

NDB No. 19002 Snacks, beef jerky, chopped and formed

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 20g	Measure 3*
Proximates:						
Water	g	23.36	1	6.62	4.63	
Energy	kcal	410	0	116	81	
Energy	kJ	1715	0	486	340	
Protein (N x 5.95)	g	33.20	1	9.41	6.57	
Total lipid (fat)	g	25.60	1	7.26	5.07	
Carbohydrate, by difference	g	11.00	0	3.12	2.18	
Fiber, total dietary	g	1.8	1	0.5	0.4	
Ash	g	6.80	1	1.93	1.35	
Sugars, total	g					
Minerals:						
Calcium	mg	20	1	6	4	
Iron	mg	5.42	1	1.54	1.07	
Magnesium	mg	51	0	14	10	
Phosphorus	mg	407	0	115	81	
Potassium	mg	597	0	169	118	
Sodium	mg	2213	1	627	438	
Zinc	mg	8.11	0.825	2.30	1.61	
Copper	mg	0.227	0.040	0.064	0.045	
Manganese	mg	0.111	0.011	0.031	0.022	
Selenium	:g	10.7	0	3.0	2.1	
Vitamins:						
Ascorbic acid	mg	0.0	0	0.0	0.0	
Thiamin	mg	0.154	0	0.044	0.030	
Riboflavin	mg	0.142	0	0.040	0.028	
Niacin	mg	1.732	0	0.491	0.343	
Pantothenic acid	mg	0.163	0	0.046	0.032	
Vitamin B-6	mg	0.179	0	0.051	0.035	
Folate	:g	134	0	38	27	
Vitamin B-12	:g	0.99	0	0.28	0.20	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	:g	0	0	0	0	
Vitamin D	IU					
Vitamin E, " -TE	mg	0.487	0	0.138	0.096	
Lipids:						
Saturated, total	g	10.850	1	3.076	2.148	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.015	0	0.004	0.003	
12:0	g	0.162	0	0.046	0.032	
14:0	g	0.819	0	0.232	0.162	
15:0	g					
16:0	g	5.720	0	1.622	1.133	
17:0	g					
18:0	g	3.897	0	1.105	0.772	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	11.305	1	3.205	2.238
14:1	g				
16:1	g	1.135	0	0.322	0.225
18:1	g	10.099	0	2.863	2.000
20:1	g	0.071	0	0.020	0.014
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.011	1	0.287	0.200
18:2	g	0.810	0	0.230	0.160
18:3	g	0.185	0	0.052	0.037
18:4	g	0.000	0	0.000	0.000
20:4	g	0.016	0	0.005	0.003
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	48	1	14	10
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 large piece

NDB No. 19002

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19003 Snacks, corn-based, extruded, chips, plain

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	1.00	0.053	100	0.28	1.98
Energy	kcal	539		0	153	1067
Energy	kJ	2255		0	639	4465
Protein (N x 5.95)	g	6.60	0.093	91	1.87	13.07
Total lipid (fat)	g	33.40	0.276	94	9.47	66.13
Carbohydrate, by difference	g	56.90		0	16.13	112.66
Fiber, total dietary	g	4.9		0	1.4	9.7
Ash	g	2.20	0.046	92	0.62	4.36
Sugars, total	g					
Minerals:						
Calcium	mg	127	2.792	126	36	251
Iron	mg	1.32	0.030	127	0.37	2.61
Magnesium	mg	76	1.208	125	22	150
Phosphorus	mg	185	3.592	124	52	366
Potassium	mg	142	2.808	121	40	281
Sodium	mg	630	12.863	128	179	1247
Zinc	mg	1.26	0.047	94	0.36	2.49
Copper	mg	0.161	0.017	127	0.046	0.319
Manganese	mg	0.381	0.014	95	0.108	0.754
Selenium	:g	6.7	0.845	39	1.9	13.3
Vitamins:						
Ascorbic acid	mg	0.0	0.000	8	0.0	0.0
Thiamin	mg	0.027	0.005	83	0.008	0.053
Riboflavin	mg	0.144	0.010	88	0.041	0.285
Niacin	mg	1.183	0.057	92	0.335	2.342
Pantothenic acid	mg	0.394		1	0.112	0.780
Vitamin B-6	mg	0.242	0.030	18	0.069	0.479
Folate	:g	20		1	6	40
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	94	11.485	29	27	186
Vitamin A, RE	:g	9		0	3	18
Vitamin D	IU					
Vitamin E, " -TE	mg	1.360		0	0.386	2.693
Lipids:						
Saturated, total	g	4.550		0	1.290	9.009
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	3.570		2	1.012	7.069
17:0	g					
18:0	g	0.970		2	0.275	1.921
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.660	0	2.739	19.127
14:1	g				
16:1	g	0.090	2	0.026	0.178
18:1	g	9.570	2	2.713	18.949
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	16.480	0	4.672	32.630
18:2	g	15.230	2	4.318	30.155
18:3	g	1.260	2	0.357	2.495
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0.000	12	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.046	0	0.013	0.091
Threonine	g	0.246	0	0.070	0.487
Isoleucine	g	0.235	0	0.067	0.465
Leucine	g	0.803	0	0.228	1.590
Lysine	g	0.185	0	0.052	0.366
Methionine	g	0.137	0	0.039	0.271
Cystine	g	0.119	0	0.034	0.236
Phenylalanine	g	0.322	0	0.091	0.638
Tyrosine	g	0.266	0	0.075	0.527
Valine	g	0.331	0	0.094	0.655
Arginine	g	0.326	0	0.092	0.645
Histidine	g	0.200	0	0.057	0.396
Alanine	g	0.491	0	0.139	0.972
Aspartic acid	g	0.456	0	0.129	0.903
Glutamic acid	g	1.230	0	0.349	2.435
Glycine	g	0.269	0	0.076	0.533
Proline	g	0.572	0	0.162	1.133
Serine	g	0.312	0	0.088	0.618
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 7 oz bag

NDB No. 19003

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19004 Snacks, corn-based, extruded, chips, barbecue-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	1.20	0.095	21	0.34	2.38
Energy	kcal	523		0	148	1036
Energy	kJ	2188		0	620	4332
Protein (N x 5.95)	g	7.00	0.177	21	1.98	13.86
Total lipid (fat)	g	32.70	0.435	22	9.27	64.75
Carbohydrate, by difference	g	56.20		0	15.93	111.28
Fiber, total dietary	g	5.2		0	1.5	10.3
Ash	g	2.80	0.162	20	0.79	5.54
Sugars, total	g					
Minerals:						
Calcium	mg	131	5.863	21	37	259
Iron	mg	1.54	0.086	21	0.44	3.05
Magnesium	mg	77	1.784	19	22	152
Phosphorus	mg	207	6.005	19	59	410
Potassium	mg	236	31.024	22	67	467
Sodium	mg	763	35.568	7	216	1511
Zinc	mg	1.06	0.108	19	0.30	2.10
Copper	mg	0.166	0.039	18	0.047	0.329
Manganese	mg	0.774	0.222	14	0.219	1.533
Selenium	:g	4.1		0	1.2	8.1
Vitamins:						
Ascorbic acid	mg	1.7	0.853	6	0.5	3.4
Thiamin	mg	0.075	0.016	20	0.021	0.149
Riboflavin	mg	0.210	0.020	17	0.060	0.416
Niacin	mg	1.645	0.059	20	0.466	3.257
Pantothenic acid	mg	0.143	0.043	3	0.041	0.283
Vitamin B-6	mg	0.230	0.023	6	0.065	0.455
Folate	:g	39		1	11	77
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	611	58.327	15	173	1210
Vitamin A, RE	:g	61		0	17	121
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	4.460		0	1.264	8.831
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	3.510		2	0.995	6.950
17:0	g					
18:0	g	0.960		2	0.272	1.901
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.480		0	2.688	18.770
14:1	g					
16:1	g	0.090		2	0.026	0.178
18:1	g	9.390		2	2.662	18.592
20:1	g					
22:1	g					
Polyunsaturated, total	g	16.170		0	4.584	32.017
18:2	g	14.940		2	4.235	29.581
18:3	g	1.230		2	0.349	2.435
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.111	4	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.063		0	0.018	0.125
Threonine	g	0.279		0	0.079	0.552
Isoleucine	g	0.277		0	0.079	0.548
Leucine	g	0.747		0	0.212	1.479
Lysine	g	0.284		0	0.081	0.562
Methionine	g	0.134		0	0.038	0.265
Cystine	g	0.119		0	0.034	0.236
Phenylalanine	g	0.333		0	0.094	0.659
Tyrosine	g	0.273		0	0.077	0.541
Valine	g	0.357		0	0.101	0.707
Arginine	g	0.373		0	0.106	0.739
Histidine	g	0.200		0	0.057	0.396
Alanine	g	0.475		0	0.135	0.941
Aspartic acid	g	0.586		0	0.166	1.160
Glutamic acid	g	1.243		0	0.352	2.461
Glycine	g	0.293		0	0.083	0.580
Proline	g	0.521		0	0.148	1.032
Serine	g	0.337		0	0.096	0.667
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 oz
Measure 2: 7 oz bag

NDB No. 19004

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19005 Snacks, corn-based, extruded, cones, plain

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:						
Water	g	2.00	1	0.57		
Energy	kcal	510	0	145		
Energy	kJ	2134	0	605		
Protein (N x 5.95)	g	5.80	1	1.64		
Total lipid (fat)	g	26.90	1	7.63		
Carbohydrate, by difference	g	62.90	0	17.83		
Fiber, total dietary	g	1.1	0	0.3		
Ash	g	2.30	1	0.65		
Sugars, total	g					
Minerals:						
Calcium	mg	3	1	1		
Iron	mg	2.54	1	0.72		
Magnesium	mg	11	1	3		
Phosphorus	mg	44	1	12		
Potassium	mg	81	1	23		
Sodium	mg	1022	1	290		
Zinc	mg	0.21	1	0.06		
Copper	mg	0.040	1	0.011		
Manganese	mg	0.087	1	0.025		
Selenium	:g	3.8	0	1.1		
Vitamins:						
Ascorbic acid	mg	0.0	1	0.0		
Thiamin	mg	0.320	1	0.091		
Riboflavin	mg	0.240	1	0.068		
Niacin	mg	1.410	1	0.400		
Pantothenic acid	mg	0.225	1	0.064		
Vitamin B-6	mg	0.040	1	0.011		
Folate	:g	3	1	1		
Vitamin B-12	:g	0.00	1	0.00		
Vitamin A	IU	318	1	90		
Vitamin A, RE	:g	32	0	9		
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	22.750	0	6.450		
4:0	g					
6:0	g	0.160	1	0.045		
8:0	g	1.960	1	0.556		
10:0	g	1.570	1	0.445		
12:0	g	11.680	1	3.311		
14:0	g	4.400	1	1.247		
15:0	g					
16:0	g	2.230	1	0.632		
17:0	g					
18:0	g	0.740	1	0.210		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.700	0	0.482
14:1	g			
16:1	g	0.000	1	0.000
18:1	g	1.700	1	0.482
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.780	0	0.221
18:2	g	0.780	1	0.221
18:3	g	0.010	1	0.003
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.041	0	0.012
Threonine	g	0.219	0	0.062
Isoleucine	g	0.209	0	0.059
Leucine	g	0.715	0	0.203
Lysine	g	0.164	0	0.046
Methionine	g	0.122	0	0.035
Cystine	g	0.105	0	0.030
Phenylalanine	g	0.286	0	0.081
Tyrosine	g	0.237	0	0.067
Valine	g	0.295	0	0.084
Arginine	g	0.290	0	0.082
Histidine	g	0.178	0	0.050
Alanine	g	0.437	0	0.124
Aspartic acid	g	0.406	0	0.115
Glutamic acid	g	1.094	0	0.310
Glycine	g	0.239	0	0.068
Proline	g	0.508	0	0.144
Serine	g	0.277	0	0.079
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

NDB No. 19005

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19006 Snacks, corn-based, extruded, cones, nacho-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:						
Water	g	1.90	1	0.54		
Energy	kcal	536	0	152		
Energy	kJ	2243	0	636		
Protein (N x 5.95)	g	6.50	1	1.84		
Total lipid (fat)	g	31.70	1	8.99		
Carbohydrate, by difference	g	57.30	0	16.24		
Fiber, total dietary	g	1.0	0	0.3		
Ash	g	2.60	1	0.74		
Sugars, total	g					
Minerals:						
Calcium	mg	36	1	10		
Iron	mg	1.27	1	0.36		
Magnesium	mg	25	1	7		
Phosphorus	mg	76	1	22		
Potassium	mg	123	1	35		
Sodium	mg	952	1	270		
Zinc	mg	0.48	1	0.14		
Copper	mg	0.059	1	0.017		
Manganese	mg	0.078	1	0.022		
Selenium	:g	3.8	0	1.1		
Vitamins:						
Ascorbic acid	mg	0.1	1	0.0		
Thiamin	mg	0.210	1	0.060		
Riboflavin	mg	0.120	1	0.034		
Niacin	mg	1.410	1	0.400		
Pantothenic acid	mg	0.401	1	0.114		
Vitamin B-6	mg	0.116	1	0.033		
Folate	:g	5	1	1		
Vitamin B-12	:g	0.00	1	0.00		
Vitamin A	IU	315	1	89		
Vitamin A, RE	:g	38	0	11		
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	26.790	0	7.595		
4:0	g	0.030	1	0.009		
6:0	g	0.200	1	0.057		
8:0	g	2.280	1	0.646		
10:0	g	1.830	1	0.519		
12:0	g	13.520	1	3.833		
14:0	g	5.170	1	1.466		
15:0	g					
16:0	g	2.810	1	0.797		
17:0	g					
18:0	g	0.960	1	0.272		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.140	0	0.607
14:1	g			
16:1	g	0.030	1	0.009
18:1	g	2.120	1	0.601
20:1	g			
22:1	g			
Polyunsaturated, total	g	0.840	0	0.238
18:2	g	0.830	1	0.235
18:3	g	0.020	1	0.006
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	5	1	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.056	0	0.016
Threonine	g	0.252	0	0.071
Isoleucine	g	0.265	0	0.075
Leucine	g	0.758	0	0.215
Lysine	g	0.262	0	0.074
Methionine	g	0.141	0	0.040
Cystine	g	0.105	0	0.030
Phenylalanine	g	0.319	0	0.090
Tyrosine	g	0.274	0	0.078
Valine	g	0.350	0	0.099
Arginine	g	0.305	0	0.086
Histidine	g	0.199	0	0.056
Alanine	g	0.427	0	0.121
Aspartic acid	g	0.455	0	0.129
Glutamic acid	g	1.260	0	0.357
Glycine	g	0.235	0	0.067
Proline	g	0.587	0	0.166
Serine	g	0.320	0	0.091
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

NDB No. 19006

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19007 Snacks, corn-based, extruded, onion-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:						
Water	g	2.00	0.078	15	0.57	1.13
Energy	kcal	500		0	142	284
Energy	kJ	2092		0	593	1186
Protein (N x 5.95)	g	7.70	0.166	15	2.18	4.37
Total lipid (fat)	g	22.60	0.218	15	6.41	12.81
Carbohydrate, by difference	g	65.10		0	18.46	36.91
Fiber, total dietary	g	3.9		0	1.1	2.2
Ash	g	2.60	0.076	15	0.74	1.47
Sugars, total	g					
Minerals:						
Calcium	mg	29	1.162	15	8	16
Iron	mg	3.72	0.490	13	1.05	2.11
Magnesium	mg	28	2.116	15	8	16
Phosphorus	mg	72	7.292	15	20	41
Potassium	mg	143	4.997	14	41	81
Sodium	mg	981	43.143	14	278	556
Zinc	mg	0.33	0.024	14	0.09	0.19
Copper	mg	0.118	0.023	15	0.033	0.067
Manganese	mg	0.202		12	0.057	0.115
Selenium	:g	10.6		0	3.0	6.0
Vitamins:						
Ascorbic acid	mg	1.8	1.790	4	0.5	1.0
Thiamin	mg	0.220	0.011	13	0.062	0.125
Riboflavin	mg	0.310	0.023	13	0.088	0.176
Niacin	mg	3.180	0.251	13	0.902	1.803
Pantothenic acid	mg	0.262		1	0.074	0.149
Vitamin B-6	mg	0.148	0.007	4	0.042	0.084
Folate	:g	110		1	31	62
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	120	33.471	4	34	68
Vitamin A, RE	:g	12		0	3	7
Vitamin D	IU					
Vitamin E, " -TE	mg	1.610		0	0.456	0.913
Lipids:						
Saturated, total	g	4.340		0	1.230	2.461
4:0	g	0.020		3	0.006	0.011
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.040		3	0.011	0.023
14:0	g	0.160		3	0.045	0.091
15:0	g					
16:0	g	2.800		3	0.794	1.588
17:0	g					
18:0	g	1.310		3	0.371	0.743
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	13.360	0	3.788	7.575
14:1	g				
16:1	g	0.080	3	0.023	0.045
18:1	g	13.270	3	3.762	7.524
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.140	0	0.890	1.780
18:2	g	3.010	3	0.853	1.707
18:3	g	0.130	3	0.037	0.074
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.059	0	0.017	0.033
Threonine	g	0.288	0	0.082	0.163
Isoleucine	g	0.284	0	0.081	0.161
Leucine	g	0.906	0	0.257	0.514
Lysine	g	0.241	0	0.068	0.137
Methionine	g	0.154	0	0.044	0.087
Cystine	g	0.134	0	0.038	0.076
Phenylalanine	g	0.378	0	0.107	0.214
Tyrosine	g	0.310	0	0.088	0.176
Valine	g	0.386	0	0.109	0.219
Arginine	g	0.402	0	0.114	0.228
Histidine	g	0.232	0	0.066	0.132
Alanine	g	0.548	0	0.155	0.311
Aspartic acid	g	0.570	0	0.162	0.323
Glutamic acid	g	1.445	0	0.410	0.819
Glycine	g	0.314	0	0.089	0.178
Proline	g	0.646	0	0.183	0.366
Serine	g	0.369	0	0.105	0.209
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 2 oz

NDB No. 19007

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:						
Water	g	1.50	0.038	156	0.43	3.40
Energy	kcal	554		0	157	1258
Energy	kJ	2318		0	657	5262
Protein (N x 5.95)	g	7.60	0.148	139	2.15	17.25
Total lipid (fat)	g	34.40	0.236	151	9.75	78.09
Carbohydrate, by difference	g	53.80		0	15.25	122.13
Fiber, total dietary	g	1.1		0	0.3	2.5
Ash	g	2.70	0.048	121	0.77	6.13
Sugars, total	g					
Minerals:						
Calcium	mg	58	1.197	158	16	132
Iron	mg	2.35	0.070	128	0.67	5.33
Magnesium	mg	18	0.246	150	5	41
Phosphorus	mg	108	2.660	151	31	245
Potassium	mg	166	2.529	154	47	377
Sodium	mg	1050	15.620	165	298	2384
Zinc	mg	0.38	0.019	120	0.11	0.86
Copper	mg	0.063	0.006	79	0.018	0.143
Manganese	mg	0.071	0.003	110	0.020	0.161
Selenium	:g	3.0		1	0.9	6.8
Vitamins:						
Ascorbic acid	mg	0.2	0.050	20	0.1	0.5
Thiamin	mg	0.264	0.011	93	0.075	0.599
Riboflavin	mg	0.354	0.015	92	0.100	0.804
Niacin	mg	3.232	0.119	93	0.916	7.337
Pantothenic acid	mg	0.374	0.041	7	0.106	0.849
Vitamin B-6	mg	0.133	0.007	26	0.038	0.302
Folate	:g	120		1	34	272
Vitamin B-12	:g	0.14		1	0.04	0.32
Vitamin A	IU	265	14.548	56	75	602
Vitamin A, RE	:g	34		0	10	77
Vitamin D	IU					
Vitamin E, " -TE	mg	5.120		0	1.452	11.622
Lipids:						
Saturated, total	g	6.590		0	1.868	14.959
4:0	g	0.030		3	0.009	0.068
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.060		3	0.017	0.136
14:0	g	0.240		3	0.068	0.545
15:0	g					
16:0	g	4.250		3	1.205	9.648
17:0	g					
18:0	g	2.000		3	0.567	4.540
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	20.280		0	5.749	46.036
14:1	g					
16:1	g	0.130		3	0.037	0.295
18:1	g	20.160		3	5.715	45.763
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	4.760		0	1.349	10.805
18:2	g	4.570		3	1.296	10.374
18:3	g	0.190		3	0.054	0.431
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	4	0.172	63	1	9
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.094		0	0.027	0.213
Threonine	g	0.391		0	0.111	0.888
Isoleucine	g	0.366		0	0.104	0.831
Leucine	g	0.783		0	0.222	1.777
Lysine	g	0.456		0	0.129	1.035
Methionine	g	0.151		0	0.043	0.343
Cystine	g	0.138		0	0.039	0.313
Phenylalanine	g	0.299		0	0.085	0.679
Tyrosine	g	0.258		0	0.073	0.586
Valine	g	0.404		0	0.115	0.917
Arginine	g	0.283		0	0.080	0.642
Histidine	g	0.181		0	0.051	0.411
Alanine	g	0.424		0	0.120	0.962
Aspartic acid	g	0.645		0	0.183	1.464
Glutamic acid	g	1.387		0	0.393	3.148
Glycine	g	0.217		0	0.062	0.493
Proline	g	0.558		0	0.158	1.267
Serine	g	0.367		0	0.104	0.833
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 8 oz bag

NDB No. 19008

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19009 Snacks, cornnuts, plain

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:						
Water	g	1.30	0.296	8	0.37	0.74
Energy	kcal	439		0	124	249
Energy	kj	1837		0	521	1042
Protein (N x 5.95)	g	8.50	0.119	8	2.41	4.82
Total lipid (fat)	g	14.10	0.395	8	4.00	7.99
Carbohydrate, by difference	g	73.30		0	20.78	41.56
Fiber, total dietary	g	6.9		0	2.0	3.9
Ash	g	2.70	0.249	8	0.77	1.53
Sugars, total	g					
Minerals:						
Calcium	mg	9	1.165	8	3	5
Iron	mg	1.67	0.039	8	0.47	0.95
Magnesium	mg	113	3.299	8	32	64
Phosphorus	mg	275	5.169	8	78	156
Potassium	mg	278	11.492	8	79	158
Sodium	mg	549	45.568	8	156	311
Zinc	mg	1.78	0.068	8	0.50	1.01
Copper	mg	0.115	0.013	8	0.033	0.065
Manganese	mg	0.455	0.032	8	0.129	0.258
Selenium	:g	14.8		0	4.2	8.4
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.041	0.014	6	0.012	0.023
Riboflavin	mg	0.130		1	0.037	0.074
Niacin	mg	1.694	0.135	8	0.480	0.960
Pantothenic acid	mg	0.366		1	0.104	0.208
Vitamin B-6	mg	0.229	0.013	8	0.065	0.130
Folate	:g	0		1	0	0
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg	1.010		0	0.286	0.573
Lipids:						
Saturated, total	g	2.540		0	0.720	1.440
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.030		1	0.009	0.017
15:0	g					
16:0	g	1.580		1	0.448	0.896
17:0	g					
18:0	g	0.940		1	0.266	0.533
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.270	0	2.061	4.122
14:1	g				
16:1	g	0.010	1	0.003	0.006
18:1	g	7.250	1	2.055	4.111
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.180	0	0.902	1.803
18:2	g	3.130	1	0.887	1.775
18:3	g	0.050	1	0.014	0.028
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 2 oz

NDB No. 19009

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19010 Snacks, crisped rice bar, chocolate chip

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:						
Water	g	7.00		1	1.98	
Energy	kcal	404		0	115	
Energy	kJ	1690		0	479	
Protein (N x 5.95)	g	5.10	0.510	2	1.45	
Total lipid (fat)	g	13.50	0.550	2	3.83	
Carbohydrate, by difference	g	73.00		0	20.70	
Fiber, total dietary	g	2.2		0	0.6	
Ash	g	1.30		1	0.37	
Sugars, total	g					
Minerals:						
Calcium	mg	21	0.500	2	6	
Iron	mg	6.30	0.000	2	1.79	
Magnesium	mg	48	9.050	2	14	
Phosphorus	mg	134	19.000	2	38	
Potassium	mg	168	12.101	2	48	
Sodium	mg	278		1	79	
Zinc	mg	0.86		1	0.24	
Copper	mg	0.310	0.010	2	0.088	
Manganese	mg	0.999		1	0.283	
Selenium	:g	9.7		0	2.7	
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	
Thiamin	mg	0.530	0.001	2	0.150	
Riboflavin	mg	0.600	0.001	2	0.170	
Niacin	mg	7.050	0.050	2	1.999	
Pantothenic acid	mg	0.000		1	0.000	
Vitamin B-6	mg	0.705	0.005	2	0.200	
Folate	:g	140		1	40	
Vitamin B-12	:g	0.00		1	0.00	
Vitamin A	IU	1764	0.000	2	500	
Vitamin A, RE	:g	176		0	50	
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	5.240		0	1.486	
4:0	g					
6:0	g	0.010		2	0.003	
8:0	g	0.080		2	0.023	
10:0	g	0.060		2	0.017	
12:0	g	0.460		2	0.130	
14:0	g	0.200		2	0.057	
15:0	g					
16:0	g	2.460		2	0.697	
17:0	g					
18:0	g	1.980		2	0.561	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.990	0	1.131
14:1	g			
16:1	g	0.030	2	0.009
18:1	g	3.970	2	1.125
20:1	g			
22:1	g			
Polyunsaturated, total	g	3.650	0	1.035
18:2	g	3.450	2	0.978
18:3	g	0.200	2	0.057
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.075	0	0.021
Threonine	g	0.164	0	0.046
Isoleucine	g	0.200	0	0.057
Leucine	g	0.390	0	0.111
Lysine	g	0.201	0	0.057
Methionine	g	0.102	0	0.029
Cystine	g	0.121	0	0.034
Phenylalanine	g	0.260	0	0.074
Tyrosine	g	0.198	0	0.056
Valine	g	0.287	0	0.081
Arginine	g	0.389	0	0.110
Histidine	g	0.116	0	0.033
Alanine	g	0.263	0	0.075
Aspartic acid	g	0.459	0	0.130
Glutamic acid	g	0.979	0	0.278
Glycine	g	0.244	0	0.069
Proline	g	0.253	0	0.072
Serine	g	0.253	0	0.072
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 bar (1 oz)

NDB No. 19010

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19015 Snacks, granola bars, hard, plain

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 25g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	3.90	0.241	27	0.96	1.11
Energy	kcal	471		0	115	134
Energy	kJ	1971		0	483	559
Protein (N x 5.95)	g	10.10	0.292	28	2.47	2.86
Total lipid (fat)	g	19.80	0.445	27	4.85	5.61
Carbohydrate, by difference	g	64.40		0	15.78	18.26
Fiber, total dietary	g	5.3		0	1.3	1.5
Ash	g	1.90	0.038	25	0.47	0.54
Sugars, total	g					
Minerals:						
Calcium	mg	61	2.995	18	15	17
Iron	mg	2.95	0.099	22	0.72	0.84
Magnesium	mg	97	7.625	3	24	27
Phosphorus	mg	277	4.152	21	68	79
Potassium	mg	336	10.383	19	82	95
Sodium	mg	294	7.089	24	72	83
Zinc	mg	2.03		1	0.50	0.58
Copper	mg	0.392		1	0.096	0.111
Manganese	mg	1.777		1	0.435	0.504
Selenium	:g	16.2		0	4.0	4.6
Vitamins:						
Ascorbic acid	mg	0.9	0.001	3	0.2	0.3
Thiamin	mg	0.264	0.006	23	0.065	0.075
Riboflavin	mg	0.119	0.012	18	0.029	0.034
Niacin	mg	1.581	0.287	9	0.387	0.448
Pantothenic acid	mg	0.813	0.293	4	0.199	0.230
Vitamin B-6	mg	0.085	0.010	4	0.021	0.024
Folate	:g	23	1.698	3	6	7
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	151	23.302	3	37	43
Vitamin A, RE	:g	15		0	4	4
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	2.370		0	0.581	0.672
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.010		1	0.002	0.003
14:0	g	0.010		1	0.002	0.003
15:0	g					
16:0	g	1.540		1	0.377	0.437
17:0	g					
18:0	g	0.760		1	0.186	0.215
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.380	0	1.073	1.242
14:1	g				
16:1	g	0.010	1	0.002	0.003
18:1	g	4.370	1	1.071	1.239
20:1	g				
22:1	g				
Polyunsaturated, total	g	12.050	0	2.952	3.416
18:2	g	11.990	1	2.938	3.399
18:3	g	0.060	1	0.015	0.017
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.177	0	0.043	0.050
Threonine	g	0.264	0	0.065	0.075
Isoleucine	g	0.352	0	0.086	0.100
Leucine	g	0.724	0	0.177	0.205
Lysine	g	0.400	0	0.098	0.113
Methionine	g	0.177	0	0.043	0.050
Cystine	g	0.304	0	0.074	0.086
Phenylalanine	g	0.479	0	0.117	0.136
Tyrosine	g	0.352	0	0.086	0.100
Valine	g	0.508	0	0.124	0.144
Arginine	g	0.674	0	0.165	0.191
Histidine	g	0.216	0	0.053	0.061
Alanine	g	0.460	0	0.113	0.130
Aspartic acid	g	0.830	0	0.203	0.235
Glutamic acid	g	1.975	0	0.484	0.560
Glycine	g	0.499	0	0.122	0.141
Proline	g	0.518	0	0.127	0.147
Serine	g	0.470	0	0.115	0.133
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 bar
 Measure 2: 1 bar (1 oz)

NDB No. 19015

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19016 Snacks, granola bars, hard, almond

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 24g	Measure 3*
Proximates:						
Water	g	3.10	1	0.88	0.73	
Energy	kcal	495	0	140	117	
Energy	kJ	2071	0	587	489	
Protein (N x 5.95)	g	7.70	1	2.18	1.82	
Total lipid (fat)	g	25.50	1	7.23	6.02	
Carbohydrate, by difference	g	62.00	0	17.58	14.63	
Fiber, total dietary	g	4.8	0	1.4	1.1	
Ash	g	1.60	1	0.45	0.38	
Sugars, total	g					
Minerals:						
Calcium	mg	32	1	9	8	
Iron	mg	2.50	1	0.71	0.59	
Magnesium	mg	81	1	23	19	
Phosphorus	mg	228	1	65	54	
Potassium	mg	273	1	77	64	
Sodium	mg	256	1	73	60	
Zinc	mg	1.58	1	0.45	0.37	
Copper	mg	0.127	1	0.036	0.030	
Manganese	mg	1.365	1	0.387	0.322	
Selenium	:g	15.0	0	4.3	3.5	
Vitamins:						
Ascorbic acid	mg	0.0	1	0.0	0.0	
Thiamin	mg	0.280	1	0.079	0.066	
Riboflavin	mg	0.070	1	0.020	0.017	
Niacin	mg	0.610	1	0.173	0.144	
Pantothenic acid	mg	0.466	1	0.132	0.110	
Vitamin B-6	mg	0.047	1	0.013	0.011	
Folate	:g	12	1	3	3	
Vitamin B-12	:g	0.00	1	0.00	0.00	
Vitamin A	IU	37	1	10	9	
Vitamin A, RE	:g	4	0	1	1	
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	12.510	0	3.547	2.952	
4:0	g					
6:0	g	0.080	1	0.023	0.019	
8:0	g	0.940	1	0.266	0.222	
10:0	g	0.750	1	0.213	0.177	
12:0	g	5.600	1	1.588	1.322	
14:0	g	2.120	1	0.601	0.500	
15:0	g					
16:0	g	2.430	1	0.689	0.573	
17:0	g					
18:0	g	0.530	1	0.150	0.125	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.740	0	2.194	1.827
14:1	g				
16:1	g	0.050	1	0.014	0.012
18:1	g	7.690	1	2.180	1.815
20:1	g				
22:1	g				
Polyunsaturated, total	g	3.760	0	1.066	0.887
18:2	g	3.660	1	1.038	0.864
18:3	g	0.100	1	0.028	0.024
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.142	0	0.040	0.034
Threonine	g	0.221	0	0.063	0.052
Isoleucine	g	0.289	0	0.082	0.068
Leucine	g	0.585	0	0.166	0.138
Lysine	g	0.313	0	0.089	0.074
Methionine	g	0.135	0	0.038	0.032
Cystine	g	0.231	0	0.065	0.055
Phenylalanine	g	0.390	0	0.111	0.092
Tyrosine	g	0.282	0	0.080	0.067
Valine	g	0.406	0	0.115	0.096
Arginine	g	0.596	0	0.169	0.141
Histidine	g	0.178	0	0.050	0.042
Alanine	g	0.369	0	0.105	0.087
Aspartic acid	g	0.698	0	0.198	0.165
Glutamic acid	g	1.679	0	0.476	0.396
Glycine	g	0.411	0	0.117	0.097
Proline	g	0.425	0	0.120	0.100
Serine	g	0.374	0	0.106	0.088
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 bar

NDB No. 19016

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19017 Snacks, granola bars, hard, chocolate chip

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 24g	Measure 3*
Proximates:						
Water	g	2.40	1	0.68	0.57	
Energy	kcal	438	0	124	103	
Energy	kJ	1833	0	520	433	
Protein (N x 5.95)	g	7.30	1	2.07	1.72	
Total lipid (fat)	g	16.30	1	4.62	3.85	
Carbohydrate, by difference	g	72.10	0	20.44	17.02	
Fiber, total dietary	g	4.4	0	1.2	1.0	
Ash	g	1.80	1	0.51	0.42	
Sugars, total	g					
Minerals:						
Calcium	mg	77	1	22	18	
Iron	mg	3.05	1	0.86	0.72	
Magnesium	mg	72	1	20	17	
Phosphorus	mg	204	1	58	48	
Potassium	mg	251	1	71	59	
Sodium	mg	344	1	98	81	
Zinc	mg	1.93	1	0.55	0.46	
Copper	mg	0.261	1	0.074	0.062	
Manganese	mg	1.507	1	0.427	0.356	
Selenium	:g	12.5	0	3.5	3.0	
Vitamins:						
Ascorbic acid	mg	0.1	1	0.0	0.0	
Thiamin	mg	0.180	1	0.051	0.042	
Riboflavin	mg	0.100	1	0.028	0.024	
Niacin	mg	0.555	1	0.157	0.131	
Pantothenic acid	mg	0.506	1	0.143	0.119	
Vitamin B-6	mg	0.058	1	0.016	0.014	
Folate	:g	13	1	4	3	
Vitamin B-12	:g	0.01	1	0.00	0.00	
Vitamin A	IU	42	1	12	10	
Vitamin A, RE	:g	4	0	1	1	
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	11.410	0	3.235	2.693	
4:0	g					
6:0	g	0.060	1	0.017	0.014	
8:0	g	0.760	1	0.215	0.179	
10:0	g	0.610	1	0.173	0.144	
12:0	g	4.550	1	1.290	1.074	
14:0	g	1.720	1	0.488	0.406	
15:0	g					
16:0	g	2.160	1	0.612	0.510	
17:0	g					
18:0	g	1.520	1	0.431	0.359	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.630	0	0.746	0.621
14:1	g				
16:1	g	0.010	1	0.003	0.002
18:1	g	2.610	1	0.740	0.616
20:1	g				
22:1	g				
Polyunsaturated, total	g	1.270	0	0.360	0.300
18:2	g	1.220	1	0.346	0.288
18:3	g	0.050	1	0.014	0.012
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.134	0	0.038	0.032
Threonine	g	0.211	0	0.060	0.050
Isoleucine	g	0.274	0	0.078	0.065
Leucine	g	0.552	0	0.156	0.130
Lysine	g	0.311	0	0.088	0.073
Methionine	g	0.134	0	0.038	0.032
Cystine	g	0.222	0	0.063	0.052
Phenylalanine	g	0.368	0	0.104	0.087
Tyrosine	g	0.274	0	0.078	0.065
Valine	g	0.396	0	0.112	0.093
Arginine	g	0.517	0	0.147	0.122
Histidine	g	0.164	0	0.046	0.039
Alanine	g	0.356	0	0.101	0.084
Aspartic acid	g	0.648	0	0.184	0.153
Glutamic acid	g	1.494	0	0.424	0.353
Glycine	g	0.380	0	0.108	0.090
Proline	g	0.395	0	0.112	0.093
Serine	g	0.359	0	0.102	0.085
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 bar

