1.6
Betaine.....mg									
Vitamin B-12.....µg	3.77	0.203	3	A	1		1.17	9.04	18.08
Vitamin B-12, added.....µg	2.50		0	NR	4		0.78	6.00	12.00
Vitamin A, RAE.....µg	0		0	BFZN	4		0	0	0
Retinol.....µg	0		0	BFZN	4		0	0	0
Carotene, beta.....µg	0		0	BFZN	4		0	0	0
Carotene, alpha.....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00	0.000	3	A	1		0.00	0.00	0.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

NDB No. 14629
Beverages, Energy drink, ROCKSTAR

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFZN	4		0	0	0
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	0.1
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		1	LC	8		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	33		0	NR	4		10	79	158
Theobromine.....mg	0		0	BFZN	4		0	0	0

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NDB No. 14629
Beverages, Energy drink, ROCKSTAR

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 240g: 8 fl oz

Measure 3 = 480g: 1 can

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14630
 Beverages, Energy drink, ROCKSTAR, sugar free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	33		1	LC	8		80		
Theobromine.....mg	0		0	BFZN	4		0		

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Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14641

Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	19		1	LC	8		47	69	
Theobromine.....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 serving (8 fl oz)

Measure 2 = 360g: 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	19		1	LC	8		6	47	
Theobromine.....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 oz

Measure 2 = 246g: 8 fl oz (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14048

Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.007		0	BFSN	4		0.034		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFSN	4		0.001		
15:0.....g									
16:0.....g	0.006		0	BFSN	4		0.031		
17:0.....g									
18:0.....g	0.000		0	BFSN	4		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0	BFSN	4		0.054		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFSN	4		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.009		0	BFSN	4		0.047		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.012		0	BFSN	4		0.059		
18:2 undifferentiated.....g	0.009		0	BFSN	4		0.043		
18:3 undifferentiated.....g	0.003		0	BFSN	4		0.016		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFSN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 500g: 1 bottle

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14645

Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14647

Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLC	4		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.000	
15:0.....g	0.000		0	FLC	4		0.000	0.000	
16:0.....g	0.000		0	FLC	4		0.000	0.000	
17:0.....g	0.000		0	FLC	4		0.000	0.000	
18:0.....g	0.000		0	FLC	4		0.000	0.000	
20:0.....g	0.000		0	FLC	4		0.000	0.000	
22:0.....g	0.000		0	FLC	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		1	LC	8		0.000	0.000	
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14268

Beverages, Fruit punch drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.003		0		1		0.001	0.013	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.003		0		1		0.001	0.013	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		1		0.001	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.008	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0		1		0.002	0.025	
18:2 undifferentiated.....g	0.005		0		1		0.002	0.021	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.008	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 418g: 1 can (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14269

Beverages, Fruit punch drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.001		0	RPI	6		0.000	0.002	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.001		0	RPI	6		0.000	0.002	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	RPI	6		0.000	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPI	6		0.000	0.001	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0	RPI	6		0.001	0.004	
18:2 undifferentiated.....g	0.001		0	RPI	6		0.000	0.003	
18:3 undifferentiated.....g	0.001		0	RPI	6		0.000	0.001	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.9g: 1 fl oz

Measure 2 = 247g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14267

Beverages, Fruit punch drink, with added nutrients, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	FLA	4		0.001	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.002		0	FLA	4		0.000	0.004	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0	FLA	4		0.001	0.007	
18:2 undifferentiated.....g	0.002		0	FLA	4		0.001	0.006	
18:3 undifferentiated.....g	0.001		0	FLA	4		0.000	0.002	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 248g: 1 cup (8 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14082

Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG (Gerolsteiner), naturally sparkling, mineral bottled water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC					
4:0.....g	0.000		0	Z					
6:0.....g	0.000		0	Z					
8:0.....g	0.000		0	Z					
10:0.....g	0.000		0	Z					
12:0.....g	0.000		0	Z					
13:0.....g									
14:0.....g	0.000		0	Z					
15:0.....g									
16:0.....g	0.000		0	Z					
17:0.....g									
18:0.....g	0.000		0	Z					
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z					
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z					
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z					
20:1.....g	0.000		0	Z					
22:1 undifferentiated.....g	0.000		0	Z					
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z					
18:2 undifferentiated.....g	0.000		0	Z					
18:3 undifferentiated.....g	0.000		0	Z					
18:4.....g	0.000		0	Z					
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z					
20:5 n-3 (EPA).....g	0.000		0	Z					
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z					
22:6 n-3 (DHA).....g	0.000		0	Z					
Fatty acids, total trans.....g	0.000		0	LC					
Cholesterol.....mg	0		0	LC					
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z					
Caffeine.....mg	0		0	Z					
Theobromine.....mg	0		0	Z					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Footnotes:

1 Mineral content varies between brands

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14638

Beverages, Horchata, as served in restaurant

Latino food

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.10	2.933	3	A	1		198.60		
Energy.....kcal	54		0	NC	4		124		
Energy.....kJ	228		0	NC	4		519		
Protein.....g	0.48	0.075	3	A	1		1.09		
Total lipid (fat).....g	0.71	0.164	3	A	1		1.62		
Ash.....g	0.19	0.062	3	A	1		0.43		
Carbohydrate, by difference.....g	11.52		0	NC	4		26.26		
Fiber, total dietary.....g	0.0	0.000	3	A	1		0.0		
Sugars, total.....g	9.36	2.363	3	A	1		21.34		
Sucrose.....g	6.17	0.182	3	A	1		14.08		
Glucose (dextrose).....g	1.64	1.266	3	A	1		3.74		
Fructose.....g	1.55	0.935	3	A	1		3.53		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	0.99	0.254	3	A	1		2.26		
Minerals:									
Calcium, Ca.....mg	18	6.104	3	A	1		42		
Iron, Fe.....mg	0.01	0.000	3	A	1		0.02		
Magnesium, Mg.....mg	3	0.973	3	A	1		6		
Phosphorus, P.....mg	15	5.432	3	A	1		35		
Potassium, K.....mg	34	15.207	3	A	1		79		
Sodium, Na.....mg	14	7.241	3	A	1		33		
Zinc, Zn.....mg	0.06	0.010	3	A	1		0.14		
Copper, Cu.....mg	0.002	0.000	3	A	1		0.005		
Manganese, Mn.....mg	0.010	0.002	3	A	1		0.023		
Selenium, Se.....µg	0.4		2	A	1		1.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.000	0.000	3	A	1		0.000		
Riboflavin.....mg	0.000	0.000	3	A	1		0.000		
Niacin.....mg	0.047	0.014	3	A	1		0.108		
Pantothenic acid.....mg	0.000		1	A	1		0.000		
Vitamin B-6.....mg	0.017	0.002	3	A	1		0.038		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.24		1	A	1		0.55		
Tocopherol, beta.....mg	0.02		1	A	1		0.05		
Tocopherol, gamma.....mg	0.02		1	A	1		0.05		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.01		1	A	1		0.02		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.18		1	A	1		0.41		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		

NDB No. 14638

Beverages, Horchata, as served in restaurant

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 228g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	2.086		0	NC	4		0.163	2.461	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.012		1	A	1		0.001	0.014	
12:0.....g	0.003		1	A	1		0.000	0.004	
13:0.....g									
14:0.....g	0.016		1	A	1		0.001	0.019	
15:0.....g	0.002		1	A	1		0.000	0.002	
16:0.....g	1.143		1	A	1		0.089	1.349	
17:0.....g	0.008		1	A	1		0.001	0.009	
18:0.....g	0.780		1	A	1		0.061	0.920	
20:0.....g	0.061		1	A	1		0.005	0.072	
22:0.....g	0.035		1	A	1		0.003	0.041	
24:0.....g	0.026		1	A	1		0.002	0.031	
Fatty acids, total monounsaturated.....g	3.174		0	NC	4		0.248	3.745	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.013		0	AS	1		0.001	0.015	
16:1 c.....g	0.013		1	A	1		0.001	0.015	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.003		1	A	1		0.000	0.004	
18:1 undifferentiated.....g	3.136		0	AS	1		0.245	3.700	
18:1 c.....g	3.124		1	A	1		0.244	3.686	
18:1 t.....g	0.012		1	A	1		0.001	0.014	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.020		1	A	1		0.002	0.023	
22:1 undifferentiated.....g	0.002		0	AS	1		0.000	0.002	
22:1 c.....g	0.002		1	A	1		0.000	0.002	
22:1 t.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.069		0	NC	4		0.161	2.441	
18:2 undifferentiated.....g	2.000		0	AS	1		0.156	2.360	
18:2 n-6 c,c.....g	1.991		1	A	1		0.155	2.349	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.009		1	A	1		0.001	0.011	
18:3 undifferentiated.....g	0.058		0	AS	1		0.005	0.068	
18:3 n-3 c,c,c (ALA).....g	0.058		1	A	1		0.005	0.068	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003		1	A	1		0.000	0.004	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.003		1	A	1		0.000	0.004	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003		1	A	1		0.000	0.004	
21:5.....g									
22:4.....g	0.002		1	A	1		0.000	0.002	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.021		0	NC	4		0.002	0.025	
Fatty acids, total trans-monoenoic.....g	0.012		0	NC	4		0.001	0.014	
Fatty acids, total trans-polyenoic.....g	0.009		0	NC	4		0.001	0.011	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 14631

Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.8g: 1 tbsp

Measure 2 = 118g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14076
 Beverages, ICELANDIC, Glacial Natural spring water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14068
 Beverages, KELLOGG'S SPECIAL K20 protein powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.236		0	NC	4		0.034		
4:0.....g	0.009		0	FLC	4		0.001		
6:0.....g	0.003		0	FLC	4		0.000		
8:0.....g	0.002		0	FLC	4		0.000		
10:0.....g	0.004		0	FLC	4		0.001		
12:0.....g	0.002		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.019		0	FLC	4		0.003		
15:0.....g									
16:0.....g	0.150		0	FLC	4		0.022		
17:0.....g									
18:0.....g	0.046		0	FLC	4		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.146		0	NC	4		0.021		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	FLC	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.132		0	FLC	4		0.019		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0	NC	4		0.058		
18:2 undifferentiated.....g	0.354		0	FLC	4		0.051		
18:3 undifferentiated.....g	0.046		0	FLC	4		0.007		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	4		0	MC	9		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.5g: 1 packet

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14059
Beverages, KELLOGG'S, SPECIAL K Protein Shake

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.208		0	MC	9		0.617		
4:0.....g	0.011		0	BFFN	4		0.032		
6:0.....g	0.006		0	BFFN	4		0.019		
8:0.....g	0.004		0	BFFN	4		0.011		
10:0.....g	0.008		0	BFFN	4		0.025		
12:0.....g	0.009		0	BFFN	4		0.028		
13:0.....g									
14:0.....g	0.034		0	BFFN	4		0.099		
15:0.....g									
16:0.....g	0.088		0	BFFN	4		0.259		
17:0.....g									
18:0.....g	0.040		0	BFFN	4		0.119		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.834		0	MC	9		2.468		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		0	BFFN	4		0.195		
17:1.....g									
18:1 undifferentiated.....g	0.734		0	BFFN	4		2.172		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.521		0	MC	9		1.542		
18:2 undifferentiated.....g	0.304		0	BFFN	4		0.899		
18:3 undifferentiated.....g	0.196		0	BFFN	4		0.581		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g	0.052		0	MC	9		0.154		
Cholesterol.....mg	4		0	MC	9		12		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 296g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14231

Beverages, KRAFT, coffee, instant, French Vanilla Cafe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 NLEA Serving

Footnotes:

1 Contains other proximate components.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14161
 Beverages, Kiwi Strawberry Juice Drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	LC	8		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 473g: 16 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14476

Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon

Lipton

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.06		2	A	1		27.87	223.11	334.20
Energy.....kcal	35		0	NC	4		11	86	129
Energy.....kJ	147		0	NC	4		45	361	541
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	0.00
Ash.....g	0.12		2	A	1		0.04	0.30	0.45
Carbohydrate, by difference.....g	8.81		0	NC	4		2.70	21.59	32.34
Fiber, total dietary.....g	0.0		2	LC	8		0.0	0.0	0.0
Sugars, total.....g	8.69		2	A	1		2.66	21.29	31.88
Sucrose.....g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		2	A	1		0	2	3
Iron, Fe.....mg	0.00		2	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	0		2	A	1		0	1	1
Phosphorus, P.....mg	26		2	A	1		8	64	95
Potassium, K.....mg	19		2	A	1		6	46	69
Sodium, Na.....mg	21		2	A	1		6	50	75
Zinc, Zn.....mg	0.01		2	A	1		0.00	0.03	0.05
Copper, Cu.....mg	0.005		2	A	1		0.002	0.013	0.019
Manganese, Mn.....mg	0.146		2	A	1		0.045	0.359	0.537
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		2	LC	8		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.000		2	LC	8		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		2	LC	8		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	2		2	A	1		1	5	7
Theobromine.....mg	0		2	A	1		0	0	0

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Common Measures:

- Measure 1 = 30.6g: 1 fl oz
- Measure 2 = 245g: 1 bottle 8 fl oz
- Measure 3 = 367g: 1 bottle 12 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14287
Beverages, Lemonade, powder

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0	0.0	
Vitamin D.....IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	O	4		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.151		0	FLC	4		0.027	0.330	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	FLC	4		0.000	0.002	
15:0.....g									
16:0.....g	0.121		0	FLC	4		0.022	0.263	
17:0.....g									
18:0.....g	0.029		0	FLC	4		0.005	0.064	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.111		0	FLC	4		0.020	0.241	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLC	4		0.001	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.107		0	FLC	4		0.019	0.232	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.457		0	FLC	4		0.082	0.996	
18:2 undifferentiated.....g	0.405		0	FLC	4		0.073	0.883	
18:3 undifferentiated.....g	0.052		0	FLC	4		0.009	0.113	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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Common Measures:

Measure 1 = 18g: 1 serving

Measure 2 = 218g: 1 cup

NDB No. 14287
Beverages, Lemonade, powder

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14095
 Beverages, MINUTE MAID, Lemonada, Limeade

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14022
 Beverages, MONSTER energy drink, low carb

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	30		0	LC	8		72		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14286

Beverages, MOTTS, Apple juice light, fortified with vitamin C

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Points	Code	Code	Code	Code	Code	Code	Code	Code	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14252
Beverages, Malt liquor beverage

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	5.5		0	A	1		65.1		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1184g: 1 bottle

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14252
Beverages, Malt liquor beverage

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14318

Beverages, Malted drink mix, chocolate, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.34		0	RPA	1		215.56		
Energy.....kcal	85		0	RPI	6		226		
Energy.....kJ	357		0	RPI	6		947		
Protein.....g	3.37		0	RPA	1		8.94		
Total lipid (fat).....g	3.29		0	RPI	6		8.73		
Ash.....g	0.79		0	RPA	1		2.08		
Carbohydrate, by difference.....g	11.20		0	RPI	6		29.67		
Fiber, total dietary.....g	0.5		0	RPI	6		1.4		
Sugars, total.....g	6.68		0	RPI	6		17.71		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	98		0	RPA	1		259		
Iron, Fe.....mg	0.21		0	RPA	1		0.57		
Magnesium, Mg.....mg	15		0	RPA	1		40		
Phosphorus, P.....mg	91		0	RPA	1		242		
Potassium, K.....mg	172		0	RPI	6		455		
Sodium, Na.....mg	60		0	RPA	1		159		
Zinc, Zn.....mg	0.41		0	RPA	1		1.10		
Copper, Cu.....mg	0.037		0	RPA	1		0.098		
Manganese, Mn.....mg	0.080		0	RPI	6		0.211		
Selenium, Se.....µg	5.4		0	RPI	6		14.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	RPA	1		0.3		
Thiamin.....mg	0.054		0	RPA	1		0.143		
Riboflavin.....mg	0.184		0	RPA	1		0.488		
Niacin.....mg	0.259		0	RPA	1		0.687		
Pantothenic acid.....mg	0.354		0	RPI	6		0.937		
Vitamin B-6.....mg	0.046		0	RPA	1		0.122		
Folate, total.....µg	9		0	RPI	6		23		
Folic acid.....µg	0		0	RPI	6		0		
Folate, food.....µg	9		0	RPI	6		23		
Folate, DFE.....µg	9		0	NC	4		23		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.42		0	RPA	1		1.11		
Vitamin A, RAE.....µg	26		0	RPI	6		70		
Retinol.....µg	26		0	RPI	6		69		
Carotene, beta.....µg	5		0	RPI	6		13		
Carotene, alpha.....µg	0		0	RPI	6		0		
Cryptoxanthin, beta.....µg	0		0	RPI	6		0		
Vitamin A, IU.....IU	95		0	RPI	6		252		
Lycopene.....µg	0		0	RPI	6		0		
Lutein + zeaxanthin.....µg	1		0	RPI	6		3		
Vitamin E (alpha-tocopherol).....mg	0.06		0	RPI	6		0.16		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.3		0	RPI	6		0.9		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.883		0	RPI	6		4.989		
4:0.....g	0.076		0	RPA	1		0.202		
6:0.....g	0.073		0	RPA	1		0.194		
8:0.....g	0.071		0	RPA	1		0.189		
10:0.....g	0.075		0	RPA	1		0.198		
12:0.....g	0.077		0	RPA	1		0.205		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.297		0	RPA	1		0.788		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.838		0	RPA	1		2.222		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.375		0	RPA	1		0.993		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.827		0	RPI	6		2.192		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		0	RPA	1		0.015		
17:1.....g									
18:1 undifferentiated.....g	0.822		0	RPA	1		2.178		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.208		0	RPI	6		0.550		
18:2 undifferentiated.....g	0.133		0	RPA	1		0.353		
18:3 undifferentiated.....g	0.074		0	RPA	1		0.197		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	RPI	6		26		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.074		0	RPA	1		0.195		
Threonine.....g	0.143		0	RPA	1		0.379		
Isoleucine.....g	0.165		0	RPA	1		0.436		
Leucine.....g	0.268		0	RPA	1		0.709		
Lysine.....g	0.142		0	RPA	1		0.376		
Methionine.....g	0.074		0	RPA	1		0.196		
Cystine.....g	0.023		0	RPA	1		0.061		
Phenylalanine.....g	0.150		0	RPA	1		0.398		
Tyrosine.....g	0.152		0	RPA	1		0.402		
Valine.....g	0.193		0	RPA	1		0.510		
Arginine.....g	0.085		0	RPA	1		0.226		
Histidine.....g	0.077		0	RPA	1		0.203		
Alanine.....g	0.109		0	RPA	1		0.290		
Aspartic acid.....g	0.252		0	RPA	1		0.666		
Glutamic acid.....g	0.677		0	RPA	1		1.794		
Glycine.....g	0.079		0	RPA	1		0.211		
Proline.....g	0.350		0	RPA	1		0.926		
Serine.....g	0.119		0	RPA	1		0.316		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	3		0	RPI	6		8		
Theobromine.....mg	28		0	RPI	6		73		

NDB No. 14318

Beverages, Malted drink mix, chocolate, powder, prepared with whole milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points	Code	Code	Code			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14316

Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.873		0	RPI	6		4.964		
4:0.....g	0.076		0	RPA	1		0.200		
6:0.....g	0.073		0	RPA	1		0.193		
8:0.....g	0.071		0	RPA	1		0.188		
10:0.....g	0.074		0	RPA	1		0.196		
12:0.....g	0.077		0	RPA	1		0.203		
13:0.....g									
14:0.....g	0.295		0	RPA	1		0.782		
15:0.....g									
16:0.....g	0.831		0	RPA	1		2.203		
17:0.....g									
18:0.....g	0.371		0	RPA	1		0.984		
20:0.....g									
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.823		0	RPI	6		2.182		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	RPA	1		0.013		
17:1.....g									
18:1 undifferentiated.....g	0.815		0	RPA	1		2.160		
20:1.....g									
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0	RPI	6		0.543		
18:2 undifferentiated.....g	0.131		0	RPA	1		0.348		
18:3 undifferentiated.....g	0.074		0	RPA	1		0.195		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3 (EPA).....g	0.000		0	RPA	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPA	1		0.000		
22:6 n-3 (DHA).....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	RPI	6		25		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	2		0	RPI	6		6		
Theobromine.....mg	28		0	RPI	6		73		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14311

Beverages, Malted drink mix, natural, powder, dairy based.