NDB No. 19017

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19019 Snacks, granola bars, hard, peanut

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:						
Water	g	2.30	1	0.65		
Energy	kcal	479	0	136		
Energy	kJ	2004	0	568		
Protein (N x 5.95)	g	11.00	0.474	2	3.12	
Total lipid (fat)	g	21.40	1.300	2	6.07	
Carbohydrate, by difference	g	63.70		0	18.06	
Fiber, total dietary	g	4.3		0	1.2	
Ash	g	1.50		1	0.43	
Sugars, total	g					
Minerals:						
Calcium	mg	39		1	11	
Iron	mg	2.50		1	0.71	
Magnesium	mg	110		1	31	
Phosphorus	mg	300		1	85	
Potassium	mg	305		1	86	
Sodium	mg	278	26.000	2	79	
Zinc	mg	2.09		1	0.59	
Copper	mg	0.279		1	0.079	
Manganese	mg	1.407		1	0.399	
Selenium	:g	15.0		0	4.3	
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	
Thiamin	mg	0.190		1	0.054	
Riboflavin	mg	0.080		1	0.023	
Niacin	mg	1.460		1	0.414	
Pantothenic acid	mg	0.600		1	0.170	
Vitamin B-6	mg	0.070		1	0.020	
Folate	:g	23		1	7	
Vitamin B-12	:g	0.00		1	0.00	
Vitamin A	IU	32		1	9	
Vitamin A, RE	:g	3		0	1	
Vitamin D	IU					
Vitamin E, " -TE	mg	1.116		0	0.316	
Lipids:						
Saturated, total	g	2.520		0	0.714	
4:0	g	0.000		0	0.000	
6:0	g	0.000		0	0.000	
8:0	g	0.000		0	0.000	
10:0	g	0.000		0	0.000	
12:0	g	0.010		2	0.003	
14:0	g	0.010		2	0.003	
15:0	g					
16:0	g	1.630		2	0.462	
17:0	g					
18:0	g	0.780		2	0.221	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.760	0	1.633
14:1	g			
16:1	g	0.010	2	0.003
18:1	g	5.680	2	1.610
20:1	g	0.060	2	0.017
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	11.880	0	3.368
18:2	g	11.850	2	3.359
18:3	g	0.030	2	0.009
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.172	0	0.049
Threonine	g	0.331	0	0.094
Isoleucine	g	0.402	0	0.114
Leucine	g	0.800	0	0.227
Lysine	g	0.443	0	0.126
Methionine	g	0.182	0	0.052
Cystine	g	0.280	0	0.079
Phenylalanine	g	0.564	0	0.160
Tyrosine	g	0.423	0	0.120
Valine	g	0.549	0	0.156
Arginine	g	0.970	0	0.275
Histidine	g	0.261	0	0.074
Alanine	g	0.503	0	0.143
Aspartic acid	g	1.098	0	0.311
Glutamic acid	g	2.306	0	0.654
Glycine	g	0.611	0	0.173
Proline	g	0.564	0	0.160
Serine	g	0.549	0	0.156
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

NDB No. 19019

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19020 Snacks, granola bars, soft, uncoated, plain

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:						
Water	g	6.40		1	1.81	
Energy	kcal	443		0	126	
Energy	kJ	1854		0	526	
Protein (N x 5.95)	g	7.40	0.132	2	2.10	
Total lipid (fat)	g	17.20	1.625	2	4.88	
Carbohydrate, by difference	g	67.30		0	19.08	
Fiber, total dietary	g	4.6		0	1.3	
Ash	g	1.70		1	0.48	
Sugars, total	g					
Minerals:						
Calcium	mg	105		1	30	
Iron	mg	2.56	0.150	2	0.73	
Magnesium	mg	74		1	21	
Phosphorus	mg	230		1	65	
Potassium	mg	325		1	92	
Sodium	mg	278		1	79	
Zinc	mg	1.50		1	0.43	
Copper	mg	0.270		1	0.077	
Manganese	mg	1.530		1	0.434	
Selenium	:g	16.2		0	4.6	
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	
Thiamin	mg	0.295	0.035	2	0.084	
Riboflavin	mg	0.165	0.025	2	0.047	
Niacin	mg	0.515	0.515	2	0.146	
Pantothenic acid	mg	0.520		1	0.147	
Vitamin B-6	mg	0.100		1	0.028	
Folate	:g	24		1	7	
Vitamin B-12	:g	0.39		1	0.11	
Vitamin A	IU	0		1	0	
Vitamin A, RE	:g	0		0	0	
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	7.240		0	2.053	
4:0	g					
6:0	g	0.050		1	0.014	
8:0	g	0.460		1	0.130	
10:0	g	0.360		1	0.102	
12:0	g	2.680		1	0.760	
14:0	g	1.040		1	0.295	
15:0	g					
16:0	g	2.120		1	0.601	
17:0	g					
18:0	g	0.540		1	0.153	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.810	0	1.080
14:1	g			
16:1	g	0.050	1	0.014
18:1	g	3.770	1	1.069
20:1	g			
22:1	g			
Polyunsaturated, total	g	5.320	0	1.508
18:2	g	5.020	1	1.423
18:3	g	0.300	1	0.085
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.101	0	0.029
Threonine	g	0.239	0	0.068
Isoleucine	g	0.293	0	0.083
Leucine	g	0.536	0	0.152
Lysine	g	0.292	0	0.083
Methionine	g	0.128	0	0.036
Cystine	g	0.163	0	0.046
Phenylalanine	g	0.381	0	0.108
Tyrosine	g	0.250	0	0.071
Valine	g	0.396	0	0.112
Arginine	g	0.490	0	0.139
Histidine	g	0.163	0	0.046
Alanine	g	0.365	0	0.103
Aspartic acid	g	0.645	0	0.183
Glutamic acid	g	1.495	0	0.424
Glycine	g	0.347	0	0.098
Proline	g	0.601	0	0.170
Serine	g	0.318	0	0.090
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 bar (1 oz)

NDB No. 19020

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19021 Snacks, granola bars, soft, uncoated, peanut butter

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:						
Water	g	7.30	1.640	2	2.07	
Energy	kcal	426		0	121	
Energy	kJ	1782		0	505	
Protein (N x 5.95)	g	10.50	0.528	2	2.98	
Total lipid (fat)	g	15.80	1.645	2	4.48	
Carbohydrate, by difference	g	64.40		0	18.26	
Fiber, total dietary	g	4.3		0	1.2	
Ash	g	2.10	0.060	2	0.60	
Sugars, total	g					
Minerals:						
Calcium	mg	91	0.850	2	26	
Iron	mg	2.13	0.059	2	0.60	
Magnesium	mg	86		1	24	
Phosphorus	mg	250		1	71	
Potassium	mg	291	61.850	2	82	
Sodium	mg	409	67.550	2	116	
Zinc	mg	1.86		1	0.53	
Copper	mg	0.660		1	0.187	
Manganese	mg	1.400		1	0.397	
Selenium	:g	18.9		0	5.4	
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	
Thiamin	mg	0.228	0.018	2	0.065	
Riboflavin	mg	0.148	0.042	2	0.042	
Niacin	mg	3.142	0.038	2	0.891	
Pantothenic acid	mg	0.540		1	0.153	
Vitamin B-6	mg	0.103	0.003	2	0.029	
Folate	:g	32	0.651	2	9	
Vitamin B-12	:g	0.20		1	0.06	
Vitamin A	IU	14		1	4	
Vitamin A, RE	:g	2		0	1	
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	3.650		0	1.035	
4:0	g					
6:0	g	0.010		1	0.003	
8:0	g	0.150		1	0.043	
10:0	g	0.120		1	0.034	
12:0	g	0.890		1	0.252	
14:0	g	0.340		1	0.096	
15:0	g					
16:0	g	1.670		1	0.473	
17:0	g					
18:0	g	0.460		1	0.130	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.590	0	1.868
14:1	g			
16:1	g	0.010	1	0.003
18:1	g	6.410	1	1.817
20:1	g	0.160	1	0.045
22:1	g			
Polyunsaturated, total	g	4.270	0	1.211
18:2	g	4.220	1	1.196
18:3	g	0.030	1	0.009
18:4	g			
20:4	g	0.020	1	0.006
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.110	0	0.031
Threonine	g	0.350	0	0.099
Isoleucine	g	0.374	0	0.106
Leucine	g	0.696	0	0.197
Lysine	g	0.374	0	0.106
Methionine	g	0.148	0	0.042
Cystine	g	0.153	0	0.043
Phenylalanine	g	0.531	0	0.151
Tyrosine	g	0.417	0	0.118
Valine	g	0.466	0	0.132
Arginine	g	1.107	0	0.314
Histidine	g	0.256	0	0.073
Alanine	g	0.441	0	0.125
Aspartic acid	g	1.158	0	0.328
Glutamic acid	g	2.121	0	0.601
Glycine	g	0.584	0	0.166
Proline	g	0.471	0	0.134
Serine	g	0.499	0	0.141
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 bar (1 oz)

NDB No. 19021

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19022 Snacks, granola bars, soft, uncoated, raisin

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	6.40	0.120	2	2.72	1.81
Energy	kcal	448		0	190	127
Energy	kJ	1874		0	796	531
Protein (N x 5.95)	g	7.60	0.566	2	3.23	2.15
Total lipid (fat)	g	17.80	0.195	2	7.57	5.05
Carbohydrate, by difference	g	66.40		0	28.22	18.82
Fiber, total dietary	g	4.2		0	1.8	1.2
Ash	g	1.80	0.020	2	0.77	0.51
Sugars, total	g					
Minerals:						
Calcium	mg	101	2.100	2	43	29
Iron	mg	2.44	0.062	2	1.04	0.69
Magnesium	mg	72		1	31	20
Phosphorus	mg	220		1	94	62
Potassium	mg	362	4.899	2	154	103
Sodium	mg	282	10.850	2	120	80
Zinc	mg	1.30		1	0.55	0.37
Copper	mg	0.280		1	0.119	0.079
Manganese	mg	1.260		1	0.536	0.357
Selenium	:g	15.7		0	6.7	4.5
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.231	0.051	2	0.098	0.065
Riboflavin	mg	0.163	0.057	2	0.069	0.046
Niacin	mg	1.101	0.009	2	0.468	0.312
Pantothenic acid	mg	0.480		1	0.204	0.136
Vitamin B-6	mg	0.103	0.003	2	0.044	0.029
Folate	:g	21	0.600	2	9	6
Vitamin B-12	:g	0.18		1	0.08	0.05
Vitamin A	IU	0		1	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	9.570		0	4.067	2.713
4:0	g					
6:0	g	0.070		1	0.030	0.020
8:0	g	0.730		1	0.310	0.207
10:0	g	0.570		1	0.242	0.162
12:0	g	4.270		1	1.815	1.211
14:0	g	1.620		1	0.689	0.459
15:0	g					
16:0	g	1.850		1	0.786	0.524
17:0	g					
18:0	g	0.460		1	0.196	0.130
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.840	0	1.207	0.805
14:1	g				
16:1	g	0.050	1	0.021	0.014
18:1	g	2.790	1	1.186	0.791
20:1	g				
22:1	g				
Polyunsaturated, total	g	3.210	0	1.364	0.910
18:2	g	3.040	1	1.292	0.862
18:3	g	0.170	1	0.072	0.048
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.108	0	0.046	0.031
Threonine	g	0.257	0	0.109	0.073
Isoleucine	g	0.305	0	0.130	0.086
Leucine	g	0.565	0	0.240	0.160
Lysine	g	0.301	0	0.128	0.085
Methionine	g	0.141	0	0.060	0.040
Cystine	g	0.173	0	0.074	0.049
Phenylalanine	g	0.394	0	0.167	0.112
Tyrosine	g	0.255	0	0.108	0.072
Valine	g	0.411	0	0.175	0.117
Arginine	g	0.586	0	0.249	0.166
Histidine	g	0.183	0	0.078	0.052
Alanine	g	0.385	0	0.164	0.109
Aspartic acid	g	0.650	0	0.276	0.184
Glutamic acid	g	1.646	0	0.700	0.467
Glycine	g	0.381	0	0.162	0.108
Proline	g	0.414	0	0.176	0.117
Serine	g	0.335	0	0.142	0.095
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 bar (1.5 oz)
 Measure 2: 1 bar (1 oz)

NDB No. 19022

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19024 Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 35g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	3.60	0.650	2	1.27	1.02
Energy	kcal	466		0	165	132
Energy	kJ	1950		0	690	553
Protein (N x 5.95)	g	5.80		1	2.05	1.64
Total lipid (fat)	g	24.90	2.550	2	8.81	7.06
Carbohydrate, by difference	g	63.80		0	22.59	18.09
Fiber, total dietary	g	3.4		0	1.2	1.0
Ash	g	1.50		1	0.53	0.43
Sugars, total	g					
Minerals:						
Calcium	mg	103	0.500	2	36	29
Iron	mg	2.33	0.295	2	0.82	0.66
Magnesium	mg	66		1	23	19
Phosphorus	mg	199		1	70	56
Potassium	mg	313		1	111	89
Sodium	mg	200	30.500	2	71	57
Zinc	mg	1.30		1	0.46	0.37
Copper	mg	0.350		1	0.124	0.099
Manganese	mg	0.930		1	0.329	0.264
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.090	0.010	2	0.032	0.026
Riboflavin	mg	0.250	0.040	2	0.089	0.071
Niacin	mg	0.720	0.120	2	0.255	0.204
Pantothenic acid	mg	0.510		1	0.181	0.145
Vitamin B-6	mg	0.100		1	0.035	0.028
Folate	: g	26		1	9	7
Vitamin B-12	: g	0.57		1	0.20	0.16
Vitamin A	IU	39		1	14	11
Vitamin A, RE	: g	7		0	2	2
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	14.220		0	5.034	4.031
4:0	g	0.100		1	0.035	0.028
6:0	g	0.040		1	0.014	0.011
8:0	g	0.130		1	0.046	0.037
10:0	g	0.150		1	0.053	0.043
12:0	g	0.630		1	0.223	0.179
14:0	g	0.570		1	0.202	0.162
15:0	g					
16:0	g	6.040		1	2.138	1.712
17:0	g					
18:0	g	6.570		1	2.326	1.863
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.770	0	2.751	2.203
14:1	g				
16:1	g	0.190	1	0.067	0.054
18:1	g	7.580	1	2.683	2.149
20:1	g				
22:1	g				
Polyunsaturated, total	g	1.820	0	0.644	0.516
18:2	g	1.710	1	0.605	0.485
18:3	g	0.110	1	0.039	0.031
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	1	2	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.070	0	0.025	0.020
Threonine	g	0.226	0	0.080	0.064
Isoleucine	g	0.270	0	0.096	0.077
Leucine	g	0.474	0	0.168	0.134
Lysine	g	0.289	0	0.102	0.082
Methionine	g	0.114	0	0.040	0.032
Cystine	g	0.063	0	0.022	0.018
Phenylalanine	g	0.291	0	0.103	0.082
Tyrosine	g	0.244	0	0.086	0.069
Valine	g	0.345	0	0.122	0.098
Arginine	g	0.241	0	0.085	0.068
Histidine	g	0.105	0	0.037	0.030
Alanine	g	0.222	0	0.079	0.063
Aspartic acid	g	0.479	0	0.170	0.136
Glutamic acid	g	1.112	0	0.394	0.315
Glycine	g	0.177	0	0.063	0.050
Proline	g	0.393	0	0.139	0.111
Serine	g	0.254	0	0.090	0.072
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 bar (1.25 oz)
 Measure 2: 1 bar (1 oz)

NDB No. 19024

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 37g	Measure 3*
Proximates:						
Water	g	3.20		1	0.91	1.17
Energy	kcal	509		0	144	187
Energy	kJ	2130		0	604	782
Protein (N x 5.95)	g	10.20	0.510	2	2.89	3.74
Total lipid (fat)	g	31.10	1.550	2	8.82	11.41
Carbohydrate, by difference	g	53.40		0	15.14	19.60
Fiber, total dietary	g	2.8		0	0.8	1.0
Ash	g	1.90		1	0.54	0.70
Sugars, total	g					
Minerals:						
Calcium	mg	108	13.062	3	31	40
Iron	mg	1.45	0.221	3	0.41	0.53
Magnesium	mg	67		1	19	25
Phosphorus	mg	227		1	64	83
Potassium	mg	339		1	96	124
Sodium	mg	193	2.000	2	55	71
Zinc	mg	1.47		1	0.42	0.54
Copper	mg	0.323		1	0.092	0.119
Manganese	mg	1.350		1	0.383	0.495
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	0.6		1	0.2	0.2
Thiamin	mg	0.100	0.010	2	0.028	0.037
Riboflavin	mg	0.210	0.032	3	0.060	0.077
Niacin	mg	3.290	0.067	3	0.933	1.207
Pantothenic acid	mg	0.530		1	0.150	0.195
Vitamin B-6	mg	0.106		1	0.030	0.039
Folate	: g	25		1	7	9
Vitamin B-12	: g	0.00		1	0.00	0.00
Vitamin A	IU	130	100.000	2	37	48
Vitamin A, RE	: g	35		0	10	13
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	17.010		0	4.822	6.243
4:0	g	0.070		1	0.020	0.026
6:0	g	0.040		1	0.011	0.015
8:0	g	0.420		1	0.119	0.154
10:0	g	0.490		1	0.139	0.180
12:0	g	5.500		1	1.559	2.019
14:0	g	2.150		1	0.610	0.789
15:0	g					
16:0	g	4.420		1	1.253	1.622
17:0	g					
18:0	g	3.920		1	1.111	1.439
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.540	0	1.854	2.400
14:1	g				
16:1	g	0.120	1	0.034	0.044
18:1	g	6.390	1	1.812	2.345
20:1	g	0.030	1	0.009	0.011
22:1	g				
Polyunsaturated, total	g	1.900	0	0.539	0.697
18:2	g	1.830	1	0.519	0.672
18:3	g	0.070	1	0.020	0.026
18:4	g				
20:4	g	0.010	1	0.003	0.004
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	1	3	4
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.123	0	0.035	0.045
Threonine	g	0.387	0	0.110	0.142
Isoleucine	g	0.456	0	0.129	0.167
Leucine	g	0.804	0	0.228	0.295
Lysine	g	0.519	0	0.147	0.190
Methionine	g	0.173	0	0.049	0.063
Cystine	g	0.121	0	0.034	0.044
Phenylalanine	g	0.510	0	0.145	0.187
Tyrosine	g	0.431	0	0.122	0.158
Valine	g	0.555	0	0.157	0.204
Arginine	g	0.690	0	0.196	0.253
Histidine	g	0.228	0	0.065	0.084
Alanine	g	0.387	0	0.110	0.142
Aspartic acid	g	0.972	0	0.276	0.357
Glutamic acid	g	2.055	0	0.583	0.754
Glycine	g	0.405	0	0.115	0.149
Proline	g	0.680	0	0.193	0.250
Serine	g	0.491	0	0.139	0.180
Other:					
Caffeine	mg	6	1	2	2
Theobromine	mg	42	1	12	15
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 bar

NDB No. 19026

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19027 Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:						
Water	g	5.90	1	1.67		
Energy	kcal	432	0	122		
Energy	kJ	1807	0	512		
Protein (N x 5.95)	g	9.80	1	2.78		
Total lipid (fat)	g	20.00	1	5.67		
Carbohydrate, by difference	g	62.20	0	17.63		
Fiber, total dietary	g	4.2	0	1.2		
Ash	g	2.00	1	0.57		
Sugars, total	g					
Minerals:						
Calcium	mg	80	1	23		
Iron	mg	1.94	1	0.55		
Magnesium	mg	88	1	25		
Phosphorus	mg	262	1	74		
Potassium	mg	377	1	107		
Sodium	mg	328	1	93		
Zinc	mg	1.70	1	0.48		
Copper	mg	0.400	1	0.113		
Manganese	mg	1.350	1	0.383		
Selenium	:g					
Vitamins:						
Ascorbic acid	mg	0.0	1	0.0		
Thiamin	mg	0.120	1	0.034		
Riboflavin	mg	0.120	1	0.034		
Niacin	mg	3.150	1	0.893		
Pantothenic acid	mg	0.530	1	0.150		
Vitamin B-6	mg	0.100	1	0.028		
Folate	:g	33	1	9		
Vitamin B-12	:g	0.45	1	0.13		
Vitamin A	IU	12	1	3		
Vitamin A, RE	:g	2	0	1		
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	5.590	0	1.585		
4:0	g					
6:0	g	0.010	1	0.003		
8:0	g	0.100	1	0.028		
10:0	g	0.080	1	0.023		
12:0	g	0.590	1	0.167		
14:0	g	0.240	1	0.068		
15:0	g					
16:0	g	2.730	1	0.774		
17:0	g					
18:0	g	1.850	1	0.524		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.360	0	2.370
14:1	g			
16:1	g	0.020	1	0.006
18:1	g	8.170	1	2.316
20:1	g	0.180	1	0.051
22:1	g			
Polyunsaturated, total	g	4.610	0	1.307
18:2	g	4.540	1	1.287
18:3	g	0.030	1	0.009
18:4	g			
20:4	g	0.030	1	0.009
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.101	0	0.029
Threonine	g	0.330	0	0.094
Isoleucine	g	0.348	0	0.099
Leucine	g	0.641	0	0.182
Lysine	g	0.357	0	0.101
Methionine	g	0.131	0	0.037
Cystine	g	0.137	0	0.039
Phenylalanine	g	0.497	0	0.141
Tyrosine	g	0.389	0	0.110
Valine	g	0.433	0	0.123
Arginine	g	1.046	0	0.297
Histidine	g	0.236	0	0.067
Alanine	g	0.407	0	0.115
Aspartic acid	g	1.105	0	0.313
Glutamic acid	g	1.973	0	0.559
Glycine	g	0.551	0	0.156
Proline	g	0.444	0	0.126
Serine	g	0.469	0	0.133
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 bar (1 oz)

NDB No. 19027

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19031 Snacks, oriental mix, rice-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	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:						
Water	g	2.55	0	0.72	1.45	
Energy	kcal	549	0	156	311	
Energy	kJ	2297	0	651	1302	
Protein (N x 5.95)	g	17.31	1	4.91	9.81	
Total lipid (fat)	g	25.58	1	7.25	14.50	
Carbohydrate, by difference	g	51.62	0	14.63	29.27	
Fiber, total dietary	g	13.2	1	3.7	7.5	
Ash	g	2.94	1	0.83	1.67	
Sugars, total	g					
Minerals:						
Calcium	mg	54	1	15	31	
Iron	mg	2.44	1	0.69	1.38	
Magnesium	mg	118	1	33	67	
Phosphorus	mg	262	1	74	149	
Potassium	mg	328	1	93	186	
Sodium	mg	413	1	117	234	
Zinc	mg	2.66	1	0.75	1.51	
Copper	mg	0.134	1	0.038	0.076	
Manganese	mg	1.273	1	0.361	0.722	
Selenium	:g	8.1	0	2.3	4.6	
Vitamins:						
Ascorbic acid	mg	0.3	0	0.1	0.2	
Thiamin	mg	0.311	1	0.088	0.176	
Riboflavin	mg	0.141	1	0.040	0.080	
Niacin	mg	3.081	1	0.873	1.747	
Pantothenic acid	mg	0.475	1	0.135	0.269	
Vitamin B-6	mg	0.072	1	0.020	0.041	
Folate	:g	38	1	11	22	
Vitamin B-12	:g	0.00	0	0.00	0.00	
Vitamin A	IU	3	0	1	2	
Vitamin A, RE	:g	0	0	0	0	
Vitamin D	IU					
Vitamin E, " -TE	mg	8.420	1	2.387	4.774	
Lipids:						
Saturated, total	g	3.785	0	1.073	2.146	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.002	0	0.001	0.001	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.059	0	0.017	0.033	
15:0	g					
16:0	g	2.517	0	0.714	1.427	
17:0	g					
18:0	g	1.064	0	0.302	0.603	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.860	0	2.795	5.591
14:1	g				
16:1	g	0.089	0	0.025	0.050
18:1	g	9.709	0	2.753	5.505
20:1	g	0.029	0	0.008	0.016
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	10.643	0	3.017	6.035
18:2	g	10.286	0	2.916	5.832
18:3	g	0.317	0	0.090	0.180
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.000	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	25	0	7	14
Amino acids:					
Tryptophan	g	0.192	0	0.054	0.109
Threonine	g	0.640	0	0.181	0.363
Isoleucine	g	0.675	0	0.191	0.383
Leucine	g	1.240	0	0.352	0.703
Lysine	g	0.681	0	0.193	0.386
Methionine	g	0.247	0	0.070	0.140
Cystine	g	0.254	0	0.072	0.144
Phenylalanine	g	0.972	0	0.276	0.551
Tyrosine	g	0.743	0	0.211	0.421
Valine	g	0.797	0	0.226	0.452
Arginine	g	2.103	0	0.596	1.192
Histidine	g	0.473	0	0.134	0.268
Alanine	g	0.745	0	0.211	0.422
Aspartic acid	g	2.161	0	0.613	1.225
Glutamic acid	g	4.109	0	1.165	2.330
Glycine	g	1.081	0	0.306	0.613
Proline	g	0.945	0	0.268	0.536
Serine	g	0.929	0	0.263	0.527
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 2 oz

NDB No. 19031

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19032 Snacks, DOO DADS snack mix, original flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 57g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	3.00	0.323	3	1.70	0.85
Energy	kcal	456		0	259	129
Energy	kJ	1908		0	1082	541
Protein (N x 5.95)	g	10.30	0.912	3	5.84	2.92
Total lipid (fat)	g	18.50	0.512	3	10.49	5.24
Carbohydrate, by difference	g	64.30		0	36.46	18.23
Fiber, total dietary	g	6.8		0	3.9	1.9
Ash	g	3.80	0.122	3	2.15	1.08
Sugars, total	g					
Minerals:						
Calcium	mg	74	2.719	3	42	21
Iron	mg	2.50	1.050	3	1.42	0.71
Magnesium	mg	60		1	34	17
Phosphorus	mg	296		1	168	84
Potassium	mg	277	12.429	3	157	79
Sodium	mg	1271	95.048	3	721	360
Zinc	mg	2.25		1	1.28	0.64
Copper	mg	0.321		1	0.182	0.091
Manganese	mg	1.765		1	1.001	0.500
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	0.1		1	0.1	0.0
Thiamin	mg	0.360	0.074	3	0.204	0.102
Riboflavin	mg	0.260	0.020	3	0.147	0.074
Niacin	mg	5.370	0.667	3	3.045	1.522
Pantothenic acid	mg	0.578		1	0.328	0.164
Vitamin B-6	mg	0.204		1	0.116	0.058
Folate	: g	40		1	23	11
Vitamin B-12	: g	0.01		1	0.01	0.00
Vitamin A	IU	151		1	86	43
Vitamin A, RE	: g	43		0	24	12
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	3.530		0	2.002	1.001
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22:1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	1	1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1/2 cup

NDB No. 19032

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19033 Snacks, CHEX mix

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:						
Water	g	3.50	1	0.99	1.98	
Energy	kcal	425	0	120	241	
Energy	kJ	1778	0	504	1008	
Protein (N x 5.95)	g	11.00	1	3.12	6.24	
Total lipid (fat)	g	17.30	1	4.90	9.81	
Carbohydrate, by difference	g	65.10	0	18.46	36.91	
Fiber, total dietary	g	5.6	0	1.6	3.2	
Ash	g	3.14	0	0.89	1.78	
Sugars, total	g					
Minerals:						
Calcium	mg	35	1	10	20	
Iron	mg	24.70	1	7.00	14.00	
Magnesium	mg	63	1	18	36	
Phosphorus	mg	187	1	53	106	
Potassium	mg	269	1	76	153	
Sodium	mg	1017	1	288	577	
Zinc	mg	2.09	1	0.59	1.19	
Copper	mg	0.448	1	0.127	0.254	
Manganese	mg	1.553	1	0.440	0.881	
Selenium	:g					
Vitamins:						
Ascorbic acid	mg	47.5	1	13.5	26.9	
Thiamin	mg	1.555	1	0.441	0.882	
Riboflavin	mg	0.497	1	0.141	0.282	
Niacin	mg	16.838	1	4.774	9.547	
Pantothenic acid	mg	0.451	1	0.128	0.256	
Vitamin B-6	mg	1.555	1	0.441	0.882	
Folate	:g	0	1	0	0	
Vitamin B-12	:g	12.40	1	3.52	7.03	
Vitamin A	IU	145	1	41	82	
Vitamin A, RE	:g	14	0	4	8	
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	5.530	0	1.568	3.136	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22:1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz (approx 2/3 cup)
- Measure 2: 2 oz

NDB No. 19033

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19034 Snacks, popcorn, air-popped

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 8g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	4.10	0.289	3	0.33	1.16
Energy	kcal	382		0	31	108
Energy	kJ	1598		0	128	453
Protein (N x 5.95)	g	12.00	0.569	3	0.96	3.40
Total lipid (fat)	g	4.20	1.185	3	0.34	1.19
Carbohydrate, by difference	g	77.90		0	6.23	22.08
Fiber, total dietary	g	15.1		0	1.2	4.3
Ash	g	1.80	0.088	3	0.14	0.51
Sugars, total	g					
Minerals:						
Calcium	mg	10	1.739	3	1	3
Iron	mg	2.66	0.300	3	0.21	0.75
Magnesium	mg	131	16.063	4	10	37
Phosphorus	mg	300	49.950	3	24	85
Potassium	mg	301	28.884	3	24	85
Sodium	mg	4	0.450	2	0	1
Zinc	mg	3.44	0.381	3	0.28	0.98
Copper	mg	0.420	0.080	3	0.034	0.119
Manganese	mg	0.943	0.092	3	0.075	0.267
Selenium	:g	9.9		0	0.8	2.8
Vitamins:						
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0
Thiamin	mg	0.203	0.024	4	0.016	0.058
Riboflavin	mg	0.283	0.063	4	0.023	0.080
Niacin	mg	1.944	0.053	4	0.156	0.551
Pantothenic acid	mg	0.420	0.077	5	0.034	0.119
Vitamin B-6	mg	0.245	0.039	4	0.020	0.069
Folate	:g	23	2.500	2	2	7
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	196		1	16	56
Vitamin A, RE	:g	20		0	2	6
Vitamin D	IU					
Vitamin E, " -TE	mg	0.120		0	0.010	0.034
Lipids:						
Saturated, total	g	0.570		0	0.046	0.162
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		0	0.000	0.000
15:0	g					
16:0	g	0.500		1	0.040	0.142
17:0	g					
18:0	g	0.070		1	0.006	0.020
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.100	0	0.088	0.312
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	1.100	1	0.088	0.312
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.900	0	0.152	0.539
18:2	g	1.840	1	0.147	0.522
18:3	g	0.060	1	0.005	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.085	0	0.007	0.024
Threonine	g	0.452	0	0.036	0.128
Isoleucine	g	0.431	0	0.034	0.122
Leucine	g	1.473	0	0.118	0.418
Lysine	g	0.338	0	0.027	0.096
Methionine	g	0.252	0	0.020	0.071
Cystine	g	0.217	0	0.017	0.062
Phenylalanine	g	0.590	0	0.047	0.167
Tyrosine	g	0.488	0	0.039	0.138
Valine	g	0.607	0	0.049	0.172
Arginine	g	0.598	0	0.048	0.170
Histidine	g	0.367	0	0.029	0.104
Alanine	g	0.900	0	0.072	0.255
Aspartic acid	g	0.836	0	0.067	0.237
Glutamic acid	g	2.255	0	0.180	0.639
Glycine	g	0.492	0	0.039	0.139
Proline	g	1.048	0	0.084	0.297
Serine	g	0.571	0	0.046	0.162
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz

NDB No. 19034

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19035 Snacks, popcorn, oil-popped

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 11g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	2.80	0.152	50	0.31	0.79
Energy	kcal	500		0	55	142
Energy	kJ	2092		0	230	593
Protein (N x 5.95)	g	9.00	0.264	32	0.99	2.55
Total lipid (fat)	g	28.10	1.074	40	3.09	7.97
Carbohydrate, by difference	g	57.20		0	6.29	16.22
Fiber, total dietary	g	10.0		0	1.1	2.8
Ash	g	2.90	0.215	32	0.32	0.82
Sugars, total	g					
Minerals:						
Calcium	mg	10	1.080	55	1	3
Iron	mg	2.78	0.091	63	0.31	0.79
Magnesium	mg	108	3.123	50	12	31
Phosphorus	mg	250	7.888	49	28	71
Potassium	mg	225	9.120	51	25	64
Sodium	mg	884	65.964	29	97	251
Zinc	mg	2.64	0.094	52	0.29	0.75
Copper	mg	0.221	0.010	48	0.024	0.063
Manganese	mg	0.879	0.031	48	0.097	0.249
Selenium	:g	7.3	1.149	28	0.8	2.1
Vitamins:						
Ascorbic acid	mg	0.3	0.195	5	0.0	0.1
Thiamin	mg	0.134	0.021	20	0.015	0.038
Riboflavin	mg	0.136	0.015	23	0.015	0.039
Niacin	mg	1.550	0.059	20	0.171	0.439
Pantothenic acid	mg	0.305	0.053	7	0.034	0.086
Vitamin B-6	mg	0.209	0.017	6	0.023	0.059
Folate	:g	17	1.686	3	2	5
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	154	20.972	12	17	44
Vitamin A, RE	:g	15		0	2	4
Vitamin D	IU					
Vitamin E, " -TE	mg	0.120		0	0.013	0.034
Lipids:						
Saturated, total	g	4.890		0	0.538	1.386
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.070		1	0.008	0.020
15:0	g					
16:0	g	3.860		1	0.425	1.094
17:0	g					
18:0	g	0.960		1	0.106	0.272
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.170		0	0.899	2.316
14:1	g					
16:1	g	0.050		1	0.006	0.014
18:1	g	8.120		1	0.893	2.302
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	13.420		0	1.476	3.805
18:2	g	12.680		1	1.395	3.595
18:3	g	0.730		1	0.080	0.207
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.000	6	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.063		0	0.007	0.018
Threonine	g	0.338		0	0.037	0.096
Isoleucine	g	0.323		0	0.036	0.092
Leucine	g	1.103		0	0.121	0.313
Lysine	g	0.253		0	0.028	0.072
Methionine	g	0.189		0	0.021	0.054
Cystine	g	0.163		0	0.018	0.046
Phenylalanine	g	0.442		0	0.049	0.125
Tyrosine	g	0.366		0	0.040	0.104
Valine	g	0.455		0	0.050	0.129
Arginine	g	0.448		0	0.049	0.127
Histidine	g	0.275		0	0.030	0.078
Alanine	g	0.674		0	0.074	0.191
Aspartic acid	g	0.626		0	0.069	0.177
Glutamic acid	g	1.689		0	0.186	0.479
Glycine	g	0.369		0	0.041	0.105
Proline	g	0.785		0	0.086	0.223
Serine	g	0.428		0	0.047	0.121
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz

NDB No. 19035

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19036 Snacks, popcorn, cakes

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 10g	Measure 2* 20g	Measure 3*
Proximates:						
Water	g	5.00	0.903	4	0.50	1.00
Energy	kcal	384		0	38	77
Energy	kJ	1607		0	161	321
Protein (N x 5.95)	g	9.70	0.387	4	0.97	1.94
Total lipid (fat)	g	3.10	0.437	4	0.31	0.62
Carbohydrate, by difference	g	80.10		0	8.01	16.02
Fiber, total dietary	g	2.9		0	0.3	0.6
Ash	g	2.00	0.263	4	0.20	0.40
Sugars, total	g					
Minerals:						
Calcium	mg	9	1.495	3	1	2
Iron	mg	1.87	0.333	3	0.19	0.37
Magnesium	mg	159		1	16	32
Phosphorus	mg	277		1	28	55
Potassium	mg	327	28.480	3	33	65
Sodium	mg	288	55.434	4	29	58
Zinc	mg	3.99		1	0.40	0.80
Copper	mg	0.569		1	0.057	0.114
Manganese	mg	0.985		1	0.098	0.197
Selenium	:g	9.9		0	1.0	2.0
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.075	0.005	3	0.008	0.015
Riboflavin	mg	0.178	0.026	3	0.018	0.036
Niacin	mg	6.006	1.240	3	0.601	1.201
Pantothenic acid	mg	0.434		1	0.043	0.087
Vitamin B-6	mg	0.181		1	0.018	0.036
Folate	:g	18		1	2	4
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	72	28.000	3	7	14
Vitamin A, RE	:g	7		0	1	1
Vitamin D	IU					
Vitamin E, " -TE	mg	0.120		0	0.012	0.024
Lipids:						
Saturated, total	g	0.480		0	0.048	0.096
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		1	0.000	0.000
14:0	g	0.000		1	0.000	0.000
15:0	g					
16:0	g	0.420		1	0.042	0.084
17:0	g					
18:0	g	0.050		1	0.005	0.010
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.920	0	0.092	0.184
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	0.910	1	0.091	0.182
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.350	0	0.135	0.270
18:2	g	1.310	1	0.131	0.262
18:3	g	0.040	1	0.004	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.091	0	0.009	0.018
Threonine	g	0.363	0	0.036	0.073
Isoleucine	g	0.372	0	0.037	0.074
Leucine	g	1.053	0	0.105	0.211
Lysine	g	0.312	0	0.031	0.062
Methionine	g	0.210	0	0.021	0.042
Cystine	g	0.156	0	0.016	0.031
Phenylalanine	g	0.488	0	0.049	0.098
Tyrosine	g	0.387	0	0.039	0.077
Valine	g	0.523	0	0.052	0.105
Arginine	g	0.581	0	0.058	0.116
Histidine	g	0.280	0	0.028	0.056
Alanine	g	0.671	0	0.067	0.134
Aspartic acid	g	0.767	0	0.077	0.153
Glutamic acid	g	1.890	0	0.189	0.378
Glycine	g	0.431	0	0.043	0.086
Proline	g	0.706	0	0.071	0.141
Serine	g	0.480	0	0.048	0.096
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cake
 Measure 2: 2 cakes

NDB No. 19036

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19038 Snacks, popcorn, caramel-coated, with peanuts

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:						
Water	g	3.30	0.180	12	0.94	1.87
Energy	kcal	400		0	113	227
Energy	kJ	1674		0	475	949
Protein (N x 5.95)	g	6.40	0.488	2	1.81	3.63
Total lipid (fat)	g	7.80	0.709	5	2.21	4.42
Carbohydrate, by difference	g	80.70		0	22.88	45.76
Fiber, total dietary	g	3.8		0	1.1	2.2
Ash	g	1.80		1	0.51	1.02
Sugars, total	g					
Minerals:						
Calcium	mg	66	4.461	14	19	37
Iron	mg	3.91	0.148	14	1.11	2.22
Magnesium	mg	80	3.506	14	23	45
Phosphorus	mg	127	4.885	11	36	72
Potassium	mg	355	12.151	15	101	201
Sodium	mg	295	10.008	15	84	167
Zinc	mg	1.24	0.060	14	0.35	0.70
Copper	mg	0.297	0.009	12	0.084	0.168
Manganese	mg	0.764	0.026	12	0.217	0.433
Selenium	:g	3.9		0	1.1	2.2
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.051		1	0.014	0.029
Riboflavin	mg	0.126		1	0.036	0.071
Niacin	mg	1.990		1	0.564	1.128
Pantothenic acid	mg	0.230		1	0.065	0.130
Vitamin B-6	mg	0.185		1	0.052	0.105
Folate	:g	16		1	5	9
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	64		1	18	36
Vitamin A, RE	:g	6		0	2	3
Vitamin D	IU					
Vitamin E, " -TE	mg	1.500		0	0.425	0.851
Lipids:						
Saturated, total	g	1.040		0	0.295	0.590
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.000		1	0.000	0.000
15:0	g					
16:0	g	0.820		1	0.232	0.465
17:0	g					
18:0	g	0.160		1	0.045	0.091
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.730	0	0.774	1.548
14:1	g				
16:1	g	0.010	1	0.003	0.006
18:1	g	2.670	1	0.757	1.514
20:1	g	0.050	1	0.014	0.028
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.270	0	0.927	1.854
18:2	g	3.210	1	0.910	1.820
18:3	g	0.060	1	0.017	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.052	0	0.015	0.029
Threonine	g	0.231	0	0.065	0.131
Isoleucine	g	0.227	0	0.064	0.129
Leucine	g	0.641	0	0.182	0.363
Lysine	g	0.199	0	0.056	0.113
Methionine	g	0.112	0	0.032	0.064
Cystine	g	0.103	0	0.029	0.058
Phenylalanine	g	0.320	0	0.091	0.181
Tyrosine	g	0.261	0	0.074	0.148
Valine	g	0.303	0	0.086	0.172
Arginine	g	0.489	0	0.139	0.277
Histidine	g	0.182	0	0.052	0.103
Alanine	g	0.392	0	0.111	0.222
Aspartic acid	g	0.572	0	0.162	0.324
Glutamic acid	g	1.250	0	0.354	0.709
Glycine	g	0.309	0	0.088	0.175
Proline	g	0.452	0	0.128	0.256
Serine	g	0.308	0	0.087	0.175
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz (approx 2/3 cup)
- Measure 2: 2 oz

NDB No. 19038

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19039 Snacks, popcorn, caramel-coated, without peanuts

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:						
Water	g	2.80	0.189	5	0.79	
Energy	kcal	431		0	122	
Energy	kJ	1803		0	511	
Protein (N x 5.95)	g	3.80	0.405	5	1.08	
Total lipid (fat)	g	12.80	3.312	5	3.63	
Carbohydrate, by difference	g	79.10		0	22.42	
Fiber, total dietary	g	5.2		0	1.5	
Ash	g	1.50	0.201	5	0.43	
Sugars, total	g					
Minerals:						
Calcium	mg	43	1.000	2	12	
Iron	mg	1.74	0.460	3	0.49	
Magnesium	mg	35		1	10	
Phosphorus	mg	83		1	24	
Potassium	mg	109		1	31	
Sodium	mg	206	25.150	2	58	
Zinc	mg	0.58		1	0.16	
Copper	mg	0.119		1	0.034	
Manganese	mg	0.220		1	0.062	
Selenium	:g	3.6		0	1.0	
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	
Thiamin	mg	0.065		1	0.018	
Riboflavin	mg	0.070		1	0.020	
Niacin	mg	2.200		1	0.624	
Pantothenic acid	mg	0.082		1	0.023	
Vitamin B-6	mg	0.028		1	0.008	
Folate	:g	2		1	1	
Vitamin B-12	:g	0.01		1	0.00	
Vitamin A	IU	50		1	14	
Vitamin A, RE	:g	10		0	3	
Vitamin D	IU					
Vitamin E, " -TE	mg	1.200		0	0.340	
Lipids:						
Saturated, total	g	3.610		0	1.023	
4:0	g	0.110		1	0.031	
6:0	g	0.070		1	0.020	
8:0	g	0.040		1	0.011	
10:0	g	0.090		1	0.026	
12:0	g	0.100		1	0.028	
14:0	g	0.370		1	0.105	
15:0	g					
16:0	g	2.120		1	0.601	
17:0	g					
18:0	g	0.720		1	0.204	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.880	0	0.816
14:1	g			
16:1	g	0.100	1	0.028
18:1	g	2.780	1	0.788
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	4.480	0	1.270
18:2	g	4.070	1	1.154
18:3	g	0.400	1	0.113
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	5	1	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.045	0	0.013
Threonine	g	0.151	0	0.043
Isoleucine	g	0.157	0	0.045
Leucine	g	0.284	0	0.081
Lysine	g	0.281	0	0.080
Methionine	g	0.073	0	0.021
Cystine	g	0.039	0	0.011
Phenylalanine	g	0.154	0	0.044
Tyrosine	g	0.109	0	0.031
Valine	g	0.177	0	0.050
Arginine	g	0.235	0	0.067
Histidine	g	0.109	0	0.031
Alanine	g	0.208	0	0.059
Aspartic acid	g	0.389	0	0.110
Glutamic acid	g	0.658	0	0.187
Glycine	g	0.224	0	0.064
Proline	g	0.171	0	0.048
Serine	g	0.156	0	0.044
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

NDB No. 19039

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19040 Snacks, popcorn, cheese-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 11g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	2.50	0.209	13	0.28	0.71
Energy	kcal	526		0	58	149
Energy	kJ	2201		0	242	624
Protein (N x 5.95)	g	9.30	0.292	10	1.02	2.64
Total lipid (fat)	g	33.20	0.903	12	3.65	9.41
Carbohydrate, by difference	g	51.60		0	5.68	14.63
Fiber, total dietary	g	9.9		0	1.1	2.8
Ash	g	3.40	0.194	8	0.37	0.96
Sugars, total	g					
Minerals:						
Calcium	mg	113	11.073	11	12	32
Iron	mg	2.24	0.181	10	0.25	0.64
Magnesium	mg	91	5.826	6	10	26
Phosphorus	mg	361	36.838	6	40	102
Potassium	mg	261	23.823	8	29	74
Sodium	mg	889	73.308	10	98	252
Zinc	mg	2.01	0.136	6	0.22	0.57
Copper	mg	0.140	0.024	4	0.015	0.040
Manganese	mg	0.713	0.031	5	0.078	0.202
Selenium	:g	12.0		0	1.3	3.4
Vitamins:						
Ascorbic acid	mg	0.5	0.496	3	0.1	0.1
Thiamin	mg	0.124	0.034	8	0.014	0.035
Riboflavin	mg	0.241	0.022	7	0.027	0.068
Niacin	mg	1.453	0.074	8	0.160	0.412
Pantothenic acid	mg	0.461	0.011	3	0.051	0.131
Vitamin B-6	mg	0.235	0.014	3	0.026	0.067
Folate	:g	11		1	1	3
Vitamin B-12	:g	0.53		1	0.06	0.15
Vitamin A	IU	244	53.167	3	27	69
Vitamin A, RE	:g	44		0	5	12
Vitamin D	IU					
Vitamin E, " -TE	mg	0.120		0	0.013	0.034
Lipids:						
Saturated, total	g	6.410		0	0.705	1.817
4:0	g	0.030		1	0.003	0.009
6:0	g	0.020		1	0.002	0.006
8:0	g	0.010		1	0.001	0.003
10:0	g	0.030		1	0.003	0.009
12:0	g	0.020		1	0.002	0.006
14:0	g	0.220		1	0.024	0.062
15:0	g					
16:0	g	4.800		1	0.528	1.361
17:0	g					
18:0	g	1.280		1	0.141	0.363
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.700		0	1.067	2.750
14:1	g					
16:1	g	0.100		1	0.011	0.028
18:1	g	9.600		1	1.056	2.722
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	15.370		0	1.691	4.357
18:2	g	14.500		1	1.595	4.111
18:3	g	0.880		1	0.097	0.249
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	11	2.722	5	1	3
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.094		0	0.010	0.027
Threonine	g	0.417		0	0.046	0.118
Isoleucine	g	0.402		0	0.044	0.114
Leucine	g	1.024		0	0.113	0.290
Lysine	g	0.443		0	0.049	0.126
Methionine	g	0.191		0	0.021	0.054
Cystine	g	0.160		0	0.018	0.045
Phenylalanine	g	0.405		0	0.045	0.115
Tyrosine	g	0.349		0	0.038	0.099
Valine	g	0.489		0	0.054	0.139
Arginine	g	0.391		0	0.043	0.111
Histidine	g	0.252		0	0.028	0.071
Alanine	g	0.580		0	0.064	0.164
Aspartic acid	g	0.718		0	0.079	0.204
Glutamic acid	g	1.729		0	0.190	0.490
Glycine	g	0.308		0	0.034	0.087
Proline	g	0.743		0	0.082	0.211
Serine	g	0.446		0	0.049	0.126
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz

NDB No. 19040

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19041 Snacks, pork skins, plain

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:						
Water	g	1.80	0.099	24	0.51	0.26
Energy	kcal	545		0	155	77
Energy	kJ	2280		0	646	323
Protein (N x 5.95)	g	61.30	1.492	20	17.38	8.69
Total lipid (fat)	g	31.30	0.441	16	8.87	4.44
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	5.40	0.193	24	1.53	0.77
Sugars, total	g					
Minerals:						
Calcium	mg	30	2.750	21	9	4
Iron	mg	0.88	0.043	23	0.25	0.12
Magnesium	mg	11	0.923	21	3	2
Phosphorus	mg	85	1.956	18	24	12
Potassium	mg	127	5.130	24	36	18
Sodium	mg	1838	67.941	14	521	261
Zinc	mg	0.56	0.034	20	0.16	0.08
Copper	mg	0.094	0.008	17	0.027	0.013
Manganese	mg	0.069	0.010	19	0.020	0.010
Selenium	:g	41.0		0	11.6	5.8
Vitamins:						
Ascorbic acid	mg	0.5	0.151	13	0.1	0.1
Thiamin	mg	0.099	0.009	7	0.028	0.014
Riboflavin	mg	0.283	0.070	12	0.080	0.040
Niacin	mg	1.549	0.119	21	0.439	0.220
Pantothenic acid	mg	0.430	0.005	5	0.122	0.061
Vitamin B-6	mg	0.023	0.004	2	0.007	0.003
Folate	:g	0		1	0	0
Vitamin B-12	:g	0.64	0.011	5	0.18	0.09
Vitamin A	IU	131	53.950	5	37	19
Vitamin A, RE	:g	39		0	11	6
Vitamin D	IU					
Vitamin E, " -TE	mg	0.600		0	0.170	0.085
Lipids:						
Saturated, total	g	11.370		0	3.223	1.612
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.020		1	0.006	0.003
12:0	g	0.070		1	0.020	0.010
14:0	g	0.390		1	0.111	0.055
15:0	g					
16:0	g	6.850		1	1.942	0.971
17:0	g					
18:0	g	4.040		1	1.145	0.573
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	14.780		0	4.190	2.096
14:1	g					
16:1	g	0.970		1	0.275	0.138
18:1	g	13.560		1	3.844	1.923
20:1	g	0.250		1	0.071	0.035
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.640		0	1.032	0.516
18:2	g	3.350		1	0.950	0.475
18:3	g	0.260		1	0.074	0.037
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		1	0.009	0.004
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	95	6.090	15	27	13
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.118		0	0.033	0.017
Threonine	g	1.823		0	0.517	0.259
Isoleucine	g	1.382		0	0.392	0.196
Leucine	g	3.322		0	0.942	0.471
Lysine	g	2.783		0	0.789	0.395
Methionine	g	0.480		0	0.136	0.068
Cystine	g	0.529		0	0.150	0.075
Phenylalanine	g	1.940		0	0.550	0.275
Tyrosine	g	1.205		0	0.342	0.171
Valine	g	2.421		0	0.686	0.343
Arginine	g	4.841		0	1.372	0.686
Histidine	g	0.725		0	0.206	0.103
Alanine	g	5.811		0	1.647	0.824
Aspartic acid	g	4.469		0	1.267	0.634
Glutamic acid	g	7.625		0	2.162	1.081
Glycine	g	11.917		0	3.378	1.690
Proline	g	7.262		0	2.059	1.030
Serine	g	2.597		0	0.736	0.368
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1/2 oz

NDB No. 19041

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19042 Snacks, potato chips, barbecue-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	1.90	0.050	41	0.54	3.76
Energy	kcal	491		0	139	972
Energy	kJ	2054		0	582	4067
Protein (N x 5.95)	g	7.70	0.135	42	2.18	15.25
Total lipid (fat)	g	32.40	0.450	43	9.19	64.15
Carbohydrate, by difference	g	52.80		0	14.97	104.54
Fiber, total dietary	g	4.4		0	1.2	8.7
Ash	g	5.00	0.111	42	1.42	9.90
Sugars, total	g					
Minerals:						
Calcium	mg	50	3.052	40	14	99
Iron	mg	1.94	0.090	41	0.55	3.84
Magnesium	mg	75	2.685	36	21	149
Phosphorus	mg	186	7.383	36	53	368
Potassium	mg	1261	29.069	43	357	2497
Sodium	mg	750	61.222	13	213	1485
Zinc	mg	0.94	0.055	35	0.27	1.86
Copper	mg	0.360	0.036	31	0.102	0.713
Manganese	mg	0.500	0.029	24	0.142	0.990
Selenium	:g	8.1		0	2.3	16.0
Vitamins:						
Ascorbic acid	mg	33.9	4.238	12	9.6	67.1
Thiamin	mg	0.215	0.011	42	0.061	0.426
Riboflavin	mg	0.215	0.012	42	0.061	0.426
Niacin	mg	4.692	0.146	42	1.330	9.290
Pantothenic acid	mg	0.617		1	0.175	1.222
Vitamin B-6	mg	0.622	0.049	14	0.176	1.232
Folate	:g	83	2.309	3	24	164
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	217	33.113	3	62	430
Vitamin A, RE	:g	22		0	6	44
Vitamin D	IU					
Vitamin E, " -TE	mg	5.000		0	1.418	9.900
Lipids:						
Saturated, total	g	8.050		0	2.282	15.939
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		1	0.000	0.000
12:0	g	0.010		1	0.003	0.020
14:0	g	0.250		1	0.071	0.495
15:0	g					
16:0	g	7.000		1	1.985	13.860
17:0	g					
18:0	g	0.750		1	0.213	1.485
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.540		0	1.854	12.949
14:1	g					
16:1	g	0.250		1	0.071	0.495
18:1	g	6.260		1	1.775	12.395
20:1	g	0.030		1	0.009	0.059
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	16.370		0	4.641	32.413
18:2	g	16.280		1	4.615	32.234
18:3	g	0.090		1	0.026	0.178
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.000	5	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.108		0	0.031	0.214
Threonine	g	0.322		0	0.091	0.638
Isoleucine	g	0.344		0	0.098	0.681
Leucine	g	0.506		0	0.143	1.002
Lysine	g	0.501		0	0.142	0.992
Methionine	g	0.127		0	0.036	0.251
Cystine	g	0.108		0	0.031	0.214
Phenylalanine	g	0.336		0	0.095	0.665
Tyrosine	g	0.275		0	0.078	0.545
Valine	g	0.426		0	0.121	0.843
Arginine	g	0.380		0	0.108	0.752
Histidine	g	0.176		0	0.050	0.348
Alanine	g	0.342		0	0.097	0.677
Aspartic acid	g	1.363		0	0.386	2.699
Glutamic acid	g	1.188		0	0.337	2.352
Glycine	g	0.288		0	0.082	0.570
Proline	g	0.304		0	0.086	0.602
Serine	g	0.345		0	0.098	0.683
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 7 oz bag

NDB No. 19042

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19043 Snacks, potato chips, sour-cream-and-onion-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	1.80	0.063	39	0.51	3.56
Energy	kcal	531		0	151	1051
Energy	kJ	2222		0	630	4400
Protein (N x 5.95)	g	8.10	0.201	39	2.30	16.04
Total lipid (fat)	g	33.90	0.471	39	9.61	67.12
Carbohydrate, by difference	g	51.50		0	14.60	101.97
Fiber, total dietary	g	5.2		0	1.5	10.3
Ash	g	4.70	0.079	39	1.33	9.31
Sugars, total	g					
Minerals:						
Calcium	mg	72	2.593	39	20	143
Iron	mg	1.60	0.067	40	0.45	3.17
Magnesium	mg	74	3.127	35	21	147
Phosphorus	mg	176	7.568	35	50	348
Potassium	mg	1331	20.626	37	377	2635
Sodium	mg	625	47.434	12	177	1238
Zinc	mg	0.98	0.052	32	0.28	1.94
Copper	mg	0.299	0.025	27	0.085	0.592
Manganese	mg	0.405	0.027	22	0.115	0.802
Selenium	:g	8.1		0	2.3	16.0
Vitamins:						
Ascorbic acid	mg	37.3	4.864	12	10.6	73.9
Thiamin	mg	0.189	0.010	40	0.054	0.374
Riboflavin	mg	0.200	0.010	40	0.057	0.396
Niacin	mg	4.029	0.172	37	1.142	7.977
Pantothenic acid	mg	0.827	0.017	3	0.234	1.637
Vitamin B-6	mg	0.665	0.057	12	0.189	1.317
Folate	:g	62	12.257	4	18	123
Vitamin B-12	:g	1.00		1	0.28	1.98
Vitamin A	IU	170	64.279	7	48	337
Vitamin A, RE	:g	21		0	6	42
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	8.890		0	2.520	17.602
4:0	g	0.010		2	0.003	0.020
6:0	g	0.010		2	0.003	0.020
8:0	g	0.000		2	0.000	0.000
10:0	g	0.010		2	0.003	0.020
12:0	g	0.010		2	0.003	0.020
14:0	g	0.300		2	0.085	0.594
15:0	g					
16:0	g	7.730		2	2.191	15.305
17:0	g					
18:0	g	0.820		2	0.232	1.624
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.120		0	1.735	12.118
14:1	g					
16:1	g	0.280		2	0.079	0.554
18:1	g	5.840		2	1.656	11.563
20:1	g	0.000		2	0.000	0.000
22:1	g					
Polyunsaturated, total	g	17.420		0	4.939	34.492
18:2	g	17.340		2	4.916	34.333
18:3	g	0.080		2	0.023	0.158
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	7	0.992	5	2	14
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.118		0	0.033	0.234
Threonine	g	0.425		0	0.120	0.841
Isoleucine	g	0.403		0	0.114	0.798
Leucine	g	0.655		0	0.186	1.297
Lysine	g	0.576		0	0.163	1.140
Methionine	g	0.141		0	0.040	0.279
Cystine	g	0.129		0	0.037	0.255
Phenylalanine	g	0.272		0	0.077	0.539
Tyrosine	g	0.238		0	0.067	0.471
Valine	g	0.421		0	0.119	0.834
Arginine	g	0.256		0	0.073	0.507
Histidine	g	0.151		0	0.043	0.299
Alanine	g	0.327		0	0.093	0.647
Aspartic acid	g	0.898		0	0.255	1.778
Glutamic acid	g	1.321		0	0.375	2.616
Glycine	g	0.182		0	0.052	0.360
Proline	g	0.462		0	0.131	0.915
Serine	g	0.362		0	0.103	0.717
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 7 oz bag

NDB No. 19043

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19045 Snacks, potato chips, made from dried potatoes, light

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 170g	Measure 3*
Proximates:						
Water	g	1.40	0.187	6	0.40	2.38
Energy	kcal	501		0	142	852
Energy	kJ	2096		0	594	3563
Protein (N x 5.95)	g	5.60		1	1.59	9.52
Total lipid (fat)	g	25.70	0.337	3	7.29	43.69
Carbohydrate, by difference	g	64.90		0	18.40	110.33
Fiber, total dietary	g	3.6		0	1.0	6.1
Ash	g	2.40		1	0.68	4.08
Sugars, total	g					
Minerals:						
Calcium	mg	34	4.190	2	10	58
Iron	mg	1.51	0.510	2	0.43	2.57
Magnesium	mg	63	5.800	2	18	107
Phosphorus	mg	154	16.051	2	44	262
Potassium	mg	1005	55.398	2	285	1709
Sodium	mg	428	47.565	2	121	728
Zinc	mg	0.60	0.095	2	0.17	1.02
Copper	mg	0.140	0.040	2	0.040	0.238
Manganese	mg	0.350		1	0.099	0.595
Selenium	:g	8.1		0	2.3	13.8
Vitamins:						
Ascorbic acid	mg	12.0		1	3.4	20.4
Thiamin	mg	0.190		1	0.054	0.323
Riboflavin	mg	0.060		1	0.017	0.102
Niacin	mg	4.200		1	1.191	7.140
Pantothenic acid	mg	0.250		1	0.071	0.425
Vitamin B-6	mg	0.782		1	0.222	1.329
Folate	:g	23		1	7	39
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg	5.000		0	1.418	8.500
Lipids:						
Saturated, total	g	5.130		0	1.454	8.721
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.150		1	0.043	0.255
15:0	g					
16:0	g	4.340		1	1.230	7.378
17:0	g					
18:0	g	0.630		1	0.179	1.071
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.920	0	1.678	10.064
14:1	g				
16:1	g	0.620	1	0.176	1.054
18:1	g	5.300	1	1.503	9.010
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	13.490	0	3.824	22.933
18:2	g	13.250	1	3.756	22.525
18:3	g	0.240	1	0.068	0.408
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.044	0	0.012	0.075
Threonine	g	0.245	0	0.069	0.417
Isoleucine	g	0.248	0	0.070	0.422
Leucine	g	0.369	0	0.105	0.627
Lysine	g	0.353	0	0.100	0.600
Methionine	g	0.065	0	0.018	0.111
Cystine	g	0.073	0	0.021	0.124
Phenylalanine	g	0.258	0	0.073	0.439
Tyrosine	g	0.221	0	0.063	0.376
Valine	g	0.329	0	0.093	0.559
Arginine	g	0.272	0	0.077	0.462
Histidine	g	0.125	0	0.035	0.213
Alanine	g	0.202	0	0.057	0.343
Aspartic acid	g	1.134	0	0.321	1.928
Glutamic acid	g	0.939	0	0.266	1.596
Glycine	g	0.194	0	0.055	0.330
Proline	g	0.204	0	0.058	0.347
Serine	g	0.230	0	0.065	0.391
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 1 can (6 oz)

NDB No. 19045

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19046 Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	2.00	1	0.57	3.96	
Energy	kcal	547	0	155	1083	
Energy	kJ	2289	0	649	4532	
Protein (N x 5.95)	g	6.60	1	1.87	13.07	
Total lipid (fat)	g	37.00	1	10.49	73.26	
Carbohydrate, by difference	g	51.30	0	14.54	101.57	
Fiber, total dietary	g	1.2	0	0.3	2.4	
Ash	g	3.10	1	0.88	6.14	
Sugars, total	g					
Minerals:						
Calcium	mg	64	1	18	127	
Iron	mg	1.40	1	0.40	2.77	
Magnesium	mg	55	1	16	109	
Phosphorus	mg	169	1	48	335	
Potassium	mg	496	1	141	982	
Sodium	mg	720	1	204	1426	
Zinc	mg	0.71	1	0.20	1.41	
Copper	mg	0.063	1	0.018	0.125	
Manganese	mg	0.405	1	0.115	0.802	
Selenium	:g					
Vitamins:						
Ascorbic acid	mg	9.5	1	2.7	18.8	
Thiamin	mg	0.180	1	0.051	0.356	
Riboflavin	mg	0.100	1	0.028	0.198	
Niacin	mg	2.500	1	0.709	4.950	
Pantothenic acid	mg	0.827	1	0.234	1.637	
Vitamin B-6	mg	0.476	1	0.135	0.942	
Folate	:g	23	1	7	46	
Vitamin B-12	:g	0.00	1	0.00	0.00	
Vitamin A	IU	755	1	214	1495	
Vitamin A, RE	:g	98	0	28	194	
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	9.470	0	2.685	18.751	
4:0	g	0.040	1	0.011	0.079	
6:0	g	0.020	1	0.006	0.040	
8:0	g	0.010	1	0.003	0.020	
10:0	g	0.030	1	0.009	0.059	
12:0	g	0.030	1	0.009	0.059	
14:0	g	0.450	1	0.128	0.891	
15:0	g					
16:0	g	7.770	1	2.203	15.385	
17:0	g					
18:0	g	1.140	1	0.323	2.257	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.120	0	2.019	14.098
14:1	g				
16:1	g	0.360	1	0.102	0.713
18:1	g	6.760	1	1.916	13.385
20:1	g				
22:1	g				
Polyunsaturated, total	g	18.780	0	5.324	37.184
18:2	g	18.430	1	5.225	36.491
18:3	g	0.350	1	0.099	0.693
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	1	1	6
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.072	0	0.020	0.143
Threonine	g	0.284	0	0.081	0.562
Isoleucine	g	0.313	0	0.089	0.620
Leucine	g	0.485	0	0.137	0.960
Lysine	g	0.437	0	0.124	0.865
Methionine	g	0.102	0	0.029	0.202
Cystine	g	0.076	0	0.022	0.150
Phenylalanine	g	0.290	0	0.082	0.574
Tyrosine	g	0.254	0	0.072	0.503
Valine	g	0.380	0	0.108	0.752
Arginine	g	0.306	0	0.087	0.606
Histidine	g	0.148	0	0.042	0.293
Alanine	g	0.252	0	0.071	0.499
Aspartic acid	g	0.928	0	0.263	1.837
Glutamic acid	g	1.100	0	0.312	2.178
Glycine	g	0.206	0	0.058	0.408
Proline	g	0.373	0	0.106	0.739
Serine	g	0.291	0	0.082	0.576
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 1 can (6.75 oz)

NDB No. 19046

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19047 Snacks, pretzels, hard, plain, salted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 60g	Measure 3*
Proximates:						
Water	g	3.30	0.134	105	0.94	1.98
Energy	kcal	381		0	108	229
Energy	kJ	1594		0	452	956
Protein (N x 5.95)	g	9.10	0.126	85	2.58	5.46
Total lipid (fat)	g	3.50	0.158	94	0.99	2.10
Carbohydrate, by difference	g	79.20		0	22.45	47.52
Fiber, total dietary	g	3.2		0	0.9	1.9
Ash	g	4.90	0.179	82	1.39	2.94
Sugars, total	g					
Minerals:						
Calcium	mg	36	1.651	101	10	22
Iron	mg	4.32	0.113	76	1.22	2.59
Magnesium	mg	35	0.954	85	10	21
Phosphorus	mg	113	4.774	88	32	68
Potassium	mg	146	3.832	104	41	88
Sodium	mg	1715	61.055	87	486	1029
Zinc	mg	0.85	0.035	74	0.24	0.51
Copper	mg	0.264	0.028	68	0.075	0.158
Manganese	mg	1.789	0.203	64	0.507	1.073
Selenium	:g	5.8	1.259	3	1.6	3.5
Vitamins:						
Ascorbic acid	mg	0.0	0.000	8	0.0	0.0
Thiamin	mg	0.461	0.016	61	0.131	0.277
Riboflavin	mg	0.623	0.066	62	0.177	0.374
Niacin	mg	5.251	0.145	62	1.489	3.151
Pantothenic acid	mg	0.288	0.076	2	0.082	0.173
Vitamin B-6	mg	0.116	0.029	4	0.033	0.070
Folate	:g	171		2	48	103
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0	0.000	15	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg	0.210		0	0.060	0.126
Lipids:						
Saturated, total	g	0.750		0	0.213	0.450
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.010		7	0.003	0.006
10:0	g	0.010		7	0.003	0.006
12:0	g	0.030		7	0.009	0.018
14:0	g	0.020		7	0.006	0.012
15:0	g					
16:0	g	0.470		7	0.133	0.282
17:0	g					
18:0	g	0.210		7	0.060	0.126
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.360	0	0.386	0.816
14:1	g				
16:1	g	0.020	4	0.006	0.012
18:1	g	1.350	7	0.383	0.810
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.220	0	0.346	0.732
18:2	g	1.150	7	0.326	0.690
18:3	g	0.060	7	0.017	0.036
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0.000	13	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.109	0	0.031	0.065
Threonine	g	0.259	0	0.073	0.155
Isoleucine	g	0.345	0	0.098	0.207
Leucine	g	0.636	0	0.180	0.382
Lysine	g	0.221	0	0.063	0.133
Methionine	g	0.164	0	0.046	0.098
Cystine	g	0.196	0	0.056	0.118
Phenylalanine	g	0.453	0	0.128	0.272
Tyrosine	g	0.266	0	0.075	0.160
Valine	g	0.392	0	0.111	0.235
Arginine	g	0.349	0	0.099	0.209
Histidine	g	0.201	0	0.057	0.121
Alanine	g	0.304	0	0.086	0.182
Aspartic acid	g	0.415	0	0.118	0.249
Glutamic acid	g	3.037	0	0.861	1.822
Glycine	g	0.327	0	0.093	0.196
Proline	g	1.018	0	0.289	0.611
Serine	g	0.447	0	0.127	0.268
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 10 twists

NDB No. 19047

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19048 Snacks, pretzels, hard, confectioner's coating, chocolate-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 11g	Measure 3*
Proximates:						
Water	g	2.50	1	0.71	0.28	
Energy	kcal	458	0	130	50	
Energy	kJ	1916	0	543	211	
Protein (N x 5.95)	g	7.50	1	2.13	0.83	
Total lipid (fat)	g	16.70	1	4.73	1.84	
Carbohydrate, by difference	g	70.90	0	20.10	7.80	
Fiber, total dietary	g					
Ash	g	2.20	1	0.62	0.24	
Sugars, total	g					
Minerals:						
Calcium	mg	74	1	21	8	
Iron	mg	2.00	1	0.57	0.22	
Magnesium	mg	41	1	12	5	
Phosphorus	mg	145	1	41	16	
Potassium	mg	225	1	64	25	
Sodium	mg	569	1	161	63	
Zinc	mg	0.92	1	0.26	0.10	
Copper	mg	0.302	1	0.086	0.033	
Manganese	mg	0.562	1	0.159	0.062	
Selenium	:g					
Vitamins:						
Ascorbic acid	mg	0.5	1	0.1	0.1	
Thiamin	mg	0.099	1	0.028	0.011	
Riboflavin	mg	0.200	1	0.057	0.022	
Niacin	mg	0.800	1	0.227	0.088	
Pantothenic acid	mg	0.759	1	0.215	0.083	
Vitamin B-6	mg	0.172	1	0.049	0.019	
Folate	:g	9	1	3	1	
Vitamin B-12	:g	0.00	1	0.00	0.00	
Vitamin A	IU	10	1	3	1	
Vitamin A, RE	:g	2	0	1	0	
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	7.680	0	2.177	0.845	
4:0	g	0.000	1	0.000	0.000	
6:0	g	0.010	1	0.003	0.001	
8:0	g	0.210	1	0.060	0.023	
10:0	g	0.230	1	0.065	0.025	
12:0	g	2.920	1	0.828	0.321	
14:0	g	1.060	1	0.301	0.117	
15:0	g					
16:0	g	1.940	1	0.550	0.213	
17:0	g					
18:0	g	1.310	1	0.371	0.144	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.390	0	1.528	0.593
14:1	g				
16:1	g	0.020	1	0.006	0.002
18:1	g	5.370	1	1.522	0.591
20:1	g				
22:1	g				
Polyunsaturated, total	g	2.150	0	0.610	0.237
18:2	g	1.990	1	0.564	0.219
18:3	g	0.160	1	0.045	0.018
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.096	0	0.027	0.011
Threonine	g	0.251	0	0.071	0.028
Isoleucine	g	0.287	0	0.081	0.032
Leucine	g	0.531	0	0.151	0.058
Lysine	g	0.253	0	0.072	0.028
Methionine	g	0.131	0	0.037	0.014
Cystine	g	0.147	0	0.042	0.016
Phenylalanine	g	0.357	0	0.101	0.039
Tyrosine	g	0.234	0	0.066	0.026
Valine	g	0.332	0	0.094	0.037
Arginine	g	0.306	0	0.087	0.034
Histidine	g	0.163	0	0.046	0.018
Alanine	g	0.274	0	0.078	0.030
Aspartic acid	g	0.420	0	0.119	0.046
Glutamic acid	g	2.183	0	0.619	0.240
Glycine	g	0.268	0	0.076	0.029
Proline	g	0.743	0	0.211	0.082
Serine	g	0.365	0	0.103	0.040
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 1 pretzel