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	4.762		1	LC	8		1.000		
4:0.....g	0.220		0	FLC	4		0.046		
6:0.....g	0.061		0	FLC	4		0.013		
8:0.....g	0.068		0	FLC	4		0.014		
10:0.....g	0.151		0	FLC	4		0.032		
12:0.....g	0.156		0	FLC	4		0.033		
13:0.....g									
14:0.....g	0.719		0	FLC	4		0.151		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	2.343		0	FLC	4		0.492		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.799		0	FLC	4		0.168		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.157		0	FLC	4		0.453		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.290		0	FLC	4		0.061		
17:1.....g									
18:1 undifferentiated.....g	1.741		0	FLC	4		0.366		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.429		0	FLC	4		0.300		
18:2 undifferentiated.....g	1.254		0	FLC	4		0.263		
18:3 undifferentiated.....g	0.174		0	FLC	4		0.037		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	24		1	LC	8		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14312

Beverages, Malted drink mix, natural, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.40		0	RPA	1		215.70		
Energy.....kcal	88		0	RPI	6		234		
Energy.....kJ	369		0	RPI	6		977		
Protein.....g	3.86		0	RPA	1		10.24		
Total lipid (fat).....g	3.62		0	RPI	6		9.60		
Ash.....g	0.89		0	RPA	1		2.36		
Carbohydrate, by difference.....g	10.23		0	RPI	6		27.12		
Fiber, total dietary.....g	0.1		0	RPI	6		0.2		
Sugars, total.....g	9.56		0	RPI	6		25.34		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	117		0	RPA	1		309		
Iron, Fe.....mg	0.09		0	RPA	1		0.23		
Magnesium, Mg.....mg	17		0	RPA	1		44		
Phosphorus, P.....mg	106		0	RPA	1		280		
Potassium, K.....mg	183		0	RPA	1		485		
Sodium, Na.....mg	79		0	RPA	1		210		
Zinc, Zn.....mg	0.43		0	RPA	1		1.14		
Copper, Cu.....mg	0.037		0	RPA	1		0.098		
Manganese, Mn.....mg	0.021		0	RPI	6		0.057		
Selenium, Se.....µg	5.2		0	RPI	6		13.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	RPA	1		0.6		
Thiamin.....mg	0.081		0	RPA	1		0.214		
Riboflavin.....mg	0.242		0	RPA	1		0.641		
Niacin.....mg	0.519		0	RPA	1		1.376		
Pantothenic acid.....mg	0.402		0	RPI	6		1.066		
Vitamin B-6.....mg	0.066		0	RPA	1		0.176		
Folate, total.....µg	8		0	RPA	1		22		
Folic acid.....µg	0		0	RPI	6		0		
Folate, food.....µg	8		0	RPI	6		22		
Folate, DFE.....µg	8		0	NC	4		22		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.46		0	RPA	1		1.23		
Vitamin A, RAE.....µg	33		0	RPI	6		87		
Retinol.....µg	32		0	RPI	6		85		
Carotene, beta.....µg	6		0	RPI	6		16		
Carotene, alpha.....µg	0		0	RPI	6		0		
Cryptoxanthin, beta.....µg	0		0	RPI	6		0		
Vitamin A, IU.....IU	117		0	RPI	6		310		
Lycopene.....µg	0		0	RPI	6		0		
Lutein + zeaxanthin.....µg	0		0	RPI	6		1		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.5		0	RPI	6		1.3		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.039		0	RPI	6		5.403		
4:0.....g	0.085		0	RPA	1		0.224		
6:0.....g	0.078		0	RPA	1		0.207		
8:0.....g	0.074		0	RPA	1		0.196		
10:0.....g	0.081		0	RPA	1		0.215		
12:0.....g	0.085		0	RPA	1		0.224		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.324		0	RPA	1		0.858		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.916		0	RPA	1		2.426		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.397		0	RPA	1		1.053		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.903		0	RPI	6		2.394		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.012		0	RPA	1		0.031		
17:1.....g									
18:1 undifferentiated.....g	0.892		0	RPA	1		2.363		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0	RPI	6		0.731		
18:2 undifferentiated.....g	0.191		0	RPA	1		0.507		
18:3 undifferentiated.....g	0.085		0	RPA	1		0.224		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RPI	6		32		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.079		0	RPA	1		0.209		
Threonine.....g	0.155		0	RPA	1		0.412		
Isoleucine.....g	0.180		0	RPA	1		0.476		
Leucine.....g	0.298		0	RPA	1		0.789		
Lysine.....g	0.154		0	RPA	1		0.409		
Methionine.....g	0.082		0	RPA	1		0.216		
Cystine.....g	0.034		0	RPA	1		0.090		
Phenylalanine.....g	0.167		0	RPA	1		0.441		
Tyrosine.....g	0.165		0	RPA	1		0.438		
Valine.....g	0.209		0	RPA	1		0.553		
Arginine.....g	0.103		0	RPA	1		0.274		
Histidine.....g	0.087		0	RPA	1		0.232		
Alanine.....g	0.127		0	RPA	1		0.338		
Aspartic acid.....g	0.291		0	RPA	1		0.770		
Glutamic acid.....g	0.796		0	RPA	1		2.108		
Glycine.....g	0.089		0	RPA	1		0.236		
Proline.....g	0.407		0	RPA	1		1.078		
Serine.....g	0.150		0	RPA	1		0.398		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		

NDB No. 14312

Beverages, Malted drink mix, natural, powder, prepared with whole milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14310

Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.830		0	RPI	6		4.849		
4:0.....g	0.074		0	RPA	1		0.197		
6:0.....g	0.072		0	RPA	1		0.191		
8:0.....g	0.070		0	RPA	1		0.187		
10:0.....g	0.073		0	RPA	1		0.193		
12:0.....g	0.075		0	RPA	1		0.200		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.291		0	RPA	1		0.771		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.817		0	RPA	1		2.164		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.357		0	RPA	1		0.947		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.802		0	RPI	6		2.127		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.004		0	RPA	1		0.011		
17:1.....g									
18:1 undifferentiated.....g	0.798		0	RPA	1		2.116		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.213		0	RPI	6		0.565		
18:2 undifferentiated.....g	0.139		0	RPA	1		0.368		
18:3 undifferentiated.....g	0.074		0	RPA	1		0.197		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3 (EPA).....g	0.000		0	RPA	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPA	1		0.000		
22:6 n-3 (DHA).....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RPI	6		30		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.571		0	NC	4		0.902	2.231	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.011		1	A	1		0.017	0.043	
12:0.....g	0.002		1	A	1		0.003	0.007	
13:0.....g									
14:0.....g	0.006		1	A	1		0.009	0.023	
15:0.....g	0.001		1	A	1		0.001	0.003	
16:0.....g	0.248		1	A	1		0.391	0.969	
17:0.....g	0.003		1	A	1		0.004	0.010	
18:0.....g	0.204		1	A	1		0.323	0.799	
20:0.....g	0.025		1	A	1		0.040	0.098	
22:0.....g	0.050		1	A	1		0.079	0.196	
24:0.....g	0.022		1	A	1		0.034	0.085	
Fatty acids, total monounsaturated.....g	1.922		0	NC	4		3.036	7.514	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.003		0	AS	1		0.004	0.010	
16:1 c.....g	0.003		1	A	1		0.004	0.010	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.899		0	AS	1		3.001	7.426	
18:1 c.....g	1.532		1	A	1		2.420	5.989	
18:1 t.....g	0.367		1	A	1		0.581	1.437	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.020		1	A	1		0.032	0.079	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.178		0	NC	4		0.282	0.697	
18:2 undifferentiated.....g	0.173		0	AS	1		0.274	0.677	
18:2 n-6 c,c.....g	0.130		1	A	1		0.205	0.507	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.044		1	A	1		0.069	0.170	
18:3 undifferentiated.....g	0.005		0	AS	1		0.008	0.020	
18:3 n-3 c,c,c (ALA).....g	0.005		1	A	1		0.008	0.020	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.411		0	NC	4		0.649	1.607	
Fatty acids, total trans-monoenoic.....g	0.367		0	NC	4		0.581	1.437	
Fatty acids, total trans-polyenoic.....g	0.044		0	NC	4		0.069	0.170	
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0	A	1		0.063	0.156	
Threonine.....g	0.110		0	A	1		0.174	0.430	

NDB No. 14632

Beverages, Meal supplement drink, canned, peanut flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.145		0	A	1		0.229	0.567	
Leucine.....g	0.335		0	A	1		0.529	1.310	
Lysine.....g	0.225		0	A	1		0.355	0.880	
Methionine.....g	0.100		0	A	1		0.158	0.391	
Cystine.....g	0.010		0	A	1		0.016	0.039	
Phenylalanine.....g	0.180		0	A	1		0.284	0.704	
Tyrosine.....g	0.150		0	A	1		0.237	0.587	
Valine.....g	0.195		0	A	1		0.308	0.762	
Arginine.....g	0.120		0	A	1		0.189	0.469	
Histidine.....g	0.060		0	A	1		0.095	0.234	
Alanine.....g	0.135		0	A	1		0.213	0.528	
Aspartic acid.....g	0.325		0	A	1		0.513	1.271	
Glutamic acid.....g	0.775		0	A	1		1.224	3.030	
Glycine.....g	0.100		0	A	1		0.158	0.391	
Proline.....g	0.425		0	A	1		0.671	1.662	
Serine.....g	0.205		0	A	1		0.324	0.801	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	

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Common Measures:

Measure 1 = 158g: 1 cup

Measure 2 = 391g: 1 can

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14119

Beverages, Mixed vegetable and fruit juice drink, with added nutrients

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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Common Measures:

Measure 1 = 247g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14137
 Beverages, NESTEA, tea, black, ready-to-drink, lemon
 Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.18		1	A	1		27.90	223.39	335.54
Energy.....kcal	36		0	NC	4		11	89	134
Energy.....kJ	152		0	NC	4		47	373	560
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	0.00
Ash.....g	0.12		1	A	1		0.04	0.30	0.45
Carbohydrate, by difference.....g	9.09		0	NR	4		2.78	22.27	33.45
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total.....g	9.09		1	A	1		2.78	22.28	33.46
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1		1	6	10
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	1		1	A	1		0	2	3
Phosphorus, P.....mg	36		1	A	1		11	88	133
Potassium, K.....mg	19		1	A	1		6	46	68
Sodium, Na.....mg	21		1	A	1		6	51	76
Zinc, Zn.....mg	0.06		1	A	1		0.02	0.15	0.23
Copper, Cu.....mg	0.008		1	A	1		0.002	0.020	0.029
Manganese, Mn.....mg	0.131		1	A	1		0.040	0.321	0.482
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	3		1	A	1		1	8	13
Theobromine.....mg	0		1	A	1		0	0	0

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Common Measures:

- Measure 1 = 30.6g: 1 fl oz
- Measure 2 = 245g: 1 serving (8 fl oz)
- Measure 3 = 368g: 1 serving (12 fl oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14041
 Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.420		0	LC	8		0.994		
4:0.....g	0.001		0	FLC	4		0.002		
6:0.....g	0.000		0	FLC	4		0.001		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.001		
12:0.....g	0.000		0	FLC	4		0.001		
13:0.....g									
14:0.....g	0.004		0	FLC	4		0.009		
15:0.....g	0.029		0	FLC	4		0.068		
16:0.....g	0.139		0	FLC	4		0.330		
17:0.....g									
18:0.....g	0.158		0	FLC	4		0.375		
20:0.....g									
22:0.....g	0.036		0	FLC	4		0.085		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.551		0	FLC	4		6.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLC	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	2.207		0	FLC	4		5.232		
20:1.....g	0.026		0	FLC	4		0.061		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.122		0	FLC	4		0.290		
18:2 undifferentiated.....g	0.101		0	FLC	4		0.240		
18:3 undifferentiated.....g	0.006		0	FLC	4		0.014		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	4		0	LC	8		9		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 1 bottle

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14256
 Beverages, OCEAN SPRAY, Cran Cherry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.1		0	BF2N	4		0.2		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.001		1	A	1		0.004		
Fatty acids, total monounsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total polyunsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total trans.....g	0.001		1	A	1		0.004		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14217
 Beverages, OCEAN SPRAY, Cran Grape

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.1		0	BFZN	4		0.2		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.001		1	A	1		0.004		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		1	A	1		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		1	A	1		0.004		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.001		1	A	1		0.004		
Cholesterol.....mg	1		1	A	1		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14217
Beverages, OCEAN SPRAY, Cran Grape

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14234
 Beverages, OCEAN SPRAY, Cran Lemonade

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.001		1	A	1		0.004		
Fatty acids, total monounsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total polyunsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total trans.....g	0.001		1	A	1		0.004		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 8 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14255
 Beverages, OCEAN SPRAY, Cran Pomegranate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.1		0	BF2N	4		0.2		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.001		1	A	1		0.004		
Fatty acids, total monounsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total polyunsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total trans.....g	0.001		1	A	1		0.004		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14233
Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		0.0		
Vitamin D.....IU	0		0	BFZN	4		0		
Vitamin K (phylloquinone).....µg	0.1		0	BFZN	4		0.2		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.001		1	A	1		0.004		
Fatty acids, total monounsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total polyunsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total trans.....g	0.001		1	A	1		0.004		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14038
 Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	23		0	MC	9		57		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 can

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14220

Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	1.1		0	BFZN	4		2.8		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.001		1	A	1		0.004		
Fatty acids, total monounsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total polyunsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total trans.....g	0.001		1	A	1		0.004		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14235
Beverages, OCEAN SPRAY, Diet Cran Cherry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.1		0	BF2N	4		0.2		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.001		1	A	1		0.004		
Fatty acids, total monounsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total polyunsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total trans.....g	0.001		1	A	1		0.004		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14221
 Beverages, OCEAN SPRAY, Diet Cranberry Juice

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.001		1	A	1		0.004		
Fatty acids, total monounsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total polyunsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total trans.....g	0.001		1	A	1		0.004		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14257
 Beverages, OCEAN SPRAY, Light Cranberry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.004		2	A	1		0.009		
Fatty acids, total monounsaturated.....g	0.004		2	A	1		0.011		
Fatty acids, total polyunsaturated.....g	0.003		2	A	1		0.008		
Fatty acids, total trans.....g	0.001		2	A	1		0.004		
Cholesterol.....mg	0		0	NR	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 8 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14226
 Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.001		1	A	1		0.004		
Fatty acids, total monounsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total polyunsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 8 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14259
 Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.006		1	A	1		0.015		
Fatty acids, total monounsaturated.....g	0.007		1	A	1		0.017		
Fatty acids, total polyunsaturated.....g	0.006		1	A	1		0.015		
Fatty acids, total trans.....g	0.001		1	A	1		0.004		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 8 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14285
Beverages, OCEAN SPRAY, Ruby Red cranberry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.1		0	BFZN	4		0.2		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.003		1	A	1		0.007		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		1	A	1		0.007		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		1	A	1		0.009		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14285
Beverages, OCEAN SPRAY, Ruby Red cranberry

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14258

Beverages, OCEAN SPRAY, White Cranberry Peach

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.1		0	BF2N	4		0.2		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.002		1	A	1		0.005		
Fatty acids, total monounsaturated.....g	0.003		1	A	1		0.007		
Fatty acids, total polyunsaturated.....g	0.002		1	A	1		0.005		
Fatty acids, total trans.....g	0.001		1	A	1		0.004		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14227

Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.001		0	NR	4		0.002		
Fatty acids, total monounsaturated.....g	0.002		1	A	1		0.006		
Fatty acids, total polyunsaturated.....g	0.001		1	A	1		0.004		
Fatty acids, total trans.....g	0.001		1	A	1		0.004		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14309
Beverages, OVALTINE, Classic Malt powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000	0.000	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	Z	7		0.000	0.000	
12:0.....g	0.000		0	Z	7		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	LC	8		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	LC	8		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 serving (4 tbsp or 1 envelope)

Measure 2 = 21g: 1 individual serving (4-5 heaping tsp or 1 envelope)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14315
Beverages, OVALTINE, chocolate malt powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	Z	7		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	LC	8		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	LC	8		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: 1 cup

Measure 2 = 21g: 1 serving (4 tbsp or 1 envelope)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.002		0		1		0.001	0.009	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		1		0.001	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.001	0.017	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.000	0.004	
Threonine.....g	0.004		0		1		0.001	0.017	
Isoleucine.....g	0.004		0		1		0.001	0.017	
Leucine.....g	0.007		0		1		0.003	0.031	
Lysine.....g	0.005		0		1		0.002	0.022	
Methionine.....g	0.002		0		1		0.001	0.009	
Cystine.....g	0.003		0		1		0.001	0.013	
Phenylalanine.....g	0.005		0		1		0.002	0.022	
Tyrosine.....g	0.002		0		1		0.001	0.009	
Valine.....g	0.006		0		1		0.002	0.026	
Arginine.....g	0.025		0		1		0.009	0.109	
Histidine.....g	0.002		0		1		0.001	0.009	
Alanine.....g	0.008		0		1		0.003	0.035	
Aspartic acid.....g	0.040		0		1		0.015	0.174	
Glutamic acid.....g	0.018		0		1		0.007	0.078	
Glycine.....g	0.005		0		1		0.002	0.022	
Proline.....g	0.023		0		1		0.008	0.100	
Serine.....g	0.007		0		1		0.003	0.031	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	

NDB No. 14426

Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36.3g: 1 fl oz

Measure 2 = 436g: 1 can

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14427

Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.001		0	RPI	6		0.000	0.001	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	RPI	6		0.000	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPI	6		0.000	0.003	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.3g: 1 fl oz

Measure 2 = 250g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42270
 Beverages, Orange juice drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		4		0.025	0.003	0.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		4		0.025	0.003	0.026
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Measure 3 = 263g: 1 drink box (8.45 fl oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14064
 Beverages, Orange juice, light, No pulp

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14409

Beverages, Orange-flavor drink, breakfast type, low calorie, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.80		0	MC	9		0.05		
Energy.....kcal	217		0	MC	9		5		
Energy.....kJ	908		0	MC	9		23		
Protein.....g	3.60		0	MC	9		0.09		
Total lipid (fat).....g	0.00		0	MC	9		0.00		
Ash.....g	8.70		0	MC	9		0.22		
Carbohydrate, by difference.....g	85.90		0	NC	4		2.15		
Fiber, total dietary.....g	3.8		0	MC	9		0.1		
Sugars, total.....g	2.60		0	MC	9		0.07		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1378		0	MC	9		34		
Iron, Fe.....mg	0.07		0	MC	9		0.00		
Magnesium, Mg.....mg	275		0	MC	9		7		
Phosphorus, P.....mg	629		0	MC	9		16		
Potassium, K.....mg	3132		0	MC	9		78		
Sodium, Na.....mg	81		0	MC	9		2		
Zinc, Zn.....mg	0.00		0	MC	9		0.00		
Copper, Cu.....mg	0.003		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....µg	0.0		0	FLM	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2400.0		0	MC	9		60.0		
Thiamin.....mg	0.000		0	MC	9		0.000		
Riboflavin.....mg	6.800		0	MC	9		0.170		
Niacin.....mg	80.000		0	MC	9		2.000		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	8.000		0	MC	9		0.200		
Folate, total.....µg	0		0	MC	9		0		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	0		0	MC	9		0		
Folate, DFE.....µg	0		0	NC	4		0		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....µg	6006		0	NC	4		150		
Retinol.....µg	6006		0	O	4		150		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	20000		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14409

Beverages, Orange-flavor drink, breakfast type, low calorie, powder

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLM	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLM	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	MC	9		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	MC	9		0.000		
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.5g: 1 portion, amount of dry mix to make 8 fl oz prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14425

Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.022		0	RPI	6		0.007	0.055	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.001	
15:0.....g									
16:0.....g	0.015		0	RPI	6		0.005	0.036	
17:0.....g									
18:0.....g	0.007		0	RPI	6		0.002	0.018	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.064		0	RPI	6		0.020	0.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPI	6		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.063		0	RPI	6		0.020	0.157	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0	RPI	6		0.017	0.139	
18:2 undifferentiated.....g	0.052		0	RPI	6		0.016	0.129	
18:3 undifferentiated.....g	0.004		0	RPI	6		0.001	0.010	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 248g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14424

Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.078		0		1		0.028	0.331	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.000	0.004	
15:0.....g									
16:0.....g	0.051		0		1		0.018	0.216	
17:0.....g									
18:0.....g	0.026		0		1		0.009	0.110	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.226		0		1		0.080	0.958	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.223		0		1		0.079	0.946	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197		0		1		0.070	0.835	
18:2 undifferentiated.....g	0.183		0		1		0.065	0.776	
18:3 undifferentiated.....g	0.014		0		1		0.005	0.059	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35.3g: 1 fl oz

Measure 2 = 424g: 1 can

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14644

Beverages, PEPSICO QUAKER, Gatorade G2, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		0.0		
Vitamin D.....IU	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg	0.2		0	BFZN	4		0.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	MC	9		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	MC	9		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14644

Beverages, PEPSICO QUAKER, Gatorade G2, low calorie

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.2		0	FLA	4		0.1	0.4	1.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		1	LC	8		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 244g: 8 fl oz

Measure 3 = 609g: 1 bottle

NDB No. 14460

Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink. (1)

Footnotes:

1 old name: Sports drink, QUAKER OATS, GATORADE, fruit-flavored, ready-to-drink NFNAP data and Fluoride for SR18

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14167
 Beverages, POWERADE, Zero, Mixed Berry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 360g: 12 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14599
 Beverages, Powerade Zero Ion4, calorie-free, assorted flavors

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 8 fl oz

Measure 2 = 355g: 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14462

Beverages, Propel Zero, fruit-flavored, non-carbonated

sport drink, thirst quencher

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	98.78		2	A	1		29.24	494.91	351.67
Energy.....kcal	5		0	NC	4		1	23	16
Energy.....kJ	19		0	NC	4		6	95	68
Protein.....g	0.00		2	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		2	A	1		0.00	0.00	0.00
Ash.....g	0.08		0	O	4		0.02	0.38	0.27
Carbohydrate, by difference.....g	1.14		0	NC	4		0.34	5.71	4.06
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	LC	8		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		2	A	1		0	4	3
Iron, Fe.....mg	0.03		2	A	1		0.01	0.15	0.11
Magnesium, Mg.....mg	0		2	A	1		0	0	0
Phosphorus, P.....mg	25		0	NR	4		7	125	89
Potassium, K.....mg	16		2	A	1		5	82	59
Sodium, Na.....mg	33		0	NR	4		10	167	119
Zinc, Zn.....mg	0.00		2	A	1		0.00	0.01	0.01
Copper, Cu.....mg	0.000		2	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		2	A	1		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.8		2	A	1		2.6	44.1	31.3
Thiamin.....mg	0.000		0	Z	7		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	Z	7		0.000	0.000	0.000
Niacin.....mg	4.095		2	A	1		1.212	20.516	14.578
Pantothenic acid.....mg	1.570		2	A	1		0.465	7.865	5.589
Vitamin B-6.....mg	0.556		2	A	1		0.165	2.788	1.981
Folate, total.....µg	0		0	Z	7		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	Z	7		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	Z	7		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.67		2	A	1		0.49	8.34	5.93
Vitamin E, added.....mg	1.67		0	NR	4		0.49	8.34	5.93
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	0.0

NDB No. 14462
Beverages, Propel Zero, fruit-flavored, non-carbonated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000	0.000	0.000
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	NR	4		0.000	0.000	0.000
10:0.....g	0.000		0	Z	7		0.000	0.000	0.000
12:0.....g	0.000		0	Z	7		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
20:1.....g	0.000		0	Z	7		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 501g: 1 bottle 16.9 fl oz
- Measure 3 = 356g: 1 bottle 12 fl oz

Calories Factors: Protein Fat Carbohydrate

NDB No. 14462

Beverages, Propel Zero, fruit-flavored, non-carbonated

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14067
Beverages, Protein powder soy based

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.111		0	LC	8		0.500		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		
12:0.....g	0.000		0	BFFN	4		0.000		
13:0.....g									
14:0.....g	0.013		0	BFFN	4		0.006		
15:0.....g									
16:0.....g	0.508		0	BFFN	4		0.229		
17:0.....g									
18:0.....g	0.170		0	BFFN	4		0.077		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.057		0	BFFN	4		0.476		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	BFFN	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	1.044		0	BFFN	4		0.470		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.701		0	BFFN	4		1.215		
18:2 undifferentiated.....g	2.381		0	BFFN	4		1.072		
18:3 undifferentiated.....g	0.320		0	BFFN	4		0.144		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.722		0	LC	8		0.325		
Threonine.....g	2.169		0	LC	8		0.976		
Isoleucine.....g	2.762		0	LC	8		1.243		
Leucine.....g	4.602		0	LC	8		2.071		
Lysine.....g	3.551		0	LC	8		1.598		
Methionine.....g	0.722		0	LC	8		0.325		
Cystine.....g	0.722		0	LC	8		0.325		
Phenylalanine.....g	2.958		0	LC	8		1.331		
Tyrosine.....g	2.169		0	LC	8		0.976		
Valine.....g	2.827		0	LC	8		1.272		
Arginine.....g	4.273		0	LC	8		1.923		
Histidine.....g	1.511		0	LC	8		0.680		
Alanine.....g	2.433		0	LC	8		1.095		
Aspartic acid.....g	6.576		0	LC	8		2.959		
Glutamic acid.....g	10.849		0	LC	8		4.882		
Glycine.....g	2.367		0	LC	8		1.065		
Proline.....g	2.893		0	LC	8		1.302		
Serine.....g	2.958		0	LC	8		1.331		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 14067
Beverages, Protein powder soy based

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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Common Measures:

Measure 1 = 45g: 1 scoop

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14066
 Beverages, Protein powder whey based