NDB No. 19048

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19049 Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 30g	Measure 3*
Proximates:						
Water	g	1.67	0	0.47	0.50	
Energy	kcal	463	0	131	139	
Energy	kJ	1937	0	549	581	
Protein (N x 5.95)	g	9.85	0	2.79	2.96	
Total lipid (fat)	g	16.92	0	4.80	5.08	
Carbohydrate, by difference	g	66.50	0	18.85	19.95	
Fiber, total dietary	g					
Ash	g	5.01	0	1.42	1.50	
Sugars, total	g					
Minerals:						
Calcium	mg	197	0	56	59	
Iron	mg	0.92	0	0.26	0.28	
Magnesium	mg	22	1	6	7	
Phosphorus	mg	143	1	41	43	
Potassium	mg	130	1	37	39	
Sodium	mg	1117	53.770	317	335	
Zinc	mg	0.73	1	0.21	0.22	
Copper	mg	0.119	1	0.034	0.036	
Manganese	mg	0.448	1	0.127	0.134	
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	0.0	0.000	3	0.0	0.0
Thiamin	mg	0.300		0	0.085	0.090
Riboflavin	mg	0.557	0.019	3	0.158	0.167
Niacin	mg	3.183	0.435	3	0.902	0.955
Pantothenic acid	mg	0.481		1	0.136	0.144
Vitamin B-6	mg	0.046		1	0.013	0.014
Folate	: g	8		1	2	2
Vitamin B-12	: g	0.12		1	0.03	0.04
Vitamin A	IU	67	30.200	3	19	20
Vitamin A, RE	: g	7		0	2	2
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g					
17:0	g					
18:0	g					
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22:1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	0	1	2
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 10 combos

NDB No. 19049

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19050 Snacks, pretzels, hard, whole-wheat

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:						
Water	g	3.90	0.521	3	1.11	2.21
Energy	kcal	362		0	103	205
Energy	kJ	1515		0	430	859
Protein (N x 5.95)	g	11.10	0.648	3	3.15	6.29
Total lipid (fat)	g	2.60	0.623	3	0.74	1.47
Carbohydrate, by difference	g	81.20		0	23.02	46.04
Fiber, total dietary	g	7.7		0	2.2	4.4
Ash	g	1.10	0.173	3	0.31	0.62
Sugars, total	g					
Minerals:						
Calcium	mg	28	3.055	3	8	16
Iron	mg	2.69	0.411	3	0.76	1.53
Magnesium	mg	30		1	9	17
Phosphorus	mg	125		1	35	71
Potassium	mg	430	150.500	2	122	244
Sodium	mg	203	107.000	2	58	115
Zinc	mg	0.62		1	0.18	0.35
Copper	mg	0.280		1	0.079	0.159
Manganese	mg	2.662		1	0.755	1.509
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	1.0		1	0.3	0.6
Thiamin	mg	0.440	0.091	3	0.125	0.249
Riboflavin	mg	0.291	0.135	3	0.082	0.165
Niacin	mg	6.537	1.181	3	1.853	3.706
Pantothenic acid	mg	0.812		1	0.230	0.460
Vitamin B-6	mg	0.274		1	0.078	0.155
Folate	: g	54		1	15	31
Vitamin B-12	: g	0.00		1	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	: g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.560		0	0.159	0.318
4:0	g					
6:0	g					
8:0	g	0.000		3	0.000	0.000
10:0	g	0.000		3	0.000	0.000
12:0	g	0.030		3	0.009	0.017
14:0	g	0.020		3	0.006	0.011
15:0	g					
16:0	g	0.340		3	0.096	0.193
17:0	g					
18:0	g	0.170		3	0.048	0.096
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.030	0	0.292	0.584
14:1	g				
16:1	g				
18:1	g	1.030	3	0.292	0.584
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.830	0	0.235	0.471
18:2	g	0.790	3	0.224	0.448
18:3	g	0.040	3	0.011	0.023
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.172	0	0.049	0.098
Threonine	g	0.325	0	0.092	0.184
Isoleucine	g	0.412	0	0.117	0.234
Leucine	g	0.750	0	0.213	0.425
Lysine	g	0.307	0	0.087	0.174
Methionine	g	0.178	0	0.050	0.101
Cystine	g	0.252	0	0.071	0.143
Phenylalanine	g	0.523	0	0.148	0.297
Tyrosine	g	0.328	0	0.093	0.186
Valine	g	0.504	0	0.143	0.286
Arginine	g	0.563	0	0.160	0.319
Histidine	g	0.258	0	0.073	0.146
Alanine	g	0.399	0	0.113	0.226
Aspartic acid	g	0.592	0	0.168	0.336
Glutamic acid	g	3.414	0	0.968	1.936
Glycine	g	0.456	0	0.129	0.259
Proline	g	1.140	0	0.323	0.646
Serine	g	0.523	0	0.148	0.297
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 2 oz

NDB No. 19050

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19051 Snacks, rice cakes, brown rice, plain

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	5.80	0.420	10	0.52	1.04
Energy	kcal	387		0	35	70
Energy	kJ	1619		0	146	291
Protein (N x 5.95)	g	8.20	0.431	10	0.74	1.48
Total lipid (fat)	g	2.80	0.340	10	0.25	0.50
Carbohydrate, by difference	g	81.50		0	7.33	14.67
Fiber, total dietary	g	4.2		0	0.4	0.8
Ash	g	1.70	0.188	10	0.15	0.31
Sugars, total	g					
Minerals:						
Calcium	mg	11	1.255	9	1	2
Iron	mg	1.49	0.124	9	0.13	0.27
Magnesium	mg	131	3.500	2	12	24
Phosphorus	mg	360	0.000	2	32	65
Potassium	mg	290	21.258	6	26	52
Sodium	mg	326	37.510	6	29	59
Zinc	mg	3.00	0.000	2	0.27	0.54
Copper	mg	0.445	0.035	2	0.040	0.080
Manganese	mg	3.730		1	0.336	0.671
Selenium	:g	24.6		0	2.2	4.4
Vitamins:						
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0
Thiamin	mg	0.061	0.012	9	0.005	0.011
Riboflavin	mg	0.165	0.036	8	0.015	0.030
Niacin	mg	7.806	0.419	7	0.703	1.405
Pantothenic acid	mg	1.000	0.000	2	0.090	0.180
Vitamin B-6	mg	0.150	0.000	2	0.013	0.027
Folate	:g	21	0.500	2	2	4
Vitamin B-12	:g	0.00	0.000	2	0.00	0.00
Vitamin A	IU	46		0	4	8
Vitamin A, RE	:g	5		0	0	1
Vitamin D	IU					
Vitamin E, " -TE	mg	0.720		0	0.065	0.130
Lipids:						
Saturated, total	g	0.570		0	0.051	0.103
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		1	0.000	0.000
14:0	g	0.010		1	0.001	0.002
15:0	g					
16:0	g	0.480		1	0.043	0.086
17:0	g					
18:0	g	0.050		1	0.005	0.009
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.030	0	0.093	0.185
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.020	1	0.092	0.184
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.990	0	0.089	0.178
18:2	g	0.970	1	0.087	0.175
18:3	g	0.010	1	0.001	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.104	0	0.009	0.019
Threonine	g	0.299	0	0.027	0.054
Isoleucine	g	0.346	0	0.031	0.062
Leucine	g	0.675	0	0.061	0.122
Lysine	g	0.311	0	0.028	0.056
Methionine	g	0.184	0	0.017	0.033
Cystine	g	0.099	0	0.009	0.018
Phenylalanine	g	0.421	0	0.038	0.076
Tyrosine	g	0.306	0	0.028	0.055
Valine	g	0.479	0	0.043	0.086
Arginine	g	0.618	0	0.056	0.111
Histidine	g	0.207	0	0.019	0.037
Alanine	g	0.476	0	0.043	0.086
Aspartic acid	g	0.764	0	0.069	0.138
Glutamic acid	g	1.662	0	0.150	0.299
Glycine	g	0.402	0	0.036	0.072
Proline	g	0.383	0	0.034	0.069
Serine	g	0.422	0	0.038	0.076
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cake
Measure 2: 2 cakes

NDB No. 19051

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19052 Snacks, rice cakes, brown rice, buckwheat

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	5.90	0.500	4	0.53	1.06
Energy	kcal	380		0	34	68
Energy	kJ	1590		0	143	286
Protein (N x 5.95)	g	9.00	0.698	4	0.81	1.62
Total lipid (fat)	g	3.50	0.405	4	0.32	0.63
Carbohydrate, by difference	g	80.10		0	7.21	14.42
Fiber, total dietary	g	3.8		0	0.3	0.7
Ash	g	1.60	0.121	4	0.14	0.29
Sugars, total	g					
Minerals:						
Calcium	mg	11	2.903	4	1	2
Iron	mg	1.14	0.188	4	0.10	0.21
Magnesium	mg	151		1	14	27
Phosphorus	mg	380		1	34	68
Potassium	mg	299	10.966	4	27	54
Sodium	mg	116		1	10	21
Zinc	mg	2.50		1	0.23	0.45
Copper	mg	0.380		1	0.034	0.068
Manganese	mg	6.180		1	0.556	1.112
Selenium	:g	16.4		0	1.5	3.0
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.056	0.010	4	0.005	0.010
Riboflavin	mg	0.103	0.009	4	0.009	0.019
Niacin	mg	8.096	1.129	4	0.729	1.457
Pantothenic acid	mg	1.160		1	0.104	0.209
Vitamin B-6	mg	0.130		1	0.012	0.023
Folate	:g	21		1	2	4
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0	0.000	2	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.640		0	0.058	0.115
4:0	g					
6:0	g					
8:0	g	0.020		1	0.002	0.004
10:0	g	0.010		1	0.001	0.002
12:0	g	0.010		1	0.001	0.002
14:0	g	0.020		1	0.002	0.004
15:0	g					
16:0	g	0.510		1	0.046	0.092
17:0	g					
18:0	g	0.050		1	0.005	0.009
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.110	0	0.100	0.200
14:1	g				
16:1	g	0.020	1	0.002	0.004
18:1	g	1.090	1	0.098	0.196
20:1	g				
22:1	g	0.010	1	0.001	0.002
Polyunsaturated, total	g	1.110	0	0.100	0.200
18:2	g	1.050	1	0.095	0.189
18:3	g	0.070	1	0.006	0.013
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.125	0	0.011	0.023
Threonine	g	0.340	0	0.031	0.061
Isoleucine	g	0.358	0	0.032	0.064
Leucine	g	0.638	0	0.057	0.115
Lysine	g	0.414	0	0.037	0.075
Methionine	g	0.152	0	0.014	0.027
Cystine	g	0.137	0	0.012	0.025
Phenylalanine	g	0.399	0	0.036	0.072
Tyrosine	g	0.233	0	0.021	0.042
Valine	g	0.489	0	0.044	0.088
Arginine	g	0.677	0	0.061	0.122
Histidine	g	0.218	0	0.020	0.039
Alanine	g	0.517	0	0.047	0.093
Aspartic acid	g	0.800	0	0.072	0.144
Glutamic acid	g	1.568	0	0.141	0.282
Glycine	g	0.603	0	0.054	0.109
Proline	g	0.376	0	0.034	0.068
Serine	g	0.467	0	0.042	0.084
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cake
 Measure 2: 2 cakes

NDB No. 19052

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19053 Snacks, rice cakes, brown rice, sesame seed

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	5.90	0.318	7	0.53	1.06
Energy	kcal	392		0	35	71
Energy	kJ	1640		0	148	295
Protein (N x 5.95)	g	7.60	0.325	7	0.68	1.37
Total lipid (fat)	g	3.80	0.241	7	0.34	0.68
Carbohydrate, by difference	g	81.50		0	7.33	14.67
Fiber, total dietary	g	5.4		0	0.5	1.0
Ash	g	1.20	0.163	7	0.11	0.22
Sugars, total	g					
Minerals:						
Calcium	mg	12	1.779	6	1	2
Iron	mg	1.58	0.248	6	0.14	0.28
Magnesium	mg	136	0.500	2	12	24
Phosphorus	mg	375	5.000	2	34	68
Potassium	mg	290	13.163	6	26	52
Sodium	mg	227	88.000	2	20	41
Zinc	mg	3.00	0.000	2	0.27	0.54
Copper	mg	0.390	0.010	2	0.035	0.070
Manganese	mg	4.299		1	0.387	0.774
Selenium	:g	24.1		0	2.2	4.3
Vitamins:						
Ascorbic acid	mg	3.0		1	0.3	0.5
Thiamin	mg	0.048	0.011	5	0.004	0.009
Riboflavin	mg	0.085	0.013	6	0.008	0.015
Niacin	mg	7.205	0.632	4	0.648	1.297
Pantothenic acid	mg	1.461		1	0.131	0.263
Vitamin B-6	mg	0.155	0.005	2	0.014	0.028
Folate	:g	18	5.500	2	2	3
Vitamin B-12	:g	0.00	0.000	2	0.00	0.00
Vitamin A	IU	0	0.000	2	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.540		0	0.049	0.097
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		1	0.000	0.000
14:0	g	0.010		1	0.001	0.002
15:0	g					
16:0	g	0.430		1	0.039	0.077
17:0	g					
18:0	g	0.080		1	0.007	0.014
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.100	0	0.099	0.198
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.090	1	0.098	0.196
20:1	g	0.000	1	0.000	0.000
22:1	g				
Polyunsaturated, total	g	1.150	0	0.104	0.207
18:2	g	1.110	1	0.100	0.200
18:3	g	0.040	1	0.004	0.007
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.100	0	0.009	0.018
Threonine	g	0.279	0	0.025	0.050
Isoleucine	g	0.321	0	0.029	0.058
Leucine	g	0.625	0	0.056	0.113
Lysine	g	0.288	0	0.026	0.052
Methionine	g	0.174	0	0.016	0.031
Cystine	g	0.094	0	0.008	0.017
Phenylalanine	g	0.391	0	0.035	0.070
Tyrosine	g	0.286	0	0.026	0.051
Valine	g	0.444	0	0.040	0.080
Arginine	g	0.595	0	0.054	0.107
Histidine	g	0.193	0	0.017	0.035
Alanine	g	0.440	0	0.040	0.079
Aspartic acid	g	0.710	0	0.064	0.128
Glutamic acid	g	1.550	0	0.140	0.279
Glycine	g	0.380	0	0.034	0.068
Proline	g	0.355	0	0.032	0.064
Serine	g	0.394	0	0.035	0.071
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cake
 Measure 2: 2 cakes

NDB No. 19053

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19056 Snacks, tortilla chips, plain

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 213g	Measure 3*
Proximates:						
Water	g	1.80	0.109	42	0.51	3.83
Energy	kcal	501		0	142	1067
Energy	kJ	2096		0	594	4464
Protein (N x 5.95)	g	7.00	0.127	38	1.98	14.91
Total lipid (fat)	g	26.20	0.489	41	7.43	55.81
Carbohydrate, by difference	g	62.90		0	17.83	133.98
Fiber, total dietary	g	6.5		0	1.8	13.8
Ash	g	2.20	0.141	35	0.62	4.69
Sugars, total	g					
Minerals:						
Calcium	mg	154	6.024	38	44	328
Iron	mg	1.52	0.093	36	0.43	3.24
Magnesium	mg	88	1.440	37	25	187
Phosphorus	mg	205	5.441	37	58	437
Potassium	mg	197	6.507	37	56	420
Sodium	mg	528	21.206	42	150	1125
Zinc	mg	1.53	0.093	10	0.43	3.26
Copper	mg	0.120	0.009	31	0.034	0.256
Manganese	mg	0.382	0.010	28	0.108	0.814
Selenium	:g	6.7	0.845	39	1.9	14.3
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.075	0.008	29	0.021	0.160
Riboflavin	mg	0.184	0.024	30	0.052	0.392
Niacin	mg	1.279	0.051	35	0.363	2.724
Pantothenic acid	mg	0.788		1	0.223	1.678
Vitamin B-6	mg	0.286	0.025	14	0.081	0.609
Folate	:g	10		1	3	21
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	196	23.233	12	56	417
Vitamin A, RE	:g	20		0	6	43
Vitamin D	IU					
Vitamin E, " -TE	mg	1.360		0	0.386	2.897
Lipids:						
Saturated, total	g	5.020		0	1.423	10.693
4:0	g	0.020		3	0.006	0.043
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.050		3	0.014	0.107
14:0	g	0.180		3	0.051	0.383
15:0	g					
16:0	g	3.240		3	0.919	6.901
17:0	g					
18:0	g	1.520		3	0.431	3.238
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	15.450		0	4.380	32.908
14:1	g					
16:1	g	0.100		3	0.028	0.213
18:1	g	15.350		3	4.352	32.695
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.630		0	1.029	7.732
18:2	g	3.480		3	0.987	7.412
18:3	g	0.150		3	0.043	0.320
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.000	2	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.050		0	0.014	0.107
Threonine	g	0.266		0	0.075	0.567
Isoleucine	g	0.254		0	0.072	0.541
Leucine	g	0.868		0	0.246	1.849
Lysine	g	0.199		0	0.056	0.424
Methionine	g	0.148		0	0.042	0.315
Cystine	g	0.128		0	0.036	0.273
Phenylalanine	g	0.348		0	0.099	0.741
Tyrosine	g	0.288		0	0.082	0.613
Valine	g	0.358		0	0.101	0.763
Arginine	g	0.352		0	0.100	0.750
Histidine	g	0.216		0	0.061	0.460
Alanine	g	0.530		0	0.150	1.129
Aspartic acid	g	0.493		0	0.140	1.050
Glutamic acid	g	1.329		0	0.377	2.831
Glycine	g	0.290		0	0.082	0.618
Proline	g	0.618		0	0.175	1.316
Serine	g	0.337		0	0.096	0.718
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 7-1/2 oz bag

NDB No. 19056

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19057 Snacks, tortilla chips, nacho-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:						
Water	g	1.70	0.093	48	0.48	3.86
Energy	kcal	498		0	141	1130
Energy	kj	2084		0	591	4731
Protein (N x 5.95)	g	7.80	0.101	41	2.21	17.71
Total lipid (fat)	g	25.60	0.236	68	7.26	58.11
Carbohydrate, by difference	g	62.40		0	17.69	141.65
Fiber, total dietary	g	5.3		0	1.5	12.0
Ash	g	2.60	0.091	43	0.74	5.90
Sugars, total	g					
Minerals:						
Calcium	mg	147	5.910	45	42	334
Iron	mg	1.43	0.057	46	0.41	3.25
Magnesium	mg	82	1.870	42	23	186
Phosphorus	mg	244	7.396	42	69	554
Potassium	mg	216	7.799	45	61	490
Sodium	mg	708	17.497	75	201	1607
Zinc	mg	1.20	0.070	31	0.34	2.72
Copper	mg	0.177	0.022	38	0.050	0.402
Manganese	mg	0.408	0.011	29	0.116	0.926
Selenium	:g	6.7		0	1.9	15.2
Vitamins:						
Ascorbic acid	mg	1.8	0.000	2	0.5	4.1
Thiamin	mg	0.128	0.010	37	0.036	0.291
Riboflavin	mg	0.189	0.017	37	0.054	0.429
Niacin	mg	1.431	0.078	35	0.406	3.248
Pantothenic acid	mg	0.290	0.001	3	0.082	0.658
Vitamin B-6	mg	0.286	0.022	3	0.081	0.649
Folate	:g	14		1	4	32
Vitamin B-12	:g	0.05		1	0.01	0.11
Vitamin A	IU	371	37.190	20	105	842
Vitamin A, RE	:g	41		0	12	93
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	4.900		0	1.389	11.123
4:0	g	0.020		3	0.006	0.045
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.050		3	0.014	0.114
14:0	g	0.180		3	0.051	0.409
15:0	g					
16:0	g	3.170		3	0.899	7.196
17:0	g					
18:0	g	1.480		3	0.420	3.360
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	15.090		0	4.278	34.254
14:1	g					
16:1	g	0.100		3	0.028	0.227
18:1	g	15.000		3	4.253	34.050
20:1	g					
22:1	g					
Polyunsaturated, total	g	3.540		0	1.004	8.036
18:2	g	3.400		3	0.964	7.718
18:3	g	0.140		3	0.040	0.318
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	3	0.393	10	1	7
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.066		0	0.019	0.150
Threonine	g	0.282		0	0.080	0.640
Isoleucine	g	0.296		0	0.084	0.672
Leucine	g	0.881		0	0.250	2.000
Lysine	g	0.291		0	0.082	0.661
Methionine	g	0.163		0	0.046	0.370
Cystine	g	0.125		0	0.035	0.284
Phenylalanine	g	0.374		0	0.106	0.849
Tyrosine	g	0.318		0	0.090	0.722
Valine	g	0.402		0	0.114	0.913
Arginine	g	0.387		0	0.110	0.878
Histidine	g	0.238		0	0.067	0.540
Alanine	g	0.503		0	0.143	1.142
Aspartic acid	g	0.537		0	0.152	1.219
Glutamic acid	g	1.507		0	0.427	3.421
Glycine	g	0.286		0	0.081	0.649
Proline	g	0.676		0	0.192	1.535
Serine	g	0.370		0	0.105	0.840
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 8 oz bag

NDB No. 19057

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19058 Snacks, tortilla chips, ranch-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	1.70	0.068	6	0.48	3.37
Energy	kcal	490		0	139	970
Energy	kJ	2050		0	581	4059
Protein (N x 5.95)	g	7.60	0.292	6	2.15	15.05
Total lipid (fat)	g	23.80	0.667	6	6.75	47.12
Carbohydrate, by difference	g	64.60		0	18.31	127.91
Fiber, total dietary	g	3.9		0	1.1	7.7
Ash	g	2.20	0.098	6	0.62	4.36
Sugars, total	g					
Minerals:						
Calcium	mg	141	10.016	6	40	279
Iron	mg	1.46	0.120	5	0.41	2.89
Magnesium	mg	89	1.998	6	25	176
Phosphorus	mg	239	15.556	6	68	473
Potassium	mg	244	13.644	6	69	483
Sodium	mg	612	24.530	6	174	1212
Zinc	mg	1.24	0.010	3	0.35	2.46
Copper	mg	0.118	0.024	5	0.033	0.234
Manganese	mg	0.393	0.007	3	0.111	0.778
Selenium	:g	6.7		0	1.9	13.3
Vitamins:						
Ascorbic acid	mg	0.9	0.380	4	0.3	1.8
Thiamin	mg	0.105	0.012	6	0.030	0.208
Riboflavin	mg	0.238	0.058	6	0.067	0.471
Niacin	mg	1.455	0.116	6	0.412	2.881
Pantothenic acid	mg	0.615		1	0.174	1.218
Vitamin B-6	mg	0.200		1	0.057	0.396
Folate	:g	17		1	5	34
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	256	3.692	4	73	507
Vitamin A, RE	:g	27		0	8	53
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	4.560		0	1.293	9.029
4:0	g	0.020		3	0.006	0.040
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.040		3	0.011	0.079
14:0	g	0.170		3	0.048	0.337
15:0	g					
16:0	g	2.950		3	0.836	5.841
17:0	g					
18:0	g	1.380		3	0.391	2.732
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	14.050		0	3.983	27.819
14:1	g					
16:1	g	0.090		3	0.026	0.178
18:1	g	13.960		3	3.958	27.641
20:1	g					
22:1	g					
Polyunsaturated, total	g	3.300		0	0.936	6.534
18:2	g	3.160		3	0.896	6.257
18:3	g	0.130		3	0.037	0.257
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	1	0.323	6	0	2
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.058		0	0.016	0.115
Threonine	g	0.285		0	0.081	0.564
Isoleucine	g	0.280		0	0.079	0.554
Leucine	g	0.871		0	0.247	1.725
Lysine	g	0.246		0	0.070	0.487
Methionine	g	0.154		0	0.044	0.305
Cystine	g	0.131		0	0.037	0.259
Phenylalanine	g	0.358		0	0.101	0.709
Tyrosine	g	0.297		0	0.084	0.588
Valine	g	0.380		0	0.108	0.752
Arginine	g	0.385		0	0.109	0.762
Histidine	g	0.223		0	0.063	0.442
Alanine	g	0.528		0	0.150	1.045
Aspartic acid	g	0.542		0	0.154	1.073
Glutamic acid	g	1.463		0	0.415	2.897
Glycine	g	0.295		0	0.084	0.584
Proline	g	0.633		0	0.179	1.253
Serine	g	0.351		0	0.100	0.695
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 oz
Measure 2: 7 oz bag

NDB No. 19058

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19059 Snacks, trail mix, regular

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 28g	Measure 3* 42g
Proximates:						
Water	g	9.20	1	13.80	2.61	3.86
Energy	kcal	462	0	693	131	194
Energy	kJ	1933	0	2900	548	812
Protein (N x 5.95)	g	13.80	1	20.70	3.91	5.80
Total lipid (fat)	g	29.40	1	44.10	8.33	12.35
Carbohydrate, by difference	g	44.90	0	67.35	12.73	18.86
Fiber, total dietary	g					
Ash	g	2.60	1	3.90	0.74	1.09
Sugars, total	g					
Minerals:						
Calcium	mg	78	1	117	22	33
Iron	mg	3.05	1	4.58	0.86	1.28
Magnesium	mg	158	1	237	45	66
Phosphorus	mg	345	1	518	98	145
Potassium	mg	685	1	1028	194	288
Sodium	mg	229	1	344	65	96
Zinc	mg	3.22	1	4.83	0.91	1.35
Copper	mg	0.985	1	1.478	0.279	0.414
Manganese	mg	1.034	1	1.551	0.293	0.434
Selenium	:g					
Vitamins:						
Ascorbic acid	mg	1.4	1	2.1	0.4	0.6
Thiamin	mg	0.462	1	0.693	0.131	0.194
Riboflavin	mg	0.198	1	0.297	0.056	0.083
Niacin	mg	4.712	1	7.068	1.336	1.979
Pantothenic acid	mg	0.895	1	1.343	0.254	0.376
Vitamin B-6	mg	0.298	1	0.447	0.084	0.125
Folate	:g	71	1	107	20	30
Vitamin B-12	:g	0.00	1	0.00	0.00	0.00
Vitamin A	IU	18	1	27	5	8
Vitamin A, RE	:g	2	0	3	1	1
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	5.550	0	8.325	1.573	2.331
4:0	g					
6:0	g	0.010	1	0.015	0.003	0.004
8:0	g	0.200	1	0.300	0.057	0.084
10:0	g	0.160	1	0.240	0.045	0.067
12:0	g	1.170	1	1.755	0.332	0.491
14:0	g	0.480	1	0.720	0.136	0.202
15:0	g					
16:0	g	2.530	1	3.795	0.717	1.063
17:0	g					
18:0	g	1.000	1	1.500	0.284	0.420
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	12.530	0	18.795	3.552	5.263
14:1	g					
16:1	g	0.070	1	0.105	0.020	0.029
18:1	g	12.290	1	18.435	3.484	5.162
20:1	g	0.170	1	0.255	0.048	0.071
22:1	g					
Polyunsaturated, total	g	9.650	0	14.475	2.736	4.053
18:2	g	9.580	1	14.370	2.716	4.024
18:3	g	0.070	1	0.105	0.020	0.029
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.166	0	0.249	0.047	0.070
Threonine	g	0.482	0	0.723	0.137	0.202
Isoleucine	g	0.515	0	0.773	0.146	0.216
Leucine	g	0.890	0	1.335	0.252	0.374
Lysine	g	0.515	0	0.773	0.146	0.216
Methionine	g	0.202	0	0.303	0.057	0.085
Cystine	g	0.217	0	0.325	0.062	0.091
Phenylalanine	g	0.658	0	0.987	0.187	0.276
Tyrosine	g	0.457	0	0.686	0.130	0.192
Valine	g	0.658	0	0.987	0.187	0.276
Arginine	g	1.520	0	2.280	0.431	0.638
Histidine	g	0.357	0	0.536	0.101	0.150
Alanine	g	0.587	0	0.881	0.166	0.247
Aspartic acid	g	1.523	0	2.284	0.432	0.640
Glutamic acid	g	3.023	0	4.535	0.857	1.270
Glycine	g	0.775	0	1.163	0.220	0.326
Proline	g	0.625	0	0.938	0.177	0.263
Serine	g	0.650	0	0.975	0.184	0.273
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 oz
 Measure 3: 1-1/2 oz

NDB No. 19059

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19061 Snacks, trail mix, tropical

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 28g	Measure 3* 42g
Proximates:						
Water	g	9.00	0	12.60	2.55	3.78
Energy	kcal	407	0	570	115	171
Energy	kJ	1703	0	2384	483	715
Protein (N x 5.95)	g	6.30	0	8.82	1.79	2.65
Total lipid (fat)	g	17.10	0	23.94	4.85	7.18
Carbohydrate, by difference	g	65.60	0	91.84	18.60	27.55
Fiber, total dietary	g					
Ash	g	2.00	0	2.80	0.57	0.84
Sugars, total	g					
Minerals:						
Calcium	mg	57	0	80	16	24
Iron	mg	2.64	0	3.70	0.75	1.11
Magnesium	mg	96	0	134	27	40
Phosphorus	mg	186	0	260	53	78
Potassium	mg	709	0	993	201	298
Sodium	mg	10	0	14	3	4
Zinc	mg	1.17	0	1.64	0.33	0.49
Copper	mg	0.528	0	0.739	0.150	0.222
Manganese	mg	0.966	0	1.352	0.274	0.406
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	7.6	0	10.6	2.2	3.2
Thiamin	mg	0.450	0	0.630	0.128	0.189
Riboflavin	mg	0.115	0	0.161	0.033	0.048
Niacin	mg	1.482	0	2.075	0.420	0.622
Pantothenic acid	mg	1.218	0	1.705	0.345	0.512
Vitamin B-6	mg	0.327	0	0.458	0.093	0.137
Folate	: g	42	0	59	12	18
Vitamin B-12	: g	0.00	0	0.00	0.00	0.00
Vitamin A	IU	49	0	69	14	21
Vitamin A, RE	: g	5	0	7	1	2
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	8.480	0	11.872	2.404	3.562
4:0	g					
6:0	g	0.050	0	0.070	0.014	0.021
8:0	g	0.640	0	0.896	0.181	0.269
10:0	g	0.510	0	0.714	0.145	0.214
12:0	g	3.860	0	5.404	1.094	1.621
14:0	g	1.490	0	2.086	0.422	0.626
15:0	g					
16:0	g	1.270	0	1.778	0.360	0.533
17:0	g					
18:0	g	0.640	0	0.896	0.181	0.269
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.490	0	3.486	0.706	1.046
14:1	g					
16:1	g	0.010	0	0.014	0.003	0.004
18:1	g	2.460	0	3.444	0.697	1.033
20:1	g	0.010	0	0.014	0.003	0.004
22:1	g					
Polyunsaturated, total	g	5.160	0	7.224	1.463	2.167
18:2	g	5.120	0	7.168	1.452	2.150
18:3	g	0.040	0	0.056	0.011	0.017
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	80	0	112	23	34
Amino acids:						
Tryptophan	g	0.075	0	0.105	0.021	0.032
Threonine	g	0.223	0	0.312	0.063	0.094
Isoleucine	g	0.222	0	0.311	0.063	0.093
Leucine	g	0.360	0	0.504	0.102	0.151
Lysine	g	0.224	0	0.314	0.064	0.094
Methionine	g	0.146	0	0.204	0.041	0.061
Cystine	g	0.115	0	0.161	0.033	0.048
Phenylalanine	g	0.259	0	0.363	0.073	0.109
Tyrosine	g	0.160	0	0.224	0.045	0.067
Valine	g	0.296	0	0.414	0.084	0.124
Arginine	g	0.586	0	0.820	0.166	0.246
Histidine	g	0.211	0	0.295	0.060	0.089
Alanine	g	0.289	0	0.405	0.082	0.121
Aspartic acid	g	0.698	0	0.977	0.198	0.293
Glutamic acid	g	1.403	0	1.964	0.398	0.589
Glycine	g	0.267	0	0.374	0.076	0.112
Proline	g	0.228	0	0.319	0.065	0.096
Serine	g	0.209	0	0.293	0.059	0.088
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz
- Measure 3: 1-1/2 oz

NDB No. 19061

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19062 Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 146g	Measure 2* 28g	Measure 3* 42g
Proximates:						
Water	g	6.60	1	9.64	1.87	2.77
Energy	kcal	484	0	707	137	203
Energy	kJ	2025	0	2957	574	851
Protein (N x 5.95)	g	14.20	1	20.73	4.03	5.96
Total lipid (fat)	g	31.90	1	46.57	9.04	13.40
Carbohydrate, by difference	g	44.90	0	65.55	12.73	18.86
Fiber, total dietary	g					
Ash	g	2.30	1	3.36	0.65	0.97
Sugars, total	g					
Minerals:						
Calcium	mg	109	1	159	31	46
Iron	mg	3.39	1	4.95	0.96	1.42
Magnesium	mg	161	1	235	46	68
Phosphorus	mg	387	1	565	110	163
Potassium	mg	648	1	946	184	272
Sodium	mg	121	1	177	34	51
Zinc	mg	3.14	1	4.58	0.89	1.32
Copper	mg	0.844	1	1.232	0.239	0.354
Manganese	mg	1.062	1	1.551	0.301	0.446
Selenium	:g					
Vitamins:						
Ascorbic acid	mg	1.3	1	1.9	0.4	0.5
Thiamin	mg	0.413	1	0.603	0.117	0.173
Riboflavin	mg	0.224	1	0.327	0.064	0.094
Niacin	mg	4.405	1	6.431	1.249	1.850
Pantothenic acid	mg	0.964	1	1.407	0.273	0.405
Vitamin B-6	mg	0.259	1	0.378	0.073	0.109
Folate	:g	65	1	95	18	27
Vitamin B-12	:g	0.00	1	0.00	0.00	0.00
Vitamin A	IU	44	1	64	12	18
Vitamin A, RE	:g	5	0	7	1	2
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	6.100	0	8.906	1.729	2.562
4:0	g					
6:0	g	0.010	1	0.015	0.003	0.004
8:0	g	0.210	1	0.307	0.060	0.088
10:0	g	0.180	1	0.263	0.051	0.076
12:0	g	1.260	1	1.840	0.357	0.529
14:0	g	0.540	1	0.788	0.153	0.227
15:0	g					
16:0	g	2.750	1	4.015	0.780	1.155
17:0	g					
18:0	g	1.150	1	1.679	0.326	0.483
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	13.540	0	19.768	3.839	5.687
14:1	g					
16:1	g	0.070	1	0.102	0.020	0.029
18:1	g	13.280	1	19.389	3.765	5.578
20:1	g	0.190	1	0.277	0.054	0.080
22:1	g					
Polyunsaturated, total	g	11.290	0	16.483	3.201	4.742
18:2	g	11.210	1	16.367	3.178	4.708
18:3	g	0.080	1	0.117	0.023	0.034
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	4	1	6	1	2
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.163	0	0.238	0.046	0.068
Threonine	g	0.501	0	0.731	0.142	0.210
Isoleucine	g	0.555	0	0.810	0.157	0.233
Leucine	g	0.955	0	1.394	0.271	0.401
Lysine	g	0.584	0	0.853	0.166	0.245
Methionine	g	0.217	0	0.317	0.062	0.091
Cystine	g	0.191	0	0.279	0.054	0.080
Phenylalanine	g	0.687	0	1.003	0.195	0.289
Tyrosine	g	0.506	0	0.739	0.143	0.213
Valine	g	0.702	0	1.025	0.199	0.295
Arginine	g	1.498	0	2.187	0.425	0.629
Histidine	g	0.356	0	0.520	0.101	0.150
Alanine	g	0.581	0	0.848	0.165	0.244
Aspartic acid	g	1.531	0	2.235	0.434	0.643
Glutamic acid	g	3.006	0	4.389	0.852	1.263
Glycine	g	0.767	0	1.120	0.217	0.322
Proline	g	0.689	0	1.006	0.195	0.289
Serine	g	0.656	0	0.958	0.186	0.276
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz
- Measure 3: 1-1/2 oz

NDB No. 19062

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19063 Snacks, tortilla chips, taco-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:						
Water	g	1.60	0.112	13	0.45	3.63
Energy	kcal	480		0	136	1090
Energy	kJ	2008		0	569	4558
Protein (N x 5.95)	g	7.90	0.223	13	2.24	17.93
Total lipid (fat)	g	24.20	0.362	13	6.86	54.93
Carbohydrate, by difference	g	63.10		0	17.89	143.24
Fiber, total dietary	g	5.3		0	1.5	12.0
Ash	g	3.10	0.239	13	0.88	7.04
Sugars, total	g					
Minerals:						
Calcium	mg	155	6.066	13	44	352
Iron	mg	2.02	0.095	13	0.57	4.59
Magnesium	mg	88	2.127	13	25	200
Phosphorus	mg	239	13.229	13	68	543
Potassium	mg	217	10.119	13	62	493
Sodium	mg	787	51.292	16	223	1786
Zinc	mg	1.27	0.105	13	0.36	2.88
Copper	mg	0.186	0.037	13	0.053	0.422
Manganese	mg	0.442	0.034	8	0.125	1.003
Selenium	:g	6.7		0	1.9	15.2
Vitamins:						
Ascorbic acid	mg	0.9		1	0.3	2.0
Thiamin	mg	0.242	0.015	13	0.069	0.549
Riboflavin	mg	0.204	0.018	10	0.058	0.463
Niacin	mg	1.999	0.100	13	0.567	4.538
Pantothenic acid	mg	0.290		1	0.082	0.658
Vitamin B-6	mg	0.297	0.009	3	0.084	0.674
Folate	:g	21		1	6	48
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	905	119.446	8	257	2054
Vitamin A, RE	:g	91		0	26	207
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	4.640		0	1.315	10.533
4:0	g	0.020		3	0.006	0.045
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.050		3	0.014	0.114
14:0	g	0.170		3	0.048	0.386
15:0	g					
16:0	g	3.000		3	0.851	6.810
17:0	g					
18:0	g	1.410		3	0.400	3.201
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	14.290	0	4.051	32.438
14:1	g				
16:1	g	0.090	3	0.026	0.204
18:1	g	14.200	3	4.026	32.234
20:1	g				
22:1	g				
Polyunsaturated, total	g	3.360	0	0.953	7.627
18:2	g	3.220	3	0.913	7.309
18:3	g	0.140	3	0.040	0.318
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	1	1	11
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.067	0	0.019	0.152
Threonine	g	0.292	0	0.083	0.663
Isoleucine	g	0.315	0	0.089	0.715
Leucine	g	0.890	0	0.252	2.020
Lysine	g	0.300	0	0.085	0.681
Methionine	g	0.163	0	0.046	0.370
Cystine	g	0.127	0	0.036	0.288
Phenylalanine	g	0.384	0	0.109	0.872
Tyrosine	g	0.318	0	0.090	0.722
Valine	g	0.412	0	0.117	0.935
Arginine	g	0.401	0	0.114	0.910
Histidine	g	0.240	0	0.068	0.545
Alanine	g	0.512	0	0.145	1.162
Aspartic acid	g	0.587	0	0.166	1.332
Glutamic acid	g	1.519	0	0.431	3.448
Glycine	g	0.300	0	0.085	0.681
Proline	g	0.679	0	0.192	1.541
Serine	g	0.383	0	0.109	0.869
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 8 oz bag

NDB No. 19063

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19400 Snacks, banana chips

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3* 42g	
Proximates:							
Water	g	4.30	0.200	2	1.22	3.65	1.81
Energy	kcal	519		0	147	441	218
Energy	kJ	2171		0	615	1845	912
Protein (N x 5.95)	g	2.30	0.100	2	0.65	1.95	0.97
Total lipid (fat)	g	33.60	1.600	2	9.53	28.56	14.11
Carbohydrate, by difference	g	58.40		0	16.56	49.64	24.53
Fiber, total dietary	g	7.7		0	2.2	6.5	3.2
Ash	g	1.40	0.100	2	0.40	1.19	0.59
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.950	2	5	15	8
Iron	mg	1.25	0.350	2	0.35	1.06	0.53
Magnesium	mg	76	3.600	2	22	65	32
Phosphorus	mg	56	1.999	2	16	48	24
Potassium	mg	536	7.998	2	152	456	225
Sodium	mg	6	1.350	2	2	5	3
Zinc	mg	0.75	0.250	2	0.21	0.64	0.32
Copper	mg	0.205	0.005	2	0.058	0.174	0.086
Manganese	mg	1.560	0.840	2	0.442	1.326	0.655
Selenium	:g	1.5		0	0.4	1.3	0.6
Vitamins:							
Ascorbic acid	mg	6.3	1.350	2	1.8	5.4	2.6
Thiamin	mg	0.085	0.005	2	0.024	0.072	0.036
Riboflavin	mg	0.017	0.013	2	0.005	0.014	0.007
Niacin	mg	0.710	0.010	2	0.201	0.603	0.298
Pantothenic acid	mg	0.620	0.120	2	0.176	0.527	0.260
Vitamin B-6	mg	0.260	0.020	2	0.074	0.221	0.109
Folate	:g	14	0.200	2	4	12	6
Vitamin B-12	:g	0.00		1	0.00	0.00	0.00
Vitamin A	IU	83		1	24	71	35
Vitamin A, RE	:g	8		0	2	7	3
Vitamin D	IU						
Vitamin E, " -TE	mg	5.400		0	1.531	4.590	2.268
Lipids:							
Saturated, total	g	28.970		0	8.213	24.624	12.167
4:0	g	0.000		0	0.000	0.000	0.000
6:0	g	0.200		1	0.057	0.170	0.084
8:0	g	2.510		1	0.712	2.133	1.054
10:0	g	2.010		1	0.570	1.708	0.844
12:0	g	14.910		1	4.227	12.673	6.262
14:0	g	5.620		1	1.593	4.777	2.360
15:0	g						
16:0	g	2.790		1	0.791	2.372	1.172
17:0	g						
18:0	g	0.940		1	0.266	0.799	0.395
20:0	g						
22:0	g						
24:0	g						

Monounsaturated, total	g	1.950	0	0.553	1.658	0.819
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	1.950	1	0.553	1.658	0.819
20:1	g	0.000	0	0.000	0.000	0.000
22:1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.630	0	0.179	0.536	0.265
18:2	g	0.620	1	0.176	0.527	0.260
18:3	g	0.010	1	0.003	0.009	0.004
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.027	0	0.008	0.023	0.011
Threonine	g	0.076	0	0.022	0.065	0.032
Isoleucine	g	0.074	0	0.021	0.063	0.031
Leucine	g	0.158	0	0.045	0.134	0.066
Lysine	g	0.107	0	0.030	0.091	0.045
Methionine	g	0.024	0	0.007	0.020	0.010
Cystine	g	0.039	0	0.011	0.033	0.016
Phenylalanine	g	0.086	0	0.024	0.073	0.036
Tyrosine	g	0.053	0	0.015	0.045	0.022
Valine	g	0.104	0	0.029	0.088	0.044
Arginine	g	0.104	0	0.029	0.088	0.044
Histidine	g	0.180	0	0.051	0.153	0.076
Alanine	g	0.087	0	0.025	0.074	0.037
Aspartic acid	g	0.253	0	0.072	0.215	0.106
Glutamic acid	g	0.248	0	0.070	0.211	0.104
Glycine	g	0.082	0	0.023	0.070	0.034
Proline	g	0.089	0	0.025	0.076	0.037
Serine	g	0.104	0	0.029	0.088	0.044
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 3 oz
- Measure 3: 1-1/2 oz

NDB No. 19400

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19401 Snacks, cornnuts, barbecue-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:						
Water	g	1.60	0.138	4	0.45	0.91
Energy	kcal	436		0	124	247
Energy	kJ	1824		0	517	1034
Protein (N x 5.95)	g	9.00	0.199	4	2.55	5.10
Total lipid (fat)	g	14.30	1.038	4	4.05	8.11
Carbohydrate, by difference	g	71.70		0	20.33	40.65
Fiber, total dietary	g	8.4		0	2.4	4.8
Ash	g	3.40	0.204	4	0.96	1.93
Sugars, total	g					
Minerals:						
Calcium	mg	17	1.796	4	5	10
Iron	mg	1.70	0.019	4	0.48	0.96
Magnesium	mg	109	4.795	4	31	62
Phosphorus	mg	283	10.570	4	80	160
Potassium	mg	286	14.320	4	81	162
Sodium	mg	976	45.193	6	277	553
Zinc	mg	1.88	0.211	4	0.53	1.07
Copper	mg	0.136	0.005	4	0.039	0.077
Manganese	mg	0.487	0.029	4	0.138	0.276
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	0.4		1	0.1	0.2
Thiamin	mg	0.350		1	0.099	0.198
Riboflavin	mg	0.142		1	0.040	0.081
Niacin	mg	1.507	0.042	4	0.427	0.854
Pantothenic acid	mg	0.374		1	0.106	0.212
Vitamin B-6	mg	0.187	0.011	4	0.053	0.106
Folate	: g	0	0.001	3	0	0
Vitamin B-12	: g	0.00		1	0.00	0.00
Vitamin A	IU	338		1	96	192
Vitamin A, RE	: g	34		0	10	19
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	2.580		0	0.731	1.463
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.030		1	0.009	0.017
15:0	g					
16:0	g	1.600		1	0.454	0.907
17:0	g					
18:0	g	0.950		1	0.269	0.539
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.360	0	2.087	4.173
14:1	g				
16:1	g	0.010	1	0.003	0.006
18:1	g	7.340	1	2.081	4.162
20:1	g				
22:1	g				
Polyunsaturated, total	g	3.220	0	0.913	1.826
18:2	g	3.170	1	0.899	1.797
18:3	g	0.050	1	0.014	0.028
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 2 oz

NDB No. 19401

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19402 Snacks, cornnuts, nacho-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:						
Water	g	2.10	0.210	4	0.60	1.19
Energy	kcal	438		0	124	248
Energy	kj	1833		0	520	1039
Protein (N x 5.95)	g	9.40	0.145	4	2.66	5.33
Total lipid (fat)	g	14.20	0.385	4	4.03	8.05
Carbohydrate, by difference	g	71.60		0	20.30	40.60
Fiber, total dietary	g	8.0		0	2.3	4.5
Ash	g	2.70	0.132	4	0.77	1.53
Sugars, total	g					
Minerals:						
Calcium	mg	35	1.083	4	10	20
Iron	mg	1.68	0.043	4	0.48	0.95
Magnesium	mg	109	4.080	4	31	62
Phosphorus	mg	309	4.966	4	88	175
Potassium	mg	311	13.134	4	88	176
Sodium	mg	634	38.053	4	180	359
Zinc	mg	1.80	0.138	4	0.51	1.02
Copper	mg	0.152	0.017	4	0.043	0.086
Manganese	mg	0.410	0.024	4	0.116	0.232
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	15.5		1	4.4	8.8
Thiamin	mg	0.366		1	0.104	0.208
Riboflavin	mg	0.079	0.001	3	0.022	0.045
Niacin	mg	1.212	0.113	4	0.344	0.687
Pantothenic acid	mg	0.539		1	0.153	0.306
Vitamin B-6	mg	0.205	0.005	4	0.058	0.116
Folate	: g	15		1	4	9
Vitamin B-12	: g	0.00		1	0.00	0.00
Vitamin A	IU	39		1	11	22
Vitamin A, RE	: g	4		0	1	2
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	2.560		0	0.726	1.452
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.030		1	0.009	0.017
15:0	g					
16:0	g	1.590		1	0.451	0.902
17:0	g					
18:0	g	0.940		1	0.266	0.533
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.310		0	2.072	4.145
14:1	g					
16:1	g	0.010		1	0.003	0.006
18:1	g	7.290		1	2.067	4.133
20:1	g					
22:1	g					
Polyunsaturated, total	g	3.200		0	0.907	1.814
18:2	g	3.150		1	0.893	1.786
18:3	g	0.050		1	0.014	0.028
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	2	0.088	3	1	1
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 2 oz

NDB No. 19402

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19404 Snacks, granola bars, soft, uncoated, chocolate chip

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	5.40	0.100	2	2.30	1.53
Energy	kcal	420		0	179	119
Energy	kJ	1757		0	747	498
Protein (N x 5.95)	g	7.30	0.575	2	3.10	2.07
Total lipid (fat)	g	16.60	0.000	2	7.06	4.71
Carbohydrate, by difference	g	69.10		0	29.37	19.59
Fiber, total dietary	g	4.8		0	2.0	1.4
Ash	g	1.70	0.080	2	0.72	0.48
Sugars, total	g					
Minerals:						
Calcium	mg	93	1.149	2	40	26
Iron	mg	2.54	0.070	2	1.08	0.72
Magnesium	mg	78		1	33	22
Phosphorus	mg	230		1	98	65
Potassium	mg	340	9.099	2	145	96
Sodium	mg	272	6.300	2	116	77
Zinc	mg	1.50		1	0.64	0.43
Copper	mg	0.400		1	0.170	0.113
Manganese	mg	1.300		1	0.553	0.369
Selenium	:g	12.5		0	5.3	3.5
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.228	0.018	2	0.097	0.065
Riboflavin	mg	0.148	0.042	2	0.063	0.042
Niacin	mg	0.956	0.004	2	0.406	0.271
Pantothenic acid	mg	0.520		1	0.221	0.147
Vitamin B-6	mg	0.103	0.003	2	0.044	0.029
Folate	:g	22	0.900	2	9	6
Vitamin B-12	:g	0.17		1	0.07	0.05
Vitamin A	IU	43		1	18	12
Vitamin A, RE	:g	5		0	2	1
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	10.180		0	4.326	2.886
4:0	g					
6:0	g	0.060		1	0.026	0.017
8:0	g	0.550		1	0.234	0.156
10:0	g	0.440		1	0.187	0.125
12:0	g	3.250		1	1.381	0.921
14:0	g	1.240		1	0.527	0.352
15:0	g					
16:0	g	2.580		1	1.097	0.731
17:0	g					
18:0	g	2.060		1	0.876	0.584
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	3.530	0	1.500	1.001
14:1	g				
16:1	g	0.050	1	0.021	0.014
18:1	g	3.480	1	1.479	0.987
20:1	g				
22:1	g				
Polyunsaturated, total	g	1.970	0	0.837	0.558
18:2	g	1.870	1	0.795	0.530
18:3	g	0.100	1	0.043	0.028
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.091	0	0.039	0.026
Threonine	g	0.231	0	0.098	0.065
Isoleucine	g	0.273	0	0.116	0.077
Leucine	g	0.500	0	0.213	0.142
Lysine	g	0.278	0	0.118	0.079
Methionine	g	0.123	0	0.052	0.035
Cystine	g	0.150	0	0.064	0.043
Phenylalanine	g	0.350	0	0.149	0.099
Tyrosine	g	0.241	0	0.102	0.068
Valine	g	0.375	0	0.159	0.106
Arginine	g	0.472	0	0.201	0.134
Histidine	g	0.155	0	0.066	0.044
Alanine	g	0.345	0	0.147	0.098
Aspartic acid	g	0.586	0	0.249	0.166
Glutamic acid	g	1.400	0	0.595	0.397
Glycine	g	0.325	0	0.138	0.092
Proline	g	0.362	0	0.154	0.103
Serine	g	0.299	0	0.127	0.085
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 bar (1.5 oz)
 Measure 2: 1 bar (1 oz)

NDB No. 19404

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19405 Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:						
Water	g	6.00	1	1.70		
Energy	kcal	427	0	121		
Energy	kJ	1787	0	507		
Protein (N x 5.95)	g	6.10	1	1.73		
Total lipid (fat)	g	15.50	1	4.39		
Carbohydrate, by difference	g	70.80	0	20.07		
Fiber, total dietary	g	4.0	0	1.1		
Ash	g	1.60	1	0.45		
Sugars, total	g					
Minerals:						
Calcium	mg	89	1	25		
Iron	mg	2.57	1	0.73		
Magnesium	mg	71	1	20		
Phosphorus	mg	202	1	57		
Potassium	mg	275	1	78		
Sodium	mg	316	1	90		
Zinc	mg	1.30	1	0.37		
Copper	mg	0.280	1	0.079		
Manganese	mg	1.280	1	0.363		
Selenium	:g	15.4	0	4.4		
Vitamins:						
Ascorbic acid	mg	0.0	1	0.0		
Thiamin	mg	0.140	1	0.040		
Riboflavin	mg	0.150	1	0.043		
Niacin	mg	1.000	1	0.284		
Pantothenic acid	mg	0.380	1	0.108		
Vitamin B-6	mg	0.050	1	0.014		
Folate	:g	21	1	6		
Vitamin B-12	:g	0.00	1	0.00		
Vitamin A	IU	47	1	13		
Vitamin A, RE	:g	5	0	1		
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	9.180	0	2.603		
4:0	g					
6:0	g	0.060	1	0.017		
8:0	g	0.620	1	0.176		
10:0	g	0.490	1	0.139		
12:0	g	3.630	1	1.029		
14:0	g	1.380	1	0.391		
15:0	g					
16:0	g	2.000	1	0.567		
17:0	g					
18:0	g	1.000	1	0.284		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.920	0	0.828
14:1	g			
16:1	g	0.050	1	0.014
18:1	g	2.870	1	0.814
20:1	g			
22:1	g			
Polyunsaturated, total	g	2.550	0	0.723
18:2	g	2.410	1	0.683
18:3	g	0.130	1	0.037
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.086	0	0.024
Threonine	g	0.208	0	0.059
Isoleucine	g	0.247	0	0.070
Leucine	g	0.457	0	0.130
Lysine	g	0.246	0	0.070
Methionine	g	0.117	0	0.033
Cystine	g	0.140	0	0.040
Phenylalanine	g	0.318	0	0.090
Tyrosine	g	0.212	0	0.060
Valine	g	0.337	0	0.096
Arginine	g	0.452	0	0.128
Histidine	g	0.147	0	0.042
Alanine	g	0.312	0	0.088
Aspartic acid	g	0.522	0	0.148
Glutamic acid	g	1.313	0	0.372
Glycine	g	0.303	0	0.086
Proline	g	0.335	0	0.095
Serine	g	0.274	0	0.078
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 bar (1 oz)

NDB No. 19405

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19406 Snacks, granola bars, soft, uncoated, nut and raisin

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:						
Water	g	6.10	1	1.73		
Energy	kcal	454	0	129		
Energy	kJ	1900	0	539		
Protein (N x 5.95)	g	8.00	1	2.27		
Total lipid (fat)	g	20.40	1	5.78		
Carbohydrate, by difference	g	63.60	0	18.03		
Fiber, total dietary	g	5.6	0	1.6		
Ash	g	1.90	1	0.54		
Sugars, total	g					
Minerals:						
Calcium	mg	84	1	24		
Iron	mg	2.18	1	0.62		
Magnesium	mg	91	1	26		
Phosphorus	mg	241	1	68		
Potassium	mg	392	1	111		
Sodium	mg	254	1	72		
Zinc	mg	1.60	1	0.45		
Copper	mg	0.380	1	0.108		
Manganese	mg	1.200	1	0.340		
Selenium	:g	15.4	0	4.4		
Vitamins:						
Ascorbic acid	mg	0.0	1	0.0		
Thiamin	mg	0.190	1	0.054		
Riboflavin	mg	0.190	1	0.054		
Niacin	mg	2.610	1	0.740		
Pantothenic acid	mg	0.430	1	0.122		
Vitamin B-6	mg	0.120	1	0.034		
Folate	:g	30	1	9		
Vitamin B-12	:g	0.24	1	0.07		
Vitamin A	IU	41	1	12		
Vitamin A, RE	:g	4	0	1		
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	9.540	0	2.705		
4:0	g					
6:0	g	0.060	1	0.017		
8:0	g	0.670	1	0.190		
10:0	g	0.530	1	0.150		
12:0	g	3.990	1	1.131		
14:0	g	1.540	1	0.437		
15:0	g					
16:0	g	2.090	1	0.593		
17:0	g					
18:0	g	0.660	1	0.187		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.220	0	1.196
14:1	g			
16:1	g	0.040	1	0.011
18:1	g	4.140	1	1.174
20:1	g	0.030	1	0.009
22:1	g			
Polyunsaturated, total	g	5.520	0	1.565
18:2	g	5.360	1	1.520
18:3	g	0.170	1	0.048
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.099	0	0.028
Threonine	g	0.260	0	0.074
Isoleucine	g	0.301	0	0.085
Leucine	g	0.543	0	0.154
Lysine	g	0.300	0	0.085
Methionine	g	0.137	0	0.039
Cystine	g	0.161	0	0.046
Phenylalanine	g	0.387	0	0.110
Tyrosine	g	0.259	0	0.073
Valine	g	0.397	0	0.113
Arginine	g	0.635	0	0.180
Histidine	g	0.186	0	0.053
Alanine	g	0.372	0	0.105
Aspartic acid	g	0.712	0	0.202
Glutamic acid	g	1.645	0	0.466
Glycine	g	0.391	0	0.111
Proline	g	0.397	0	0.113
Serine	g	0.345	0	0.098
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 bar (1 oz)

NDB No. 19406

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19407 Snacks, meat-based sticks, smoked

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 20g	Measure 3*
Proximates:						
Water	g	19.10	0.190	5	5.41	3.78
Energy	kcal	550		0	156	109
Energy	kJ	2301		0	652	456
Protein (N x 5.95)	g	21.50	0.512	5	6.10	4.26
Total lipid (fat)	g	49.60	0.695	5	14.06	9.82
Carbohydrate, by difference	g	5.40		0	1.53	1.07
Fiber, total dietary	g					
Ash	g	4.40	0.151	5	1.25	0.87
Sugars, total	g					
Minerals:						
Calcium	mg	68		1	19	13
Iron	mg	3.40		1	0.96	0.67
Magnesium	mg	21		1	6	4
Phosphorus	mg	180		1	51	36
Potassium	mg	257		1	73	51
Sodium	mg	1480	37.416	5	420	293
Zinc	mg	2.42		1	0.69	0.48
Copper	mg	0.130		1	0.037	0.026
Manganese	mg	0.086		1	0.024	0.017
Selenium	:g					
Vitamins:						
Ascorbic acid	mg	6.8		1	1.9	1.3
Thiamin	mg	0.141		1	0.040	0.028
Riboflavin	mg	0.436		1	0.124	0.086
Niacin	mg	4.540		1	1.287	0.899
Pantothenic acid	mg	0.328		1	0.093	0.065
Vitamin B-6	mg	0.205		1	0.058	0.041
Folate	:g	0		1	0	0
Vitamin B-12	:g	1.00		1	0.28	0.20
Vitamin A	IU	1508		1	428	299
Vitamin A, RE	:g	169		0	48	33
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	20.800		0	5.897	4.118
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.010		1	0.003	0.002
12:0	g	0.330		1	0.094	0.065
14:0	g	1.430		1	0.405	0.283
15:0	g					
16:0	g	11.770		1	3.337	2.330
17:0	g					
18:0	g	7.260		1	2.058	1.437
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	20.470		0	5.803	4.053
14:1	g					
16:1	g	2.300		1	0.652	0.455
18:1	g	17.910		1	5.077	3.546
20:1	g	0.250		1	0.071	0.050
22:1	g					
Polyunsaturated, total	g	4.420		0	1.253	0.875
18:2	g	4.030		1	1.143	0.798
18:3	g	0.380		1	0.108	0.075
18:4	g					
20:4	g	0.010		1	0.003	0.002
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	133	0.926	4	38	26
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.184		0	0.052	0.036
Threonine	g	0.832		0	0.236	0.165
Isoleucine	g	0.818		0	0.232	0.162
Leucine	g	1.473		0	0.418	0.292
Lysine	g	1.518		0	0.430	0.301
Methionine	g	0.454		0	0.129	0.090
Cystine	g	0.291		0	0.082	0.058
Phenylalanine	g	0.801		0	0.227	0.159
Tyrosine	g	0.596		0	0.169	0.118
Valine	g	0.950		0	0.269	0.188
Arginine	g	1.522		0	0.431	0.301
Histidine	g	0.530		0	0.150	0.105
Alanine	g	1.470		0	0.417	0.291
Aspartic acid	g	1.979		0	0.561	0.392
Glutamic acid	g	3.037		0	0.861	0.601
Glycine	g	2.160		0	0.612	0.428
Proline	g	1.463		0	0.415	0.290
Serine	g	0.894		0	0.253	0.177
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 1 stick

NDB No. 19407

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19408 Snacks, pork skins, barbecue-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:						
Water	g	2.10	0.171	6	0.60	0.30
Energy	kcal	538		0	153	76
Energy	kJ	2251		0	638	319
Protein (N x 5.95)	g	57.90	0.474	6	16.41	8.21
Total lipid (fat)	g	31.80	1.124	6	9.02	4.51
Carbohydrate, by difference	g	1.60		0	0.45	0.23
Fiber, total dietary	g					
Ash	g	7.00	0.759	6	1.98	0.99
Sugars, total	g					
Minerals:						
Calcium	mg	43		1	12	6
Iron	mg	1.04	0.055	2	0.29	0.15
Magnesium	mg	0		1	0	0
Phosphorus	mg	220		1	62	31
Potassium	mg	180		1	51	26
Sodium	mg	2667	194.364	9	756	378
Zinc	mg	0.71		1	0.20	0.10
Copper	mg	0.350		1	0.099	0.050
Manganese	mg	0.074		1	0.021	0.010
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	1.5		1	0.4	0.2
Thiamin	mg	0.084		1	0.024	0.012
Riboflavin	mg	0.432	0.172	2	0.122	0.061
Niacin	mg	3.355	0.976	2	0.951	0.476
Pantothenic acid	mg	0.430		1	0.122	0.061
Vitamin B-6	mg	0.156		1	0.044	0.022
Folate	: g	31		1	9	4
Vitamin B-12	: g	0.13		1	0.04	0.02
Vitamin A	IU	1508		1	428	214
Vitamin A, RE	: g	182		0	52	26
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	11.560		0	3.277	1.639
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.020		1	0.006	0.003
12:0	g	0.070		1	0.020	0.010
14:0	g	0.400		1	0.113	0.057
15:0	g					
16:0	g	6.960		1	1.973	0.987
17:0	g					
18:0	g	4.100		1	1.162	0.581
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	15.030		0	4.261	2.131
14:1	g					
16:1	g	0.990		1	0.281	0.140
18:1	g	13.780		1	3.907	1.954
20:1	g	0.250		1	0.071	0.035
22:1	g					
Polyunsaturated, total	g	3.450		0	0.978	0.489
18:2	g	3.410		1	0.967	0.484
18:3	g	0.000		1	0.000	0.000
18:4	g					
20:4	g	0.040		1	0.011	0.006
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	115	4.853	8	33	16
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.131		0	0.037	0.019
Threonine	g	1.765		0	0.500	0.250
Isoleucine	g	1.373		0	0.389	0.195
Leucine	g	3.221		0	0.913	0.457
Lysine	g	2.698		0	0.765	0.383
Methionine	g	0.476		0	0.135	0.067
Cystine	g	0.514		0	0.146	0.073
Phenylalanine	g	1.877		0	0.532	0.266
Tyrosine	g	1.186		0	0.336	0.168
Valine	g	2.334		0	0.662	0.331
Arginine	g	4.547		0	1.289	0.645
Histidine	g	0.719		0	0.204	0.102
Alanine	g	5.472		0	1.551	0.776
Aspartic acid	g	4.295		0	1.218	0.609
Glutamic acid	g	7.302		0	2.070	1.035
Glycine	g	11.036		0	3.129	1.565
Proline	g	6.769		0	1.919	0.960
Serine	g	2.484		0	0.704	0.352
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1/2 oz

NDB No. 19408

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19410 Snacks, potato chips, made from dried potatoes, plain

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:						
Water	g	1.40	0.096	14	0.40	2.77
Energy	kcal	558		0	158	1105
Energy	kJ	2335		0	662	4623
Protein (N x 5.95)	g	5.90	0.005	2	1.67	11.68
Total lipid (fat)	g	38.40	0.784	8	10.89	76.03
Carbohydrate, by difference	g	51.00		0	14.46	100.98
Fiber, total dietary	g	3.6		0	1.0	7.1
Ash	g	3.30	0.000	2	0.94	6.53
Sugars, total	g					
Minerals:						
Calcium	mg	24	1.553	9	7	48
Iron	mg	1.50	0.061	9	0.43	2.97
Magnesium	mg	58	1.265	9	16	115
Phosphorus	mg	157	7.247	8	45	311
Potassium	mg	1008	26.927	9	286	1996
Sodium	mg	656	31.815	9	186	1299
Zinc	mg	0.59	0.024	9	0.17	1.17
Copper	mg	0.160	0.013	9	0.045	0.317
Manganese	mg	0.344	0.007	7	0.098	0.681
Selenium	:g	8.1		0	2.3	16.0
Vitamins:						
Ascorbic acid	mg	8.2	0.300	2	2.3	16.2
Thiamin	mg	0.205	0.055	2	0.058	0.406
Riboflavin	mg	0.120	0.000	2	0.034	0.238
Niacin	mg	3.150	0.150	2	0.893	6.237
Pantothenic acid	mg	0.212		1	0.060	0.420
Vitamin B-6	mg	0.145		1	0.041	0.287
Folate	:g	7		1	2	14
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg	4.880		0	1.383	9.662
Lipids:						
Saturated, total	g	9.450		0	2.679	18.711
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.360		2	0.102	0.713
15:0	g					
16:0	g	7.990		2	2.265	15.820
17:0	g					
18:0	g	1.090		2	0.309	2.158
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.270		0	2.061	14.395
14:1	g					
16:1	g	0.360		2	0.102	0.713
18:1	g	6.900		2	1.956	13.662
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	19.980		0	5.664	39.560
18:2	g	19.620		2	5.562	38.848
18:3	g	0.360		2	0.102	0.713
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	0	0.000	2	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.046		0	0.013	0.091
Threonine	g	0.258		0	0.073	0.511
Isoleucine	g	0.261		0	0.074	0.517
Leucine	g	0.389		0	0.110	0.770
Lysine	g	0.372		0	0.105	0.737
Methionine	g	0.069		0	0.020	0.137
Cystine	g	0.076		0	0.022	0.150
Phenylalanine	g	0.272		0	0.077	0.539
Tyrosine	g	0.233		0	0.066	0.461
Valine	g	0.346		0	0.098	0.685
Arginine	g	0.287		0	0.081	0.568
Histidine	g	0.132		0	0.037	0.261
Alanine	g	0.213		0	0.060	0.422
Aspartic acid	g	1.195		0	0.339	2.366
Glutamic acid	g	0.989		0	0.280	1.958
Glycine	g	0.204		0	0.058	0.404
Proline	g	0.215		0	0.061	0.426
Serine	g	0.243		0	0.069	0.481
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 7 oz can

NDB No. 19410

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19411 Snacks, potato chips, plain, salted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:						
Water	g	1.90	0.053	191	0.54	4.31
Energy	kcal	536		0	152	1217
Energy	kJ	2243		0	636	5092
Protein (N x 5.95)	g	7.00	0.122	145	1.98	15.89
Total lipid (fat)	g	34.60	0.247	158	9.81	78.54
Carbohydrate, by difference	g	52.90		0	15.00	120.08
Fiber, total dietary	g	4.5		0	1.3	10.2
Ash	g	3.60	0.068	157	1.02	8.17
Sugars, total	g					
Minerals:						
Calcium	mg	24	0.517	223	7	54
Iron	mg	1.63	0.028	248	0.46	3.70
Magnesium	mg	67	0.605	240	19	152
Phosphorus	mg	165	2.256	237	47	375
Potassium	mg	1275	11.564	234	361	2894
Sodium	mg	594	9.375	251	168	1348
Zinc	mg	1.09	0.048	88	0.31	2.47
Copper	mg	0.306	0.009	218	0.087	0.695
Manganese	mg	0.440	0.010	210	0.125	0.999
Selenium	:g	8.1	0.815	34	2.3	18.4
Vitamins:						
Ascorbic acid	mg	31.1	1.498	93	8.8	70.6
Thiamin	mg	0.167	0.008	125	0.047	0.379
Riboflavin	mg	0.197	0.013	122	0.056	0.447
Niacin	mg	3.827	0.133	129	1.085	8.687
Pantothenic acid	mg	0.402	0.031	24	0.114	0.913
Vitamin B-6	mg	0.660	0.029	73	0.187	1.498
Folate	:g	45	0.735	24	13	102
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0	0.000	5	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg	4.880		0	1.383	11.078
Lipids:						
Saturated, total	g	10.960		0	3.107	24.879
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		31	0.000	0.000
12:0	g	0.080		31	0.023	0.182
14:0	g	0.300		31	0.085	0.681
15:0	g					
16:0	g	9.320		31	2.642	21.156
17:0	g					
18:0	g	1.110		31	0.315	2.520
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.840	0	2.790	22.337
14:1	g				
16:1	g	0.180	31	0.051	0.409
18:1	g	9.510	31	2.696	21.588
20:1	g	0.150	31	0.043	0.341
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	12.170	0	3.450	27.626
18:2	g	11.980	31	3.396	27.195
18:3	g	0.190	31	0.054	0.431
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0.000	24	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.108	0	0.031	0.245
Threonine	g	0.253	0	0.072	0.574
Isoleucine	g	0.283	0	0.080	0.642
Leucine	g	0.419	0	0.119	0.951
Lysine	g	0.424	0	0.120	0.962
Methionine	g	0.110	0	0.031	0.250
Cystine	g	0.089	0	0.025	0.202
Phenylalanine	g	0.310	0	0.088	0.704
Tyrosine	g	0.259	0	0.073	0.588
Valine	g	0.392	0	0.111	0.890
Arginine	g	0.321	0	0.091	0.729
Histidine	g	0.153	0	0.043	0.347
Alanine	g	0.214	0	0.061	0.486
Aspartic acid	g	1.706	0	0.484	3.873
Glutamic acid	g	1.170	0	0.332	2.656
Glycine	g	0.207	0	0.059	0.470
Proline	g	0.251	0	0.071	0.570
Serine	g	0.303	0	0.086	0.688
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 8 oz bag

NDB No. 19411

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19412 Snacks, potato chips, made from dried potatoes, cheese-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 191g	Measure 3*
Proximates:						
Water	g	1.90	1	0.54	3.63	
Energy	kcal	551	0	156	1052	
Energy	kJ	2305	0	653	4403	
Protein (N x 5.95)	g	7.00	1	1.98	13.37	
Total lipid (fat)	g	37.00	1	10.49	70.67	
Carbohydrate, by difference	g	50.60	0	14.35	96.65	
Fiber, total dietary	g	3.4	0	0.9	6.4	
Ash	g	3.50	1	0.99	6.68	
Sugars, total	g					
Minerals:						
Calcium	mg	110	1	31	210	
Iron	mg	1.60	1	0.45	3.06	
Magnesium	mg	53	1	15	101	
Phosphorus	mg	163	1	46	311	
Potassium	mg	381	1	108	728	
Sodium	mg	755	1	214	1442	
Zinc	mg	0.64	1	0.18	1.22	
Copper	mg	0.056	1	0.016	0.107	
Manganese	mg	0.058	1	0.016	0.111	
Selenium	:g	8.1	0	2.3	15.5	
Vitamins:						
Ascorbic acid	mg	8.5	1	2.4	16.2	
Thiamin	mg	0.180	1	0.051	0.344	
Riboflavin	mg	0.120	1	0.034	0.229	
Niacin	mg	2.600	1	0.737	4.966	
Pantothenic acid	mg	0.338	1	0.096	0.646	
Vitamin B-6	mg	0.521	1	0.148	0.995	
Folate	:g	18	1	5	34	
Vitamin B-12	:g	0.00	1	0.00	0.00	
Vitamin A	IU	1	1	0	2	
Vitamin A, RE	:g	0	0	0	0	
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	9.570	0	2.713	18.279	
4:0	g	0.050	1	0.014	0.096	
6:0	g	0.030	1	0.009	0.057	
8:0	g	0.010	1	0.003	0.019	
10:0	g	0.040	1	0.011	0.076	
12:0	g	0.040	1	0.011	0.076	
14:0	g	0.470	1	0.133	0.898	
15:0	g					
16:0	g	7.780	1	2.206	14.860	
17:0	g					
18:0	g	1.160	1	0.329	2.216	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.140	0	2.024	13.637
14:1	g				
16:1	g	0.360	1	0.102	0.688
18:1	g	6.780	1	1.922	12.950
20:1	g				
22:1	g				
Polyunsaturated, total	g	18.660	0	5.290	35.641
18:2	g	18.310	1	5.191	34.972
18:3	g	0.350	1	0.099	0.669
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	1	1	8
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.066	0	0.019	0.126
Threonine	g	0.291	0	0.082	0.556
Isoleucine	g	0.329	0	0.093	0.628
Leucine	g	0.509	0	0.144	0.972
Lysine	g	0.476	0	0.135	0.909
Methionine	g	0.109	0	0.031	0.208
Cystine	g	0.081	0	0.023	0.155
Phenylalanine	g	0.320	0	0.091	0.611
Tyrosine	g	0.282	0	0.080	0.539
Valine	g	0.411	0	0.117	0.785
Arginine	g	0.321	0	0.091	0.613
Histidine	g	0.171	0	0.048	0.327
Alanine	g	0.237	0	0.067	0.453
Aspartic acid	g	1.062	0	0.301	2.028
Glutamic acid	g	1.242	0	0.352	2.372
Glycine	g	0.202	0	0.057	0.386
Proline	g	0.395	0	0.112	0.754
Serine	g	0.308	0	0.087	0.588
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 1 can (6.25 oz)