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.781		0	LC	8		0.250		
4:0.....g	0.036		0	FLC	4		0.011		
6:0.....g	0.012		0	FLC	4		0.004		
8:0.....g	0.008		0	FLC	4		0.002		
10:0.....g	0.016		0	FLC	4		0.005		
12:0.....g	0.009		0	FLC	4		0.003		
13:0.....g									
14:0.....g	0.073		0	FLC	4		0.024		
15:0.....g									
16:0.....g	0.432		0	FLC	4		0.138		
17:0.....g									
18:0.....g	0.142		0	FLC	4		0.045		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.158		0	FLC	4		0.051		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	FLC	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.135		0	FLC	4		0.043		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.299		0	FLC	4		0.096		
18:2 undifferentiated.....g	0.264		0	FLC	4		0.085		
18:3 undifferentiated.....g	0.034		0	FLC	4		0.011		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	16		0	LC	8		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: .33 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.450		0	MC	9		1.328		
4:0.....g	0.004		0	FLC	4		0.013		
6:0.....g	0.001		0	FLC	4		0.004		
8:0.....g	0.001		0	FLC	4		0.003		
10:0.....g	0.003		0	FLC	4		0.008		
12:0.....g	0.002		0	FLC	4		0.007		
13:0.....g									
14:0.....g	0.014		0	FLC	4		0.041		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.289		0	FLC	4		0.853		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.137		0	FLC	4		0.403		
20:0.....g	0.038		0	FLC	4		0.111		
22:0.....g	0.019		0	FLC	4		0.056		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.100		0	MC	9		6.195		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.008		0	FLC	4		0.023		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	1.692		0	FLC	4		4.992		
20:1.....g	0.036		0	FLC	4		0.106		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0	MC	9		0.856		
18:2 undifferentiated.....g	0.518		0	FLC	4		1.527		
18:3 undifferentiated.....g	0.249		0	FLC	4		0.734		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	4		0	MC	9		12		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 295g: 1 bottle

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14294

Beverages, SNAPPLE, tea, black and green, ready to drink, lemon, diet

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	9		0	MC	9				
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14291

Beverages, SNAPPLE, tea, black and green, ready to drink, peach, diet

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	8		0	MC		9			
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14351

Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.90		0		1		215.19		
Energy.....kcal	88		0	NC	4		234		
Energy.....kJ	368		0		4		979		
Protein.....g	3.00		0		1		7.98		
Total lipid (fat).....g	3.10		0		1		8.25		
Ash.....g	0.70		0		1		1.86		
Carbohydrate, by difference.....g	12.30		0	NC	4		32.72		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	110		0		1		293		
Iron, Fe.....mg	0.08		0		1		0.21		
Magnesium, Mg.....mg	12		0		1		32		
Phosphorus, P.....mg	86		0		1		229		
Potassium, K.....mg	139		0		1		370		
Sodium, Na.....mg	48		0		1		128		
Zinc, Zn.....mg	0.35		0		1		0.93		
Copper, Cu.....mg	0.009		0		1		0.024		
Manganese, Mn.....mg	0.002		0		1		0.005		
Selenium, Se.....µg	1.8		0	RP	4		4.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		2.4		
Thiamin.....mg	0.035		0		1		0.093		
Riboflavin.....mg	0.158		0		1		0.420		
Niacin.....mg	0.083		0		1		0.221		
Pantothenic acid.....mg	0.288		0		1		0.766		
Vitamin B-6.....mg	0.039		0		1		0.104		
Folate, total.....µg	5		0		1		12		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	5		0		1		12		
Folate, DFE.....µg	5		0	NC	4		12		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.33		0		1		0.88		
Vitamin A, RAE.....µg	26		0	NC	4		69		
Retinol.....µg	26		0	O	4		69		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	116		0		1		309		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14351

Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.910		0		1		5.081		
4:0.....g	0.099		0		1		0.263		
6:0.....g	0.059		0		1		0.157		
8:0.....g	0.034		0		1		0.090		
10:0.....g	0.077		0		1		0.205		
12:0.....g	0.086		0		1		0.229		
13:0.....g									
14:0.....g	0.309		0		1		0.822		
15:0.....g									
16:0.....g	0.808		0		1		2.149		
17:0.....g									
18:0.....g	0.372		0		1		0.990		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.886		0		1		2.357		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0		1		0.184		
17:1.....g									
18:1 undifferentiated.....g	0.772		0		1		2.054		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.114		0		1		0.303		
18:2 undifferentiated.....g	0.069		0		1		0.184		
18:3 undifferentiated.....g	0.045		0		1		0.120		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0		1		32		
Phytosterols.....mg	0		0		1		0		
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.112		
Threonine.....g	0.137		0		1		0.364		
Isoleucine.....g	0.183		0		1		0.487		
Leucine.....g	0.296		0		1		0.787		
Lysine.....g	0.240		0		1		0.638		
Methionine.....g	0.076		0		1		0.202		
Cystine.....g	0.028		0		1		0.074		
Phenylalanine.....g	0.146		0		1		0.388		
Tyrosine.....g	0.146		0		1		0.388		
Valine.....g	0.202		0		1		0.537		
Arginine.....g	0.109		0		1		0.290		
Histidine.....g	0.082		0		1		0.218		
Alanine.....g	0.104		0		1		0.277		
Aspartic acid.....g	0.230		0		1		0.612		
Glutamic acid.....g	0.633		0		1		1.684		
Glycine.....g	0.064		0		1		0.170		
Proline.....g	0.293		0		1		0.779		
Serine.....g	0.164		0		1		0.436		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 14351

Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk

Common Measures:

Measure 1 = 266g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	34		0	MC	9		162		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 480g: 16 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14030

Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....mg	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	34		0	MC	9		162		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 480g: 16 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14434

Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated

The Coca-Cola Company

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.96		1	A	1		29.59	499.79	354.85
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	0.00
Ash.....g	0.00		1	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	A	1		0	2	1
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	0		1	A	1		0	2	1
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	0		1	A	1		0	0	0
Sodium, Na.....mg	0		1	A	1		0	0	0
Zinc, Zn.....mg	0.00		1	A	1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz

Measure 3 = 355g: 1 bottle 12 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 591g: 20 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14065
 Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 200g: 6.75 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14276
 Beverages, Tropical Punch, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000	0.000	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	Z	7		0.000	0.000	
12:0.....g	0.000		0	Z	7		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	LC	8		0.000	0.000	
Cholesterol.....mg	0		0	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 NLEA Serving

Measure 2 = 200g: 200 ml

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14055

Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.360		0	MC	9		0.354		
4:0.....g	0.012		0	BFZN	4		0.003		
6:0.....g	0.003		0	BFZN	4		0.001		
8:0.....g	0.004		0	BFZN	4		0.001		
10:0.....g	0.008		0	BFZN	4		0.002		
12:0.....g	0.008		0	BFZN	4		0.002		
13:0.....g									
14:0.....g	0.047		0	BFZN	4		0.012		
15:0.....g									
16:0.....g	0.732		0	BFZN	4		0.190		
17:0.....g									
18:0.....g	0.779		0	BFZN	4		0.203		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.110		0	MC	9		2.369		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	BFZN	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	9.469		0	BFZN	4		2.462		
20:1.....g	0.110		0	BFZN	4		0.029		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0	MC	9		0.278		
18:2 undifferentiated.....g	1.754		0	BFZN	4		0.456		
18:3 undifferentiated.....g	0.100		0	BFZN	4		0.026		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	6		0	MC	9		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 scoop

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14047
 Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.450		0	MC	9		0.377		
4:0.....g	0.012		0	FLC	4		0.003		
6:0.....g	0.003		0	FLC	4		0.001		
8:0.....g	0.004		0	FLC	4		0.001		
10:0.....g	0.008		0	FLC	4		0.002		
12:0.....g	0.008		0	FLC	4		0.002		
13:0.....g									
14:0.....g	0.047		0	FLC	4		0.012		
15:0.....g	0.137		0	FLC	4		0.036		
16:0.....g	0.732		0	FLC	4		0.190		
17:0.....g									
18:0.....g	0.779		0	FLC	4		0.203		
20:0.....g									
22:0.....g	0.172		0	FLC	4		0.045		
24:0.....g									
Fatty acids, total monounsaturated.....g	10.510		0	MC	9		2.733		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	FLC	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	9.469		0	FLC	4		2.462		
20:1.....g	0.110		0	FLC	4		0.029		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.190		0	MC	9		0.309		
18:2 undifferentiated.....g	1.754		0	FLC	4		0.456		
18:3 undifferentiated.....g	0.100		0	FLC	4		0.026		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	5		0	MC	9		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 scoop

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.540		0	MC	9		1.593		
4:0.....g	0.008		0	FLC	4		0.022		
6:0.....g	0.001		0	FLC	4		0.004		
8:0.....g	0.002		0	FLC	4		0.005		
10:0.....g	0.003		0	FLC	4		0.010		
12:0.....g	0.002		0	FLC	4		0.007		
13:0.....g									
14:0.....g	0.015		0	FLC	4		0.043		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.283		0	FLC	4		0.834		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.132		0	FLC	4		0.390		
20:0.....g	0.036		0	FLC	4		0.106		
22:0.....g	0.018		0	FLC	4		0.054		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.970		0	MC	9		2.862		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.005		0	FLC	4		0.016		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	1.014		0	FLC	4		2.991		
20:1.....g	0.021		0	FLC	4		0.063		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0	MC	9		0.944		
18:2 undifferentiated.....g	0.310		0	FLC	4		0.916		
18:3 undifferentiated.....g	0.149		0	FLC	4		0.440		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	3		0	LC	8		10		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 295g: 1 bottle

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14611

Beverages, V8 SPLASH Juice Drinks, Berry Blend

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14607

Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14608

Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14609

Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14610

Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14612

Beverages, V8 SPLASH Juice Drinks, Fruit Medley

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14613

Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14614

Beverages, V8 SPLASH Juice Drinks, Mango Peach

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14615

Beverages, V8 SPLASH Juice Drinks, Orange Pineapple

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14616

Beverages, V8 SPLASH Juice Drinks, Orchard Blend

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14617

Beverages, V8 SPLASH Juice Drinks, Strawberry Banana

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14618

Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14619

Beverages, V8 SPLASH Juice Drinks, Tropical Blend

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14086

Beverages, V8 SPLASH Smoothies, Peach Mango

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14087

Beverages, V8 SPLASH Smoothies, Strawberry Banana

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14088

Beverages, V8 SPLASH Smoothies, Tropical Colada

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14623

Beverages, V8 V- FUSION Juices, Acai Berry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14620

Beverages, V8 V-FUSION Juices, Peach Mango

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14621

Beverages, V8 V-FUSION Juices, Strawberry Banana

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14622

Beverages, V8 V-FUSION Juices, Tropical

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14633

Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLC	4		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14601
 Beverages, WENDY'S, tea, ready-to-drink, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.000		1	A	1		0.000		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.000		1	A	1		0.000		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.000		1	A	1		0.000		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000		
18:2 undifferentiated.....g	0.000		1	A	1		0.000		
18:3 undifferentiated.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g	0.000		1	A	1		0.000		
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	8		1	A	1		2		
Theobromine.....mg	1		1	A	1		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 8 fl oz (1 NLEA serving)

Measure 2 = 237g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14058
Beverages, Whey protein powder isolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.581		0	LC	8		0.500		
4:0.....g	0.023		0	BFZN	4		0.020		
6:0.....g	0.008		0	BFZN	4		0.007		
8:0.....g	0.005		0	BFZN	4		0.004		
10:0.....g	0.010		0	BFZN	4		0.009		
12:0.....g	0.006		0	BFZN	4		0.005		
13:0.....g									
14:0.....g	0.046		0	BFZN	4		0.040		
15:0.....g									
16:0.....g	0.150		0	BFZN	4		0.129		
17:0.....g									
18:0.....g	0.060		0	BFZN	4		0.052		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.149		0	BFZN	4		0.128		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	BFZN	4		0.022		
17:1.....g									
18:1 undifferentiated.....g	0.114		0	BFZN	4		0.098		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0	BFZN	4		0.018		
18:2 undifferentiated.....g	0.018		0	BFZN	4		0.015		
18:3 undifferentiated.....g	0.003		0	BFZN	4		0.003		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	12		0	LC	8		10		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 86g: 3 scoop

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14028
Beverages, Whiskey sour mix, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.008		0		1		0.003	0.005	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.008		0		1		0.003	0.005	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.006	0.013	
18:2 undifferentiated.....g	0.013		0		1		0.004	0.008	
18:3 undifferentiated.....g	0.005		0		1		0.002	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32.3g: 1 fl oz

Measure 2 = 65g: 2 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14024
 Beverages, Whiskey sour mix, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.019		0		1		0.003		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.012		0		1		0.002		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.037		0		1		0.006		
18:2 undifferentiated.....g	0.025		0		1		0.004		
18:3 undifferentiated.....g	0.012		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 packet

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14553
 Beverages, Wine, non-alcoholic

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.000		0		4		0.000		
17:0.....g									
18:0.....g	0.000		0		4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000		
18:2 undifferentiated.....g	0.000		0		4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.0g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	13		0	MA	12		44		
Theobromine.....mg	0		0	Z	7		0		

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Common Measures:

Measure 1 = 355g: 1 can

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14074
 Beverages, ZEVIA, cola, caffeine free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	LC	8		0		
Theobromine.....mg	0		0	Z	7		0		

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Common Measures:

Measure 1 = 355g: 1 can

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14054

Beverages, almond milk, chocolate, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	4		0	FLC	4		10	10	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Measure 2 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g	0.000		0	FLC	4		0.000	0.000	
14:0.....g	0.000		0	FLC	4		0.000	0.000	
15:0.....g	0.000		0	FLC	4		0.000	0.000	
16:0.....g	0.000		0	FLC	4		0.000	0.000	
17:0.....g	0.000		0	FLC	4		0.000	0.000	
18:0.....g	0.000		0	FLC	4		0.000	0.000	
20:0.....g	0.000		0	FLC	4		0.000	0.000	
22:0.....g	0.000		0	FLC	4		0.000	0.000	
24:0.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.625		0	LC	8		1.500	1.500	
14:1.....g	0.000		0	FLC	4		0.000	0.000	
15:1.....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated.....g	0.005		0	FLC	4		0.012	0.012	
17:1.....g	0.001		0	FLC	4		0.001	0.001	
18:1 undifferentiated.....g	0.619		0	FLC	4		1.487	1.487	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.208		0	LC	8		0.500	0.500	
18:2 undifferentiated.....g	0.208		0	FLC	4		0.500	0.500	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	LC	8		0.000	0.000	
Cholesterol.....mg	0		0	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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Common Measures:

Measure 1 = 240g: 8 fl oz

Measure 2 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14091

Beverages, almond milk, unsweetened, shelf stable

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	NR	4		2.7		
Vitamin D.....IU	42		0	LC	8		109		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.708		0	BFFN	4		1.856		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	BFFN	4		0.015		
17:1.....g									
18:1 undifferentiated.....g	0.702		0	BFFN	4		1.839		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.236		0	BFFN	4		0.619		
18:2 undifferentiated.....g	0.236		0	BFFN	4		0.618		
18:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000		
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 262g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14091

Beverages, almond milk, unsweetened, shelf stable

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14216

Beverages, aloe vera juice drink, fortified with Vitamin C

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	0.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		2	A	1		0	0	0
Theobromine.....mg	0		1	A	1		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 369g: 1 serving 12 fl oz

Measure 3 = 492g: 1 serving 16 fl oz

NDB No. 14145

Beverages, carbonated, SPRITE, lemon-lime, without caffeine (1)

Footnotes:

- 1 Includes retail and fast food, without ice products.
- 2 Retail products have higher values than fast food products.
- 3 Fast food products contain sucrose while retail products do not.
- 4 Retail products have higher values than fast food products.
- 5 Retail products have higher values than fast food products.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14121
Beverages, carbonated, club soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 14121
Beverages, carbonated, club soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 can or bottle (16 fl oz)

Measure 3 = 355g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0		2	JA	6		0.0	0.0	0.1
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	8	0.127	7	A	1		21	28	39
Theobromine.....mg	0	0.000	4	A	1		0	0	0

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Common Measures:

- Measure 1 = 258g: 1 serving child 12 fl oz, without ice
- Measure 2 = 347g: 1 serving small 16 fl oz, without ice
- Measure 3 = 486g: 1 serving medium 21 fl oz, without ice

NDB No. 14400

Beverages, carbonated, cola, fast-food cola (1)

Footnotes:

- 1 Includes retail and fast food. Weights of drinks vary because bottles and cans are filled to the brim but cups in fast food restaurants are not. For cups, weights are weight of the drink without ice.
- 2 Retail products have higher values than fast food products.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14148
Beverages, carbonated, cola, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	0.1
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	9	0.040	6	A	1		3	35	46
Theobromine.....mg	0	0.000	4	A	1		0	0	0

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Common Measures:

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 370g: 1 can or bottle (12 fl oz)

Measure 3 = 492g: 1 can or bottle (16 fl oz)

NDB No. 14148
Beverages, carbonated, cola, regular

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Beverages, carbonated, cola, without caffeine (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	0.1
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0	0.000	4	A	1		0	0	0

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Common Measures:

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 368g: 1 serving 12 fl oz

Measure 3 = 491g: 1 serving 16 fl oz

NDB No. 14147

Beverages, carbonated, cola, without caffeine (1)

Footnotes:

- 1 Includes retail and fast food, without ice products.
- 2 Retail products have higher values than fast food products.
- 3 Fast food products contain sucrose while retail products do not.
- 4 Retail products have higher values than fast food products.
- 5 Retail products have higher values than fast food products.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14136
Beverages, carbonated, ginger ale

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4	0.000	0.000	0.000	
4:0.....g	0.000		0		4	0.000	0.000	0.000	
6:0.....g	0.000		0		4	0.000	0.000	0.000	
8:0.....g	0.000		0		4	0.000	0.000	0.000	
10:0.....g	0.000		0		4	0.000	0.000	0.000	
12:0.....g	0.000		0		4	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4	0.000	0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4	0.000	0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4	0.000	0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4	0.000	0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
20:1.....g	0.000		0		4	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4	0.000	0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
18:4.....g	0.000		0		4	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	0.000	
Cholesterol.....mg	0		0		1	0	0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 488g: 1 can or bottle (16 fl oz)

Measure 3 = 366g: 1 can or bottle (12 fl oz)

NDB No. 14136
Beverages, carbonated, ginger ale

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14142
Beverages, carbonated, grape soda

pop, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.80		0		1		27.53	330.34	
Energy.....kcal	43		0	NC	4		13	160	
Energy.....kJ	180		0		4		56	669	
Protein (N x 6.25).....g	0.00		0		4		0.00	0.00	
Total lipid (fat).....g	0.00		0		4		0.00	0.00	
Ash.....g	0.10		0		4		0.03	0.37	
Carbohydrate, by difference.....g	11.20		0	NC	4		3.47	41.66	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		2		1		1	11	
Iron, Fe.....mg	0.08	0.018	12		1		0.02	0.30	
Magnesium, Mg.....mg	1		2		1		0	4	
Phosphorus, P.....mg	0	0.014	9		1		0	0	
Potassium, K.....mg	1		25		1		0	4	
Sodium, Na.....mg	15		25		1		5	56	
Zinc, Zn.....mg	0.07	0.025	11		1		0.02	0.26	
Copper, Cu.....mg	0.022	0.010	9		1		0.007	0.082	
Manganese, Mn.....mg	0.013		0		4		0.004	0.048	
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....µg	0		0		4		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14142
Beverages, carbonated, grape soda

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 372g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14144

Beverages, carbonated, lemon-lime soda, no caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		1	A	1		0		
Theobromine.....mg	0		1	A	1		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.8g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

NDB No. 14144

Beverages, carbonated, lemon-lime soda, no caffeine

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14165

Beverages, carbonated, limeade, high caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	18	0.100	3	A	1		47		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14165

Beverages, carbonated, limeade, high caffeine

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0	0.001	3	JA	6		0.0	0.0	0.0
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	12		7	A	1		3	41	55
Theobromine.....mg	0		4	A	1		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can can 12 fl oz

Measure 3 = 473g: 1 bottle bottle 16 fl oz

NDB No. 14416

Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine (1)

Footnotes:

1 Includes retail and fast food, without ice products.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0	0.000	4	A	1		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 can or bottle (16 fl oz)

Measure 3 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

NDB No. 14166

Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	11	0.622	17		1		3	52	39
Theobromine.....mg	0		0	z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 474g: 1 bottle (16 fl oz)
- Measure 3 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 3.36

Food Group: 14 Beverages

Beverages, carbonated, low calorie, other than cola or pepper, without caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14151

Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	15		0	FLC	4		4	53	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14150
Beverages, carbonated, orange

pop, soda, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.60		1		1		27.16	434.50	325.87
Energy.....kcal	48		0	NC	4		15	238	179
Energy.....kJ	201		0		4		62	996	747
Protein (N x 6.25).....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0		4		0.00	0.00	0.00
Ash.....g	0.10	0.004	46		1		0.03	0.50	0.37
Carbohydrate, by difference.....g	12.30		0	NC	4		3.81	61.01	45.76
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		6		1		2	25	19
Iron, Fe.....mg	0.06	0.011	9		1		0.02	0.30	0.22
Magnesium, Mg.....mg	1		6		1		0	5	4
Phosphorus, P.....mg	1		11		1		0	5	4
Potassium, K.....mg	2		76		1		1	10	7
Sodium, Na.....mg	12		30		1		4	60	45
Zinc, Zn.....mg	0.10		12		1		0.03	0.50	0.37
Copper, Cu.....mg	0.015	0.008	5		1		0.005	0.074	0.056
Manganese, Mn.....mg	0.013		0		4		0.004	0.064	0.048
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	0.6		0	AS	1		0.2	2.9	2.1
Betaine.....mg	0.1		1	A	1		0.0	0.3	0.2
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 14150
Beverages, carbonated, orange

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 496g: 1 can or bottle (16 fl oz)

Measure 3 = 372g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14153

Beverages, carbonated, pepper-type, contains caffeine

pop, soda, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.40	0.195	3		1		27.45	438.95	328.99
Energy.....kcal	41		0	NC	4		13	201	151
Energy.....kJ	172		0		4		53	842	631
Protein (N x 6.25).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	0.10	0.027	3		1		0.03	0.49	0.37
Ash.....g	0.03		0	O	4		0.01	0.12	0.09
Carbohydrate, by difference.....g	10.40		0	NC	4		3.19	51.06	38.27
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		2		1		1	15	11
Iron, Fe.....mg	0.04		2		1		0.01	0.20	0.15
Magnesium, Mg.....mg	0		2		1		0	0	0
Phosphorus, P.....mg	11		5		1		3	54	40
Potassium, K.....mg	1	0.090	8		1		0	5	4
Sodium, Na.....mg	10	1.603	8		1		3	49	37
Zinc, Zn.....mg	0.04		2		1		0.01	0.20	0.15
Copper, Cu.....mg	0.006		2		1		0.002	0.029	0.022
Manganese, Mn.....mg	0.035		0		4		0.011	0.172	0.129
Selenium, Se.....µg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14153

Beverages, carbonated, pepper-type, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.070		0		4		0.021	0.344	0.258
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	10		3		1		3	49	37
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 491g: 1 can or bottle (16 fl oz)

Measure 3 = 368g: 1 can or bottle (12 fl oz)

NDB No. 14153

Beverages, carbonated, pepper-type, contains caffeine

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14149

Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	9	0.254	4	A	1		3	33	
Theobromine.....mg	0	0.000	4	A	1		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (8 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14157
 Beverages, carbonated, root beer

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		1		1		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 493g: 1 can or bottle (16 fl oz)

Measure 3 = 370g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14155
 Beverages, carbonated, tonic water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 14155
Beverages, carbonated, tonic water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 30.5g: 1 fl oz
- Measure 2 = 336g: 1 bottle (11 fl oz)
- Measure 3 = 488g: 1 can or bottle (16 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14092

Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.729		0	BFFN	4		1.750		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	BFFN	4		0.014		
17:1.....g									
18:1 undifferentiated.....g	0.722		0	BFFN	4		1.733		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.243		0	BFFN	4		0.583		
18:2 undifferentiated.....g	0.243		0	BFFN	4		0.583		
18:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000		
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	5		0	BFFN	4		11		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14163

Beverages, chocolate drink, milk and soy based, ready to drink, fortified

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.422		0	LC	8		1.000		
4:0.....g	0.012		0	FLC	4		0.029		
6:0.....g	0.003		0	FLC	4		0.008		
8:0.....g	0.004		0	FLC	4		0.009		
10:0.....g	0.008		0	FLC	4		0.020		
12:0.....g	0.009		0	FLC	4		0.021		
13:0.....g									
14:0.....g	0.041		0	FLC	4		0.097		
15:0.....g	0.011		0	FLC	4		0.027		
16:0.....g	0.179		0	FLC	4		0.425		
17:0.....g									
18:0.....g	0.125		0	FLC	4		0.296		
20:0.....g									
22:0.....g	0.014		0	FLC	4		0.034		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.154		0	FLC	4		2.736		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLC	4		0.038		
17:1.....g									
18:1 undifferentiated.....g	1.120		0	FLC	4		2.654		
20:1.....g	0.012		0	FLC	4		0.028		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057		0	FLC	4		0.136		
18:2 undifferentiated.....g	0.052		0	FLC	4		0.124		
18:3 undifferentiated.....g	0.005		0	FLC	4		0.012		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	4		0	LC	8		10		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		1		
Theobromine.....mg	13		0	FLC	4		31		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g; 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14164

Beverages, chocolate malt powder, prepared with 1% milk, fortified

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.95	0.134	6	A	1		84.23	215.73	
Energy.....kcal	57		0	NC	4		56	144	
Energy.....kJ	239		0	NC	4		234	600	
Protein.....g	3.32	0.017	6	A	1		3.25	8.33	
Total lipid (fat).....g	0.97	0.021	6	A	1		0.95	2.43	
Ash.....g	0.95	0.025	6	A	1		0.94	2.40	
Carbohydrate, by difference.....g	8.81		0	NC	4		8.63	22.12	
Fiber, total dietary.....g	0.0		2	A	1		0.0	0.0	
Sugars, total.....g	7.81	0.191	6	A	1		7.66	19.62	
Sucrose.....g	3.02	0.199	6	A	1		2.96	7.58	
Glucose (dextrose).....g	0.00	0.000	6	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	6	A	1		0.00	0.00	
Lactose.....g	4.79	0.019	6	A	1		4.70	12.04	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	0.14	0.033	4	A	1		0.14	0.36	
Minerals:									
Calcium, Ca.....mg	160	1.249	6	A	1		157	401	
Iron, Fe.....mg	1.14	0.049	6	A	1		1.12	2.87	
Magnesium, Mg.....mg	24	0.572	6	A	1		24	61	
Phosphorus, P.....mg	94	1.257	6	A	1		92	235	
Potassium, K.....mg	191	5.414	6	A	1		187	479	
Sodium, Na.....mg	60	1.719	6	A	1		59	151	
Zinc, Zn.....mg	1.22	0.024	6	A	1		1.20	3.06	
Copper, Cu.....mg	0.121	0.009	6	A	1		0.119	0.304	
Manganese, Mn.....mg	0.040	0.003	6	A	1		0.039	0.100	
Selenium, Se.....µg	3.4		2	A	1		3.3	8.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0	0.239	3	A	1		3.0	7.6	
Thiamin.....mg	0.167	0.009	3	A	1		0.163	0.418	
Riboflavin.....mg	0.262	0.005	4	A	1		0.257	0.659	
Niacin.....mg	1.427	0.071	4	A	1		1.399	3.583	
Pantothenic acid.....mg	0.710		1	A	1		0.696	1.782	
Vitamin B-6.....mg	0.132	0.011	4	A	1		0.130	0.332	
Folate, total.....µg	7		2	A	1		7	17	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	7		0	NR	4		7	17	
Folate, DFE.....µg	7		0	NC	4		7	17	
Choline, total.....mg	17.6		0	BFFN	4		17.2	44.2	
Betaine.....mg									
Vitamin B-12.....µg	0.47		0	BFFN	4		0.46	1.17	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	171		0	NC	4		168	429	
Retinol.....µg	171		0	O	4		168	429	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	570		0	O	4		559	1431	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	13.79		0	O	4		13.51	34.61	
Vitamin E, added.....mg	12.27		0	O	4		12.03	30.80	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 14164

Beverages, chocolate malt powder, prepared with 1% milk, fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	2.5		0	O	4		2.5	6.3	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	100		0	O	4		98	252	
Vitamin K (phylloquinone).....µg	0.1		1	A	1		0.1	0.3	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.630		0	BFFN	4		0.618	1.582	
4:0.....g	0.024		0	BFFN	4		0.023	0.060	
6:0.....g	0.018		0	BFFN	4		0.017	0.044	
8:0.....g	0.013		0	BFFN	4		0.012	0.031	
10:0.....g	0.027		0	BFFN	4		0.027	0.068	
12:0.....g	0.029		0	BFFN	4		0.029	0.074	
13:0.....g									
14:0.....g	0.091		0	BFFN	4		0.089	0.228	
15:0.....g									
16:0.....g	0.286		0	BFFN	4		0.280	0.718	
17:0.....g									
18:0.....g	0.126		0	BFFN	4		0.123	0.315	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.276		0	BFFN	4		0.271	0.693	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0	BFFN	4		0.016	0.041	
17:1.....g									
18:1 undifferentiated.....g	0.249		0	BFFN	4		0.244	0.625	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035		0	BFFN	4		0.034	0.087	
18:2 undifferentiated.....g	0.030		0	BFFN	4		0.030	0.076	
18:3 undifferentiated.....g	0.004		0	BFFN	4		0.004	0.011	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0	BFFN	4		5	12	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	1		2	A	1		1	3	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 98g: 1 cup dry mix

Measure 2 = 251g: 1 cup prepared

NDB No. 14164

Beverages, chocolate malt powder, prepared with 1% milk, fortified

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14083

Beverages, chocolate malt, powder, prepared with fat free milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.112		0	RA	4		0.287		
4:0.....g	0.009		0	RA	4		0.022		
6:0.....g	0.001		0	RA	4		0.002		
8:0.....g	0.002		0	RA	4		0.005		
10:0.....g	0.004		0	RA	4		0.010		
12:0.....g	0.003		0	RA	4		0.007		
13:0.....g									
14:0.....g	0.016		0	RA	4		0.042		
15:0.....g									
16:0.....g	0.051		0	RA	4		0.130		
17:0.....g									
18:0.....g	0.018		0	RA	4		0.047		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.045		0	RA	4		0.115		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	RA	4		0.017		
17:1.....g									
18:1 undifferentiated.....g	0.036		0	RA	4		0.093		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0	RA	4		0.017		
18:2 undifferentiated.....g	0.005		0	RA	4		0.012		
18:3 undifferentiated.....g	0.002		0	RA	4		0.005		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g	0.000		0	RA	4		0.000		
Cholesterol.....mg	2		0	RA	4		4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14063

Beverages, chocolate powder, no sugar added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	4.545		0	LC	8		0.500		
4:0.....g	0.064		0	BFFN	4		0.007		
6:0.....g	0.016		0	BFFN	4		0.002		
8:0.....g	0.016		0	BFFN	4		0.002		
10:0.....g	0.034		0	BFFN	4		0.004		
12:0.....g	0.018		0	BFFN	4		0.002		
13:0.....g									
14:0.....g	0.152		0	BFFN	4		0.017		
15:0.....g									
16:0.....g	1.961		0	BFFN	4		0.216		
17:0.....g									
18:0.....g	1.499		0	BFFN	4		0.165		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.119		0	BFFN	4		0.233		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		0	BFFN	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	2.045		0	BFFN	4		0.225		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.831		0	BFFN	4		0.201		
18:2 undifferentiated.....g	1.624		0	BFFN	4		0.179		
18:3 undifferentiated.....g	0.203		0	BFFN	4		0.022		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	1		0	MC	9		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.0g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14181
Beverages, chocolate syrup

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.519		0		1		0.202	1.557	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	FLA	4		0.001	0.004	
15:0.....g									
16:0.....g	0.244		0	FLA	4		0.095	0.732	
17:0.....g									
18:0.....g	0.267		0	FLA	4		0.104	0.800	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.286		0	FLA	4		0.112	0.858	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.286		0	FLA	4		0.111	0.857	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.026		0	FLA	4		0.010	0.078	
18:2 undifferentiated.....g	0.024		0	FLA	4		0.009	0.072	
18:3 undifferentiated.....g	0.002		0	FLA	4		0.001	0.006	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	6		0	FLA	4		2	17	
Theobromine.....mg	190		0	FLA	4		74	569	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 serving 2 tbsp

Measure 2 = 300g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14182

Beverages, chocolate syrup, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.51		0	RPA	1		227.03		
Energy.....kcal	90		0	RPI	6		254		
Energy.....kJ	377		0	RPI	6		1062		
Protein.....g	3.07		0	RPA	1		8.66		
Total lipid (fat).....g	2.96		0	RPI	6		8.35		
Ash.....g	0.69		0	RPA	1		1.94		
Carbohydrate, by difference.....g	12.78		0	RPI	6		36.03		
Fiber, total dietary.....g	0.3		0	RPI	6		1.0		
Sugars, total.....g	11.31		0	RPI	6		31.89		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	89		0	RPA	1		251		
Iron, Fe.....mg	0.32		0	RPA	1		0.89		
Magnesium, Mg.....mg	18		0	RPA	1		50		
Phosphorus, P.....mg	90		0	RPA	1		254		
Potassium, K.....mg	145		0	RPA	1		409		
Sodium, Na.....mg	47		0	RPA	1		133		
Zinc, Zn.....mg	0.43		0	RPA	1		1.21		
Copper, Cu.....mg	0.090		0	RPA	1		0.253		
Manganese, Mn.....mg	0.055		0	RPA	1		0.154		
Selenium, Se.....µg	3.4		0	RPI	6		9.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPA	1		0.1		
Thiamin.....mg	0.039		0	RPA	1		0.110		
Riboflavin.....mg	0.165		0	RPA	1		0.464		
Niacin.....mg	0.137		0	RPA	1		0.385		
Pantothenic acid.....mg	0.315		0	RPA	1		0.887		
Vitamin B-6.....mg	0.032		0	RPA	1		0.091		
Folate, total.....µg	5		0	RPI	6		13		
Folic acid.....µg	0		0	RPI	6		0		
Folate, food.....µg	5		0	RPI	6		13		
Folate, DFE.....µg	5		0	NC	4		13		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.38		0	RPI	6		1.07		
Vitamin A, RAE.....µg	25		0	NC	4		69		
Retinol.....µg	24		0	RPI	6		68		
Carotene, beta.....µg	4		0	RPI	6		13		
Carotene, alpha.....µg	0		0	RPI	6		0		
Cryptoxanthin, beta.....µg	0		0	RPI	6		0		
Vitamin A, IU.....IU	88		0	RPI	6		249		
Lycopene.....µg	0		0	RPI	6		0		
Lutein + zeaxanthin.....µg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol).....mg	0.05		0	RPI	6		0.14		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.2		0	RPI	6		0.5		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14182

Beverages, chocolate syrup, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.681		0	RPI	6		4.739		
4:0.....g	0.064		0	RPA	1		0.181		
6:0.....g	0.064		0	RPA	1		0.181		
8:0.....g	0.064		0	RPA	1		0.181		
10:0.....g	0.064		0	RPA	1		0.181		
12:0.....g	0.066		0	RPA	1		0.187		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.257		0	RPA	1		0.723		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.746		0	RPA	1		2.104		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.354		0	RPA	1		1.000		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.740		0	RPI	6		2.088		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.740		0	RPA	1		2.087		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.172		0	RPI	6		0.484		
18:2 undifferentiated.....g	0.107		0	RPA	1		0.302		
18:3 undifferentiated.....g	0.064		0	RPA	1		0.182		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3 (EPA).....g	0.000		0	RPA	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPA	1		0.000		
22:6 n-3 (DHA).....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	RPA	1		25		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.068		0	RPA	1		0.192		
Threonine.....g	0.132		0	RPA	1		0.373		
Isoleucine.....g	0.151		0	RPA	1		0.426		
Leucine.....g	0.243		0	RPA	1		0.685		
Lysine.....g	0.132		0	RPA	1		0.373		
Methionine.....g	0.067		0	RPA	1		0.188		
Cystine.....g	0.017		0	RPA	1		0.049		
Phenylalanine.....g	0.138		0	RPA	1		0.389		
Tyrosine.....g	0.140		0	RPA	1		0.394		
Valine.....g	0.179		0	RPA	1		0.505		
Arginine.....g	0.077		0	RPA	1		0.217		
Histidine.....g	0.068		0	RPA	1		0.193		
Alanine.....g	0.099		0	RPA	1		0.278		
Aspartic acid.....g	0.227		0	RPA	1		0.641		
Glutamic acid.....g	0.592		0	RPA	1		1.671		
Glycine.....g	0.075		0	RPA	1		0.211		
Proline.....g	0.304		0	RPA	1		0.857		
Serine.....g	0.101		0	RPA	1		0.285		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	2		0	RPI	6		5		
Theobromine.....mg	64		0	RPI	6		181		

NDB No. 14182

Beverages, chocolate syrup, prepared with whole milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 282g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14557

Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.273		1	LC	8		0.500		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.006		0	FLC	4		0.001		
15:0.....g									
16:0.....g	1.082		0	FLC	4		0.238		
17:0.....g									
18:0.....g	1.162		0	FLC	4		0.256		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	8		0	FLC	4		2		
Theobromine.....mg	277		0	FLC	4		61		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14558

Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.899		0	RPI	6		5.051		
4:0.....g	0.068		0	RPI	6		0.182		
6:0.....g	0.068		0	RPI	6		0.182		
8:0.....g	0.068		0	RPI	6		0.182		
10:0.....g	0.068		0	RPI	6		0.182		
12:0.....g	0.070		0	RPI	6		0.187		
13:0.....g									
14:0.....g	0.273		0	RPI	6		0.726		
15:0.....g									
16:0.....g	0.850		0	RPI	6		2.261		
17:0.....g									
18:0.....g	0.431		0	RPI	6		1.146		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.745		0	RPI	6		1.982		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.745		0	RPI	6		1.982		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.178		0	RPI	6		0.475		
18:2 undifferentiated.....g	0.110		0	RPI	6		0.293		
18:3 undifferentiated.....g	0.068		0	RPI	6		0.182		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	RPI	6		25		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	1		0	RPI	6		2		
Theobromine.....mg	23		0	RPI	6		61		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 266g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14177

Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.79		0	RPA	1		214.89		
Energy.....kcal	85		0	RPI	6		226		
Energy.....kJ	356		0	RPI	6		946		
Protein.....g	3.23		0	RPA	1		8.59		
Total lipid (fat).....g	3.24		0	RPI	6		8.61		
Ash.....g	0.78		0	RPA	1		2.09		
Carbohydrate, by difference.....g	11.91		0	RPI	6		31.68		
Fiber, total dietary.....g	0.4		0	RPI	6		1.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	95		0	RPA	1		254		
Iron, Fe.....mg	0.30		0	RPA	1		0.80		
Magnesium, Mg.....mg	18		0	RPA	1		47		
Phosphorus, P.....mg	88		0	RPA	1		233		
Potassium, K.....mg	172		0	RPA	1		458		
Sodium, Na.....mg	58		0	RPA	1		153		
Zinc, Zn.....mg	0.48		0	RPA	1		1.28		
Copper, Cu.....mg	0.082		0	RPA	1		0.217		
Manganese, Mn.....mg	0.064		0	RPA	1		0.169		
Selenium, Se.....µg	3.6		0	RPA	1		9.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	RPA	1		0.2		
Thiamin.....mg	0.043		0	RPA	1		0.114		
Riboflavin.....mg	0.180		0	RPA	1		0.478		
Niacin.....mg	0.142		0	RPA	1		0.378		
Pantothenic acid.....mg	0.336		0	RPI	6		0.893		
Vitamin B-6.....mg	0.034		0	RPA	1		0.091		
Folate, total.....µg	5		0	RPI	6		14		
Folic acid.....µg	0		0	RPI	6		0		
Folate, food.....µg	5		0	RPI	6		14		
Folate, DFE.....µg	5		0	NC	4		14		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.40		0	RPI	6		1.06		
Vitamin A, RAE.....µg	26		0	NC	4		69		
Retinol.....µg	26		0	RPI	6		68		
Carotene, beta.....µg	5		0	RPI	6		13		
Carotene, alpha.....µg	0		0	RPI	6		0		
Cryptoxanthin, beta.....µg	0		0	RPI	6		0		
Vitamin A, IU.....IU	93		0	NC	4		248		
Lycopene.....µg	0		0	RPI	6		0		
Lutein + zeaxanthin.....µg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol).....mg	0.06		0	RPI	6		0.15		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.3		0	RPI	6		0.8		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.860		0	RPI	6		4.947		
4:0.....g	0.068		0	RPA	1		0.181		
6:0.....g	0.068		0	RPA	1		0.181		
8:0.....g	0.068		0	RPA	1		0.181		
10:0.....g	0.068		0	RPA	1		0.181		
12:0.....g	0.070		0	RPA	1		0.186		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.272		0	RPA	1		0.722		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.825		0	RPA	1		2.194		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.421		0	RPA	1		1.120		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.829		0	RPI	6		2.206		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPA	1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.829		0	RPA	1		2.204		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186		0	RPI	6		0.494		
18:2 undifferentiated.....g	0.117		0	RPA	1		0.312		
18:3 undifferentiated.....g	0.068		0	RPA	1		0.182		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3 (EPA).....g	0.000		0	RPA	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPA	1		0.000		
22:6 n-3 (DHA).....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	RPI	6		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0	RPA	1		0.192		
Threonine.....g	0.140		0	RPA	1		0.373		
Isoleucine.....g	0.160		0	RPA	1		0.426		
Leucine.....g	0.257		0	RPA	1		0.684		
Lysine.....g	0.140		0	RPA	1		0.373		
Methionine.....g	0.071		0	RPA	1		0.188		
Cystine.....g	0.018		0	RPA	1		0.049		
Phenylalanine.....g	0.146		0	RPA	1		0.389		
Tyrosine.....g	0.148		0	RPA	1		0.393		
Valine.....g	0.190		0	RPA	1		0.505		
Arginine.....g	0.082		0	RPA	1		0.218		
Histidine.....g	0.073		0	RPA	1		0.193		
Alanine.....g	0.105		0	RPA	1		0.278		
Aspartic acid.....g	0.241		0	RPA	1		0.641		
Glutamic acid.....g	0.628		0	RPA	1		1.670		
Glycine.....g	0.079		0	RPA	1		0.211		
Proline.....g	0.322		0	RPA	1		0.857		
Serine.....g	0.107		0	RPA	1		0.285		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	3		0	RPI	6		8		
Theobromine.....mg	104		0	RPI	6		278		

NDB No. 14177

Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 266g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14262
Beverages, citrus fruit juice drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.007		0	NC	4		0.002	0.029	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.001	
15:0.....g									
16:0.....g	0.006		0	FLC	4		0.002	0.027	
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.002	0.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLC	4		0.000	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.006		0	FLC	4		0.002	0.026	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.015		0	NC	4		0.005	0.064	
18:2 undifferentiated.....g	0.011		0	FLC	4		0.004	0.045	
18:3 undifferentiated.....g	0.004		0	FLC	4		0.002	0.018	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35.2g: 1 fl oz
 Measure 2 = 423g: 1 can (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14263

Beverages, citrus fruit juice drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.002		0	RPI	6		0.001	0.005	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.002		0	RPI	6		0.001	0.004	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	RPI	6		0.001	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.002		0	RPI	6		0.001	0.004	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0	RPI	6		0.001	0.011	
18:2 undifferentiated.....g	0.003		0	RPI	6		0.001	0.008	
18:3 undifferentiated.....g	0.001		0	RPI	6		0.000	0.003	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 248g: 1 serving 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14390

Beverages, cocoa mix, with aspartame, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.139		0	RPI	6		0.044	0.266	
4:0.....g	0.002		0	RPI	6		0.001	0.003	
6:0.....g	0.000		0	RPI	6		0.000	0.001	
8:0.....g	0.000		0	RPI	6		0.000	0.001	
10:0.....g	0.001		0	RPI	6		0.000	0.001	
12:0.....g	0.000		0	RPI	6		0.000	0.001	
13:0.....g									
14:0.....g	0.003		0	RPI	6		0.001	0.007	
15:0.....g									
16:0.....g	0.064		0	RPI	6		0.020	0.122	
17:0.....g									
18:0.....g	0.065		0	RPI	6		0.021	0.124	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.076		0	RPI	6		0.024	0.147	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPI	6		0.000	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.074		0	RPI	6		0.024	0.143	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0	RPI	6		0.002	0.013	
18:2 undifferentiated.....g	0.006		0	RPI	6		0.002	0.012	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	2		0	RPI	6		0	3	
Theobromine.....mg	51		0	RPI	6		16	99	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32.1g: 1 fl oz

Measure 2 = 192g: 1 serving dry mix with 6 fl oz water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14171

Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.083		0	LC	8		5.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.013		0	FLC	4		0.032		
8:0.....g	0.165		0	FLC	4		0.395		
10:0.....g	0.131		0	FLC	4		0.314		
12:0.....g	1.042		0	FLC	4		2.501		
13:0.....g									
14:0.....g	0.411		0	FLC	4		0.988		
15:0.....g									
16:0.....g	0.199		0	FLC	4		0.478		
17:0.....g									
18:0.....g	0.122		0	FLC	4		0.292		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	11.376		0	BFZN	4		0.728		
4:0.....g	0.002		0	BFZN	4		0.000		
6:0.....g	0.077		0	BFZN	4		0.005		
8:0.....g	0.954		0	BFZN	4		0.061		
10:0.....g	0.764		0	BFZN	4		0.049		
12:0.....g	5.672		0	BFZN	4		0.363		
13:0.....g									
14:0.....g	2.140		0	BFZN	4		0.137		
15:0.....g									
16:0.....g	1.233		0	BFZN	4		0.079		
17:0.....g									
18:0.....g	0.535		0	BFZN	4		0.034		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.954		0	BFZN	4		0.061		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.952		0	BFZN	4		0.061		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.349		0	BFZN	4		0.022		
18:2 undifferentiated.....g	0.338		0	BFZN	4		0.022		
18:3 undifferentiated.....g	0.011		0	BFZN	4		0.001		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	25		0	FLC	4		2		
Theobromine.....mg	324		0	FLC	4		21		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.4g: 1 tsp dry

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.603		0	FLA	4		0.018		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.011		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.001		0	FLA	4		0.000		
13:0.....g	0.000		0	FLA	4		0.000		
14:0.....g	0.006		0	FLA	4		0.000		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	0.522		0	FLA	4		0.016		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.033		0	FLA	4		0.001		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated.....g	0.356		0	FLA	4		0.011		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.012		0	FLA	4		0.000		
17:1.....g	0.000		0	FLA	4		0.000		
18:1 undifferentiated.....g	0.341		0	FLA	4		0.010		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.225		0	FLA	4		0.037		
18:2 undifferentiated.....g	1.134		0	FLA	4		0.034		
18:3 undifferentiated.....g	0.083		0	FLA	4		0.003		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.003		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	19		0	NR	4		1		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.0g: 1 tsp (1 serving)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14421

Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.00		0		1		160.95		
Energy.....kcal	65		0	NC	4		120		
Energy.....kJ	272		0		4		503		
Protein.....g	3.30		0		1		6.11		
Total lipid (fat).....g	3.30		0		1		6.11		
Ash.....g	0.80		0		1		1.48		
Carbohydrate, by difference.....g	5.60		0	NC	4		10.36		
Fiber, total dietary.....g	0.1		0	RP	4		0.2		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	119		0		1		220		
Iron, Fe.....mg	0.11		0		1		0.20		
Magnesium, Mg.....mg	16		0		1		30		
Phosphorus, P.....mg	99		0		1		183		
Potassium, K.....mg	172		0		1		318		
Sodium, Na.....mg	49		0		1		91		
Zinc, Zn.....mg	0.38		0		1		0.70		
Copper, Cu.....mg	0.012		0		1		0.022		
Manganese, Mn.....mg	0.016		0		1		0.030		
Selenium, Se.....µg	5.5		0	RP	4		10.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		1.7		
Thiamin.....mg	0.038		0		1		0.070		
Riboflavin.....mg	0.161		0		1		0.298		
Niacin.....mg	0.293		0		1		0.542		
Pantothenic acid.....mg	0.310		0		1		0.574		
Vitamin B-6.....mg	0.042		0		1		0.078		
Folate, total.....µg	5		0		1		9		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	5		0		1		9		
Folate, DFE.....µg	5		0	NC	4		9		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.35		0		1		0.65		
Vitamin A, RAE.....µg	28		0	NC	4		51		
Retinol.....µg	28		0	O	4		51		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	124		0		1		229		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14421

Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 185g: 6 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.010		0	RPI	6		0.003	0.018	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g	0.000		0	RPI	6		0.000	0.000	
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g	0.000		0	RPI	6		0.000	0.000	
16:0.....g	0.009		0	RPI	6		0.003	0.016	
17:0.....g	0.000		0	RPI	6		0.000	0.000	
18:0.....g	0.001		0	RPI	6		0.000	0.001	
20:0.....g	0.000		0	RPI	6		0.000	0.000	
22:0.....g	0.000		0	RPI	6		0.000	0.000	
24:0.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.006		0	RPI	6		0.002	0.011	
14:1.....g	0.000		0	RPI	6		0.000	0.000	
15:1.....g	0.000		0	RPI	6		0.000	0.000	
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g	0.000		0	RPI	6		0.000	0.000	
18:1 undifferentiated.....g	0.006		0	RPI	6		0.002	0.010	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0	RPI	6		0.006	0.037	
18:2 undifferentiated.....g	0.019		0	RPI	6		0.006	0.034	
18:3 undifferentiated.....g	0.001		0	RPI	6		0.000	0.003	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	RPI	6		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.1g: 1 fl oz

Measure 2 = 180g: 1 serving 6 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14180

Beverages, coffee, brewed, breakfast blend

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.47	0.021	6	A	1		246.68		
Energy.....kcal	2		0	NC	4		5		
Energy.....kJ	9		0	NC	4		22		
Protein.....g	0.30	0.024	6	A	1		0.76		
Total lipid (fat).....g	0.00	0.000	6	A	1		0.00		
Ash.....g	0.00	0.000	6	A	1		0.00		
Carbohydrate, by difference.....g	0.23		0	NC	4		0.57		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2	0.030	6	A	1		5		
Iron, Fe.....mg	0.02	0.001	6	A	1		0.05		
Magnesium, Mg.....mg	4	0.070	6	A	1		9		
Phosphorus, P.....mg	3	0.111	6	A	1		8		
Potassium, K.....mg	50	1.630	6	A	1		125		
Sodium, Na.....mg	1	0.073	6	A	1		3		
Zinc, Zn.....mg	0.02	0.001	6	A	1		0.04		
Copper, Cu.....mg	0.005	0.000	6	A	1		0.011		
Manganese, Mn.....mg	0.032	0.002	6	A	1		0.079		
Selenium, Se.....µg	0.0		0	Z	7		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.020	0.000	3	A	1		0.049		
Riboflavin.....mg	0.000	0.000	3	A	1		0.000		
Niacin.....mg	0.800	0.122	3	A	1		1.984		
Pantothenic acid.....mg	0.000		2	A	1		0.000		
Vitamin B-6.....mg	0.000		1	A	1		0.000		
Folate, total.....µg	0		0	Z	7		0		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	0		0	Z	7		0		
Folate, DFE.....µg	0		0	NC	4		0		
Choline, total.....mg	0.0		0	Z	7		0.0		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	Z	7		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phyloquinone).....µg	0.0		1	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		

NDB No. 14180
 Beverages, coffee, brewed, breakfast blend

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14210

Beverages, coffee, brewed, espresso, restaurant-prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.092		0	BFFN	4		0.027		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		
12:0.....g	0.000		0	BFFN	4		0.000		
13:0.....g	0.000		0	BFZN	4		0.000		
14:0.....g	0.000		0	BFFN	4		0.000		
15:0.....g	0.000		0	BFZN	4		0.000		
16:0.....g	0.046		0	BFFN	4		0.014		
17:0.....g	0.000		0	BFZN	4		0.000		
18:0.....g	0.000		0	BFFN	4		0.000		
20:0.....g	0.000		0	BFZN	4		0.000		
22:0.....g	0.000		0	BFZN	4		0.000		
24:0.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total monounsaturated.....g	0.000		0	BFFN	4		0.000		
14:1.....g	0.000		0	BFZN	4		0.000		
15:1.....g	0.000		0	BFZN	4		0.000		
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g	0.000		0	BFZN	4		0.000		
18:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
18:1 c.....g	0.015		0	BFZN	4		0.004		
18:1 t.....g	0.000		0	BFZN	4		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0	BFFN	4		0.027		
18:2 undifferentiated.....g	0.092		0	BFFN	4		0.027		
18:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
18:3 n-3 c,c,c (ALA).....g	0.000		0	BFZN	4		0.000		
18:3 n-6 c,c,c.....g	0.000		0	BFZN	4		0.000		
18:3i.....g									
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g	0.000		0	BFZN	4		0.000		
20:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	212		2	A	1		63		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

NDB No. 14210

Beverages, coffee, brewed, espresso, restaurant-prepared

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.092		0	BFZN	4		0.027		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g	0.000		0	BFZN	4		0.000		
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g	0.000		0	BFZN	4		0.000		
16:0.....g	0.046		0	BFZN	4		0.014		
17:0.....g	0.000		0	BFZN	4		0.000		
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g	0.000		0	BFZN	4		0.000		
22:0.....g	0.000		0	BFZN	4		0.000		
24:0.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g	0.000		0	BFZN	4		0.000		
15:1.....g	0.000		0	BFZN	4		0.000		
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g	0.000		0	BFZN	4		0.000		
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:1 c.....g	0.015		0	BFZN	4		0.004		
18:1 t.....g	0.000		0	BFZN	4		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0	BFZN	4		0.027		
18:2 undifferentiated.....g	0.092		0	BFZN	4		0.027		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 n-3 c,c,c (ALA).....g	0.000		0	BFZN	4		0.000		
18:3 n-6 c,c,c.....g	0.000		0	BFZN	4		0.000		
18:3i.....g									
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g	0.000		0	BFZN	4		0.000		
20:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	1		0	BFZN	4		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

NDB No. 14202

Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14209

Beverages, coffee, brewed, prepared with tap water (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.39	0.019	10	A	1		29.42	176.92	235.56
Energy.....kcal	1		0	NC	4		0	1	1
Energy.....kJ	2		0	NC	4		1	4	6
Protein (N x 6.25).....g	0.12	0.000	10	A	1		0.04	0.22	0.29
Total lipid (fat).....g	0.02	0.003	6	A	1		0.00	0.03	0.04
Ash.....g	0.35	0.025	10	A	1		0.10	0.62	0.82
Carbohydrate, by difference.....g	0.00		0	NR	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2	0.023	11	A	1		1	3	4
Iron, Fe.....mg	0.01	0.000	11	A	1		0.00	0.01	0.02
Magnesium, Mg.....mg	3	0.039	11	A	1		1	5	7
Phosphorus, P.....mg	3	0.035	11	A	1		1	5	7
Potassium, K.....mg	49	0.667	11	A	1		14	87	115
Sodium, Na.....mg	2	0.131	11	A	1		0	3	4
Zinc, Zn.....mg	0.02	0.001	11	A	1		0.01	0.04	0.05
Copper, Cu.....mg	0.002		3	A	1		0.000	0.003	0.004
Manganese, Mn.....mg	0.023	0.001	11	A	1		0.007	0.040	0.054
Selenium, Se.....µg	0.0	0.003	9	A	1		0.0	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.014		3	A	1		0.004	0.025	0.033
Riboflavin.....mg	0.076	0.004	6	A	1		0.022	0.135	0.179
Niacin.....mg	0.191	0.000	6	A	1		0.057	0.340	0.453
Pantothenic acid.....mg	0.254	0.026	6	A	1		0.075	0.453	0.603
Vitamin B-6.....mg	0.001	0.000	6	A	1		0.000	0.002	0.003
Folate, total.....µg	2	0.082	6	A	1		1	4	5
Folic acid.....µg	0		2	A	1		0	0	0
Folate, food.....µg	2	0.082	6	A	1		1	4	5
Folate, DFE.....µg	2		0	NC	4		1	4	5
Choline, total.....mg	2.6		0	AS	1		0.8	4.7	6.2
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0	0	0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		2	A	1		0.00	0.01	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.01		2	A	1		0.00	0.01	0.02
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.02		2	A	1		0.01	0.04	0.05
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

Beverages, coffee, brewed, prepared with tap water (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.1	0.066	9	JA	6		0.0	0.1	0.2
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.002		0	NC	4		0.000	0.003	0.004
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:0.....g	0.002	0.000	6	A	1		0.000	0.003	0.004
17:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.015		0	NC	4		0.004	0.026	0.034
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1.....g	0.000		3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1.....g	0.000		3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.000	0.000	5	JO	11		0.000	0.000	0.000
18:1 c.....g	0.015		1	A	1		0.004	0.026	0.034
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	NC	4		0.000	0.002	0.003
18:2 undifferentiated.....g	0.001	0.000	6	A	1		0.000	0.002	0.003
18:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	5	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.001		0		1		0.000	0.002	0.002

NDB No. 14209

Beverages, coffee, brewed, prepared with tap water (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Isoleucine.....g	0.002		0		1		0.001	0.004	0.005
Leucine.....g	0.005		0		1		0.001	0.009	0.012
Lysine.....g	0.001		0		1		0.000	0.002	0.002
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.002		0		1		0.001	0.004	0.005
Phenylalanine.....g	0.003		0		1		0.001	0.005	0.007
Tyrosine.....g	0.002		0		1		0.001	0.004	0.005
Valine.....g	0.003		0		1		0.001	0.005	0.007
Arginine.....g	0.001		0		1		0.000	0.002	0.002
Histidine.....g	0.002		0		1		0.001	0.004	0.005
Alanine.....g	0.003		0		1		0.001	0.005	0.007
Aspartic acid.....g	0.005		0		1		0.001	0.009	0.012
Glutamic acid.....g	0.020		0		1		0.006	0.036	0.047
Glycine.....g	0.004		0		1		0.001	0.007	0.009
Proline.....g	0.004		0		1		0.001	0.007	0.009
Serine.....g	0.001		0		1		0.000	0.002	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	40	0.476	8	A	1		12	71	95
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 178g: 6 fl oz
- Measure 3 = 237g: 1 cup (8 fl oz)

Footnotes:

1 Includes fast food and home brewed coffee.

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....µg	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.1		0	O	4		0.0	0.2	0.2
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.002		0	BFZN	4		0.001	0.004	0.005
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
16:0.....g	0.001		0	BFZN	4		0.000	0.002	0.002
17:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1 c.....g	0.015		0	BFZN	4		0.004	0.026	0.034
18:1 t.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0	BFZN	4		0.001	0.004	0.005
18:2 undifferentiated.....g	0.002		0	BFZN	4		0.001	0.004	0.005
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 n-6 c,c,c.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.001		0	BFZN	4		0.000	0.002	0.002
Isoleucine.....g	0.002		0	BFZN	4		0.001	0.004	0.005
Leucine.....g	0.005		0	BFZN	4		0.001	0.009	0.012

NDB No. 14201

Beverages, coffee, brewed, prepared with tap water, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lysine.....g	0.001		0	BFZN	4		0.000	0.002	0.002
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.002		0	BFZN	4		0.001	0.004	0.005
Phenylalanine.....g	0.003		0	BFZN	4		0.001	0.005	0.007
Tyrosine.....g	0.002		0	BFZN	4		0.001	0.004	0.005
Valine.....g	0.003		0	BFZN	4		0.001	0.005	0.007
Arginine.....g	0.001		0	BFZN	4		0.000	0.002	0.002
Histidine.....g	0.002		0	BFZN	4		0.001	0.004	0.005
Alanine.....g	0.003		0	BFZN	4		0.001	0.005	0.007
Aspartic acid.....g	0.005		0	BFZN	4		0.001	0.009	0.012
Glutamic acid.....g	0.020		0	BFZN	4		0.006	0.036	0.047
Glycine.....g	0.004		0	BFZN	4		0.001	0.007	0.009
Proline.....g	0.004		0	BFZN	4		0.001	0.007	0.009
Serine.....g	0.001		0	BFZN	4		0.000	0.002	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	1		0	BFZN	4		0	2	2
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 178g: 6 fl oz
- Measure 3 = 237g: 1 cup (8 fl oz)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14223
 Beverages, coffee, instant, chicory

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.001		0	RPI	6		0.000	0.001	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.001		0	RPI	6		0.000	0.001	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPI	6		0.000	0.001	
18:2 undifferentiated.....g	0.001		0	RPI	6		0.000	0.001	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	21		0	RPI	6		6	37	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.9g: 1 fl oz

Measure 2 = 179g: 1 serving 6 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14218

Beverages, coffee, instant, decaffeinated, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.101		0		1		0.002		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.075		0		1		0.001		
17:0.....g									
18:0.....g	0.018		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.000		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.101		0		1		0.002		
18:2 undifferentiated.....g	0.093		0		1		0.002		
18:3 undifferentiated.....g	0.008		0		1		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.001		
Threonine.....g	0.136		0		1		0.002		
Isoleucine.....g	0.164		0		1		0.003		
Leucine.....g	0.456		0		1		0.008		
Lysine.....g	0.092		0		1		0.002		
Methionine.....g	0.022		0		1		0.000		
Cystine.....g	0.193		0		1		0.003		
Phenylalanine.....g	0.250		0		1		0.005		
Tyrosine.....g	0.158		0		1		0.003		
Valine.....g	0.263		0		1		0.005		
Arginine.....g	0.050		0		1		0.001		
Histidine.....g	0.158		0		1		0.003		
Alanine.....g	0.320		0		1		0.006		
Aspartic acid.....g	0.456		0		1		0.008		
Glutamic acid.....g	1.937		0		1		0.035		
Glycine.....g	0.421		0		1		0.008		
Proline.....g	0.335		0		1		0.006		
Serine.....g	0.121		0		1		0.002		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	122		10		1		2		

NDB No. 14218

Beverages, coffee, instant, decaffeinated, powder

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.8g: 1 tsp rounded

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14219

Beverages, coffee, instant, decaffeinated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.001		0	RPI	6		0.000	0.002	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.001		0	RPI	6		0.000	0.001	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPI	6		0.000	0.002	
18:2 undifferentiated.....g	0.001		0	RPI	6		0.000	0.002	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	1		0	RPI	6		0	2	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.9g: 1 fl oz

Measure 2 = 179g: 1 serving 6 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14224
Beverages, coffee, instant, mocha, sweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	4.934		0	NC	4		0.641		
4:0.....g	0.003		0	FLC	4		0.000		
6:0.....g	0.001		0	FLC	4		0.000		
8:0.....g	0.162		0	FLC	4		0.021		
10:0.....g	0.179		0	FLC	4		0.023		
12:0.....g	1.647		0	FLC	4		0.214		
13:0.....g									
14:0.....g	0.737		0	FLC	4		0.096		
15:0.....g									
16:0.....g	0.929		0	FLC	4		0.121		
17:0.....g									
18:0.....g	1.276		0	FLC	4		0.166		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.934		0	NC	4		1.161		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		0	FLC	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	8.899		0	FLC	4		1.157		
20:1.....g	0.002		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.053		0	NC	4		0.137		
18:2 undifferentiated.....g	0.995		0	FLC	4		0.129		
18:3 undifferentiated.....g	0.058		0	FLC	4		0.007		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		2	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	360		0	FLC	4		47		
Theobromine.....mg	294		0	FLC	4		38		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.0g: 1 serving 2 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14203
Beverages, coffee, instant, regular, half the caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.197		0	BFZN	4		0.002	0.004	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.146		0	BFZN	4		0.001	0.003	
17:0.....g									
18:0.....g	0.035		0	BFZN	4		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.041		0	BFZN	4		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.040		0	BFZN	4		0.000	0.001	
20:1.....g	0.001		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0	BFZN	4		0.002	0.004	
18:2 undifferentiated.....g	0.180		0	BFZN	4		0.002	0.004	
18:3 undifferentiated.....g	0.015		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	1571		0	FLC	4		16	31	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.0g: 1 tsp

Measure 2 = 2.0g: 1 packet

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14214

Beverages, coffee, instant, regular, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.197		0		1		0.002	0.004	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.146		0		1		0.001	0.003	
17:0.....g									
18:0.....g	0.035		0		1		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.041		0		1		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.040		0		1		0.000	0.001	
20:1.....g	0.001		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.002	0.004	
18:2 undifferentiated.....g	0.180		0		1		0.002	0.004	
18:3 undifferentiated.....g	0.015		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		1		0.000	0.001	
Threonine.....g	0.142		0		1		0.001	0.003	
Isoleucine.....g	0.172		0		1		0.002	0.003	
Leucine.....g	0.478		0		1		0.005	0.010	
Lysine.....g	0.096		0		1		0.001	0.002	
Methionine.....g	0.023		0		1		0.000	0.000	
Cystine.....g	0.202		0		1		0.002	0.004	
Phenylalanine.....g	0.262		0		1		0.003	0.005	
Tyrosine.....g	0.165		0		1		0.002	0.003	
Valine.....g	0.276		0		1		0.003	0.006	
Arginine.....g	0.053		0		1		0.001	0.001	
Histidine.....g	0.165		0		1		0.002	0.003	
Alanine.....g	0.335		0		1		0.003	0.007	
Aspartic acid.....g	0.478		0		1		0.005	0.010	
Glutamic acid.....g	2.030		0		1		0.020	0.041	
Glycine.....g	0.441		0		1		0.004	0.009	
Proline.....g	0.351		0		1		0.004	0.007	
Serine.....g	0.126		0		1		0.001	0.003	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	3142		15		1		31	63	

NDB No. 14214

Beverages, coffee, instant, regular, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.0g: 1 tsp

Measure 2 = 2.0g: 1 packet

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14215
Beverages, coffee, instant, regular, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.002		0	RPI	6		0.000	0.003	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.001		0	RPI	6		0.000	0.002	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.001	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0	RPI	6		0.000	0.003	
18:2 undifferentiated.....g	0.002		0	RPI	6		0.000	0.003	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	26		0	RPI	6		8	47	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.8g: 1 fl oz

Measure 2 = 179g: 1 serving 6 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14270

Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	13.333		0	LC	8		2.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.071		0		1		0.001		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.052		0		1		0.001		
17:0.....g									
18:0.....g	0.012		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.000		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.001		
18:2 undifferentiated.....g	0.065		0		1		0.001		
18:3 undifferentiated.....g	0.005		0		1		0.000		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0		1		0.000		
Threonine.....g	0.103		0		1		0.002		
Isoleucine.....g	0.124		0		1		0.002		
Leucine.....g	0.344		0		1		0.006		
Lysine.....g	0.069		0		1		0.001		
Methionine.....g	0.017		0		1		0.000		
Cystine.....g	0.146		0		1		0.003		
Phenylalanine.....g	0.189		0		1		0.003		
Tyrosine.....g	0.119		0		1		0.002		
Valine.....g	0.198		0		1		0.004		
Arginine.....g	0.038		0		1		0.001		
Histidine.....g	0.119		0		1		0.002		
Alanine.....g	0.241		0		1		0.004		
Aspartic acid.....g	0.344		0		1		0.006		
Glutamic acid.....g	1.462		0		1		0.026		
Glycine.....g	0.318		0		1		0.006		
Proline.....g	0.253		0		1		0.005		
Serine.....g	0.091		0		1		0.002		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	2063	144.376	3		1		37		

NDB No. 14222

Beverages, coffee, instant, with chicory

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
of Data			Code	Code	Code	Measure 1	Measure 2	Measure 3
			Points					

Theobromine.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.8g: 1 tsp, rounded

Calories Factors: Protein 3.2 Fat 8.37 Carbohydrate 4.1

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43401

Beverages, coffee, instant, with whitener, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	25.128		0	FLA	4		0.427		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000		
15:0.....g									
16:0.....g	7.368		0	FLA	4		0.125		
17:0.....g									
18:0.....g	17.761		0	FLA	4		0.302		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.705		0	FLA	4		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	1.705		0	FLA	4		0.029		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.576		0	FLA	4		0.010		
18:2 undifferentiated.....g	0.576		0	FLA	4		0.010		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	21		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.7g: 1 tsp dry

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14183

Beverages, coffee, ready to drink, iced, mocha, milk based

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.68	0.060	6	A	1		227.06		
Energy.....kcal	60		0	NC	4		160		
Energy.....kJ	253		0	NC	4		670		
Protein.....g	1.48	0.023	6	A	1		3.92		
Total lipid (fat).....g	0.98	0.017	6	A	1		2.61		
Ash.....g	0.44	0.014	6	A	1		1.16		
Carbohydrate, by difference.....g	11.42		0	NC	4		30.25		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	9.23	0.170	3	A	1		24.46		
Sucrose.....g	6.11	0.122	3	A	1		16.18		
Glucose (dextrose).....g	0.37	0.055	3	A	1		0.97		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	2.76	0.032	3	A	1		7.30		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	52	1.694	6	A	1		137		
Iron, Fe.....mg	0.09	0.004	6	A	1		0.24		
Magnesium, Mg.....mg	9	0.439	6	A	1		24		
Phosphorus, P.....mg	59	2.991	6	A	1		156		
Potassium, K.....mg	136	7.654	6	A	1		360		
Sodium, Na.....mg	31	1.724	6	A	1		82		
Zinc, Zn.....mg	0.15	0.006	6	A	1		0.39		
Copper, Cu.....mg	0.002	0.000	6	A	1		0.005		
Manganese, Mn.....mg	0.029	0.002	6	A	1		0.077		
Selenium, Se.....µg	0.0		0	Z	7		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.053	0.003	3	A	1		0.141		
Riboflavin.....mg	0.160	0.006	3	A	1		0.424		
Niacin.....mg	0.513	0.029	3	A	1		1.360		
Pantothenic acid.....mg	0.285		2	A	1		0.755		
Vitamin B-6.....mg	0.000		2	A	1		0.000		
Folate, total.....µg	0		0	Z	7		0		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	0		0	Z	7		0		
Folate, DFE.....µg	0		0	NC	4		0		
Choline, total.....mg	0.0		0	Z	7		0.0		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	Z	7		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