NDB No. 19412

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19413 Snacks, rice cakes, brown rice, corn

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	5.90	0.612	3	0.53	1.06
Energy	kcal	385		0	35	69
Energy	kJ	1611		0	145	290
Protein (N x 5.95)	g	8.40	0.275	3	0.76	1.51
Total lipid (fat)	g	3.20	0.088	3	0.29	0.58
Carbohydrate, by difference	g	81.20		0	7.31	14.62
Fiber, total dietary	g	2.9		1	0.3	0.5
Ash	g	1.40	0.168	3	0.13	0.25
Sugars, total	g					
Minerals:						
Calcium	mg	9	0.850	2	1	2
Iron	mg	1.17	0.290	2	0.11	0.21
Magnesium	mg	114		1	10	21
Phosphorus	mg	320		1	29	58
Potassium	mg	275	5.500	2	25	50
Sodium	mg	291		1	26	52
Zinc	mg	2.22		1	0.20	0.40
Copper	mg	0.420		1	0.038	0.076
Manganese	mg	5.080		1	0.457	0.914
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.080	0.040	2	0.007	0.014
Riboflavin	mg	0.104	0.004	2	0.009	0.019
Niacin	mg	6.435	1.255	2	0.579	1.158
Pantothenic acid	mg	0.930		1	0.084	0.167
Vitamin B-6	mg	0.140		1	0.013	0.025
Folate	: g	19		1	2	3
Vitamin B-12	: g	0.00		1	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	: g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.630		0	0.057	0.113
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		1	0.000	0.000
14:0	g	0.010		1	0.001	0.002
15:0	g					
16:0	g	0.540		1	0.049	0.097
17:0	g					
18:0	g	0.060		1	0.005	0.011
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.140	0	0.103	0.205
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.130	1	0.102	0.203
20:1	g				
22:1	g				
Polyunsaturated, total	g	1.130	0	0.102	0.203
18:2	g	1.090	1	0.098	0.196
18:3	g	0.050	1	0.005	0.009
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.092	0	0.008	0.017
Threonine	g	0.306	0	0.028	0.055
Isoleucine	g	0.337	0	0.030	0.061
Leucine	g	0.781	0	0.070	0.141
Lysine	g	0.293	0	0.026	0.053
Methionine	g	0.183	0	0.016	0.033
Cystine	g	0.114	0	0.010	0.021
Phenylalanine	g	0.423	0	0.038	0.076
Tyrosine	g	0.319	0	0.029	0.057
Valine	g	0.469	0	0.042	0.084
Arginine	g	0.569	0	0.051	0.102
Histidine	g	0.223	0	0.020	0.040
Alanine	g	0.524	0	0.047	0.094
Aspartic acid	g	0.721	0	0.065	0.130
Glutamic acid	g	1.655	0	0.149	0.298
Glycine	g	0.390	0	0.035	0.070
Proline	g	0.485	0	0.044	0.087
Serine	g	0.420	0	0.038	0.076
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cake
 Measure 2: 2 cakes

NDB No. 19413

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19414 Snacks, rice cakes, brown rice, multigrain

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	6.30	0.193	10	0.57	1.13
Energy	kcal	387		0	35	70
Energy	kJ	1619		0	146	291
Protein (N x 5.95)	g	8.50	0.227	10	0.77	1.53
Total lipid (fat)	g	3.50	0.342	10	0.32	0.63
Carbohydrate, by difference	g	80.10		0	7.21	14.42
Fiber, total dietary	g	3.0		0	0.3	0.5
Ash	g	1.60	0.107	10	0.14	0.29
Sugars, total	g					
Minerals:						
Calcium	mg	21	3.261	10	2	4
Iron	mg	1.96	0.191	10	0.18	0.35
Magnesium	mg	137	4.021	4	12	25
Phosphorus	mg	370	16.832	4	33	67
Potassium	mg	294	19.023	8	26	53
Sodium	mg	252	76.269	3	23	45
Zinc	mg	2.53	0.184	4	0.23	0.46
Copper	mg	0.427	0.033	3	0.038	0.077
Manganese	mg	5.220	0.160	3	0.470	0.940
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0
Thiamin	mg	0.067	0.017	8	0.006	0.012
Riboflavin	mg	0.184	0.041	8	0.017	0.033
Niacin	mg	6.602	0.284	7	0.594	1.188
Pantothenic acid	mg	1.002	0.039	4	0.090	0.180
Vitamin B-6	mg	0.137	0.007	4	0.012	0.025
Folate	: g	20	2.723	4	2	4
Vitamin B-12	: g	0.00		1	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	: g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.560		0	0.050	0.101
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000		1	0.000	0.000
12:0	g	0.000		1	0.000	0.000
14:0	g	0.010		1	0.001	0.002
15:0	g					
16:0	g	0.460		1	0.041	0.083
17:0	g					
18:0	g	0.080		1	0.007	0.014
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.160	0	0.104	0.209
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.150	1	0.104	0.207
20:1	g	0.000	1	0.000	0.000
22:1	g				
Polyunsaturated, total	g	1.440	0	0.130	0.259
18:2	g	1.000	1	0.090	0.180
18:3	g	0.440	1	0.040	0.079
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.107	0	0.010	0.019
Threonine	g	0.303	0	0.027	0.055
Isoleucine	g	0.351	0	0.032	0.063
Leucine	g	0.682	0	0.061	0.123
Lysine	g	0.313	0	0.028	0.056
Methionine	g	0.182	0	0.016	0.033
Cystine	g	0.107	0	0.010	0.019
Phenylalanine	g	0.424	0	0.038	0.076
Tyrosine	g	0.299	0	0.027	0.054
Valine	g	0.481	0	0.043	0.087
Arginine	g	0.624	0	0.056	0.112
Histidine	g	0.208	0	0.019	0.037
Alanine	g	0.484	0	0.044	0.087
Aspartic acid	g	0.771	0	0.069	0.139
Glutamic acid	g	1.714	0	0.154	0.309
Glycine	g	0.409	0	0.037	0.074
Proline	g	0.409	0	0.037	0.074
Serine	g	0.427	0	0.038	0.077
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cake
 Measure 2: 2 cakes

NDB No. 19414

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19415 Snacks, potato sticks

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	2.20	0.118	3	0.62	0.40
Energy	kcal	522		0	148	94
Energy	kJ	2184		0	619	393
Protein (N x 5.95)	g	6.70	0.204	3	1.90	1.21
Total lipid (fat)	g	34.40	0.512	3	9.75	6.19
Carbohydrate, by difference	g	53.30		0	15.11	9.59
Fiber, total dietary	g	3.4		0	1.0	0.6
Ash	g	3.30	0.118	3	0.94	0.59
Sugars, total	g					
Minerals:						
Calcium	mg	18	0.275	3	5	3
Iron	mg	2.27	0.733	3	0.64	0.41
Magnesium	mg	64	0.233	3	18	12
Phosphorus	mg	172	0.943	3	49	31
Potassium	mg	1237	10.247	3	351	223
Sodium	mg	250	9.427	3	71	45
Zinc	mg	0.99	0.006	3	0.28	0.18
Copper	mg	0.315	0.005	3	0.089	0.057
Manganese	mg	0.423	0.004	3	0.120	0.076
Selenium	:g	8.1		0	2.3	1.5
Vitamins:						
Ascorbic acid	mg	47.3	0.407	3	13.4	8.5
Thiamin	mg	0.096	0.002	3	0.027	0.017
Riboflavin	mg	0.116	0.005	3	0.033	0.021
Niacin	mg	4.785	0.094	3	1.357	0.861
Pantothenic acid	mg	0.403	0.033	3	0.114	0.073
Vitamin B-6	mg	0.320	0.006	3	0.091	0.058
Folate	:g	40	2.351	3	11	7
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg	4.880		0	1.383	0.878
Lipids:						
Saturated, total	g	8.880		0	2.517	1.598
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.270		1	0.077	0.049
15:0	g					
16:0	g	7.810		1	2.214	1.406
17:0	g					
18:0	g	0.800		1	0.227	0.144
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	6.160	0	1.746	1.109
14:1	g				
16:1	g	0.270	1	0.077	0.049
18:1	g	5.880	1	1.667	1.058
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	17.900	0	5.075	3.222
18:2	g	17.800	1	5.046	3.204
18:3	g	0.070	1	0.020	0.013
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	1	0.009	0.005
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 1/2 cup

NDB No. 19415

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19416 Snacks, rice cakes, brown rice, rye

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	6.80	0.164	3	0.61	1.22
Energy	kcal	386		0	35	69
Energy	kJ	1615		0	145	291
Protein (N x 5.95)	g	8.10	0.279	3	0.73	1.46
Total lipid (fat)	g	3.80	0.219	3	0.34	0.68
Carbohydrate, by difference	g	79.90		0	7.19	14.38
Fiber, total dietary	g	4.0		1	0.4	0.7
Ash	g	1.50	0.194	3	0.14	0.27
Sugars, total	g					
Minerals:						
Calcium	mg	21	9.500	2	2	4
Iron	mg	1.80	0.800	2	0.16	0.32
Magnesium	mg	144		1	13	26
Phosphorus	mg	380		1	34	68
Potassium	mg	311	30.500	2	28	56
Sodium	mg	110		1	10	20
Zinc	mg	3.00		1	0.27	0.54
Copper	mg	0.390		1	0.035	0.070
Manganese	mg	2.977		1	0.268	0.536
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.091	0.031	2	0.008	0.016
Riboflavin	mg	0.090	0.010	2	0.008	0.016
Niacin	mg	7.040	1.090	2	0.634	1.267
Pantothenic acid	mg	1.110		1	0.100	0.200
Vitamin B-6	mg	0.150		1	0.013	0.027
Folate	: g	5		1	0	1
Vitamin B-12	: g	0.00		1	0.00	0.00
Vitamin A	IU	3		1	0	1
Vitamin A, RE	: g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.580		0	0.052	0.104
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		1	0.000	0.000
14:0	g	0.010		1	0.001	0.002
15:0	g					
16:0	g	0.450		1	0.041	0.081
17:0	g					
18:0	g	0.110		1	0.010	0.020
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.310	0	0.118	0.236
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.300	1	0.117	0.234
20:1	g	0.000	1	0.000	0.000
22:1	g				
Polyunsaturated, total	g	1.550	0	0.140	0.279
18:2	g	1.490	1	0.134	0.268
18:3	g	0.060	1	0.005	0.011
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.097	0	0.009	0.017
Threonine	g	0.294	0	0.026	0.053
Isoleucine	g	0.328	0	0.030	0.059
Leucine	g	0.621	0	0.056	0.112
Lysine	g	0.316	0	0.028	0.057
Methionine	g	0.165	0	0.015	0.030
Cystine	g	0.127	0	0.011	0.023
Phenylalanine	g	0.399	0	0.036	0.072
Tyrosine	g	0.261	0	0.023	0.047
Valine	g	0.451	0	0.041	0.081
Arginine	g	0.553	0	0.050	0.100
Histidine	g	0.204	0	0.018	0.037
Alanine	g	0.443	0	0.040	0.080
Aspartic acid	g	0.716	0	0.064	0.129
Glutamic acid	g	1.769	0	0.159	0.318
Glycine	g	0.392	0	0.035	0.071
Proline	g	0.531	0	0.048	0.096
Serine	g	0.402	0	0.036	0.072
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cake
 Measure 2: 2 cakes

NDB No. 19416

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19418 Snacks, sesame sticks, wheat-based, salted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:						
Water	g	2.00	1	0.57	1.13	
Energy	kcal	541	0	153	307	
Energy	kJ	2264	0	642	1284	
Protein (N x 5.95)	g	10.90	1	3.09	6.18	
Total lipid (fat)	g	36.70	1	10.40	20.81	
Carbohydrate, by difference	g	46.50	0	13.18	26.37	
Fiber, total dietary	g	2.8	0	0.8	1.6	
Ash	g	3.90	1	1.11	2.21	
Sugars, total	g					
Minerals:						
Calcium	mg	170	1	48	96	
Iron	mg	0.74	1	0.21	0.42	
Magnesium	mg	45	1	13	26	
Phosphorus	mg	138	1	39	78	
Potassium	mg	177	1	50	100	
Sodium	mg	1488	1	422	844	
Zinc	mg	1.17	1	0.33	0.66	
Copper	mg	0.406	1	0.115	0.230	
Manganese	mg	0.904	1	0.256	0.513	
Selenium	:g	17.1	0	4.8	9.7	
Vitamins:						
Ascorbic acid	mg	0.0	1	0.0	0.0	
Thiamin	mg	0.123	1	0.035	0.070	
Riboflavin	mg	0.063	1	0.018	0.036	
Niacin	mg	1.552	1	0.440	0.880	
Pantothenic acid	mg	0.234	1	0.066	0.133	
Vitamin B-6	mg	0.086	1	0.024	0.049	
Folate	:g	22	1	6	12	
Vitamin B-12	:g	0.00	1	0.00	0.00	
Vitamin A	IU	88	1	25	50	
Vitamin A, RE	:g	9	0	3	5	
Vitamin D	IU					
Vitamin E, " -TE	mg	3.900	0	1.106	2.211	
Lipids:						
Saturated, total	g	6.480	0	1.837	3.674	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	1	0.000	0.000	
10:0	g	0.010	1	0.003	0.006	
12:0	g	0.010	1	0.003	0.006	
14:0	g	0.110	1	0.031	0.062	
15:0	g					
16:0	g	5.000	1	1.418	2.835	
17:0	g					
18:0	g	1.350	1	0.383	0.765	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.910	0	3.093	6.186
14:1	g				
16:1	g	0.070	1	0.020	0.040
18:1	g	10.830	1	3.070	6.141
20:1	g	0.000	1	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	17.420	0	4.939	9.877
18:2	g	16.440	1	4.661	9.321
18:3	g	0.970	1	0.275	0.550
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.144	0	0.041	0.082
Threonine	g	0.330	0	0.094	0.187
Isoleucine	g	0.420	0	0.119	0.238
Leucine	g	0.767	0	0.217	0.435
Lysine	g	0.359	0	0.102	0.204
Methionine	g	0.192	0	0.054	0.109
Cystine	g	0.201	0	0.057	0.114
Phenylalanine	g	0.545	0	0.155	0.309
Tyrosine	g	0.353	0	0.100	0.200
Valine	g	0.468	0	0.133	0.265
Arginine	g	0.650	0	0.184	0.369
Histidine	g	0.259	0	0.073	0.147
Alanine	g	0.389	0	0.110	0.221
Aspartic acid	g	0.716	0	0.203	0.406
Glutamic acid	g	3.089	0	0.876	1.751
Glycine	g	0.436	0	0.124	0.247
Proline	g	0.994	0	0.282	0.564
Serine	g	0.545	0	0.155	0.309
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 2 oz

NDB No. 19418

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19419 Snacks, corn cakes

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	4.60	1	0.41	0.83	
Energy	kcal	387	0	35	70	
Energy	kJ	1619	0	146	291	
Protein (N x 5.95)	g	8.10	1	0.73	1.46	
Total lipid (fat)	g	2.40	1	0.22	0.43	
Carbohydrate, by difference	g	83.40	0	7.51	15.01	
Fiber, total dietary	g	1.9	0	0.2	0.3	
Ash	g	1.50	1	0.14	0.27	
Sugars, total	g					
Minerals:						
Calcium	mg	19	1	2	3	
Iron	mg	1.40	1	0.13	0.25	
Magnesium	mg	114	1	10	21	
Phosphorus	mg	157	1	14	28	
Potassium	mg	157	1	14	28	
Sodium	mg	488	1	44	88	
Zinc	mg	2.00	1	0.18	0.36	
Copper	mg	0.420	1	0.038	0.076	
Manganese	mg	1.815	1	0.163	0.327	
Selenium	:g	9.9	0	0.9	1.8	
Vitamins:						
Ascorbic acid	mg	0.0	1	0.0	0.0	
Thiamin	mg	0.250	1	0.023	0.045	
Riboflavin	mg	0.050	1	0.005	0.009	
Niacin	mg	5.150	1	0.464	0.927	
Pantothenic acid	mg	0.830	1	0.075	0.149	
Vitamin B-6	mg	0.140	1	0.013	0.025	
Folate	:g	19	1	2	3	
Vitamin B-12	:g	0.00	1	0.00	0.00	
Vitamin A	IU	242	1	22	44	
Vitamin A, RE	:g	24	0	2	4	
Vitamin D	IU					
Vitamin E, " -TE	mg	0.120	0	0.011	0.022	
Lipids:						
Saturated, total	g	0.420	0	0.038	0.076	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	1	0.000	0.000	
14:0	g	0.010	1	0.001	0.002	
15:0	g					
16:0	g	0.360	1	0.032	0.065	
17:0	g					
18:0	g	0.040	1	0.004	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.760	0	0.068	0.137
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	0.760	1	0.068	0.137
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.930	0	0.084	0.167
18:2	g	0.890	1	0.080	0.160
18:3	g	0.030	1	0.003	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.081	0	0.007	0.015
Threonine	g	0.301	0	0.027	0.054
Isoleucine	g	0.316	0	0.028	0.057
Leucine	g	0.837	0	0.075	0.151
Lysine	g	0.267	0	0.024	0.048
Methionine	g	0.177	0	0.016	0.032
Cystine	g	0.124	0	0.011	0.022
Phenylalanine	g	0.408	0	0.037	0.073
Tyrosine	g	0.317	0	0.029	0.057
Valine	g	0.442	0	0.040	0.080
Arginine	g	0.506	0	0.046	0.091
Histidine	g	0.227	0	0.020	0.041
Alanine	g	0.540	0	0.049	0.097
Aspartic acid	g	0.659	0	0.059	0.119
Glutamic acid	g	1.584	0	0.143	0.285
Glycine	g	0.365	0	0.033	0.066
Proline	g	0.548	0	0.049	0.099
Serine	g	0.402	0	0.036	0.072
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cake
 Measure 2: 2 cakes

NDB No. 19419

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19420 Snacks, granola bars, hard, peanut butter

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 24g	Measure 3*
Proximates:						
Water	g	2.30	1	0.65	0.54	
Energy	kcal	483	0	137	114	
Energy	kJ	2021	0	573	477	
Protein (N x 5.95)	g	9.80	1	2.78	2.31	
Total lipid (fat)	g	23.80	1	6.75	5.62	
Carbohydrate, by difference	g	62.30	0	17.66	14.70	
Fiber, total dietary	g	2.9	0	0.8	0.7	
Ash	g	1.70	1	0.48	0.40	
Sugars, total	g					
Minerals:						
Calcium	mg	41	1	12	10	
Iron	mg	2.40	1	0.68	0.57	
Magnesium	mg	55	1	16	13	
Phosphorus	mg	139	1	39	33	
Potassium	mg	291	1	82	69	
Sodium	mg	283	1	80	67	
Zinc	mg	1.25	1	0.35	0.30	
Copper	mg	0.218	1	0.062	0.051	
Manganese	mg	0.922	1	0.261	0.218	
Selenium	:g	15.0	0	4.3	3.5	
Vitamins:						
Ascorbic acid	mg	0.2	1	0.1	0.0	
Thiamin	mg	0.210	1	0.060	0.050	
Riboflavin	mg	0.090	1	0.026	0.021	
Niacin	mg	1.970	1	0.558	0.465	
Pantothenic acid	mg	0.387	1	0.110	0.091	
Vitamin B-6	mg	0.096	1	0.027	0.023	
Folate	:g	18	1	5	4	
Vitamin B-12	:g	0.00	1	0.00	0.00	
Vitamin A	IU	16	1	5	4	
Vitamin A, RE	:g	2	0	1	0	
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	3.200	0	0.907	0.755	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.020	2	0.006	0.005	
14:0	g	0.020	2	0.006	0.005	
15:0	g					
16:0	g	2.210	2	0.627	0.522	
17:0	g					
18:0	g	0.900	2	0.255	0.212	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.000	0	1.985	1.652
14:1	g				
16:1	g	0.010	2	0.003	0.002
18:1	g	6.910	2	1.959	1.631
20:1	g	0.080	2	0.023	0.019
22:1	g				
Polyunsaturated, total	g	12.080	0	3.425	2.851
18:2	g	11.950	2	3.388	2.820
18:3	g	0.110	2	0.031	0.026
18:4	g				
20:4	g	0.020	2	0.006	0.005
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.131	0	0.037	0.031
Threonine	g	0.310	0	0.088	0.073
Isoleucine	g	0.350	0	0.099	0.083
Leucine	g	0.679	0	0.192	0.160
Lysine	g	0.376	0	0.107	0.089
Methionine	g	0.144	0	0.041	0.034
Cystine	g	0.200	0	0.057	0.047
Phenylalanine	g	0.502	0	0.142	0.118
Tyrosine	g	0.383	0	0.109	0.090
Valine	g	0.455	0	0.129	0.107
Arginine	g	0.977	0	0.277	0.231
Histidine	g	0.236	0	0.067	0.056
Alanine	g	0.424	0	0.120	0.100
Aspartic acid	g	1.059	0	0.300	0.250
Glutamic acid	g	2.036	0	0.577	0.480
Glycine	g	0.558	0	0.158	0.132
Proline	g	0.495	0	0.140	0.117
Serine	g	0.483	0	0.137	0.114
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 bar

NDB No. 19420

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19421 Snacks, potato chips, cheese-flavor

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 170g	Measure 3*
Proximates:						
Water	g	1.80	0.165	4	0.51	3.06
Energy	kcal	496		0	141	843
Energy	kJ	2075		0	588	3528
Protein (N x 5.95)	g	8.50	0.481	4	2.41	14.45
Total lipid (fat)	g	27.20	0.784	4	7.71	46.24
Carbohydrate, by difference	g	57.70		0	16.36	98.09
Fiber, total dietary	g	5.2		0	1.5	8.8
Ash	g	4.80	0.303	4	1.36	8.16
Sugars, total	g					
Minerals:						
Calcium	mg	72	2.237	4	20	122
Iron	mg	1.84	0.275	4	0.52	3.13
Magnesium	mg	75	2.182	4	21	128
Phosphorus	mg	299	7.739	4	85	508
Potassium	mg	1528	31.456	4	433	2598
Sodium	mg	793	104.016	5	225	1348
Zinc	mg	0.91	0.143	4	0.26	1.55
Copper	mg	0.250	0.052	4	0.071	0.425
Manganese	mg	0.446	0.035	4	0.126	0.758
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	54.1	13.104	4	15.3	92.0
Thiamin	mg	0.155	0.003	4	0.044	0.264
Riboflavin	mg	0.158	0.010	4	0.045	0.269
Niacin	mg	5.000	0.129	4	1.418	8.500
Pantothenic acid	mg	0.790	0.105	4	0.224	1.343
Vitamin B-6	mg	0.348	0.039	4	0.099	0.592
Folate	: g	0	0.002	4	0	0
Vitamin B-12	: g	0.00		1	0.00	0.00
Vitamin A	IU	33		1	9	56
Vitamin A, RE	: g	8		0	2	14
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	8.600		0	2.438	14.620
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000		31	0.000	0.000
12:0	g	0.060		31	0.017	0.102
14:0	g	0.240		31	0.068	0.408
15:0	g					
16:0	g	7.320		31	2.075	12.444
17:0	g					
18:0	g	0.870		31	0.247	1.479
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	7.720	0	2.189	13.124
14:1	g				
16:1	g	0.140	31	0.040	0.238
18:1	g	7.470	31	2.118	12.699
20:1	g	0.120	31	0.034	0.204
22:1	g				
Polyunsaturated, total	g	9.560	0	2.710	16.252
18:2	g	9.410	31	2.668	15.997
18:3	g	0.150	31	0.043	0.255
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	1	1	7
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.073	0	0.021	0.124
Threonine	g	0.365	0	0.103	0.620
Isoleucine	g	0.392	0	0.111	0.666
Leucine	g	0.594	0	0.168	1.010
Lysine	g	0.554	0	0.157	0.942
Methionine	g	0.116	0	0.033	0.197
Cystine	g	0.104	0	0.029	0.177
Phenylalanine	g	0.388	0	0.110	0.660
Tyrosine	g	0.329	0	0.093	0.559
Valine	g	0.501	0	0.142	0.852
Arginine	g	0.400	0	0.113	0.680
Histidine	g	0.194	0	0.055	0.330
Alanine	g	0.299	0	0.085	0.508
Aspartic acid	g	1.494	0	0.424	2.540
Glutamic acid	g	1.446	0	0.410	2.458
Glycine	g	0.268	0	0.076	0.456
Proline	g	0.394	0	0.112	0.670
Serine	g	0.357	0	0.101	0.607
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 bag (6 oz)

NDB No. 19421

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19422 Snacks, potato chips, light

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 170g	Measure 3*
Proximates:						
Water	g	1.00	0.075	5	0.28	1.70
Energy	kcal	471		0	134	801
Energy	kJ	1971		0	559	3351
Protein (N x 5.95)	g	7.10	0.260	5	2.01	12.07
Total lipid (fat)	g	20.80	0.314	6	5.90	35.36
Carbohydrate, by difference	g	66.90		0	18.97	113.73
Fiber, total dietary	g	5.9		0	1.7	10.0
Ash	g	4.10	0.264	5	1.16	6.97
Sugars, total	g					
Minerals:						
Calcium	mg	21	5.400	2	6	36
Iron	mg	1.35	0.050	2	0.38	2.30
Magnesium	mg	89	2.100	2	25	151
Phosphorus	mg	193	4.654	2	55	328
Potassium	mg	1744	5.979	2	494	2965
Sodium	mg	492	27.049	2	139	836
Zinc	mg	0.07		1	0.02	0.12
Copper	mg	0.600	0.000	2	0.170	1.020
Manganese	mg	0.440		1	0.125	0.748
Selenium	:g	8.1		0	2.3	13.8
Vitamins:						
Ascorbic acid	mg	25.7	2.768	3	7.3	43.7
Thiamin	mg	0.208	0.017	2	0.059	0.354
Riboflavin	mg	0.267	0.002	2	0.076	0.454
Niacin	mg	7.000	0.810	2	1.985	11.900
Pantothenic acid	mg	0.271		1	0.077	0.461
Vitamin B-6	mg	0.671	0.034	2	0.190	1.141
Folate	:g	27		1	8	46
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg	2.900		0	0.822	4.930
Lipids:						
Saturated, total	g	4.160		0	1.179	7.072
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.120		1	0.034	0.204
15:0	g					
16:0	g	3.520		1	0.998	5.984
17:0	g					
18:0	g	0.510		1	0.145	0.867
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.800	0	1.361	8.160
14:1	g				
16:1	g	0.500	1	0.142	0.850
18:1	g	4.300	1	1.219	7.310
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	10.940	0	3.101	18.598
18:2	g	10.750	1	3.048	18.275
18:3	g	0.190	1	0.054	0.323
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.111	0	0.031	0.189
Threonine	g	0.260	0	0.074	0.442
Isoleucine	g	0.291	0	0.082	0.495
Leucine	g	0.430	0	0.122	0.731
Lysine	g	0.435	0	0.123	0.740
Methionine	g	0.113	0	0.032	0.192
Cystine	g	0.092	0	0.026	0.156
Phenylalanine	g	0.318	0	0.090	0.541
Tyrosine	g	0.265	0	0.075	0.451
Valine	g	0.403	0	0.114	0.685
Arginine	g	0.329	0	0.093	0.559
Histidine	g	0.157	0	0.045	0.267
Alanine	g	0.220	0	0.062	0.374
Aspartic acid	g	1.750	0	0.496	2.975
Glutamic acid	g	1.200	0	0.340	2.040
Glycine	g	0.213	0	0.060	0.362
Proline	g	0.257	0	0.073	0.437
Serine	g	0.311	0	0.088	0.529
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 bag (6 oz)

NDB No. 19422

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19424 Snacks, tortilla chips, nacho-flavor, light

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 170g	Measure 3*
Proximates:						
Water	g	1.30	0.109	15	0.37	2.21
Energy	kcal	445		0	126	757
Energy	kJ	1862		0	528	3165
Protein (N x 5.95)	g	8.70	0.233	15	2.47	14.79
Total lipid (fat)	g	15.20	0.153	24	4.31	25.84
Carbohydrate, by difference	g	71.60		0	20.30	121.72
Fiber, total dietary	g	4.8		0	1.4	8.1
Ash	g	3.20	0.041	15	0.91	5.44
Sugars, total	g					
Minerals:						
Calcium	mg	159	4.372	15	45	270
Iron	mg	1.63	0.037	15	0.46	2.77
Magnesium	mg	97	1.668	15	27	165
Phosphorus	mg	318	2.774	15	90	541
Potassium	mg	272	2.543	15	77	462
Sodium	mg	1003	16.229	24	284	1705
Zinc	mg					
Copper	mg	0.143	0.020	12	0.041	0.243
Manganese	mg	0.436	0.007	12	0.124	0.741
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	0.2	0.058	12	0.1	0.3
Thiamin	mg	0.222	0.003	15	0.063	0.377
Riboflavin	mg	0.274	0.006	15	0.078	0.466
Niacin	mg	0.415	0.107	15	0.118	0.706
Pantothenic acid	mg					
Vitamin B-6	mg	0.231		1	0.065	0.393
Folate	: g	26		1	7	44
Vitamin B-12	: g	0.00		1	0.00	0.00
Vitamin A	IU	380	11.470	15	108	646
Vitamin A, RE	: g	42		0	12	71
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	2.910		0	0.825	4.947
4:0	g	0.010		3	0.003	0.017
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.030		3	0.009	0.051
14:0	g	0.110		3	0.031	0.187
15:0	g					
16:0	g	1.880		3	0.533	3.196
17:0	g					
18:0	g	0.880		3	0.249	1.496
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.950		0	2.537	15.215
14:1	g					
16:1	g	0.060		3	0.017	0.102
18:1	g	8.890		3	2.520	15.113
20:1	g					
22:1	g					
Polyunsaturated, total	g	2.100		0	0.595	3.570
18:2	g	2.020		3	0.573	3.434
18:3	g	0.090		3	0.026	0.153
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	3	0.084	15	1	5
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.069		0	0.020	0.117
Threonine	g	0.314		0	0.089	0.534
Isoleucine	g	0.331		0	0.094	0.563
Leucine	g	0.989		0	0.280	1.681
Lysine	g	0.316		0	0.090	0.537
Methionine	g	0.181		0	0.051	0.308
Cystine	g	0.139		0	0.039	0.236
Phenylalanine	g	0.417		0	0.118	0.709
Tyrosine	g	0.352		0	0.100	0.598
Valine	g	0.446		0	0.126	0.758
Arginine	g	0.429		0	0.122	0.729
Histidine	g	0.262		0	0.074	0.445
Alanine	g	0.569		0	0.161	0.967
Aspartic acid	g	0.596		0	0.169	1.013
Glutamic acid	g	1.669		0	0.473	2.837
Glycine	g	0.320		0	0.091	0.544
Proline	g	0.755		0	0.214	1.283
Serine	g	0.411		0	0.117	0.699
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 1 bag (6 oz)

NDB No. 19424

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	5.90	0			
Energy	kcal	414	0			
Energy	kJ	1732	0			
Protein (N x 5.95)	g	3.40	0			
Total lipid (fat)	g	9.00	0			
Carbohydrate, by difference	g	80.50	0			
Fiber, total dietary	g	0.6	0			
Ash	g	1.20	0			
Sugars, total	g					
Minerals:						
Calcium	mg	3	0			
Iron	mg	2.20	0			
Magnesium	mg	13	0			
Phosphorus	mg	42	0			
Potassium	mg	39	0			
Sodium	mg	351	0			
Zinc	mg	0.50	0			
Copper	mg	0.100	0			
Manganese	mg	1.601	0			
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	0.0	0			
Thiamin	mg	0.700	0			
Riboflavin	mg	0.800	0			
Niacin	mg	9.100	0			
Pantothenic acid	mg	0.000	0			
Vitamin B-6	mg	0.900	0			
Folate	: g	24	0			
Vitamin B-12	: g	0.00	0			
Vitamin A	IU	909	0			
Vitamin A, RE	: g	273	0			
Vitamin D	IU					
Vitamin E, " -TE	mg	0.000	0			
Lipids:						
Saturated, total	g	1.400	0			
4:0	g	0.000	0			
6:0	g	0.000	0			
8:0	g	0.000	0			
10:0	g	0.000	0			
12:0	g	0.000	0			
14:0	g	0.009	0			
15.0	g					
16:0	g	0.878	0			
17:0	g					
18:0	g	0.324	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	2.500	0
14:1	g		
16:1	g	0.018	0
18:1	g	1.943	0
20:1	g	0.018	0
22:1	g	0.000	0
Polyunsaturated, total	g	5.100	0
18:2	g	4.346	0
18:3	g	0.579	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 19438

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19439 Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	5.00	0			
Energy	kcal	390	0			
Energy	kJ	1632	0			
Protein (N x 5.95)	g	8.00	0			
Total lipid (fat)	g	7.40	0			
Carbohydrate, by difference	g	78.00	0			
Fiber, total dietary	g	6.2	0			
Ash	g	1.60	0			
Sugars, total	g					
Minerals:						
Calcium	mg	35	0			
Iron	mg	8.60	0			
Magnesium	mg	87	0			
Phosphorus	mg	248	0			
Potassium	mg	249	0			
Sodium	mg	291	0			
Zinc	mg	2.20	0			
Copper	mg	0.700	0			
Manganese	mg	1.797	0			
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	0.0	0			
Thiamin	mg	0.700	0			
Riboflavin	mg	0.800	0			
Niacin	mg	9.500	0			
Pantothenic acid	mg	0.671	0			
Vitamin B-6	mg	1.000	0			
Folate	: g	0	0			
Vitamin B-12	: g	0.00	0			
Vitamin A	IU	2381	0			
Vitamin A, RE	: g	713	0			
Vitamin D	IU					
Vitamin E, " -TE	mg	0.000	0			
Lipids:						
Saturated, total	g	1.100	0			
4:0	g	0.000	0			
6:0	g	0.000	0			
8:0	g	0.000	0			
10:0	g	0.000	0			
12:0	g	0.009	0			
14:0	g	0.004	0			
15.0	g					
16:0	g	0.684	0			
17:0	g					
18:0	g	0.237	0			
20:0	g					
22.0	g					
24:0	g					

Monounsaturated, total	g	1.800	0
14:1	g		
16:1	g	0.004	0
18:1	g	1.769	0
20:1	g	0.000	0
22:1	g	0.000	0
Polyunsaturated, total	g	4.500	0
18:2	g	4.038	0
18:3	g	0.043	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 19439

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19440 Snacks, M&M MARS, KUDOS Whole Grain Bars, chocolate chip