NDB No. 14183

Beverages, coffee, ready to drink, iced, mocha, milk based

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
			of Data Points							
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00			
Tocotrienol, delta.....mg	0.00		1	A	1		0.00			
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0			
Vitamin D2 (ergocalciferol).....µg										
Vitamin D3 (cholecalciferol).....µg										
Vitamin D.....IU	0		0	Z	7		0			
Vitamin K (phylloquinone).....µg	0.1		1	A	1		0.3			
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0			
Menaquinone-4.....µg	0.0		1	A	1		0.0			
Lipids:										
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000			
4:0.....g	0.000		0	Z	7		0.000			
6:0.....g	0.000		0	Z	7		0.000			
8:0.....g	0.000		0	Z	7		0.000			
10:0.....g	0.000		0	Z	7		0.000			
12:0.....g	0.000		0	Z	7		0.000			
13:0.....g										
14:0.....g	0.000		0	Z	7		0.000			
15:0.....g										
16:0.....g	0.000		0	Z	7		0.000			
17:0.....g										
18:0.....g	0.000		0	Z	7		0.000			
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000			
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.000		0	Z	7		0.000			
17:1.....g										
18:1 undifferentiated.....g	0.000		0	Z	7		0.000			
20:1.....g	0.000		0	Z	7		0.000			
22:1 undifferentiated.....g	0.000		0	Z	7		0.000			
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000			
18:2 undifferentiated.....g	0.000		0	Z	7		0.000			
18:3 undifferentiated.....g	0.000		0	Z	7		0.000			
18:4.....g	0.000		0	Z	7		0.000			
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.000		0	Z	7		0.000			
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000			
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000			
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000			
Fatty acids, total trans.....g										
Cholesterol.....mg	0		0	Z	7		0			
Phytosterols.....mg										
Others:										
Alcohol, ethyl.....g	0.0		0	Z	7		0.0			
Caffeine.....mg	20		2	A	1		54			
Theobromine.....mg	0		0	Z	7		0			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 cup

NDB No. 14183

Beverages, coffee, ready to drink, iced, mocha, milk based

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14179

Beverages, coffee, ready to drink, milk based, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		0.1		
Vitamin D.....IU	1		0	O	4		2		
Vitamin K (phylloquinone).....µg	0.1		0	BFZN	4		0.3		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.293		0	BFZN	4		0.768		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	BFZN	4		0.048		
17:1.....g									
18:1 undifferentiated.....g	0.275		0	BFZN	4		0.720		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0	BFZN	4		0.100		
18:2 undifferentiated.....g	0.033		0	BFZN	4		0.087		
18:3 undifferentiated.....g	0.005		0	BFZN	4		0.013		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0	BFZN	4		14		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	28		1	A	1		73		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 262g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14179

Beverages, coffee, ready to drink, milk based, sweetened

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14173
Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.293		0	NC	4		0.824		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	BFFN	4		0.051		
17:1.....g									
18:1 undifferentiated.....g	0.275		0	BFFN	4		0.773		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0	NC	4		0.107		
18:2 undifferentiated.....g	0.033		0	BFFN	4		0.094		
18:3 undifferentiated.....g	0.005		0	BFFN	4		0.014		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	5		0	LC	8		15		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	18		0	LC	8		50		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 281g: 9.5 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14238

Beverages, cranberry-apple juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.013		0	FLM	4		0.004	0.033	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.000		0	FLM	4		0.000	0.000	
10:0.....g	0.000		0	FLM	4		0.000	0.000	
12:0.....g	0.000		0	FLM	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000	0.001	
15:0.....g									
16:0.....g	0.011		0	FLM	4		0.003	0.027	
17:0.....g									
18:0.....g	0.002		0	FLM	4		0.001	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0	FLM	4		0.004	0.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.013		0	FLM	4		0.004	0.033	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0	FLM	4		0.016	0.127	
18:2 undifferentiated.....g	0.034		0	FLM	4		0.011	0.084	
18:3 undifferentiated.....g	0.017		0	FLM	4		0.005	0.042	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLM	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 245g: 1 cup (8 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43404

Beverages, cranberry-apple juice drink, low calorie, with vitamin C added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14240

Beverages, cranberry-apricot juice drink, bottled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	83.50		1		1		25.55	204.58	
Energy.....kcal	64		0	NC	4		20	157	
Energy.....kJ	268		0		4		82	656	
Protein (N x 6.25).....g	0.20		1		1		0.06	0.49	
Total lipid (fat).....g	0.00		0		1		0.00	0.00	
Ash.....g	0.10		1		1		0.03	0.25	
Carbohydrate, by difference.....g	16.20		0	NC	4		4.96	39.69	
Fiber, total dietary.....g	0.1		0		4		0.0	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		1		1		3	22	
Iron, Fe.....mg	0.15		1		1		0.05	0.37	
Magnesium, Mg.....mg	3		1		1		1	7	
Phosphorus, P.....mg	5		1		1		2	12	
Potassium, K.....mg	61		1		1		19	149	
Sodium, Na.....mg	2		1		1		1	5	
Zinc, Zn.....mg	0.04		1		1		0.01	0.10	
Copper, Cu.....mg	0.015		1		1		0.005	0.037	
Manganese, Mn.....mg	0.125		0		4		0.038	0.306	
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.005		1		1		0.002	0.012	
Riboflavin.....mg	0.010		1		1		0.003	0.025	
Niacin.....mg	0.120		1		1		0.037	0.294	
Pantothenic acid.....mg	0.036		0		4		0.011	0.088	
Vitamin B-6.....mg	0.020		0		4		0.006	0.049	
Folate, total.....µg	1		0		4		0	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	1		0		4		0	1	
Folate, DFE.....µg	1		0	NC	4		0	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	23		0	NC	4		7	57	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	463		0		4		142	1134	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 14240

Beverages, cranberry-apricot juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 245g: 1 cup (8 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14241

Beverages, cranberry-grape juice drink, bottled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.60		1		1		26.19	209.72	
Energy.....kcal	56		0	NC	4		17	137	
Energy.....kJ	234		0		4		72	574	
Protein (N x 6.25).....g	0.20		1		1		0.06	0.49	
Total lipid (fat).....g	0.10		1		1		0.03	0.25	
Ash.....g	0.10		1		1		0.03	0.25	
Carbohydrate, by difference.....g	14.00		0	NC	4		4.28	34.30	
Fiber, total dietary.....g	0.1		0		4		0.0	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1		1		2	20	
Iron, Fe.....mg	0.01		1		1		0.00	0.02	
Magnesium, Mg.....mg	3		1		1		1	7	
Phosphorus, P.....mg	4		1		1		1	10	
Potassium, K.....mg	24		1		1		7	59	
Sodium, Na.....mg	3		1		1		1	7	
Zinc, Zn.....mg	0.04		1		1		0.01	0.10	
Copper, Cu.....mg	0.007	0.003	3		1		0.002	0.017	
Manganese, Mn.....mg	0.158		0		4		0.048	0.387	
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	32.0		1		1		9.8	78.4	
Thiamin.....mg	0.010		1		1		0.003	0.025	
Riboflavin.....mg	0.018		1		1		0.006	0.044	
Niacin.....mg	0.120		1		1		0.037	0.294	
Pantothenic acid.....mg	0.053		0		4		0.016	0.130	
Vitamin B-6.....mg	0.028		0		4		0.009	0.069	
Folate, total.....µg	1		0		4		0	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	1		0		4		0	2	
Folate, DFE.....µg	1		0	NC	4		0	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	5		0		4		2	12	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14241

Beverages, cranberry-grape juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.033		0		4		0.010	0.081	
Fatty acids, total monounsaturated.....g	0.004		0		4		0.001	0.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.004		0		4		0.001	0.010	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.023		0		4		0.007	0.056	
18:2 undifferentiated.....g	0.023		0		4		0.007	0.056	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 245g: 1 cup (8 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14423

Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.164		0	RPI	6		0.399		
4:0.....g	0.000		0	RPI	6		0.000		
6:0.....g	0.001		0	RPI	6		0.001		
8:0.....g	0.008		0	RPI	6		0.020		
10:0.....g	0.007		0	RPI	6		0.016		
12:0.....g	0.050		0	RPI	6		0.122		
13:0.....g									
14:0.....g	0.019		0	RPI	6		0.046		
15:0.....g									
16:0.....g	0.038		0	RPI	6		0.092		
17:0.....g									
18:0.....g	0.040		0	RPI	6		0.098		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.043		0	RPI	6		0.106		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.043		0	RPI	6		0.105		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0	RPI	6		0.013		
18:2 undifferentiated.....g	0.005		0	RPI	6		0.013		
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	2		0	RPI	6		5		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	2		0	RPI	6		5		

NDB No. 14423

Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Theobromine.....mg	73		0	RPI	6		178		

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Common Measures:

Measure 1 = 243g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14450

Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder

Quaker Oats Company - The Gatorade Company, a unit of Pepsi Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.51		1	A	1		0.58	5.20	
Energy.....kcal	388		0	NC	4		89	802	
Energy.....kJ	1621		0	NC	4		373	3356	
Protein (N x 6.25).....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat).....g	1.23		1	A	1		0.28	2.55	
Ash.....g	2.15		1	A	1		0.49	4.45	
Carbohydrate, by difference.....g	94.11		0	NC	4		21.65	194.81	
Fiber, total dietary.....g	0.0		1	LC	8		0.0	0.0	
Sugars, total.....g	80.50		0	NR	4		18.52	166.64	
Sucrose.....g	59.90		1	A	1		13.78	123.99	
Glucose (dextrose).....g	20.00		1	A	1		4.60	41.40	
Fructose.....g	0.20		1	A	1		0.05	0.41	
Lactose.....g	0.20		1	A	1		0.05	0.41	
Maltose.....g	0.20		1	A	1		0.05	0.41	
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	40		1	A	1		9	83	
Iron, Fe.....mg	0.34		1	A	1		0.08	0.70	
Magnesium, Mg.....mg	1		1	A	1		0	1	
Phosphorus, P.....mg	120		1	A	1		28	248	
Potassium, K.....mg	30		1	A	1		7	62	
Sodium, Na.....mg	63		1	A	1		14	130	
Zinc, Zn.....mg	0.06		1	A	1		0.01	0.12	
Copper, Cu.....mg	0.250		1	A	1		0.058	0.518	
Manganese, Mn.....mg	0.050		1	A	1		0.012	0.104	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		1	A	1		0.1	0.9	
Thiamin.....mg	0.011		1	A	1		0.003	0.023	
Riboflavin.....mg	0.802		1	A	1		0.184	1.660	
Niacin.....mg	0.220		1	A	1		0.051	0.455	
Pantothenic acid.....mg	0.055		1	A	1		0.013	0.114	
Vitamin B-6.....mg	0.022		1	A	1		0.005	0.045	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 14450

Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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Common Measures:

Measure 1 = 23g: 1 scoop powder

Measure 2 = 207g: 1 cup powder

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14648

Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14651

Beverages, fruit juice drink, greater than 3% juice, high vitamin C

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.017		0	RA	4		0.041		
4:0.....g	0.000		0	RA	4		0.000		
6:0.....g	0.000		0	RA	4		0.000		
8:0.....g	0.000		0	RA	4		0.000		
10:0.....g	0.000		0	RA	4		0.000		
12:0.....g	0.000		0	RA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	RA	4		0.000		
15:0.....g	0.000		0	RA	4		0.000		
16:0.....g	0.015		0	RA	4		0.037		
17:0.....g	0.000		0	RA	4		0.000		
18:0.....g	0.002		0	RA	4		0.005		
20:0.....g	0.000		0	RA	4		0.000		
22:0.....g	0.000		0	RA	4		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	RA	4		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.002		0	RA	4		0.005		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0	RA	4		0.071		
18:2 undifferentiated.....g	0.026		0	RA	4		0.062		
18:3 undifferentiated.....g	0.004		0	RA	4		0.009		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g	0.000		0	RA	4		0.000		
Cholesterol.....mg	0		0	RA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		

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Common Measures:

Measure 1 = 238g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14636

Beverages, fruit juice drink, reduced sugar, with vitamin E added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.008		0	BFFN	4		0.017	0.000	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.001	0.000	
15:0.....g									
16:0.....g	0.007		0	BFFN	4		0.015	0.000	
17:0.....g									
18:0.....g	0.000		0	BFFN	4		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	BFFN	4		0.025	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.004	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.011		0	BFFN	4		0.023	0.000	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.014		0	BFFN	4		0.028	0.000	
18:2 undifferentiated.....g	0.010		0	BFFN	4		0.020	0.000	
18:3 undifferentiated.....g	0.004		0	BFFN	4		0.008	0.000	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	BFSN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 209g: 1 container

Measure 2 = 1.0g: 1 ml

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14264

Beverages, fruit punch drink, without added nutrients, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 6.75 fl oz

Measure 2 = 248g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14405
Beverages, fruit punch juice drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.087		0		1		0.031	0.368	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.002		0		1		0.001	0.008	
15:0.....g									
16:0.....g	0.079		0		1		0.028	0.334	
17:0.....g									
18:0.....g	0.004		0		1		0.001	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.086		0		1		0.030	0.364	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.002	0.030	
17:1.....g									
18:1 undifferentiated.....g	0.047		0		1		0.017	0.199	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.173		0		1		0.061	0.732	
18:2 undifferentiated.....g	0.126		0		1		0.044	0.533	
18:3 undifferentiated.....g	0.047		0		1		0.017	0.199	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35.2g: 1 fl oz
 Measure 2 = 423g: 1 can (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14406

Beverages, fruit punch juice drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.021		0	RPI	6		0.006	0.049	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.001	
15:0.....g									
16:0.....g	0.019		0	RPI	6		0.006	0.045	
17:0.....g									
18:0.....g	0.001		0	RPI	6		0.000	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0	RPI	6		0.006	0.049	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RPI	6		0.000	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.011		0	RPI	6		0.003	0.027	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0	RPI	6		0.012	0.098	
18:2 undifferentiated.....g	0.031		0	RPI	6		0.009	0.071	
18:3 undifferentiated.....g	0.011		0	RPI	6		0.003	0.027	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 234g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14541

Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.006		0	RPI	6		0.002	0.014	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.001	
10:0.....g	0.000		0	RPI	6		0.000	0.001	
12:0.....g	0.003		0	RPI	6		0.001	0.007	
13:0.....g									
14:0.....g	0.001		0	RPI	6		0.000	0.003	
15:0.....g									
16:0.....g	0.001		0	RPI	6		0.000	0.002	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	RPI	6		0.000	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPI	6		0.000	0.002	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPI	6		0.000	0.003	
18:2 undifferentiated.....g	0.001		0	RPI	6		0.000	0.003	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32.7g: 1 fl oz

Measure 2 = 262g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 42055

Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLC	4		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.0g: 1 tsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 2.471

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43345

Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.010		0	NC	4		0.000		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.010		0		4		0.000		
17:0.....g									
18:0.....g	0.000		0		4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.038		0	NC	4		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.037		0		4		0.001		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.034		1		9		0.001		
18:2 undifferentiated.....g	0.025		0		4		0.001		
18:3 undifferentiated.....g	0.009		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.0g: 1 tsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 2.471

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14277
 Beverages, grape drink, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 14277
Beverages, grape drink, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.3g: 1 fl oz
 Measure 2 = 250g: 1 cup (8 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14282
 Beverages, grape juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.3g: 1 fl oz
 Measure 2 = 188g: 6 fl oz
 Measure 3 = 250g: 8 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14543

Beverages, lemonade, frozen concentrate, pink, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.88		0	RPI	6		27.46	219.52	
Energy.....kcal	43		0	RPI	6		13	105	
Energy.....kJ	178		0	RPI	6		55	440	
Protein (N x 0).....g	0.05		0	RPI	6		0.01	0.12	
Total lipid (fat).....g	0.15		0	RPI	6		0.05	0.38	
Ash.....g	0.11		0	RPI	6		0.03	0.27	
Carbohydrate, by difference.....g	10.81		0	RPI	6		3.34	26.71	
Fiber, total dietary.....g	0.1		0	RPI	6		0.0	0.2	
Sugars, total.....g	10.28		0	RPI	6		3.18	25.40	
Sucrose.....g	1.64		0	RPA	1		0.51	4.04	
Glucose (dextrose).....g	4.11		0	RPA	1		1.27	10.15	
Fructose.....g	4.44		0	RPA	1		1.37	10.97	
Lactose.....g	0.00		0	RPA	1		0.00	0.00	
Maltose.....g	0.10		0	RPA	1		0.03	0.24	
Galactose.....g	0.00		0	RPA	1		0.00	0.00	
Starch.....g	0.00		0	RPA	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	4		0	RPA	1		1	10	
Iron, Fe.....mg	0.02		0	RPA	1		0.01	0.05	
Magnesium, Mg.....mg	2		0	RPA	1		1	6	
Phosphorus, P.....mg	2		0	RPA	1		0	4	
Potassium, K.....mg	17		0	RPA	1		5	42	
Sodium, Na.....mg	4		0	RPA	1		1	10	
Zinc, Zn.....mg	0.01		0	RPA	1		0.00	0.03	
Copper, Cu.....mg	0.010		0	RPA	1		0.003	0.025	
Manganese, Mn.....mg	0.003		0	RPA	1		0.001	0.008	
Selenium, Se.....µg	0.0		0	RPI	6		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.1		0	RPI	6		1.0	7.7	
Thiamin.....mg	0.004		0	RPI	6		0.001	0.009	
Riboflavin.....mg	0.000		0	RPI	6		0.000	0.000	
Niacin.....mg	0.027		0	RPI	6		0.008	0.066	
Pantothenic acid.....mg	0.023		0	RPI	6		0.007	0.057	
Vitamin B-6.....mg	0.003		0	RPI	6		0.001	0.008	
Folate, total.....µg	2		0	RPI	6		1	6	
Folic acid.....µg	0		0	RPI	6		0	0	
Folate, food.....µg	2		0	RPI	6		1	6	
Folate, DFE.....µg	2		0	NC	4		1	6	
Choline, total.....mg	0.4		0	RPI	6		0.1	1.1	
Betaine.....mg	0.0		0	RPA	1		0.0	0.1	
Vitamin B-12.....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	RPI	6		0	0	
Carotene, beta.....µg	0		0	RPI	6		0	0	
Carotene, alpha.....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....µg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....µg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	RPI	6		0.00	0.04	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	RPA	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	RPA	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		0	RPA	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		0	RPA	1		0.00	0.01	
Tocotrienol, beta.....mg	0.00		0	RPA	1		0.00	0.00	

NDB No. 14543

Beverages, lemonade, frozen concentrate, pink, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	RPA	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	RPA	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	RPI	6		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	RPI	6		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophyloquinone.....µg	0.0		0	RPA	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.006		0	RPI	6		0.002	0.014	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.001	
15:0.....g									
16:0.....g	0.005		0	RPI	6		0.002	0.013	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	RPI	6		0.001	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.002		0	RPI	6		0.000	0.004	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.013		0	RPI	6		0.004	0.032	
18:2 undifferentiated.....g	0.009		0	RPI	6		0.003	0.023	
18:3 undifferentiated.....g	0.004		0	RPI	6		0.001	0.009	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.9g: 1 fl oz

Measure 2 = 247g: 1 bottle 8 fl oz

NDB No. 14543

Beverages, lemonade, frozen concentrate, pink, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0	0.0	
Vitamin D.....IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone).....µg	1.9		0	FLC	4		0.3	0.5	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.183		0		1		0.033	0.053	
4:0.....g	0.000		0		7		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.006		0		1		0.001	0.002	
10:0.....g	0.005		0		1		0.001	0.001	
12:0.....g	0.036		0		1		0.007	0.011	
13:0.....g									
14:0.....g	0.014		0		1		0.002	0.004	
15:0.....g									
16:0.....g	0.059		0	FLC	4		0.011	0.017	
17:0.....g									
18:0.....g	0.014		0	FLC	4		0.003	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.129		0	FLC	4		0.023	0.037	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLC	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.092		0	FLC	4		0.017	0.027	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.531		0	FLC	4		0.096	0.154	
18:2 undifferentiated.....g	0.348		0	FLC	4		0.063	0.101	
18:3 undifferentiated.....g	0.044		0	FLC	4		0.008	0.013	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 18g: 1 serving

Measure 2 = 29g: .5 scoop (2 tbsp)

NDB No. 14296

Beverages, lemonade-flavor drink, powder

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Beverages, lemonade-flavor drink, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	RPI	6		0.0	0.0	
Vitamin D.....IU	0		0	RPI	6		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.001	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.8g: 1 fl oz

Measure 2 = 255g: 1 cup 8 fl oz

NDB No. 14297

Beverages, lemonade-flavor drink, powder, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14317

Beverages, malted drink mix, chocolate, powder

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.381		1	LC	8		0.500		
4:0.....g	0.111		0	FLA	4		0.023		
6:0.....g	0.031		0	FLA	4		0.006		
8:0.....g	0.034		0	FLA	4		0.007		
10:0.....g	0.076		0	FLA	4		0.016		
12:0.....g	0.079		0	FLA	4		0.017		
13:0.....g									
14:0.....g	0.362		0	FLA	4		0.076		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	1.152		0	FLA	4		0.242		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.412		0	FLA	4		0.086		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated.....g	1.167		0	FLA	4		0.245		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.158		0	FLA	4		0.033		
17:1.....g									
18:1 undifferentiated.....g	0.941		0	FLA	4		0.198		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.669		0	FLA	4		0.140		
18:2 undifferentiated.....g	0.583		0	FLA	4		0.122		
18:3 undifferentiated.....g	0.085		0	FLA	4		0.018		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	37		2		1		8		
Theobromine.....mg	345		0	BFZN	4		72		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.124		0	NC	4		2.743		
4:0.....g	0.071		0	BFFN	4		0.173		
6:0.....g	0.037		0	BFFN	4		0.090		
8:0.....g	0.019		0	BFFN	4		0.046		
10:0.....g	0.045		0	BFFN	4		0.111		
12:0.....g	0.050		0	BFFN	4		0.123		
13:0.....g									
14:0.....g	0.162		0	BFFN	4		0.395		
15:0.....g									
16:0.....g	0.516		0	BFFN	4		1.258		
17:0.....g									
18:0.....g	0.224		0	BFFN	4		0.547		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.470		0	NC	4		1.146		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0	BFFN	4		0.074		
17:1.....g									
18:1 undifferentiated.....g	0.437		0	BFFN	4		1.066		
20:1.....g	0.002		0	BFFN	4		0.005		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.075		0	NC	4		0.183		
18:2 undifferentiated.....g	0.063		0	BFFN	4		0.153		
18:3 undifferentiated.....g	0.012		0	BFFN	4		0.029		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0	FLC	4		18		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14654

Beverages, nutritional shake mix, high protein, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000	0.000	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.907		0	BFZN	4		0.291	0.581	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.907		0	BFZN	4		0.291	0.581	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.268		0	BFZN	4		0.727	1.454	
18:2 undifferentiated.....g	6.478		0	BFZN	4		0.648	1.296	
18:3 undifferentiated.....g	0.794		0	BFZN	4		0.079	0.159	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	LC	8		0.000	0.000	
Cholesterol.....mg	0		0	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.0g: 1 tbsp

Measure 2 = 20g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14327

Beverages, orange and apricot juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.010		0		1		0.003	0.025	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.009		0		1		0.003	0.023	
17:0.....g									
18:0.....g	0.001		0		1		0.000	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		1		0.010	0.078	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.009	0.073	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0		1		0.007	0.055	
18:2 undifferentiated.....g	0.019		0		1		0.006	0.048	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.2g: 1 fl oz

Measure 2 = 250g: 1 cup (8 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.6g: 1 fl oz

Measure 2 = 253g: 1 cup (8 fl oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14323

Beverages, orange drink, canned, with added vitamin C

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.002		0	FLA	4		0.001	0.005	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.002		0		1		0.001	0.005	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.005	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0		1		0.001	0.007	
18:2 undifferentiated.....g	0.002		0		1		0.001	0.005	
18:3 undifferentiated.....g	0.001		0		1		0.000	0.002	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 248g: 1 cup (8 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14407

Beverages, orange-flavor drink, breakfast type, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 serving 2 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14408

Beverages, orange-flavor drink, breakfast type, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33.9g: 1 fl oz

Measure 2 = 203g: 6 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14334

Beverages, pineapple and grapefruit juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.006		0		1		0.002	0.015	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.005		0		1		0.002	0.013	
17:0.....g									
18:0.....g	0.002		0		1		0.001	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.003	0.025	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.003	0.023	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0		1		0.009	0.070	
18:2 undifferentiated.....g	0.017		0		1		0.005	0.043	
18:3 undifferentiated.....g	0.011		0		1		0.003	0.028	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.3g: 1 fl oz

Measure 2 = 250g: 1 cup (8 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14341
Beverages, pineapple and orange juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.3g: 1 fl oz
 Measure 2 = 250g: 1 cup (8 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14639
 Beverages, rice milk, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		2	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.625		2	LC	8		1.500		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLC	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.624		0	FLC	4		1.498		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.313		2	LC	8		0.750		
18:2 undifferentiated.....g	0.305		0	FLC	4		0.732		
18:3 undifferentiated.....g	0.008		0	FLC	4		0.018		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000	0.000	3	LC	8		0.000		
Cholesterol.....mg	0	0.000	3	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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Common Measures:

Measure 1 = 240g; 8 fl oz (approximate weight, 1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14080
Beverages, rich chocolate, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	LC	8		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.0g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14428

Beverages, shake, fast food, strawberry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.10		6		1		17.41	208.96	278.62
Energy.....kcal	113		0	NC	4		27	319	425
Energy.....kJ	473		0		4		111	1333	1778
Protein (N x 6.38).....g	3.40		3		1		0.80	9.59	12.78
Total lipid (fat).....g	2.80		6		1		0.66	7.90	10.53
Ash.....g	0.90		3		1		0.21	2.54	3.38
Carbohydrate, by difference.....g	18.90		0	NC	4		4.44	53.30	71.06
Fiber, total dietary.....g	0.4		0	BFZN	4		0.1	1.1	1.5
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	113		3		1		27	319	425
Iron, Fe.....mg	0.11		3		1		0.03	0.31	0.41
Magnesium, Mg.....mg	13		3		1		3	37	49
Phosphorus, P.....mg	100		3		1		24	282	376
Potassium, K.....mg	182		3		1		43	513	684
Sodium, Na.....mg	83		3		1		20	234	312
Zinc, Zn.....mg	0.36		3		1		0.08	1.02	1.35
Copper, Cu.....mg	0.022		3		1		0.005	0.062	0.083
Manganese, Mn.....mg	0.015		3		1		0.004	0.042	0.056
Selenium, Se.....µg	2.1		0	BFPN	4		0.5	5.9	7.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		3		1		0.2	2.3	3.0
Thiamin.....mg	0.045		3		1		0.011	0.127	0.169
Riboflavin.....mg	0.195		3		1		0.046	0.550	0.733
Niacin.....mg	0.175		3		1		0.041	0.494	0.658
Pantothenic acid.....mg	0.492		3		1		0.116	1.387	1.850
Vitamin B-6.....mg	0.044		3		1		0.010	0.124	0.165
Folate, total.....µg	3		3		1		1	8	11
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	3		3		1		1	8	11
Folate, DFE.....µg	3		0	NC	4		1	8	11
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.31		3		1		0.07	0.87	1.17
Vitamin A, RAE.....µg	26		0	NC	4		6	74	99
Retinol.....µg	26		0	O	4		6	74	99
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	120		2		1		28	338	451
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 14428

Beverages, shake, fast food, strawberry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.734		0		4		0.407	4.890	6.520
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	11		5		1		3	31	41
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.011	0.133	0.177
Threonine.....g	0.152		0		1		0.036	0.429	0.572
Isoleucine.....g	0.204		0		1		0.048	0.575	0.767
Leucine.....g	0.329		0		1		0.077	0.928	1.237
Lysine.....g	0.266		0		1		0.063	0.750	1.000
Methionine.....g	0.084		0		1		0.020	0.237	0.316
Cystine.....g	0.031		0		1		0.007	0.087	0.117
Phenylalanine.....g	0.162		0		1		0.038	0.457	0.609
Tyrosine.....g	0.162		0		1		0.038	0.457	0.609
Valine.....g	0.225		0		1		0.053	0.635	0.846
Arginine.....g	0.121		0		1		0.028	0.341	0.455
Histidine.....g	0.092		0		1		0.022	0.259	0.346
Alanine.....g	0.116		0		1		0.027	0.327	0.436
Aspartic acid.....g	0.254		0		1		0.060	0.716	0.955
Glutamic acid.....g	0.703		0		1		0.165	1.982	2.643
Glycine.....g	0.072		0		1		0.017	0.203	0.271
Proline.....g	0.325		0		1		0.076	0.917	1.222
Serine.....g	0.183		0		1		0.043	0.516	0.688
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 23.5g: 1 fl oz

Measure 2 = 282g: 1 serving small 12 fl oz

Measure 3 = 376g: 1 serving medium 16 fl oz

Calories Factors: Protein 4.27

Fat 8.8

Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14185
Beverages, tea, Oolong, brewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z		7			
Vitamin D.....IU	0		0	Z		7			
Vitamin K (phylloquinone).....µg	0.0		0	Z		7			
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z		7			
4:0.....g	0.000		0	Z		7			
6:0.....g	0.000		0	Z		7			
8:0.....g	0.000		0	Z		7			
10:0.....g	0.000		0	Z		7			
12:0.....g	0.000		0	Z		7			
13:0.....g									
14:0.....g	0.000		0	Z		7			
15:0.....g									
16:0.....g	0.000		0	Z		7			
17:0.....g									
18:0.....g	0.000		0	Z		7			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z		7			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z		7			
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z		7			
20:1.....g	0.000		0	Z		7			
22:1 undifferentiated.....g	0.000		0	Z		7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z		7			
18:2 undifferentiated.....g	0.000		0	Z		7			
18:3 undifferentiated.....g	0.000		0	Z		7			
18:4.....g	0.000		0	Z		7			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z		7			
20:5 n-3 (EPA).....g	0.000		0	Z		7			
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z		7			
22:6 n-3 (DHA).....g	0.000		0	Z		7			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	16		2	A		1			
Theobromine.....mg	2		2	A		1			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 14185
Beverages, tea, Oolong, brewed

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14544

Beverages, tea, black, brewed, prepared with distilled water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.70		4		1		29.51	177.47	
Energy.....kcal	1		0	NC	4		0	2	
Energy.....kJ	4		0		4		1	7	
Protein (N x 6.25).....g	0.00		14		1		0.00	0.00	
Total lipid (fat).....g	0.00		10		1		0.00	0.00	
Ash.....g	0.02		0	O	4		0.01	0.04	
Carbohydrate, by difference.....g	0.30		0	NC	4		0.09	0.53	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		1		0	0	
Iron, Fe.....mg	0.01		0		1		0.00	0.02	
Magnesium, Mg.....mg	1		0		1		0	2	
Phosphorus, P.....mg	1		0		1		0	2	
Potassium, K.....mg	21		0		1		6	37	
Sodium, Na.....mg	0		0		1		0	0	
Zinc, Zn.....mg	0.01		0		1		0.00	0.02	
Copper, Cu.....mg	0.008		0		1		0.002	0.014	
Manganese, Mn.....mg	0.219		0		4		0.065	0.390	
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		1		1		0.000	0.000	
Riboflavin.....mg	0.014		8		1		0.004	0.025	
Niacin.....mg	0.000		1		1		0.000	0.000	
Pantothenic acid.....mg	0.011		0		4		0.003	0.020	
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	
Folate, total.....µg	5	0.610	7		1		2	9	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5	0.610	7		1		2	9	
Folate, DFE.....µg	5		0	NC	4		2	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 14544

Beverages, tea, black, brewed, prepared with distilled water

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	<u>measures of food</u>		
of Data			Code				Code	Code	Measure 1
			Points	Code	Code	Code			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.002		0		1		0.001	0.004	0.005
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.001		0		1		0.000	0.002	0.002
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0		1		0.000	0.002	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.001	0.007	0.009
18:2 undifferentiated.....g	0.001		0		1		0.000	0.002	0.002
18:3 undifferentiated.....g	0.003		0		1		0.001	0.005	0.007
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	20		41		1		6	36	47

NDB No. 14355

Beverages, tea, black, brewed, prepared with tap water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	2		0		1		1	4	5

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 178g: 6 fl oz
- Measure 3 = 237g: 1 cup (8 fl oz)

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.002		0	BFZN	4		0.001	0.004	0.005
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.001		0	BFZN	4		0.000	0.002	0.002
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	BFZN	4		0.000	0.002	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0	BFZN	4		0.001	0.007	0.009
18:2 undifferentiated.....g	0.001		0	BFZN	4		0.000	0.002	0.002
18:3 undifferentiated.....g	0.003		0	BFZN	4		0.001	0.005	0.007
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	1		0	BFZN	4		0	2	2

NDB No. 14352

Beverages, tea, black, brewed, prepared with tap water, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 178g: 6 fl oz
- Measure 3 = 237g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14247
 Beverages, tea, black, ready to drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	11		0	NR	4		50		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 473g: 16 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14281

Beverages, tea, black, ready to drink, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	1		0	LC	8		3		
Theobromine.....mg	1		0	BFZN	4		1		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14280

Beverages, tea, black, ready to drink, decaffeinated, diet

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	1		0	LC	8		3		
Theobromine.....mg	1		0	BFZN	4		1		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14211

Beverages, tea, black, ready-to-drink, lemon, diet

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	2		2	A	1		4		
Theobromine.....mg	0		2	A	1		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14211

Beverages, tea, black, ready-to-drink, lemon, diet

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14199

Beverages, tea, black, ready-to-drink, lemon, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	9	2.717	4	A	1		24		
Theobromine.....mg	0	0.206	3	A	1		1		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 271g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14199

Beverages, tea, black, ready-to-drink, lemon, sweetened

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14279

Beverages, tea, black, ready-to-drink, peach, diet

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	4		1	A	1		12		
Theobromine.....mg	0		1	A	1		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 268g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14279

Beverages, tea, black, ready-to-drink, peach, diet

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14260

Beverages, tea, green, brewed, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	O	4		1		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 240 ml

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14278

Beverages, tea, green, brewed, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000	0.000	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	Z	7		0.000	0.000	
12:0.....g	0.000		0	Z	7		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	12	0.270	6	A	1		29	4	
Theobromine.....mg	0	0.000	6	A	1		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 29.6g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14278
Beverages, tea, green, brewed, regular

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	LC	8		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.5g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14188

Beverages, tea, green, ready to drink, ginseng and honey, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	4	0.073	3	A	1		9		
Theobromine.....mg	0		1	A	1		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 260g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14188

Beverages, tea, green, ready to drink, ginseng and honey, sweetened

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14261

Beverages, tea, green, ready to drink, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	12		0	LC	8		55		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 473g: 16 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14191

Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	5		1	A	1		14		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14191

Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14190

Beverages, tea, green, ready-to-drink, diet

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	4		2	A	1		11		
Theobromine.....mg	0		2	A	1		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 269g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14190

Beverages, tea, green, ready-to-drink, diet

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14206

Beverages, tea, green, ready-to-drink, sweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	5		2	A	1		14		
Theobromine.....mg	1		1	A	1		2		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 270g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14206

Beverages, tea, green, ready-to-drink, sweetened

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14545
 Beverages, tea, herb, brewed, chamomile

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.002		0		1		0.001	0.004	0.005
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.002		0		1		0.001	0.004	0.005
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0		1		0.000	0.002	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000	0.002	0.002
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.001	0.009	0.012
18:2 undifferentiated.....g	0.002		0		1		0.001	0.004	0.005
18:3 undifferentiated.....g	0.003		0		1		0.001	0.005	0.007
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		1		1		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz
 Measure 2 = 178g: 6 fl oz
 Measure 3 = 237g: 1 cup (8 fl oz)

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Beverages, tea, herb, other than chamomile, brewed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.002		0		1		0.001	0.004	0.005
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0		1		0.000	0.002	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.001	0.009	0.012
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		1		1		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 178g: 6 fl oz
- Measure 3 = 237g: 1 cup (8 fl oz)

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 14 Beverages

NDB No. 14649
Beverages, tea, hibiscus, brewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	BFFN	4		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFFN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14649
Beverages, tea, hibiscus, brewed

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14356

Beverages, tea, instant, decaffeinated, lemon, diet

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	NR	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	57		0	O	4		1		
Theobromine.....mg	4		0	O	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.6g: 2 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14357

Beverages, tea, instant, decaffeinated, lemon, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.13		0	BFZN	4		0.03	0.24	
Energy.....kcal	401		0	NC	4		92	730	
Energy.....kJ	1679		0	NC	4		386	3056	
Protein (N x 6.25).....g	0.12		0	BFZN	4		0.03	0.23	
Total lipid (fat).....g	0.73		0	BFZN	4		0.17	1.33	
Ash.....g	0.47		0	BFZN	4		0.11	0.85	
Carbohydrate, by difference.....g	98.55		0	BFZN	4		22.67	179.36	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g	95.29		0	BFZN	4		21.92	173.43	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0	BFZN	4		0	3	
Iron, Fe.....mg	0.21		0	BFZN	4		0.05	0.39	
Magnesium, Mg.....mg	3		0	BFZN	4		1	5	
Phosphorus, P.....mg	2		0	BFZN	4		0	4	
Potassium, K.....mg	169		0	BFZN	4		39	308	
Sodium, Na.....mg	5		0	BFZN	4		1	10	
Zinc, Zn.....mg	0.03		0	BFZN	4		0.01	0.06	
Copper, Cu.....mg	0.010		0	BFZN	4		0.002	0.017	
Manganese, Mn.....mg	2.965		0	BFZN	4		0.682	5.396	
Selenium, Se.....µg	0.6		0	BFZN	4		0.1	1.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.011		0	BFZN	4		0.003	0.021	
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin.....mg	0.125		0	BFZN	4		0.029	0.228	
Pantothenic acid.....mg	0.110		0	BFZN	4		0.025	0.200	
Vitamin B-6.....mg	0.015		0	BFZN	4		0.003	0.027	
Folate, total.....µg	1		0	BFZN	4		0	2	
Folic acid.....µg	0		0	BFZN	4		0	0	
Folate, food.....µg	1		0	BFZN	4		0	2	
Folate, DFE.....µg	1		0	NC	4		0	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	BFZN	4		0	0	
Retinol.....µg	0		0	BFZN	4		0	0	
Carotene, beta.....µg	0		0	BFZN	4		0	0	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	
Lycopene.....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.091		0	BFZN	4		0.021	0.166	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.002		0	BFZN	4		0.001	0.004	
15:0.....g									
16:0.....g	0.084		0	BFZN	4		0.019	0.152	
17:0.....g									
18:0.....g	0.005		0	BFZN	4		0.001	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0	BFZN	4		0.006	0.049	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFZN	4		0.001	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.025		0	BFZN	4		0.006	0.045	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.209		0	BFZN	4		0.048	0.380	
18:2 undifferentiated.....g	0.148		0	BFZN	4		0.034	0.269	
18:3 undifferentiated.....g	0.061		0	BFZN	4		0.014	0.112	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	5		0	BFZN	4		1	9	
Theobromine.....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 23g: 1 serving (3 heaping tsp)

Measure 2 = 182g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14353
Beverages, tea, instant, decaffeinated, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	169		0	BFZN	4		1		
Theobromine.....mg	11		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.7g: 1 serving 2 tsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14376
 Beverages, tea, instant, lemon, diet

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
4:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
6:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
8:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
10:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
12:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:1.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:4.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	RPI	6		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	11		0	RPI	6		3	20	27
Theobromine.....mg	0		0	RPI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.8g: 1 fl oz
- Measure 2 = 179g: 1 serving 6 fl oz
- Measure 3 = 238g: 1 serving 8 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14370
Beverages, tea, instant, lemon, sweetened, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.097		0	FLA	4		0.022	0.176	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.002		0	FLA	4		0.001	0.004	
15:0.....g									
16:0.....g	0.084		0	FLA	4		0.019	0.152	
17:0.....g									
18:0.....g	0.005		0	FLA	4		0.001	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.033		0	FLA	4		0.008	0.060	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.025		0	FLA	4		0.006	0.045	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.218		0	FLA	4		0.050	0.397	
18:2 undifferentiated.....g	0.148		0	FLA	4		0.034	0.269	
18:3 undifferentiated.....g	0.061		0	FLA	4		0.014	0.112	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	35		1	A	1		8	64	
Theobromine.....mg	1		1	A	1		0	2	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 23g: 1 serving (3 heaping tsp)

Measure 2 = 182g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14371

Beverages, tea, instant, lemon, sweetened, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.008		0	RPI	6		0.021		
4:0.....g	0.000		0	RPI	6		0.000		
6:0.....g	0.000		0	RPI	6		0.000		
8:0.....g	0.000		0	RPI	6		0.000		
10:0.....g	0.000		0	RPI	6		0.000		
12:0.....g	0.000		0	RPI	6		0.000		
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.001		
15:0.....g									
16:0.....g	0.007		0	RPI	6		0.019		
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	RPI	6		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.002		0	RPI	6		0.006		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.018		0	RPI	6		0.047		
18:2 undifferentiated.....g	0.013		0	RPI	6		0.033		
18:3 undifferentiated.....g	0.005		0	RPI	6		0.014		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	RPI	6		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	3		0	RPI	6		8		
Theobromine.....mg	0		0	RPI	6		0		

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Common Measures:

Measure 1 = 259g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14368
Beverages, tea, instant, lemon, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.047		0	FLA	4		0.001	0.005	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.041		0	FLA	4		0.001	0.005	
17:0.....g									
18:0.....g	0.002		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	FLA	4		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.009		0	FLA	4		0.000	0.001	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.117		0	FLA	4		0.002	0.013	
18:2 undifferentiated.....g	0.079		0	FLA	4		0.001	0.009	
18:3 undifferentiated.....g	0.033		0	FLA	4		0.000	0.004	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	1794		1		1		25	203	
Theobromine.....mg	40		0	FLA	4		1	5	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.4g: 1 tsp, rounded
 Measure 2 = 11.3g: 2 tbsp, rounded

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14548

Beverages, tea, instant, lemon, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.30	0.048	4		1		0.07	0.55	
Energy.....kcal	385		0	NC	4		89	701	
Energy.....kJ	1611		0		4		370	2932	
Protein (N x 6.25).....g	0.60		4		1		0.14	1.09	
Total lipid (fat).....g	0.30	0.070	4		1		0.07	0.55	
Ash.....g	1.10	0.388	4		1		0.25	2.00	
Carbohydrate, by difference.....g	97.60		0	NC	4		22.45	177.63	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.601	4		1		1	5	
Iron, Fe.....mg	0.16	0.008	4		1		0.04	0.29	
Magnesium, Mg.....mg	11	0.459	4		1		3	20	
Phosphorus, P.....mg	14	0.396	4		1		3	25	
Potassium, K.....mg	217	9.635	4		1		50	395	
Sodium, Na.....mg	5		0		4		1	9	
Zinc, Zn.....mg	0.10	0.004	4		1		0.02	0.18	
Copper, Cu.....mg	0.025	0.003	4		1		0.006	0.046	
Manganese, Mn.....mg	2.965	0.076	4		1		0.682	5.396	
Selenium, Se.....µg	0.7		0	BFZN	4		0.2	1.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	100.0		1		1		23.0	182.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.200	0.058	3		1		0.046	0.364	
Niacin.....mg	0.407	0.009	3		1		0.094	0.741	
Pantothenic acid.....mg	0.110		0		4		0.025	0.200	
Vitamin B-6.....mg	0.022		0		4		0.005	0.040	
Folate, total.....µg	43		2		1		10	77	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	43		2		1		10	77	
Folate, DFE.....µg	43		0	NC	4		10	77	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 14548

Beverages, tea, instant, lemon, with added ascorbic acid

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 23g: 1 serving (3 heaping tsp)

Measure 2 = 182g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14375

Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	2240		1	MC	9		36	323	
Theobromine.....mg	24		0	FLA	4		0	3	

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Common Measures:

Measure 1 = 1.6g: 2 tsp

Measure 2 = 14.4g: 4 tbsp (1/4 cup)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14366

Beverages, tea, instant, unsweetened, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.043		0		1		0.000		
17:0.....g									
18:0.....g	0.007		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.000		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.040		0		1		0.000		
18:3 undifferentiated.....g	0.082		0		1		0.001		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	5714		0	MC	9		40		
Theobromine.....mg	71		1	A	1		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.7g: 1 serving 1 tsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

NDB No. 14366
Beverages, tea, instant, unsweetened, powder

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
4:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
6:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
8:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
10:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
12:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:1.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:4.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	RPI	6		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	11		0	RPI	6		3	19	26
Theobromine.....mg	0		0	RPI	6		0	0	1

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.7g: 1 fl oz

Measure 2 = 178g: 1 serving 6 fl oz

Measure 3 = 238g: 1 serving 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14207

Beverages, tea, ready-to-drink, lemon, diet

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000	0.000	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	Z	7		0.000	0.000	
12:0.....g	0.000		0	Z	7		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	8		1	A	1		21	38	
Theobromine.....mg	0		1	A	1		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 266g: 1 cup

Measure 2 = 473g: 16 fl oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14207

Beverages, tea, ready-to-drink, lemon, diet

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14635

Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14384
Beverages, water, bottled, PERRIER
Nestle Waters North America Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.90		1		1		29.57	191.81	324.68
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kJ	0		0		4		0	0	0
Protein (N x 6.25).....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0		4		0.00	0.00	0.00
Ash.....g	0.10		1		1		0.03	0.19	0.33
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		41		1		4	27	46
Iron, Fe.....mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg.....mg	0	0.024	40		1		0	0	0
Phosphorus, P.....mg	0		1		1		0	0	0
Potassium, K.....mg	0		42		1		0	0	0
Sodium, Na.....mg	1		44		1		0	2	3
Zinc, Zn.....mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		1		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14384
Beverages, water, bottled, PERRIER