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	4.90	0			
Energy	kcal	437	0			
Energy	kJ	1828	0			
Protein (N x 5.95)	g	5.76	0			
Total lipid (fat)	g	16.35	0			
Carbohydrate, by difference	g	67.69	0			
Fiber, total dietary	g	3.6	0			
Ash	g	5.30	0			
Sugars, total	g					
Minerals:						
Calcium	mg	783	0			
Iron	mg	9.17	0			
Magnesium	mg	70	0			
Phosphorus	mg	207	0			
Potassium	mg	279	0			
Sodium	mg	280	0			
Zinc	mg	1.41	0			
Copper	mg	0.312	0			
Manganese	mg	1.067	0			
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	46.6	0			
Thiamin	mg	0.169	0			
Riboflavin	mg	0.201	0			
Niacin	mg	1.539	0			
Pantothenic acid	mg	0.468	0			
Vitamin B-6	mg	0.117	0			
Folate	: g	13	0			
Vitamin B-12	: g	0.14	0			
Vitamin A	IU	4206	0			
Vitamin A, RE	: g	1253	0			
Vitamin D	IU					
Vitamin E, " -TE	mg	10.791	0			
Lipids:						
Saturated, total	g	9.450	0			
4:0	g	0.070	0			
6:0	g	0.041	0			
8:0	g	0.025	0			
10:0	g	0.054	0			
12:0	g	0.063	0			
14:0	g	0.512	0			
15:0	g					
16:0	g	4.525	0			
17:0	g					
18:0	g	4.043	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.243	0
14:1	g		
16:1	g	0.051	0
18:1	g	5.161	0
20:1	g	0.000	0
22:1	g	0.000	0
Polyunsaturated, total	g	0.851	0
18:2	g	0.803	0
18:3	g	0.048	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	136	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 19440

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19441 Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	14.50	0			
Energy	kcal	368	0			
Energy	kJ	1540	0			
Protein (N x 5.95)	g	4.40	0			
Total lipid (fat)	g	7.50	0			
Carbohydrate, by difference	g	72.90	0			
Fiber, total dietary	g	2.1	0			
Ash	g	0.80	0			
Sugars, total	g					
Minerals:						
Calcium	mg	41	0			
Iron	mg	4.86	0			
Magnesium	mg	27	0			
Phosphorus	mg	103	0			
Potassium	mg	197	0			
Sodium	mg	297	0			
Zinc	mg	4.10	0			
Copper	mg	0.100	0			
Manganese	mg					
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	0.0	0			
Thiamin	mg	1.000	0			
Riboflavin	mg	1.100	0			
Niacin	mg	13.500	0			
Pantothenic acid	mg	0.000	0			
Vitamin B-6	mg	1.400	0			
Folate	: g	108	0			
Vitamin B-12	: g	0.00	0			
Vitamin A	IU	2027	0			
Vitamin A, RE	: g	614	0			
Vitamin D	IU					
Vitamin E, " -TE	mg	0.000	0			
Lipids:						
Saturated, total	g	1.500	0			
4:0	g	0.000	0			
6:0	g	0.000	0			
8:0	g	0.000	0			
10:0	g	0.000	0			
12:0	g	0.002	0			
14:0	g	0.001	0			
15:0	g					
16:0	g	0.860	0			
17:0	g					
18:0	g	0.153	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	5.000	0
14:1	g		
16:1	g	0.054	0
18:1	g	4.977	0
20:1	g	0.023	0
22:1	g	0.003	0
Polyunsaturated, total	g	0.900	0
18:2	g	0.850	0
18:3	g	0.056	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 19441

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19524 Snacks, taro chips

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:						
Water	g	2.00	0.694	3	0.57	0.46
Energy	kcal	498		0	141	115
Energy	kJ	2084		0	591	479
Protein (N x 5.95)	g	2.30	0.273	3	0.65	0.53
Total lipid (fat)	g	24.90	0.540	2	7.06	5.73
Carbohydrate, by difference	g	68.10		0	19.31	15.66
Fiber, total dietary	g	7.2		0	2.0	1.7
Ash	g	2.70	0.061	3	0.77	0.62
Sugars, total	g					
Minerals:						
Calcium	mg	60	15.850	2	17	14
Iron	mg	1.20	0.150	2	0.34	0.28
Magnesium	mg	84		1	24	19
Phosphorus	mg	131		1	37	30
Potassium	mg	755	68.500	2	214	174
Sodium	mg	342	27.500	2	97	79
Zinc	mg	0.38		1	0.11	0.09
Copper	mg	0.280		1	0.079	0.064
Manganese	mg	0.001		1	0.000	0.000
Selenium	:g	1.8		0	0.5	0.4
Vitamins:						
Ascorbic acid	mg	5.0		1	1.4	1.1
Thiamin	mg	0.174	0.063	3	0.049	0.040
Riboflavin	mg	0.029		1	0.008	0.007
Niacin	mg	0.515	0.475	2	0.146	0.118
Pantothenic acid	mg	0.668		1	0.189	0.154
Vitamin B-6	mg	0.438		1	0.124	0.101
Folate	:g	20		1	6	5
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg	4.900		0	1.389	1.127
Lipids:						
Saturated, total	g	6.430		0	1.823	1.479
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		0	0.000	0.000
14:0	g	0.200		1	0.057	0.046
15:0	g					
16:0	g	5.650		1	1.602	1.300
17:0	g					
18:0	g	0.570		1	0.162	0.131
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	4.430	0	1.256	1.019
14:1	g				
16:1	g	0.200	1	0.057	0.046
18:1	g	4.230	1	1.199	0.973
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	12.880	0	3.651	2.962
18:2	g	12.820	1	3.634	2.949
18:3	g	0.060	1	0.017	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.036	0	0.010	0.008
Threonine	g	0.106	0	0.030	0.024
Isoleucine	g	0.084	0	0.024	0.019
Leucine	g	0.172	0	0.049	0.040
Lysine	g	0.104	0	0.029	0.024
Methionine	g	0.032	0	0.009	0.007
Cystine	g	0.049	0	0.014	0.011
Phenylalanine	g	0.126	0	0.036	0.029
Tyrosine	g	0.085	0	0.024	0.020
Valine	g	0.127	0	0.036	0.029
Arginine	g	0.160	0	0.045	0.037
Histidine	g	0.052	0	0.015	0.012
Alanine	g	0.113	0	0.032	0.026
Aspartic acid	g	0.296	0	0.084	0.068
Glutamic acid	g	0.268	0	0.076	0.062
Glycine	g	0.114	0	0.032	0.026
Proline	g	0.092	0	0.026	0.021
Serine	g	0.142	0	0.040	0.033
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 10 chips

NDB No. 19524

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19800 Snacks, corn cakes, very low sodium

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	4.60	1	0.41	0.83	
Energy	kcal	387	0	35	70	
Energy	kJ	1619	0	146	291	
Protein (N x 5.95)	g	8.10	1	0.73	1.46	
Total lipid (fat)	g	2.40	1	0.22	0.43	
Carbohydrate, by difference	g	83.40	0	7.51	15.01	
Fiber, total dietary	g					
Ash	g	1.50	1	0.14	0.27	
Sugars, total	g					
Minerals:						
Calcium	mg	19	1	2	3	
Iron	mg	1.40	1	0.13	0.25	
Magnesium	mg	114	1	10	21	
Phosphorus	mg	157	1	14	28	
Potassium	mg	157	1	14	28	
Sodium	mg	28	1	3	5	
Zinc	mg	2.00	1	0.18	0.36	
Copper	mg	0.420	1	0.038	0.076	
Manganese	mg	1.815	1	0.163	0.327	
Selenium	:g	9.9	0	0.9	1.8	
Vitamins:						
Ascorbic acid	mg	0.0	1	0.0	0.0	
Thiamin	mg	0.250	1	0.023	0.045	
Riboflavin	mg	0.050	1	0.005	0.009	
Niacin	mg	5.150	1	0.464	0.927	
Pantothenic acid	mg	0.830	1	0.075	0.149	
Vitamin B-6	mg	0.140	1	0.013	0.025	
Folate	:g	19	1	2	3	
Vitamin B-12	:g	0.00	1	0.00	0.00	
Vitamin A	IU	242	1	22	44	
Vitamin A, RE	:g	24	0	2	4	
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.420	0	0.038	0.076	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000	1	0.000	0.000	
14:0	g	0.010	1	0.001	0.002	
15:0	g					
16:0	g	0.360	1	0.032	0.065	
17:0	g					
18:0	g	0.040	1	0.004	0.007	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.760	0	0.068	0.137
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	0.760	1	0.068	0.137
20:1	g				
22:1	g				
Polyunsaturated, total	g	0.930	0	0.084	0.167
18:2	g	0.890	1	0.080	0.160
18:3	g	0.030	1	0.003	0.005
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.081	0	0.007	0.015
Threonine	g	0.301	0	0.027	0.054
Isoleucine	g	0.316	0	0.028	0.057
Leucine	g	0.837	0	0.075	0.151
Lysine	g	0.267	0	0.024	0.048
Methionine	g	0.177	0	0.016	0.032
Cystine	g	0.124	0	0.011	0.022
Phenylalanine	g	0.408	0	0.037	0.073
Tyrosine	g	0.317	0	0.029	0.057
Valine	g	0.442	0	0.040	0.080
Arginine	g	0.506	0	0.046	0.091
Histidine	g	0.227	0	0.020	0.041
Alanine	g	0.540	0	0.049	0.097
Aspartic acid	g	0.659	0	0.059	0.119
Glutamic acid	g	1.584	0	0.143	0.285
Glycine	g	0.365	0	0.033	0.066
Proline	g	0.548	0	0.049	0.099
Serine	g	0.402	0	0.036	0.072
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cake
 Measure 2: 2 cakes

NDB No. 19800

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19802 Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:						
Water	g	1.50	0.038	156	0.43	3.40
Energy	kcal	554		0	157	1258
Energy	kJ	2318		0	657	5262
Protein (N x 5.95)	g	7.60	0.148	139	2.15	17.25
Total lipid (fat)	g	34.40	0.236	151	9.75	78.09
Carbohydrate, by difference	g	53.80		0	15.25	122.13
Fiber, total dietary	g	1.1		0	0.3	2.5
Ash	g	2.70	0.048	121	0.77	6.13
Sugars, total	g					
Minerals:						
Calcium	mg	58	1.197	158	16	132
Iron	mg	1.10		1	0.31	2.50
Magnesium	mg	18	0.246	150	5	41
Phosphorus	mg	108	2.660	151	31	245
Potassium	mg	166	2.529	154	47	377
Sodium	mg	1050	15.620	165	298	2384
Zinc	mg	0.38	0.019	120	0.11	0.86
Copper	mg	0.063	0.006	79	0.018	0.143
Manganese	mg	0.071	0.003	110	0.020	0.161
Selenium	:g	3.0		0	0.9	6.8
Vitamins:						
Ascorbic acid	mg	0.2	0.050	20	0.1	0.5
Thiamin	mg	0.260		0	0.074	0.590
Riboflavin	mg	0.200		0	0.057	0.454
Niacin	mg	1.180		0	0.335	2.679
Pantothenic acid	mg	0.374	0.041	7	0.106	0.849
Vitamin B-6	mg	0.133	0.007	26	0.038	0.302
Folate	:g	23		0	7	52
Vitamin B-12	:g	0.14		1	0.04	0.32
Vitamin A	IU	265	14.548	56	75	602
Vitamin A, RE	:g	34		0	10	77
Vitamin D	IU					
Vitamin E, " -TE	mg	5.120		0	1.452	11.622
Lipids:						
Saturated, total	g	6.590		0	1.868	14.959
4:0	g	0.030		3	0.009	0.068
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.060		3	0.017	0.136
14:0	g	0.240		3	0.068	0.545
15:0	g					
16:0	g	4.250		3	1.205	9.648
17:0	g					
18:0	g	2.000		3	0.567	4.540
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	20.280		0	5.749	46.036
14:1	g					
16:1	g	0.130		3	0.037	0.295
18:1	g	20.160		3	5.715	45.763
20:1	g	0.000		0	0.000	0.000
22:1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	4.760		0	1.349	10.805
18:2	g	4.570		3	1.296	10.374
18:3	g	0.190		3	0.054	0.431
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	4	0.172	63	1	9
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.094		0	0.027	0.213
Threonine	g	0.391		0	0.111	0.888
Isoleucine	g	0.366		0	0.104	0.831
Leucine	g	0.783		0	0.222	1.777
Lysine	g	0.456		0	0.129	1.035
Methionine	g	0.151		0	0.043	0.343
Cystine	g	0.138		0	0.039	0.313
Phenylalanine	g	0.299		0	0.085	0.679
Tyrosine	g	0.258		0	0.073	0.586
Valine	g	0.404		0	0.115	0.917
Arginine	g	0.283		0	0.080	0.642
Histidine	g	0.181		0	0.051	0.411
Alanine	g	0.424		0	0.120	0.962
Aspartic acid	g	0.645		0	0.183	1.464
Glutamic acid	g	1.387		0	0.393	3.148
Glycine	g	0.217		0	0.062	0.493
Proline	g	0.558		0	0.158	1.267
Serine	g	0.367		0	0.104	0.833
Other:						
Caffeine	mg	0		0	0	0
Theobromine	mg	0		0	0	0
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 8 oz bag

NDB No. 19802

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19803 Snacks, corn-based, extruded, chips, plain, made with enriched masa flour

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:						
Water	g	1.00	0			
Energy	kcal	539	0			
Energy	kJ	2255	0			
Protein (N x 5.95)	g	6.60	0			
Total lipid (fat)	g	33.40	0			
Carbohydrate, by difference	g	56.90	0			
Fiber, total dietary	g	4.9	0			
Ash	g	2.20	0			
Sugars, total	g					
Minerals:						
Calcium	mg	127	0			
Iron	mg	6.60	1			
Magnesium	mg	76	0			
Phosphorus	mg	185	0			
Potassium	mg	142	0			
Sodium	mg	630	0			
Zinc	mg	1.26	0			
Copper	mg	0.161	0			
Manganese	mg	0.381	0			
Selenium	: g	11.3	0			
Vitamins:						
Ascorbic acid	mg	0.0	0			
Thiamin	mg	0.480	1			
Riboflavin	mg	0.560	1			
Niacin	mg	7.200	1			
Pantothenic acid	mg	0.394	0			
Vitamin B-6	mg	0.242	0			
Folate	: g	275	1			
Vitamin B-12	: g	0.00	0			
Vitamin A	IU	94	0			
Vitamin A, RE	: g	9	0			
Vitamin D	IU					
Vitamin E, " -TE	mg	1.360	0			
Lipids:						
Saturated, total	g	4.550	0			
4:0	g	0.000	0			
6:0	g	0.000	0			
8:0	g	0.000	0			
10:0	g	0.000	0			
12:0	g	0.000	0			
14:0	g	0.000	0			
15:0	g					
16:0	g	3.570	0			
17:0	g					
18:0	g	0.970	0			
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.660	0
14:1	g		
16:1	g	0.090	0
18:1	g	9.570	0
20:1	g	0.000	0
22:1	g	0.000	0
Polyunsaturated, total	g	16.480	0
18:2	g	15.230	0
18:3	g	1.260	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg	0	0
Amino acids:			
Tryptophan	g	0.046	0
Threonine	g	0.246	0
Isoleucine	g	0.235	0
Leucine	g	0.803	0
Lysine	g	0.185	0
Methionine	g	0.137	0
Cystine	g	0.119	0
Phenylalanine	g	0.322	0
Tyrosine	g	0.266	0
Valine	g	0.331	0
Arginine	g	0.326	0
Histidine	g	0.200	0
Alanine	g	0.491	0
Aspartic acid	g	0.456	0
Glutamic acid	g	1.230	0
Glycine	g	0.269	0
Proline	g	0.572	0
Serine	g	0.312	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 19804 Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 28g	Measure 2 [*]	Measure 3 [*]
Proximates:						
Water g	1.20		0	0.34		
Energy kcal	523		0	148		
Energy kj	2188		0	620		
Protein (N x 5.95) g	7.00		0	1.98		
Total lipid (fat) g	32.70		0	9.27		
Carbohydrate, by difference g	56.20		0	15.93		
Fiber, total dietary g						
Ash g	2.80		0	0.79		
Sugars, total g						
Minerals:						
Calcium mg	131		0	37		
Iron mg	4.90		0	1.39		
Magnesium mg	77		0	22		
Phosphorus mg	207		0	59		
Potassium mg	236		0	67		
Sodium mg	763		0	216		
Zinc mg	1.06		0	0.30		
Copper mg	0.166		0	0.047		
Manganese mg	0.774		0	0.219		
Selenium : g	6.7		0	1.9		
Vitamins:						
Ascorbic acid mg	1.7		0	0.5		
Thiamin mg	0.420		1	0.119		
Riboflavin mg	0.480		1	0.136		
Niacin mg	6.300		1	1.786		
Pantothenic acid mg	0.143		0	0.041		
Vitamin B-6 mg	0.230		0	0.065		
Folate : g	200		1	57		
Vitamin B-12 : g	0.00		0	0.00		
Vitamin A IU	611		0	173		
Vitamin A, RE : g	61		0	17		
Vitamin D IU						
Vitamin E, " -TE mg						
Lipids:						
Saturated, total g	4.460		0	1.264		
4:0 g	0.000		0	0.000		
6:0 g	0.000		0	0.000		
8:0 g	0.000		0	0.000		
10:0 g	0.000		0	0.000		
12:0 g	0.000		0	0.000		
14:0 g	0.000		0	0.000		
15:0 g						
16:0 g	3.510		0	0.995		
17:0 g						
18:0 g	0.960		0	0.272		
20:0 g						
22:0 g						
24:0 g						

Monounsaturated, total	g	9.480	0	2.688
14:1	g			
16:1	g	0.090	0	0.026
18:1	g	9.390	0	2.662
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	16.170	0	4.584
18:2	g	14.940	0	4.235
18:3	g	1.230	0	0.349
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.063	0	0.018
Threonine	g	0.279	0	0.079
Isoleucine	g	0.277	0	0.079
Leucine	g	0.747	0	0.212
Lysine	g	0.284	0	0.081
Methionine	g	0.134	0	0.038
Cystine	g	0.119	0	0.034
Phenylalanine	g	0.333	0	0.094
Tyrosine	g	0.273	0	0.077
Valine	g	0.357	0	0.101
Arginine	g	0.373	0	0.106
Histidine	g	0.200	0	0.057
Alanine	g	0.475	0	0.135
Aspartic acid	g	0.586	0	0.166
Glutamic acid	g	1.243	0	0.352
Glycine	g	0.293	0	0.083
Proline	g	0.521	0	0.148
Serine	g	0.337	0	0.096
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

NDB No. 19804

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19806 Snacks, popcorn, air-popped, white popcorn

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 8g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	4.10	0.289	3	0.33	1.16
Energy	kcal	382		0	31	108
Energy	kJ	1598		0	128	453
Protein (N x 5.95)	g	12.00	0.569	3	0.96	3.40
Total lipid (fat)	g	4.20	1.185	3	0.34	1.19
Carbohydrate, by difference	g	77.90		0	6.23	22.08
Fiber, total dietary	g	15.1		0	1.2	4.3
Ash	g	1.80	0.088	3	0.14	0.51
Sugars, total	g					
Minerals:						
Calcium	mg	10	1.739	3	1	3
Iron	mg	2.66	0.300	3	0.21	0.75
Magnesium	mg	131	16.063	4	10	37
Phosphorus	mg	300	49.950	3	24	85
Potassium	mg	301	28.884	3	24	85
Sodium	mg	4	0.450	2	0	1
Zinc	mg	3.44	0.381	3	0.28	0.98
Copper	mg	0.420	0.080	3	0.034	0.119
Manganese	mg	0.943	0.092	3	0.075	0.267
Selenium	:g	9.9		0	0.8	2.8
Vitamins:						
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0
Thiamin	mg	0.203	0.024	4	0.016	0.058
Riboflavin	mg	0.283	0.063	4	0.023	0.080
Niacin	mg	1.944	0.053	4	0.156	0.551
Pantothenic acid	mg	0.420	0.077	5	0.034	0.119
Vitamin B-6	mg	0.245	0.039	4	0.020	0.069
Folate	:g	23	2.500	2	2	7
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	27		0	2	8
Vitamin A, RE	:g	3		0	0	1
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.570		0	0.046	0.162
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	0.500		1	0.040	0.142
17:0	g					
18:0	g	0.070		1	0.006	0.020
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.100	0	0.088	0.312
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	1.100	1	0.088	0.312
20:1	g				
22:1	g				
Polyunsaturated, total	g	1.900	0	0.152	0.539
18:2	g	1.840	1	0.147	0.522
18:3	g	0.060	1	0.005	0.017
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.085	0	0.007	0.024
Threonine	g	0.452	0	0.036	0.128
Isoleucine	g	0.431	0	0.034	0.122
Leucine	g	1.473	0	0.118	0.418
Lysine	g	0.338	0	0.027	0.096
Methionine	g	0.252	0	0.020	0.071
Cystine	g	0.217	0	0.017	0.062
Phenylalanine	g	0.590	0	0.047	0.167
Tyrosine	g	0.488	0	0.039	0.138
Valine	g	0.607	0	0.049	0.172
Arginine	g	0.598	0	0.048	0.170
Histidine	g	0.367	0	0.029	0.104
Alanine	g	0.900	0	0.072	0.255
Aspartic acid	g	0.836	0	0.067	0.237
Glutamic acid	g	2.255	0	0.180	0.639
Glycine	g	0.492	0	0.039	0.139
Proline	g	1.048	0	0.084	0.297
Serine	g	0.571	0	0.046	0.162
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz

NDB No. 19806

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19807 Snacks, popcorn, oil-popped, white popcorn

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 11g	Measure 2* 28g	Measure 3*
Proximates:						
Water	g	2.80	0.152	50	0.31	0.79
Energy	kcal	500		0	55	142
Energy	kJ	2092		0	230	593
Protein (N x 5.95)	g	9.00	0.264	32	0.99	2.55
Total lipid (fat)	g	28.10	1.074	40	3.09	7.97
Carbohydrate, by difference	g	57.20		0	6.29	16.22
Fiber, total dietary	g	10.0		0	1.1	2.8
Ash	g	2.90	0.215	32	0.32	0.82
Sugars, total	g					
Minerals:						
Calcium	mg	10	1.080	55	1	3
Iron	mg	2.78	0.091	63	0.31	0.79
Magnesium	mg	108	3.123	50	12	31
Phosphorus	mg	250	7.888	49	28	71
Potassium	mg	225	9.120	51	25	64
Sodium	mg	884	65.964	29	97	251
Zinc	mg	2.64	0.094	52	0.29	0.75
Copper	mg	0.221	0.010	48	0.024	0.063
Manganese	mg	0.879	0.031	48	0.097	0.249
Selenium	:g	7.3		0	0.8	2.1
Vitamins:						
Ascorbic acid	mg	0.3	0.195	5	0.0	0.1
Thiamin	mg	0.134	0.021	20	0.015	0.038
Riboflavin	mg	0.136	0.015	23	0.015	0.039
Niacin	mg	1.550	0.059	20	0.171	0.439
Pantothenic acid	mg	0.305	0.053	7	0.034	0.086
Vitamin B-6	mg	0.209	0.017	6	0.023	0.059
Folate	:g	17	1.686	3	2	5
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	11		0	1	3
Vitamin A, RE	:g	2		0	0	1
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	4.890		0	0.538	1.386
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.070		1	0.008	0.020
15:0	g					
16:0	g	3.860		1	0.425	1.094
17:0	g					
18:0	g	0.960		1	0.106	0.272
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	8.170		0	0.899	2.316
14:1	g					
16:1	g	0.050		1	0.006	0.014
18:1	g	8.120		1	0.893	2.302
20:1	g					
22:1	g					
Polyunsaturated, total	g	13.420		0	1.476	3.805
18:2	g	12.680		1	1.395	3.595
18:3	g	0.730		1	0.080	0.207
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.000	6	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.063		0	0.007	0.018
Threonine	g	0.338		0	0.037	0.096
Isoleucine	g	0.323		0	0.036	0.092
Leucine	g	1.103		0	0.121	0.313
Lysine	g	0.253		0	0.028	0.072
Methionine	g	0.189		0	0.021	0.054
Cystine	g	0.163		0	0.018	0.046
Phenylalanine	g	0.442		0	0.049	0.125
Tyrosine	g	0.366		0	0.040	0.104
Valine	g	0.455		0	0.050	0.129
Arginine	g	0.448		0	0.049	0.127
Histidine	g	0.275		0	0.030	0.078
Alanine	g	0.674		0	0.074	0.191
Aspartic acid	g	0.626		0	0.069	0.177
Glutamic acid	g	1.689		0	0.186	0.479
Glycine	g	0.369		0	0.041	0.105
Proline	g	0.785		0	0.086	0.223
Serine	g	0.428		0	0.047	0.121
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz

NDB No. 19807

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19809 Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:						
Water	g	1.90	0.053	191	0.54	4.31
Energy	kcal	536		0	152	1217
Energy	kj	2243		0	636	5092
Protein (N x 5.95)	g	7.00	0.122	145	1.98	15.89
Total lipid (fat)	g	34.60	0.247	158	9.81	78.54
Carbohydrate, by difference	g	52.90		0	15.00	120.08
Fiber, total dietary	g	4.8		0	1.4	10.9
Ash	g	3.60	0.068	157	1.02	8.17
Sugars, total	g					
Minerals:						
Calcium	mg	24	0.517	223	7	54
Iron	mg	1.63	0.028	248	0.46	3.70
Magnesium	mg	67	0.605	240	19	152
Phosphorus	mg	165	2.256	237	47	375
Potassium	mg	1275	11.564	234	361	2894
Sodium	mg	594	9.375	251	168	1348
Zinc	mg	1.09	0.048	88	0.31	2.47
Copper	mg	0.306	0.009	218	0.087	0.695
Manganese	mg	0.440	0.010	210	0.125	0.999
Selenium	: g	8.1		0	2.3	18.4
Vitamins:						
Ascorbic acid	mg	31.1	1.498	93	8.8	70.6
Thiamin	mg	0.167	0.008	125	0.047	0.379
Riboflavin	mg	0.197	0.013	122	0.056	0.447
Niacin	mg	3.827	0.133	129	1.085	8.687
Pantothenic acid	mg	0.402	0.031	24	0.114	0.913
Vitamin B-6	mg	0.660	0.029	73	0.187	1.498
Folate	: g	45	0.735	24	13	102
Vitamin B-12	: g					
Vitamin A	IU	0	0.000	5	0	0
Vitamin A, RE	: g	0		0	0	0
Vitamin D	IU					
Vitamin E, "-TE	mg					
Lipids:						
Saturated, total	g	5.430		0	1.539	12.326
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	3.970		1	1.125	9.012
17:0	g					
18:0	g	1.460		1	0.414	3.314
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	18.000		0	5.103	40.860
14:1	g					
16:1	g					
18:1	g	17.930		1	5.083	40.701
20:1	g	0.070		1	0.020	0.159
22:1	g					
Polyunsaturated, total	g	9.160		0	2.597	20.793
18:2	g	8.900		1	2.523	20.203
18:3	g	0.260		1	0.074	0.590
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.000	24	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.108		0	0.031	0.245
Threonine	g	0.253		0	0.072	0.574
Isoleucine	g	0.283		0	0.080	0.642
Leucine	g	0.419		0	0.119	0.951
Lysine	g	0.424		0	0.120	0.962
Methionine	g	0.110		0	0.031	0.250
Cystine	g	0.089		0	0.025	0.202
Phenylalanine	g	0.310		0	0.088	0.704
Tyrosine	g	0.259		0	0.073	0.588
Valine	g	0.392		0	0.111	0.890
Arginine	g	0.321		0	0.091	0.729
Histidine	g	0.153		0	0.043	0.347
Alanine	g	0.214		0	0.061	0.486
Aspartic acid	g	1.706		0	0.484	3.873
Glutamic acid	g	1.170		0	0.332	2.656
Glycine	g	0.207		0	0.059	0.470
Proline	g	0.251		0	0.071	0.570
Serine	g	0.303		0	0.086	0.688
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 8 oz bag

NDB No. 19809

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19810 Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:						
Water	g	1.90	0.053	191	0.54	4.31
Energy	kcal	536		0	152	1217
Energy	kj	2243		0	636	5092
Protein (N x 5.95)	g	7.00	0.122	145	1.98	15.89
Total lipid (fat)	g	34.60	0.247	158	9.81	78.54
Carbohydrate, by difference	g	52.90		0	15.00	120.08
Fiber, total dietary	g	4.8		0	1.4	10.9
Ash	g	3.60	0.068	157	1.02	8.17
Sugars, total	g					
Minerals:						
Calcium	mg	24	0.517	223	7	54
Iron	mg	1.63	0.028	248	0.46	3.70
Magnesium	mg	67	0.605	240	19	152
Phosphorus	mg	165	2.256	237	47	375
Potassium	mg	1275	11.564	234	361	2894
Sodium	mg	8		0	2	18
Zinc	mg	1.09	0.048	88	0.31	2.47
Copper	mg	0.306	0.009	218	0.087	0.695
Manganese	mg	0.440	0.010	210	0.125	0.999
Selenium	: g	8.1		0	2.3	18.4
Vitamins:						
Ascorbic acid	mg	31.1	1.498	93	8.8	70.6
Thiamin	mg	0.167	0.008	125	0.047	0.379
Riboflavin	mg	0.197	0.013	122	0.056	0.447
Niacin	mg	3.827	0.133	129	1.085	8.687
Pantothenic acid	mg	0.402	0.031	24	0.114	0.913
Vitamin B-6	mg	0.660	0.029	73	0.187	1.498
Folate	: g	45	0.735	24	13	102
Vitamin B-12	: g					
Vitamin A	IU	0	0.000	5	0	0
Vitamin A, RE	: g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	5.430		0	1.539	12.326
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
15:0	g					
16:0	g	3.970		1	1.125	9.012
17:0	g					
18:0	g	1.460		1	0.414	3.314
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	18.000		0	5.103	40.860
14:1	g					
16:1	g					
18:1	g	17.930		1	5.083	40.701
20:1	g	0.070		1	0.020	0.159
22:1	g					
Polyunsaturated, total	g	9.160		0	2.597	20.793
18:2	g	8.900		1	2.523	20.203
18:3	g	0.260		1	0.074	0.590
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.000	24	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.108		0	0.031	0.245
Threonine	g	0.253		0	0.072	0.574
Isoleucine	g	0.283		0	0.080	0.642
Leucine	g	0.419		0	0.119	0.951
Lysine	g	0.424		0	0.120	0.962
Methionine	g	0.110		0	0.031	0.250
Cystine	g	0.089		0	0.025	0.202
Phenylalanine	g	0.310		0	0.088	0.704
Tyrosine	g	0.259		0	0.073	0.588
Valine	g	0.392		0	0.111	0.890
Arginine	g	0.321		0	0.091	0.729
Histidine	g	0.153		0	0.043	0.347
Alanine	g	0.214		0	0.061	0.486
Aspartic acid	g	1.706		0	0.484	3.873
Glutamic acid	g	1.170		0	0.332	2.656
Glycine	g	0.207		0	0.059	0.470
Proline	g	0.251		0	0.071	0.570
Serine	g	0.303		0	0.086	0.688
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 oz
 Measure 2: 8 oz bag

NDB No. 19810

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19811 Snacks, potato chips, plain, unsalted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:						
Water	g	1.90	0.053	191	0.54	4.31
Energy	kcal	536		0	152	1217
Energy	kJ	2243		0	636	5092
Protein (N x 5.95)	g	7.00	0.122	145	1.98	15.89
Total lipid (fat)	g	34.60	0.247	158	9.81	78.54
Carbohydrate, by difference	g	52.90		0	15.00	120.08
Fiber, total dietary	g	4.8		0	1.4	10.9
Ash	g	3.60	0.068	157	1.02	8.17
Sugars, total	g					
Minerals:						
Calcium	mg	24	0.517	223	7	54
Iron	mg	1.63	0.028	248	0.46	3.70
Magnesium	mg	67	0.605	240	19	152
Phosphorus	mg	165	2.256	237	47	375
Potassium	mg	1275	11.564	234	361	2894
Sodium	mg	8		0	2	18
Zinc	mg	1.09	0.048	88	0.31	2.47
Copper	mg	0.306	0.009	218	0.087	0.695
Manganese	mg	0.440	0.010	210	0.125	0.999
Selenium	:g	8.1		0	2.3	18.4
Vitamins:						
Ascorbic acid	mg	31.1	1.498	93	8.8	70.6
Thiamin	mg	0.167	0.008	125	0.047	0.379
Riboflavin	mg	0.197	0.013	122	0.056	0.447
Niacin	mg	3.827	0.133	129	1.085	8.687
Pantothenic acid	mg	0.402	0.031	24	0.114	0.913
Vitamin B-6	mg	0.660	0.029	73	0.187	1.498
Folate	:g	45	0.735	24	13	102
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0	0.000	5	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg	4.880		0	1.383	11.078
Lipids:						
Saturated, total	g	10.960		0	3.107	24.879
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		31	0.000	0.000
12:0	g	0.080		31	0.023	0.182
14:0	g	0.300		31	0.085	0.681
15:0	g					
16:0	g	9.320		31	2.642	21.156
17:0	g					
18:0	g	1.110		31	0.315	2.520
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	9.840	0	2.790	22.337
14:1	g				
16:1	g	0.180	31	0.051	0.409
18:1	g	9.510	31	2.696	21.588
20:1	g	0.150	31	0.043	0.341
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	12.170	0	3.450	27.626
18:2	g	11.980	31	3.396	27.195
18:3	g	0.190	31	0.054	0.431
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0.000	24	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.108	0	0.031	0.245
Threonine	g	0.253	0	0.072	0.574
Isoleucine	g	0.283	0	0.080	0.642
Leucine	g	0.419	0	0.119	0.951
Lysine	g	0.424	0	0.120	0.962
Methionine	g	0.110	0	0.031	0.250
Cystine	g	0.089	0	0.025	0.202
Phenylalanine	g	0.310	0	0.088	0.704
Tyrosine	g	0.259	0	0.073	0.588
Valine	g	0.392	0	0.111	0.890
Arginine	g	0.321	0	0.091	0.729
Histidine	g	0.153	0	0.043	0.347
Alanine	g	0.214	0	0.061	0.486
Aspartic acid	g	1.706	0	0.484	3.873
Glutamic acid	g	1.170	0	0.332	2.656
Glycine	g	0.207	0	0.059	0.470
Proline	g	0.251	0	0.071	0.570
Serine	g	0.303	0	0.086	0.688
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 8 oz bag