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 14384

Beverages, water, bottled, PERRIER

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 192g: 1 bottle 6.5 fl oz

Measure 3 = 325g: 1 bottle 11 fl oz

Footnotes:

1 One fl oz = 29.57 g.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14385

Beverages, water, bottled, POLAND SPRING

Nestle Waters North America Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	100.00	0.002	3		1		29.60	500.00	710.00
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kJ	0		0		4		0	0	0
Protein (N x 6.25).....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0		4		0.00	0.00	0.00
Ash.....g	0.00		2		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1		1		0	5	7
Iron, Fe.....mg	0.01		2		1		0.00	0.05	0.07
Magnesium, Mg.....mg	1		1		1		0	5	7
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		1		1		0	0	0
Sodium, Na.....mg	1		3		1		0	5	7
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....µg	0		0		4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0		4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 14385

Beverages, water, bottled, POLAND SPRING

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz

Measure 3 = 710g: 1 bottle 24 fl oz

Footnotes:

1 One fl oz = 29.57 g.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14437

Beverages, water, bottled, non-carbonated, CALISTOGA

Nestle Waters North America Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	100.00		2	AI	13	D	29.60	500.00	710.00
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	Z	7		0.00	0.00	0.00
Ash.....g	0.10		2	AI	13	D	0.03	0.50	0.71
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		2	A	1	D	0	0	0
Iron, Fe.....mg									
Magnesium, Mg.....mg	0		2	A	1	D	0	0	0
Phosphorus, P.....mg									
Potassium, K.....mg	0		2	A	1	D	0	0	0
Sodium, Na.....mg	0		2	A	1	D	0	0	0
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 500g: 1 bottle 16.9 fl oz
- Measure 3 = 710g: 1 bottle 24 fl oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14438

Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER

Crystal Geyser Alpine Spring Water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	100.00		4	AI	13	D	29.60	237.00	500.00
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	Z	7		0.00	0.00	0.00
Ash.....g	0.10		4	AI	13	D	0.03	0.24	0.50
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.010	4	A	1	D	1	8	16
Iron, Fe.....mg									
Magnesium, Mg.....mg	0	0.003	4	A	1	D	0	1	2
Phosphorus, P.....mg									
Potassium, K.....mg	0	0.007	4	A	1	D	0	0	1
Sodium, Na.....mg	1	0.002	4	A	1	D	0	1	3
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 bottle 8 fl oz

Measure 3 = 500g: 1 bottle 500 ml

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14432
Beverages, water, bottled, non-carbonated, DANNON
The Dannon Company, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.98		1	A	1		29.59	330.93	499.89
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kJ	0		0	NC	4		0	1	2
Protein (N x 6.25).....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	Z	7		0.00	0.00	0.00
Ash.....g	0.00		1	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1		1	10	16
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	1		1	A	1		0	3	5
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	0		1	A	1		0	0	0
Sodium, Na.....mg	0		1	A	1		0	0	0
Zinc, Zn.....mg	0.00		1	A	1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 331g: 1 bottle 11.2 fl oz
- Measure 3 = 500g: 1 bottle 500 ml

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14440

Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go

DANNON Fluoride To Go

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.97		1	A	1		29.59	250.92	
Energy.....kcal	0		0	NC	4		0	0	
Energy.....kJ	1		0	NC	4		0	1	
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	
Ash.....g	0.00		1	A	1		0.00	0.00	
Carbohydrate, by difference.....g	0.03		0	NC	4		0.01	0.08	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1		1	7	
Iron, Fe.....mg	0.01		1	A	1		0.00	0.04	
Magnesium, Mg.....mg	1		1	A	1		0	3	
Phosphorus, P.....mg	0		1	A	1		0	0	
Potassium, K.....mg	0		1	A	1		0	0	
Sodium, Na.....mg	1		1	A	1		0	2	
Zinc, Zn.....mg	0.00		1	A	1		0.00	0.01	
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 251g: 1 bottle 8.5 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14559
 Beverages, water, bottled, non-carbonated, EVIAN
 S.A. Evian Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.97	0.035	11	A	1		29.59	330.88	499.83
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	Z	7		0.00	0.00	0.00
Ash.....g	0.05	0.050	11	A	1		0.01	0.17	0.25
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	0.490	11	A	1		2	26	39
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	2	0.050	11	A	1		1	8	12
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	0	0.075	11	A	1		0	0	0
Sodium, Na.....mg	0	0.296	11	A	1		0	1	1
Zinc, Zn.....mg	0.00		1	A	1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz
 Measure 2 = 331g: 1 bottle 11.2 fl oz
 Measure 3 = 500g: 1 bottle 16.9 fl oz

Calories Factors: Protein 0 Fat 0 Carbohydrate 0

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14433

Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA

Pepsi-Cola North America

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.97		1	A	1		29.59	499.86	709.79
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	Z	7		0.00	0.00	0.00
Ash.....g	0.00		1	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	A	1		0	2	3
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	0		1	A	1		0	2	3
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	0		1	A	1		0	0	0
Sodium, Na.....mg	0		1	A	1		0	0	0
Zinc, Zn.....mg	0.00		1	A	1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz i

Measure 3 = 710g: 1 bottle 24 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14031

Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	LC	8		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14411
Beverages, water, tap, drinking (1)

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14429
 Beverages, water, tap, municipal

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 237g: 1 bottle 8 fl oz
- Measure 3 = 1000g: 1 liter

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14412
Beverages, water, tap, well

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.90		0	BFZN	4		29.57	236.76	999.00
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kJ	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash.....g	0.10		0	BFZN	4		0.03	0.24	1.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		50	A	1	C	1	7	29
Iron, Fe.....mg	0.00		50	A	1	C	0.00	0.00	0.01
Magnesium, Mg.....mg	1		50	A	1	C	0	3	11
Phosphorus, P.....mg	0		50	A	1	C	0	0	0
Potassium, K.....mg	0		50	A	1	C	0	1	3
Sodium, Na.....mg	5		50	A	1	C	2	13	55
Zinc, Zn.....mg	0.01		50	A	1	C	0.00	0.02	0.07
Copper, Cu.....mg	0.016		50	A	1	C	0.005	0.037	0.156
Manganese, Mn.....mg	0.000		50	A	1	C	0.000	0.001	0.004
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 serving 8 fl oz 8 fl oz

Measure 3 = 1000g: 1 liter

Calories Factors: Protein 0

Fat 0

Carbohydrate 0

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14079

Beverages, yellow green colored citrus soft drink with caffeine

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	15		0	LC	8		72		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 473g: 16 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14552

Carbonated beverage, chocolate-flavored soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		7		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	2		0	BFZN	4		1	10	7
Theobromine.....mg	63		0	BFZN	4		20	310	232

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 492g: 1 can or bottle (16 fl oz)

Measure 3 = 369g: 1 can (12 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14130
Carbonated beverage, cream soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 14130
Carbonated beverage, cream soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 30.9g: 1 fl oz
- Measure 2 = 494g: 1 can or bottle (16 fl oz)
- Measure 3 = 371g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14537

Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine

pop, soda, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.80		3		1		29.54	354.29	
Energy.....kcal	0		0	NC	4		0	0	
Energy.....kJ	0				4		0	0	
Protein (N x 6.25).....g	0.00		4		1		0.00	0.00	
Total lipid (fat).....g	0.00		3		1		0.00	0.00	
Ash.....g	0.10	0.012	3		1		0.03	0.36	
Carbohydrate, by difference.....g	0.10		0	NC	4		0.03	0.36	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		56		1		1	14	
Iron, Fe.....mg	0.04	0.009	10		1		0.01	0.14	
Magnesium, Mg.....mg	1	0.072	56		1		0	4	
Phosphorus, P.....mg	0		23		1		0	0	
Potassium, K.....mg	2	0.312	56		1		1	7	
Sodium, Na.....mg	16	0.766	72		1		5	57	
Zinc, Zn.....mg	0.05		12		1		0.01	0.18	
Copper, Cu.....mg	0.025	0.007	11		1		0.007	0.089	
Manganese, Mn.....mg	0.017	0.004	7		1		0.005	0.060	
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.000		4		1		0.000	0.000	
Pantothenic acid.....mg	0.000		4		1		0.000	0.000	
Vitamin B-6.....mg	0.000		4		1		0.000	0.000	
Folate, total.....µg	0		4		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		4		1		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 14537

Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz
 Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

NDB No. 14197

Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 20g: 1 serving 1 envelope

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14242
Cranberry juice cocktail, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.0		0	FLA	4		0.3	2.4	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.009		0	FLA	4		0.003	0.022	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.007		0	FLA	4		0.002	0.017	
17:0.....g									
18:0.....g	0.002		0	FLA	4		0.001	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0	FLA	4		0.006	0.049	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.019		0	FLA	4		0.006	0.047	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0	FLA	4		0.019	0.149	
18:2 undifferentiated.....g	0.035		0	FLA	4		0.011	0.090	
18:3 undifferentiated.....g	0.023		0	FLA	4		0.007	0.059	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.6g: 1 fl oz

Measure 2 = 253g: 1 cup (8 fl oz)

NDB No. 14242
Cranberry juice cocktail, bottled

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLC	4		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	

NDB No. 14243

Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup (8 fl oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14430

Cranberry juice cocktail, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36.2g: 1 fl oz

Measure 2 = 435g: 1 can (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14431

Cranberry juice cocktail, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14542
Lemonade, frozen concentrate, pink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.09		2	A	1		18.23	218.87	109.19
Energy.....kcal	192		0	NC	4		70	840	419
Energy.....kJ	804		0	NC	4		293	3514	1753
Protein (N x 6.25).....g	0.22		2	A	1		0.08	0.95	0.48
Total lipid (fat).....g	0.69		2	A	1		0.25	3.04	1.51
Ash.....g	0.14		2	A	1		0.05	0.63	0.32
Carbohydrate, by difference.....g	48.86		0	NC	4		17.78	213.51	106.51
Fiber, total dietary.....g	0.3		2	A	1		0.1	1.2	0.6
Sugars, total.....g	46.46		2	A	1		16.91	203.05	101.29
Sucrose.....g	7.39		2	A	1		2.69	32.32	16.12
Glucose (dextrose).....g	18.57		2	A	1		6.76	81.15	40.48
Fructose.....g	20.06		2	A	1		7.30	87.66	43.73
Lactose.....g	0.00		2	A	1		0.00	0.00	0.00
Maltose.....g	0.44		2	A	1		0.16	1.92	0.96
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	0.00		2	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	8		2	A	1		3	33	16
Iron, Fe.....mg	0.08		2	A	1		0.03	0.35	0.17
Magnesium, Mg.....mg	7		2	A	1		2	30	15
Phosphorus, P.....mg	7		2	A	1		3	31	15
Potassium, K.....mg	76		2	A	1		28	330	165
Sodium, Na.....mg	4		2	A	1		2	19	10
Zinc, Zn.....mg	0.03		2	A	1		0.01	0.14	0.07
Copper, Cu.....mg	0.011		2	A	1		0.004	0.049	0.025
Manganese, Mn.....mg	0.014		2	A	1		0.005	0.061	0.030
Selenium, Se.....µg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.1		2	A	1		5.1	61.4	30.6
Thiamin.....mg	0.017		2	A	1		0.006	0.076	0.038
Riboflavin.....mg	0.000		2	A	1		0.000	0.000	0.000
Niacin.....mg	0.120		2	A	1		0.044	0.524	0.261
Pantothenic acid.....mg	0.105		2	A	1		0.038	0.459	0.229
Vitamin B-6.....mg	0.015		2	A	1		0.005	0.065	0.032
Folate, total.....µg	11		2	A	1		4	46	23
Folic acid.....µg	0		2	Z	7		0	0	0
Folate, food.....µg	11		2	A	1		4	46	23
Folate, DFE.....µg	11		0	NC	4		4	46	23
Choline, total.....mg	2.0		2	A	1		0.7	8.6	4.3
Betaine.....mg	0.2		2	A	1		0.1	0.9	0.5
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		2	A	1		0	0	0
Carotene, alpha.....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.07		2	A	1		0.03	0.31	0.15
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.02		2	A	1		0.01	0.09	0.04
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 14542
Lemonade, frozen concentrate, pink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.1		2	A	1		0.0	0.2	0.1
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.026		0		1		0.009	0.114	0.057
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	NR	4		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000		0	Z	7		0.000	0.000	0.000
12:0.....g	0.000		0	Z	7		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		1		0.000	0.004	0.002
15:0.....g									
16:0.....g	0.024		0		1		0.009	0.105	0.052
17:0.....g									
18:0.....g	0.001		0		1		0.000	0.004	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.003	0.035	0.017
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.004	0.002
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.003	0.031	0.015
20:1.....g	0.000		0	Z	7		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.021	0.258	0.129
18:2 undifferentiated.....g	0.042		0		1		0.015	0.184	0.092
18:3 undifferentiated.....g	0.017		0		1		0.006	0.074	0.037
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36.4g: 1 fl oz

Measure 2 = 437g: 1 can (12 fl oz)

NDB No. 14542

Lemonade, frozen concentrate, pink

Measure 3 = 218g: 1 can (6 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14292
Lemonade, frozen concentrate, white

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.06		2	A	1		17.91	214.88	107.44
Energy.....kcal	196		0	NC	4		72	859	430
Energy.....kJ	821		0	NC	4		300	3595	1798
Protein (N x 6.25).....g	0.22		2	A	1		0.08	0.96	0.48
Total lipid (fat).....g	0.70		2	A	1		0.26	3.07	1.53
Ash.....g	0.13		2	A	1		0.05	0.57	0.28
Carbohydrate, by difference.....g	49.89		0	NC	4		18.21	218.53	109.26
Fiber, total dietary.....g	0.3		2	A	1		0.1	1.4	0.7
Sugars, total.....g	44.46		0	AS	1		16.23	194.73	97.37
Sucrose.....g	9.70		2	A	1		3.54	42.51	21.25
Glucose (dextrose).....g	16.30		2	A	1		5.95	71.42	35.71
Fructose.....g	17.99		2	A	1		6.57	78.80	39.40
Lactose.....g	0.00		2	A	1		0.00	0.00	0.00
Maltose.....g	0.46		2	A	1		0.17	2.01	1.01
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	0.00		2	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	7		2	A	1		3	32	16
Iron, Fe.....mg	0.09		2	A	1		0.03	0.37	0.19
Magnesium, Mg.....mg	7		2	A	1		3	32	16
Phosphorus, P.....mg	7		2	A	1		2	29	14
Potassium, K.....mg	72		2	A	1		26	315	157
Sodium, Na.....mg	7		2	A	1		2	29	14
Zinc, Zn.....mg	0.04		2	A	1		0.01	0.17	0.09
Copper, Cu.....mg	0.013		2	A	1		0.005	0.056	0.028
Manganese, Mn.....mg	0.013		2	A	1		0.005	0.057	0.028
Selenium, Se.....µg	0.4		0	BFSN	4		0.1	1.8	0.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.1		2	A	1		4.8	57.2	28.6
Thiamin.....mg	0.020		2	A	1		0.007	0.087	0.044
Riboflavin.....mg	0.000		2	A	1		0.000	0.000	0.000
Niacin.....mg	0.110		2	A	1		0.040	0.482	0.241
Pantothenic acid.....mg	0.115		2	A	1		0.042	0.503	0.252
Vitamin B-6.....mg	0.020		2	A	1		0.007	0.087	0.044
Folate, total.....µg	7		2	A	1		3	31	15
Folic acid.....µg	0		2	Z	7		0	0	0
Folate, food.....µg	7		2	A	1		3	31	15
Folate, DFE.....µg	7		0	NR	4		3	31	15
Choline, total.....mg	2.0		2	A	1		0.7	8.6	4.3
Betaine.....mg	0.2		2	A	1		0.1	0.9	0.5
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		2	A	1		0	0	0
Carotene, alpha.....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....µg	4		0	FLA	4		1	16	8
Vitamin E (alpha-tocopherol).....mg	0.09		2	A	1		0.03	0.37	0.19
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.01		2	A	1		0.00	0.04	0.02
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 14292

Lemonade, frozen concentrate, white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.2		2	A	1		0.1	0.7	0.3
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.025		0	FLA	4		0.009	0.111	0.056
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		1		0.000	0.004	0.002
15:0.....g									
16:0.....g	0.024		0		1		0.009	0.105	0.053
17:0.....g									
18:0.....g	0.001		0		1		0.000	0.004	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.003	0.035	0.018
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.004	0.002
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.003	0.031	0.015
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.022	0.258	0.129
18:2 undifferentiated.....g	0.042		0		1		0.015	0.184	0.092
18:3 undifferentiated.....g	0.017		0		1		0.006	0.074	0.037
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36.5g: 1 fl oz

Measure 2 = 438g: 1 can (12 fl oz)

NDB No. 14292

Lemonade, frozen concentrate, white

Measure 3 = 219g: 1 can (6 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14293

Lemonade, frozen concentrate, white, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.006		0	RPI	6		0.002	0.014	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.005		0	RPI	6		0.002	0.013	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	RPI	6		0.001	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0	RPI	6		0.000	0.004	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.013		0	RPI	6		0.004	0.032	
18:2 undifferentiated.....g	0.009		0	RPI	6		0.003	0.023	
18:3 undifferentiated.....g	0.004		0	RPI	6		0.001	0.010	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.9g: 1 fl oz

Measure 2 = 247g: 1 cup 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	RPI	6		0.0	0.0	
Vitamin D.....IU	0		0	RPI	6		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33.0g: 1 fl oz

Measure 2 = 264g: 1 cup 8 fl oz

NDB No. 14288

Lemonade, powder, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14303

Limeade, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.9g: 1 fl oz

Measure 2 = 247g: 1 cup 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14305

Malt beverage, includes non-alcoholic beer

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.024		0	BFFN	4		0.007	0.057	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.000	0.002	
15:0.....g									
16:0.....g	0.021		0	BFFN	4		0.006	0.050	
17:0.....g									
18:0.....g	0.001		0	BFFN	4		0.000	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0	BFFN	4		0.004	0.036	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.012		0	BFFN	4		0.004	0.028	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0	BFFN	4		0.017	0.133	
18:2 undifferentiated.....g	0.050		0	BFFN	4		0.015	0.119	
18:3 undifferentiated.....g	0.006		0	BFFN	4		0.002	0.014	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.3	0.048	3	JO	11		0.1	0.8	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14347
Shake, fast food, vanilla

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.4		1	A	1		0.1	0.7	0.8
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	3.962		0	NC	4		0.824	6.577	8.241
4:0.....g	0.198		1	A	1		0.041	0.328	0.411
6:0.....g	0.152		1	A	1		0.032	0.253	0.317
8:0.....g	0.066		2	A	1		0.014	0.110	0.138
10:0.....g	0.154		2	A	1		0.032	0.255	0.319
12:0.....g	0.174		2	A	1		0.036	0.289	0.363
13:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0.....g	0.593		2	A	1		0.123	0.984	1.233
15:0.....g	0.057		2	A	1		0.012	0.095	0.119
16:0.....g	1.724		2	A	1		0.359	2.861	3.585
17:0.....g	0.036		2	A	1		0.008	0.060	0.075
18:0.....g	0.795		2	A	1		0.165	1.319	1.653
20:0.....g	0.007		2	A	1		0.001	0.011	0.014
22:0.....g	0.002		2	A	1		0.000	0.003	0.004
24:0.....g	0.003		2	A	1		0.001	0.005	0.006
Fatty acids, total monounsaturated.....g	1.785		0	NC	4		0.371	2.963	3.712
14:1.....g	0.049		2	A	1		0.010	0.081	0.101
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.116		2	JA	6		0.024	0.193	0.242
17:1.....g	0.009		2	A	1		0.002	0.014	0.018
18:1 undifferentiated.....g	1.607		2	JA	6		0.334	2.667	3.342
20:1.....g	0.004		2	A	1		0.001	0.007	0.009
22:1 undifferentiated.....g	0.000		2	JA	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.316		0	NC	4		0.066	0.525	0.657
18:2 undifferentiated.....g	0.261		2	JA	6		0.054	0.433	0.542
18:3 undifferentiated.....g	0.029		2	JA	6		0.006	0.047	0.059
18:4.....g	0.012		2	A	1		0.002	0.020	0.025
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.006		2	JA	6		0.001	0.009	0.012
20:4 undifferentiated.....g	0.007		2	A	1		0.001	0.011	0.014
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.003		2	A	1		0.001	0.004	0.005
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	23		2	A	1		5	39	48
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.058		0	A	1		0.012	0.096	0.120
Threonine.....g	0.152		0	A	1		0.032	0.253	0.317
Isoleucine.....g	0.158		0	A	1		0.033	0.262	0.328
Leucine.....g	0.354		0	A	1		0.074	0.588	0.737
Lysine.....g	0.268		0	A	1		0.056	0.446	0.558
Methionine.....g	0.095		0	A	1		0.020	0.158	0.198
Cystine.....g	0.038		0	A	1		0.008	0.063	0.079
Phenylalanine.....g	0.169		0	A	1		0.035	0.280	0.351
Tyrosine.....g	0.123		0	A	1		0.026	0.204	0.256
Valine.....g	0.194		0	A	1		0.040	0.322	0.404
Arginine.....g	0.105		0	A	1		0.022	0.175	0.219
Histidine.....g	0.090		0	A	1		0.019	0.149	0.186
Alanine.....g	0.127		0	A	1		0.026	0.211	0.264

NDB No. 14347
Shake, fast food, vanilla

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.318		0	A	1		0.066	0.528	0.662
Glutamic acid.....g	0.841		0	A	1		0.175	1.395	1.748
Glycine.....g	0.074		0	A	1		0.015	0.123	0.154
Proline.....g	0.393		0	A	1		0.082	0.652	0.817
Serine.....g	0.228		0	A	1		0.047	0.378	0.474
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 20.8g: 1 fl oz

Measure 2 = 166g: 1 cup (8 fl oz)

Measure 3 = 208g: 1 milkshake (10 fl oz)

Calories Factors: Protein 4.27

Fat 8.8

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14350
Strawberry-flavor beverage mix, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22g: 1 serving (2-3 heaping tsp)

Calories Factors: Protein 3.9 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14555
Water, bottled, generic

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 237g: 1 cup
- Measure 3 = 1.0g: 1 ml

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14439

Water, bottled, non-carbonated, NAYA

NAYA Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	100.00		4	A	1		29.60		
Energy.....kcal	0		0	NC	4		0		
Energy.....kJ	0		0	NC	4		0		
Protein (N x 6.25).....g	0.00		0	Z	7		0.00		
Total lipid (fat).....g	0.00		0	Z	7		0.00		
Ash.....g	0.10		4	A	1		0.03		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4	0.005	4	A	1	D	1		
Iron, Fe.....mg									
Magnesium, Mg.....mg	2	0.005	4	A	1	D	1		
Phosphorus, P.....mg									
Potassium, K.....mg	0	0.007	4	A	1	D	0		
Sodium, Na.....mg	1	0.005	4	A	1	D	0		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 237g: 1 serving (8 fl oz)
- Measure 3 = 1.1g: 1 ml

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14637

Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 200g: 1 pouch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 14530

Whiskey sour mix, bottled, with added potassium and sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.008		0		1		0.003		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.008		0		1		0.003		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.006		
18:2 undifferentiated.....g	0.013		0		1		0.004		
18:3 undifferentiated.....g	0.005		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	z	7		0.000		
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32.3g: 1 fl oz

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 28 (2015)