NDB No. 19811

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19812 Snacks, pretzels, hard, plain, made with unenriched flour, salted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 60g	Measure 3*
Proximates:						
Water	g	3.30	0.134	105	0.94	1.98
Energy	kcal	381		0	108	229
Energy	kJ	1594		0	452	956
Protein (N x 5.95)	g	9.10	0.126	85	2.58	5.46
Total lipid (fat)	g	3.50	0.158	94	0.99	2.10
Carbohydrate, by difference	g	79.20		0	22.45	47.52
Fiber, total dietary	g	2.8		0	0.8	1.7
Ash	g	4.90	0.179	82	1.39	2.94
Sugars, total	g					
Minerals:						
Calcium	mg	36	1.651	101	10	22
Iron	mg	1.67		0	0.47	1.00
Magnesium	mg	35	0.954	85	10	21
Phosphorus	mg	113	4.774	88	32	68
Potassium	mg	146	3.832	104	41	88
Sodium	mg	1715	61.055	87	486	1029
Zinc	mg	0.85	0.035	74	0.24	0.51
Copper	mg	0.264	0.028	68	0.075	0.158
Manganese	mg	1.789	0.203	64	0.507	1.073
Selenium	:g	5.8		0	1.6	3.5
Vitamins:						
Ascorbic acid	mg	0.0	0.000	8	0.0	0.0
Thiamin	mg	0.180		0	0.051	0.108
Riboflavin	mg	0.100		0	0.028	0.060
Niacin	mg	1.920		0	0.544	1.152
Pantothenic acid	mg	0.288	0.076	2	0.082	0.173
Vitamin B-6	mg	0.116	0.029	4	0.033	0.070
Folate	:g	83		1	24	50
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0	0.000	15	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.750		0	0.213	0.450
4:0	g					
6:0	g					
8:0	g	0.010		7	0.003	0.006
10:0	g	0.010		7	0.003	0.006
12:0	g	0.030		7	0.009	0.018
14:0	g	0.020		7	0.006	0.012
15:0	g					
16:0	g	0.470		7	0.133	0.282
17:0	g					
18:0	g	0.210		7	0.060	0.126
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.360	0	0.386	0.816
14:1	g				
16:1	g	0.020	4	0.006	0.012
18:1	g	1.350	7	0.383	0.810
20:1	g				
22:1	g				
Polyunsaturated, total	g	1.220	0	0.346	0.732
18:2	g	1.150	7	0.326	0.690
18:3	g	0.060	7	0.017	0.036
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0.000	13	0
Phytosterols	mg				0
Amino acids:					
Tryptophan	g	0.109	0	0.031	0.065
Threonine	g	0.259	0	0.073	0.155
Isoleucine	g	0.345	0	0.098	0.207
Leucine	g	0.636	0	0.180	0.382
Lysine	g	0.221	0	0.063	0.133
Methionine	g	0.164	0	0.046	0.098
Cystine	g	0.196	0	0.056	0.118
Phenylalanine	g	0.453	0	0.128	0.272
Tyrosine	g	0.266	0	0.075	0.160
Valine	g	0.392	0	0.111	0.235
Arginine	g	0.349	0	0.099	0.209
Histidine	g	0.201	0	0.057	0.121
Alanine	g	0.304	0	0.086	0.182
Aspartic acid	g	0.415	0	0.118	0.249
Glutamic acid	g	3.037	0	0.861	1.822
Glycine	g	0.327	0	0.093	0.196
Proline	g	1.018	0	0.289	0.611
Serine	g	0.447	0	0.127	0.268
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 10 twists

NDB No. 19812

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19813 Snacks, pretzels, hard, plain, made with unenriched flour, unsalted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 60g	Measure 3*
Proximates:						
Water	g	3.30	0.134	105	0.94	1.98
Energy	kcal	381		0	108	229
Energy	kJ	1594		0	452	956
Protein (N x 5.95)	g	9.10	0.126	85	2.58	5.46
Total lipid (fat)	g	3.50	0.158	94	0.99	2.10
Carbohydrate, by difference	g	79.20		0	22.45	47.52
Fiber, total dietary	g	2.8		0	0.8	1.7
Ash	g	4.90	0.179	82	1.39	2.94
Sugars, total	g					
Minerals:						
Calcium	mg	36	1.651	101	10	22
Iron	mg	1.67		0	0.47	1.00
Magnesium	mg	35	0.954	85	10	21
Phosphorus	mg	113	4.774	88	32	68
Potassium	mg	146	3.832	104	41	88
Sodium	mg	289		0	82	173
Zinc	mg	0.85	0.035	74	0.24	0.51
Copper	mg	0.264	0.028	68	0.075	0.158
Manganese	mg	1.789	0.203	64	0.507	1.073
Selenium	:g	5.8		0	1.6	3.5
Vitamins:						
Ascorbic acid	mg	0.0	0.000	8	0.0	0.0
Thiamin	mg	0.180		0	0.051	0.108
Riboflavin	mg	0.100		0	0.028	0.060
Niacin	mg	1.920		0	0.544	1.152
Pantothenic acid	mg	0.288	0.076	2	0.082	0.173
Vitamin B-6	mg	0.116	0.029	4	0.033	0.070
Folate	:g	83		1	24	50
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0	0.000	15	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.750		0	0.213	0.450
4:0	g					
6:0	g					
8:0	g	0.010		7	0.003	0.006
10:0	g	0.010		7	0.003	0.006
12:0	g	0.030		7	0.009	0.018
14:0	g	0.020		7	0.006	0.012
15:0	g					
16:0	g	0.470		7	0.133	0.282
17:0	g					
18:0	g	0.210		7	0.060	0.126
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.360		0	0.386	0.816
14:1	g					
16:1	g	0.020		4	0.006	0.012
18:1	g	1.350		7	0.383	0.810
20:1	g					
22:1	g					
Polyunsaturated, total	g	1.220		0	0.346	0.732
18:2	g	1.150		7	0.326	0.690
18:3	g	0.060		7	0.017	0.036
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.000	13	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.109		0	0.031	0.065
Threonine	g	0.259		0	0.073	0.155
Isoleucine	g	0.345		0	0.098	0.207
Leucine	g	0.636		0	0.180	0.382
Lysine	g	0.221		0	0.063	0.133
Methionine	g	0.164		0	0.046	0.098
Cystine	g	0.196		0	0.056	0.118
Phenylalanine	g	0.453		0	0.128	0.272
Tyrosine	g	0.266		0	0.075	0.160
Valine	g	0.392		0	0.111	0.235
Arginine	g	0.349		0	0.099	0.209
Histidine	g	0.201		0	0.057	0.121
Alanine	g	0.304		0	0.086	0.182
Aspartic acid	g	0.415		0	0.118	0.249
Glutamic acid	g	3.037		0	0.861	1.822
Glycine	g	0.327		0	0.093	0.196
Proline	g	1.018		0	0.289	0.611
Serine	g	0.447		0	0.127	0.268
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 10 twists

NDB No. 19813

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19814 Snacks, pretzels, hard, plain, unsalted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 60g	Measure 3*
Proximates:						
Water	g	3.30	0.134	105	0.94	1.98
Energy	kcal	381		0	108	229
Energy	kJ	1594		0	452	956
Protein (N x 5.95)	g	9.10	0.126	85	2.58	5.46
Total lipid (fat)	g	3.50	0.158	94	0.99	2.10
Carbohydrate, by difference	g	79.20		0	22.45	47.52
Fiber, total dietary	g	2.8		0	0.8	1.7
Ash	g	4.90	0.179	82	1.39	2.94
Sugars, total	g					
Minerals:						
Calcium	mg	36	1.651	101	10	22
Iron	mg	4.32	0.113	76	1.22	2.59
Magnesium	mg	35	0.954	85	10	21
Phosphorus	mg	113	4.774	88	32	68
Potassium	mg	146	3.832	104	41	88
Sodium	mg	289		0	82	173
Zinc	mg	0.85	0.035	74	0.24	0.51
Copper	mg	0.264	0.028	68	0.075	0.158
Manganese	mg	1.789	0.203	64	0.507	1.073
Selenium	:g	5.8		0	1.6	3.5
Vitamins:						
Ascorbic acid	mg	0.0	0.000	8	0.0	0.0
Thiamin	mg	0.461	0.016	61	0.131	0.277
Riboflavin	mg	0.623	0.066	62	0.177	0.374
Niacin	mg	5.251	0.145	62	1.489	3.151
Pantothenic acid	mg	0.288	0.076	2	0.082	0.173
Vitamin B-6	mg	0.116	0.029	4	0.033	0.070
Folate	:g	83		1	24	50
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0	0.000	15	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg	0.210		0	0.060	0.126
Lipids:						
Saturated, total	g	0.750		0	0.213	0.450
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.010		7	0.003	0.006
10:0	g	0.010		7	0.003	0.006
12:0	g	0.030		7	0.009	0.018
14:0	g	0.020		7	0.006	0.012
15:0	g					
16:0	g	0.470		7	0.133	0.282
17:0	g					
18:0	g	0.210		7	0.060	0.126
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.360	0	0.386	0.816
14:1	g				
16:1	g	0.020	4	0.006	0.012
18:1	g	1.350	7	0.383	0.810
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.220	0	0.346	0.732
18:2	g	1.150	7	0.326	0.690
18:3	g	0.060	7	0.017	0.036
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0.000	13	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.109	0	0.031	0.065
Threonine	g	0.259	0	0.073	0.155
Isoleucine	g	0.345	0	0.098	0.207
Leucine	g	0.636	0	0.180	0.382
Lysine	g	0.221	0	0.063	0.133
Methionine	g	0.164	0	0.046	0.098
Cystine	g	0.196	0	0.056	0.118
Phenylalanine	g	0.453	0	0.128	0.272
Tyrosine	g	0.266	0	0.075	0.160
Valine	g	0.392	0	0.111	0.235
Arginine	g	0.349	0	0.099	0.209
Histidine	g	0.201	0	0.057	0.121
Alanine	g	0.304	0	0.086	0.182
Aspartic acid	g	0.415	0	0.118	0.249
Glutamic acid	g	3.037	0	0.861	1.822
Glycine	g	0.327	0	0.093	0.196
Proline	g	1.018	0	0.289	0.611
Serine	g	0.447	0	0.127	0.268
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 10 twists

NDB No. 19814

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19816 Snacks, rice cakes, brown rice, plain, unsalted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	5.80	0.420	10	0.52	1.04
Energy	kcal	387		0	35	70
Energy	kJ	1619		0	146	291
Protein (N x 5.95)	g	8.20	0.431	10	0.74	1.48
Total lipid (fat)	g	2.80	0.340	10	0.25	0.50
Carbohydrate, by difference	g	81.50		0	7.33	14.67
Fiber, total dietary	g	4.2		0	0.4	0.8
Ash	g	1.70	0.188	10	0.15	0.31
Sugars, total	g					
Minerals:						
Calcium	mg	11	1.255	9	1	2
Iron	mg	1.49	0.124	9	0.13	0.27
Magnesium	mg	131	3.500	2	12	24
Phosphorus	mg	360	0.000	2	32	65
Potassium	mg	290	21.258	6	26	52
Sodium	mg	26		0	2	5
Zinc	mg	3.00	0.000	2	0.27	0.54
Copper	mg	0.445	0.035	2	0.040	0.080
Manganese	mg	3.730		1	0.336	0.671
Selenium	:g	24.6		0	2.2	4.4
Vitamins:						
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0
Thiamin	mg	0.061	0.012	9	0.005	0.011
Riboflavin	mg	0.165	0.036	8	0.015	0.030
Niacin	mg	7.806	0.419	7	0.703	1.405
Pantothenic acid	mg	1.000	0.000	2	0.090	0.180
Vitamin B-6	mg	0.150	0.000	2	0.013	0.027
Folate	:g	21	0.500	2	2	4
Vitamin B-12	:g	0.00	0.000	2	0.00	0.00
Vitamin A	IU	46		0	4	8
Vitamin A, RE	:g	5		0	0	1
Vitamin D	IU					
Vitamin E, " -TE	mg	0.100		0	0.009	0.018
Lipids:						
Saturated, total	g	0.570		0	0.051	0.103
4:0	g	0.000		0	0.000	0.000
6:0	g	0.000		0	0.000	0.000
8:0	g	0.000		0	0.000	0.000
10:0	g	0.000		0	0.000	0.000
12:0	g	0.000		1	0.000	0.000
14:0	g	0.010		1	0.001	0.002
15:0	g					
16:0	g	0.480		1	0.043	0.086
17:0	g					
18:0	g	0.050		1	0.005	0.009
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.030	0	0.093	0.185
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.020	1	0.092	0.184
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.990	0	0.089	0.178
18:2	g	0.970	1	0.087	0.175
18:3	g	0.010	1	0.001	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.104	0	0.009	0.019
Threonine	g	0.299	0	0.027	0.054
Isoleucine	g	0.346	0	0.031	0.062
Leucine	g	0.675	0	0.061	0.122
Lysine	g	0.311	0	0.028	0.056
Methionine	g	0.184	0	0.017	0.033
Cystine	g	0.099	0	0.009	0.018
Phenylalanine	g	0.421	0	0.038	0.076
Tyrosine	g	0.306	0	0.028	0.055
Valine	g	0.479	0	0.043	0.086
Arginine	g	0.618	0	0.056	0.111
Histidine	g	0.207	0	0.019	0.037
Alanine	g	0.476	0	0.043	0.086
Aspartic acid	g	0.764	0	0.069	0.138
Glutamic acid	g	1.662	0	0.150	0.299
Glycine	g	0.402	0	0.036	0.072
Proline	g	0.383	0	0.034	0.069
Serine	g	0.422	0	0.038	0.076
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cake
 Measure 2: 2 cakes

NDB No. 19816

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19817 Snacks, rice cakes, brown rice, buckwheat, unsalted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	5.90	0.500	4	0.53	1.06
Energy	kcal	380		0	34	68
Energy	kJ	1590		0	143	286
Protein (N x 5.95)	g	9.00	0.698	4	0.81	1.62
Total lipid (fat)	g	3.50	0.405	4	0.32	0.63
Carbohydrate, by difference	g	80.10		0	7.21	14.42
Fiber, total dietary	g					
Ash	g	1.60	0.121	4	0.14	0.29
Sugars, total	g					
Minerals:						
Calcium	mg	11	2.903	4	1	2
Iron	mg	1.14	0.188	4	0.10	0.21
Magnesium	mg	151		1	14	27
Phosphorus	mg	380		1	34	68
Potassium	mg	299	10.966	4	27	54
Sodium	mg	4		0	0	1
Zinc	mg	2.50		1	0.23	0.45
Copper	mg	0.380		1	0.034	0.068
Manganese	mg	6.180		1	0.556	1.112
Selenium	:g	16.4		0	1.5	3.0
Vitamins:						
Ascorbic acid	mg	0.0		1	0.0	0.0
Thiamin	mg	0.056	0.010	4	0.005	0.010
Riboflavin	mg	0.103	0.009	4	0.009	0.019
Niacin	mg	8.096	1.129	4	0.729	1.457
Pantothenic acid	mg	1.160		1	0.104	0.209
Vitamin B-6	mg	0.130		1	0.012	0.023
Folate	:g	21		1	2	4
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0	0.000	2	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.640		0	0.058	0.115
4:0	g					
6:0	g					
8:0	g	0.020		1	0.002	0.004
10:0	g	0.010		1	0.001	0.002
12:0	g	0.010		1	0.001	0.002
14:0	g	0.020		1	0.002	0.004
15:0	g					
16:0	g	0.510		1	0.046	0.092
17:0	g					
18:0	g	0.050		1	0.005	0.009
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.110	0	0.100	0.200
14:1	g				
16:1	g	0.020	1	0.002	0.004
18:1	g	1.090	1	0.098	0.196
20:1	g				
22:1	g	0.010	1	0.001	0.002
Polyunsaturated, total	g	1.110	0	0.100	0.200
18:2	g	1.050	1	0.095	0.189
18:3	g	0.070	1	0.006	0.013
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.125	0	0.011	0.023
Threonine	g	0.340	0	0.031	0.061
Isoleucine	g	0.358	0	0.032	0.064
Leucine	g	0.638	0	0.057	0.115
Lysine	g	0.414	0	0.037	0.075
Methionine	g	0.152	0	0.014	0.027
Cystine	g	0.137	0	0.012	0.025
Phenylalanine	g	0.399	0	0.036	0.072
Tyrosine	g	0.233	0	0.021	0.042
Valine	g	0.489	0	0.044	0.088
Arginine	g	0.677	0	0.061	0.122
Histidine	g	0.218	0	0.020	0.039
Alanine	g	0.517	0	0.047	0.093
Aspartic acid	g	0.800	0	0.072	0.144
Glutamic acid	g	1.568	0	0.141	0.282
Glycine	g	0.603	0	0.054	0.109
Proline	g	0.376	0	0.034	0.068
Serine	g	0.467	0	0.042	0.084
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cake
 Measure 2: 2 cakes

NDB No. 19817

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19818 Snacks, rice cakes, brown rice, multigrain, unsalted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	6.30	0.193	10	0.57	1.13
Energy	kcal	387		0	35	70
Energy	kJ	1619		0	146	291
Protein (N x 5.95)	g	8.50	0.227	10	0.77	1.53
Total lipid (fat)	g	3.50	0.342	10	0.32	0.63
Carbohydrate, by difference	g	80.10		0	7.21	14.42
Fiber, total dietary	g					
Ash	g	1.60	0.107	10	0.14	0.29
Sugars, total	g					
Minerals:						
Calcium	mg	21	3.261	10	2	4
Iron	mg	1.96	0.191	10	0.18	0.35
Magnesium	mg	137	4.021	4	12	25
Phosphorus	mg	370	16.832	4	33	67
Potassium	mg	294	19.023	8	26	53
Sodium	mg	4		0	0	1
Zinc	mg	2.53	0.184	4	0.23	0.46
Copper	mg	0.427	0.033	3	0.038	0.077
Manganese	mg	5.220	0.160	3	0.470	0.940
Selenium	:g	20.0		0	1.8	3.6
Vitamins:						
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0
Thiamin	mg	0.067	0.017	8	0.006	0.012
Riboflavin	mg	0.184	0.041	8	0.017	0.033
Niacin	mg	6.602	0.284	7	0.594	1.188
Pantothenic acid	mg	1.002	0.039	4	0.090	0.180
Vitamin B-6	mg	0.137	0.007	4	0.012	0.025
Folate	:g	20	2.723	4	2	4
Vitamin B-12	:g	0.00		1	0.00	0.00
Vitamin A	IU	0		1	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.560		0	0.050	0.101
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.000		1	0.000	0.000
12:0	g	0.000		1	0.000	0.000
14:0	g	0.010		1	0.001	0.002
15:0	g					
16:0	g	0.460		1	0.041	0.083
17:0	g					
18:0	g	0.080		1	0.007	0.014
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.160	0	0.104	0.209
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.150	1	0.104	0.207
20:1	g	0.000	1	0.000	0.000
22:1	g				
Polyunsaturated, total	g	1.440	0	0.130	0.259
18:2	g	1.000	1	0.090	0.180
18:3	g	0.440	1	0.040	0.079
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.107	0	0.010	0.019
Threonine	g	0.303	0	0.027	0.055
Isoleucine	g	0.351	0	0.032	0.063
Leucine	g	0.682	0	0.061	0.123
Lysine	g	0.313	0	0.028	0.056
Methionine	g	0.182	0	0.016	0.033
Cystine	g	0.107	0	0.010	0.019
Phenylalanine	g	0.424	0	0.038	0.076
Tyrosine	g	0.299	0	0.027	0.054
Valine	g	0.481	0	0.043	0.087
Arginine	g	0.624	0	0.056	0.112
Histidine	g	0.208	0	0.019	0.037
Alanine	g	0.484	0	0.044	0.087
Aspartic acid	g	0.771	0	0.069	0.139
Glutamic acid	g	1.714	0	0.154	0.309
Glycine	g	0.409	0	0.037	0.074
Proline	g	0.409	0	0.037	0.074
Serine	g	0.427	0	0.038	0.077
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
 Measure 1: 1 cake
 Measure 2: 2 cakes

NDB No. 19818

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19819 Snacks, rice cakes, brown rice, sesame seed, unsalted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:						
Water	g	5.90	0.318	7	0.53	1.06
Energy	kcal	392		0	35	71
Energy	kJ	1640		0	148	295
Protein (N x 5.95)	g	7.60	0.325	7	0.68	1.37
Total lipid (fat)	g	3.80	0.241	7	0.34	0.68
Carbohydrate, by difference	g	81.50		0	7.33	14.67
Fiber, total dietary	g					
Ash	g	1.20	0.163	7	0.11	0.22
Sugars, total	g					
Minerals:						
Calcium	mg	12	1.779	6	1	2
Iron	mg	1.58	0.248	6	0.14	0.28
Magnesium	mg	136	0.500	2	12	24
Phosphorus	mg	375	5.000	2	34	68
Potassium	mg	290	13.163	6	26	52
Sodium	mg	4		0	0	1
Zinc	mg	3.00	0.000	2	0.27	0.54
Copper	mg	0.390	0.010	2	0.035	0.070
Manganese	mg	4.299		1	0.387	0.774
Selenium	:g	24.1		0	2.2	4.3
Vitamins:						
Ascorbic acid	mg	3.0		1	0.3	0.5
Thiamin	mg	0.048	0.011	5	0.004	0.009
Riboflavin	mg	0.085	0.013	6	0.008	0.015
Niacin	mg	7.205	0.632	4	0.648	1.297
Pantothenic acid	mg	1.461		1	0.131	0.263
Vitamin B-6	mg	0.155	0.005	2	0.014	0.028
Folate	:g	18	5.500	2	2	3
Vitamin B-12	:g	0.00	0.000	2	0.00	0.00
Vitamin A	IU	0	0.000	2	0	0
Vitamin A, RE	:g	0		0	0	0
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	0.540		0	0.049	0.097
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		1	0.000	0.000
14:0	g	0.010		1	0.001	0.002
15:0	g					
16:0	g	0.430		1	0.039	0.077
17:0	g					
18:0	g	0.080		1	0.007	0.014
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	1.100	0	0.099	0.198
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.090	1	0.098	0.196
20:1	g	0.000	1	0.000	0.000
22:1	g				
Polyunsaturated, total	g	1.150	0	0.104	0.207
18:2	g	1.110	1	0.100	0.200
18:3	g	0.040	1	0.004	0.007
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.100	0	0.009	0.018
Threonine	g	0.279	0	0.025	0.050
Isoleucine	g	0.321	0	0.029	0.058
Leucine	g	0.625	0	0.056	0.113
Lysine	g	0.288	0	0.026	0.052
Methionine	g	0.174	0	0.016	0.031
Cystine	g	0.094	0	0.008	0.017
Phenylalanine	g	0.391	0	0.035	0.070
Tyrosine	g	0.286	0	0.026	0.051
Valine	g	0.444	0	0.040	0.080
Arginine	g	0.595	0	0.054	0.107
Histidine	g	0.193	0	0.017	0.035
Alanine	g	0.440	0	0.040	0.079
Aspartic acid	g	0.710	0	0.064	0.128
Glutamic acid	g	1.550	0	0.140	0.279
Glycine	g	0.380	0	0.034	0.068
Proline	g	0.355	0	0.032	0.064
Serine	g	0.394	0	0.035	0.071
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

* **Common Measures:**
Measure 1: 1 cake
Measure 2: 2 cakes

NDB No. 19819

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19820 Snacks, sesame sticks, wheat-based, unsalted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:						
Water	g	2.00	1	0.57	1.13	
Energy	kcal	541	0	153	307	
Energy	kJ	2264	0	642	1284	
Protein (N x 5.95)	g	10.90	1	3.09	6.18	
Total lipid (fat)	g	36.70	1	10.40	20.81	
Carbohydrate, by difference	g	46.50	0	13.18	26.37	
Fiber, total dietary	g					
Ash	g	3.90	1	1.11	2.21	
Sugars, total	g					
Minerals:						
Calcium	mg	170	1	48	96	
Iron	mg	0.74	1	0.21	0.42	
Magnesium	mg	45	1	13	26	
Phosphorus	mg	138	1	39	78	
Potassium	mg	177	1	50	100	
Sodium	mg	29	0	8	16	
Zinc	mg	1.17	1	0.33	0.66	
Copper	mg	0.406	1	0.115	0.230	
Manganese	mg	0.904	1	0.256	0.513	
Selenium	:g	17.1	0	4.8	9.7	
Vitamins:						
Ascorbic acid	mg	0.0	1	0.0	0.0	
Thiamin	mg	0.123	1	0.035	0.070	
Riboflavin	mg	0.063	1	0.018	0.036	
Niacin	mg	1.552	1	0.440	0.880	
Pantothenic acid	mg	0.234	1	0.066	0.133	
Vitamin B-6	mg	0.086	1	0.024	0.049	
Folate	:g	22	1	6	12	
Vitamin B-12	:g	0.00	1	0.00	0.00	
Vitamin A	IU	88	1	25	50	
Vitamin A, RE	:g	9	0	3	5	
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	6.480	0	1.837	3.674	
4:0	g					
6:0	g					
8:0	g	0.000	1	0.000	0.000	
10:0	g	0.010	1	0.003	0.006	
12:0	g	0.010	1	0.003	0.006	
14:0	g	0.110	1	0.031	0.062	
15:0	g					
16:0	g	5.000	1	1.418	2.835	
17:0	g					
18:0	g	1.350	1	0.383	0.765	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	10.910	0	3.093	6.186
14:1	g				
16:1	g	0.070	1	0.020	0.040
18:1	g	10.830	1	3.070	6.141
20:1	g	0.000	1	0.000	0.000
22:1	g				
Polyunsaturated, total	g	17.420	0	4.939	9.877
18:2	g	16.440	1	4.661	9.321
18:3	g	0.970	1	0.275	0.550
18:4	g				
20:4	g	0.000	1	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.144	0	0.041	0.082
Threonine	g	0.330	0	0.094	0.187
Isoleucine	g	0.420	0	0.119	0.238
Leucine	g	0.767	0	0.217	0.435
Lysine	g	0.359	0	0.102	0.204
Methionine	g	0.192	0	0.054	0.109
Cystine	g	0.201	0	0.057	0.114
Phenylalanine	g	0.545	0	0.155	0.309
Tyrosine	g	0.353	0	0.100	0.200
Valine	g	0.468	0	0.133	0.265
Arginine	g	0.650	0	0.184	0.369
Histidine	g	0.259	0	0.073	0.147
Alanine	g	0.389	0	0.110	0.221
Aspartic acid	g	0.716	0	0.203	0.406
Glutamic acid	g	3.089	0	0.876	1.751
Glycine	g	0.436	0	0.124	0.247
Proline	g	0.994	0	0.282	0.564
Serine	g	0.545	0	0.155	0.309
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 2 oz

NDB No. 19820

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19821 Snacks, trail mix, regular, unsalted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 28g	Measure 3* 42g
Proximates:						
Water	g	9.20	1	13.80	2.61	3.86
Energy	kcal	462	0	693	131	194
Energy	kJ	1933	0	2900	548	812
Protein (N x 5.95)	g	13.80	1	20.70	3.91	5.80
Total lipid (fat)	g	29.40	1	44.10	8.33	12.35
Carbohydrate, by difference	g	44.90	0	67.35	12.73	18.86
Fiber, total dietary	g					
Ash	g	2.60	1	3.90	0.74	1.09
Sugars, total	g					
Minerals:						
Calcium	mg	78	1	117	22	33
Iron	mg	3.05	1	4.58	0.86	1.28
Magnesium	mg	158	1	237	45	66
Phosphorus	mg	345	1	518	98	145
Potassium	mg	685	1	1028	194	288
Sodium	mg	10	0	15	3	4
Zinc	mg	3.22	1	4.83	0.91	1.35
Copper	mg	0.985	1	1.478	0.279	0.414
Manganese	mg	1.034	1	1.551	0.293	0.434
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	1.4	1	2.1	0.4	0.6
Thiamin	mg	0.462	1	0.693	0.131	0.194
Riboflavin	mg	0.198	1	0.297	0.056	0.083
Niacin	mg	4.712	1	7.068	1.336	1.979
Pantothenic acid	mg	0.895	1	1.343	0.254	0.376
Vitamin B-6	mg	0.298	1	0.447	0.084	0.125
Folate	: g	71	1	107	20	30
Vitamin B-12	: g	0.00	1	0.00	0.00	0.00
Vitamin A	IU	18	1	27	5	8
Vitamin A, RE	: g	2	0	3	1	1
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	5.550	0	8.325	1.573	2.331
4:0	g					
6:0	g	0.010	1	0.015	0.003	0.004
8:0	g	0.200	1	0.300	0.057	0.084
10:0	g	0.160	1	0.240	0.045	0.067
12:0	g	1.170	1	1.755	0.332	0.491
14:0	g	0.480	1	0.720	0.136	0.202
15:0	g					
16:0	g	2.530	1	3.795	0.717	1.063
17:0	g					
18:0	g	1.000	1	1.500	0.284	0.420
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	12.530	0	18.795	3.552	5.263
14:1	g					
16:1	g	0.070	1	0.105	0.020	0.029
18:1	g	12.290	1	18.435	3.484	5.162
20:1	g	0.170	1	0.255	0.048	0.071
22:1	g					
Polyunsaturated, total	g	9.650	0	14.475	2.736	4.053
18:2	g	9.580	1	14.370	2.716	4.024
18:3	g	0.070	1	0.105	0.020	0.029
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.166	0	0.249	0.047	0.070
Threonine	g	0.482	0	0.723	0.137	0.202
Isoleucine	g	0.515	0	0.773	0.146	0.216
Leucine	g	0.890	0	1.335	0.252	0.374
Lysine	g	0.515	0	0.773	0.146	0.216
Methionine	g	0.202	0	0.303	0.057	0.085
Cystine	g	0.217	0	0.325	0.062	0.091
Phenylalanine	g	0.658	0	0.987	0.187	0.276
Tyrosine	g	0.457	0	0.686	0.130	0.192
Valine	g	0.658	0	0.987	0.187	0.276
Arginine	g	1.520	0	2.280	0.431	0.638
Histidine	g	0.357	0	0.536	0.101	0.150
Alanine	g	0.587	0	0.881	0.166	0.247
Aspartic acid	g	1.523	0	2.284	0.432	0.640
Glutamic acid	g	3.023	0	4.535	0.857	1.270
Glycine	g	0.775	0	1.163	0.220	0.326
Proline	g	0.625	0	0.938	0.177	0.263
Serine	g	0.650	0	0.975	0.184	0.273
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 cup
- Measure 2: 1 oz
- Measure 3: 1-1/2 oz

NDB No. 19821

Food Group 25 Snacks
USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19822 Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 146g	Measure 2* 28g	Measure 3* 42g
Proximates:						
Water	g	6.60	1	9.64	1.87	2.77
Energy	kcal	484	0	707	137	203
Energy	kJ	2025	0	2957	574	851
Protein (N x 5.95)	g	14.20	1	20.73	4.03	5.96
Total lipid (fat)	g	31.90	1	46.57	9.04	13.40
Carbohydrate, by difference	g	44.90	0	65.55	12.73	18.86
Fiber, total dietary	g					
Ash	g	2.30	1	3.36	0.65	0.97
Sugars, total	g					
Minerals:						
Calcium	mg	109	1	159	31	46
Iron	mg	3.39	1	4.95	0.96	1.42
Magnesium	mg	161	1	235	46	68
Phosphorus	mg	387	1	565	110	163
Potassium	mg	648	1	946	184	272
Sodium	mg	27	0	39	8	11
Zinc	mg	3.14	1	4.58	0.89	1.32
Copper	mg	0.844	1	1.232	0.239	0.354
Manganese	mg	1.062	1	1.551	0.301	0.446
Selenium	: g					
Vitamins:						
Ascorbic acid	mg	1.3	1	1.9	0.4	0.5
Thiamin	mg	0.413	1	0.603	0.117	0.173
Riboflavin	mg	0.224	1	0.327	0.064	0.094
Niacin	mg	4.405	1	6.431	1.249	1.850
Pantothenic acid	mg	0.964	1	1.407	0.273	0.405
Vitamin B-6	mg	0.259	1	0.378	0.073	0.109
Folate	: g	65	1	95	18	27
Vitamin B-12	: g	0.00	1	0.00	0.00	0.00
Vitamin A	IU	44	1	64	12	18
Vitamin A, RE	: g	5	0	7	1	2
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	6.100	0	8.906	1.729	2.562
4:0	g					
6:0	g	0.010	1	0.015	0.003	0.004
8:0	g	0.210	1	0.307	0.060	0.088
10:0	g	0.180	1	0.263	0.051	0.076
12:0	g	1.260	1	1.840	0.357	0.529
14:0	g	0.540	1	0.788	0.153	0.227
15:0	g					
16:0	g	2.750	1	4.015	0.780	1.155
17:0	g					
18:0	g	1.150	1	1.679	0.326	0.483
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	13.540	0	19.768	3.839	5.687
14:1	g					
16:1	g	0.070	1	0.102	0.020	0.029
18:1	g	13.280	1	19.389	3.765	5.578
20:1	g	0.190	1	0.277	0.054	0.080
22:1	g					
Polyunsaturated, total	g	11.290	0	16.483	3.201	4.742
18:2	g	11.210	1	16.367	3.178	4.708
18:3	g	0.080	1	0.117	0.023	0.034
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	4	1	6	1	2
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.163	0	0.238	0.046	0.068
Threonine	g	0.501	0	0.731	0.142	0.210
Isoleucine	g	0.555	0	0.810	0.157	0.233
Leucine	g	0.955	0	1.394	0.271	0.401
Lysine	g	0.584	0	0.853	0.166	0.245
Methionine	g	0.217	0	0.317	0.062	0.091
Cystine	g	0.191	0	0.279	0.054	0.080
Phenylalanine	g	0.687	0	1.003	0.195	0.289
Tyrosine	g	0.506	0	0.739	0.143	0.213
Valine	g	0.702	0	1.025	0.199	0.295
Arginine	g	1.498	0	2.187	0.425	0.629
Histidine	g	0.356	0	0.520	0.101	0.150
Alanine	g	0.581	0	0.848	0.165	0.244
Aspartic acid	g	1.531	0	2.235	0.434	0.643
Glutamic acid	g	3.006	0	4.389	0.852	1.263
Glycine	g	0.767	0	1.120	0.217	0.322
Proline	g	0.689	0	1.006	0.195	0.289
Serine	g	0.656	0	0.958	0.186	0.276
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

- * **Common Measures:**
 Measure 1: 1 cup
 Measure 2: 1 oz
 Measure 3: 1-1/2 oz

NDB No. 19822

Food Group 25 Snacks
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:						
Water	g	1.70	0	0.48		
Energy	kcal	498	0	141		
Energy	kJ	2084	0	591		
Protein (N x 5.95)	g	7.80	0	2.21		
Total lipid (fat)	g	25.60	0	7.26		
Carbohydrate, by difference	g	62.40	0	17.69		
Fiber, total dietary	g	5.3	0	1.5		
Ash	g	2.60	0	0.74		
Sugars, total	g					
Minerals:						
Calcium	mg	147	0	42		
Iron	mg	3.70	1	1.05		
Magnesium	mg	82	0	23		
Phosphorus	mg	244	0	69		
Potassium	mg	216	0	61		
Sodium	mg	708	0	201		
Zinc	mg	1.20	0	0.34		
Copper	mg	0.177	0	0.050		
Manganese	mg	0.408	0	0.116		
Selenium	:g	13.0	0	3.7		
Vitamins:						
Ascorbic acid	mg	1.8	0	0.5		
Thiamin	mg	0.400	1	0.113		
Riboflavin	mg	0.350	1	0.099		
Niacin	mg	4.000	1	1.134		
Pantothenic acid	mg	0.290	0	0.082		
Vitamin B-6	mg	0.286	0	0.081		
Folate	:g	130	1	37		
Vitamin B-12	:g	0.05	0	0.01		
Vitamin A	IU	371	0	105		
Vitamin A, RE	:g	41	0	12		
Vitamin D	IU					
Vitamin E, " -TE	mg					
Lipids:						
Saturated, total	g	4.900	0	1.389		
4:0	g	0.020	0	0.006		
6:0	g	0.000	0	0.000		
8:0	g	0.000	0	0.000		
10:0	g	0.000	0	0.000		
12:0	g	0.050	0	0.014		
14:0	g	0.180	0	0.051		
15:0	g					
16:0	g	3.170	0	0.899		
17:0	g					
18:0	g	1.480	0	0.420		
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	15.090	0	4.278
14:1	g			
16:1	g	0.100	0	0.028
18:1	g	15.000	0	4.253
20:1	g	0.000	0	0.000
22:1	g	0.000	0	0.000
Polyunsaturated, total	g	3.540	0	1.004
18:2	g	3.400	0	0.964
18:3	g	0.140	0	0.040
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	3	0	1
Phytosterols	mg	0	0	0
Amino acids:				
Tryptophan	g	0.066	0	0.019
Threonine	g	0.282	0	0.080
Isoleucine	g	0.296	0	0.084
Leucine	g	0.881	0	0.250
Lysine	g	0.291	0	0.082
Methionine	g	0.163	0	0.046
Cystine	g	0.125	0	0.035
Phenylalanine	g	0.374	0	0.106
Tyrosine	g	0.318	0	0.090
Valine	g	0.402	0	0.114
Arginine	g	0.387	0	0.110
Histidine	g	0.238	0	0.067
Alanine	g	0.503	0	0.143
Aspartic acid	g	0.537	0	0.152
Glutamic acid	g	1.507	0	0.427
Glycine	g	0.286	0	0.081
Proline	g	0.676	0	0.192
Serine	g	0.370	0	0.105
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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