NDB No. 01001
Butter, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.87	0.061	522	1		36.02	2.25	0.79
Energy....kcal	717		0	4		1628	102	36
Energy....kj	3000			4		6810	426	150
Protein (N x 6.38)....g	0.85	0.074	16	1		1.93	0.12	0.04
Total lipid (fat)....g	81.11	0.065	580	1		184.12	11.52	4.06
Ash....g	2.11	0.054	35	1		4.79	0.30	0.11
Carbohydrate, by difference....g	0.06		0	4		0.14	0.01	0.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	24	3.945	6	1		54	3	1
Iron, Fe....mg	0.16	0.017	4	1		0.36	0.02	0.01
Magnesium, Mg....mg	2	0.188	6	1		5	0	0
Phosphorus, P....mg	23	2.508	6	1		52	3	1
Potassium, K....mg	26	2.333	26	1		59	4	1
Sodium, Na....mg	826	26.698	12	1		1875	117	41
Zinc, Zn....mg	0.05	0.006	5	1		0.11	0.01	0.00
Copper, Cu....mg	0.016		0	1		0.036	0.002	0.001
Manganese, Mn....mg	0.004		0	1		0.009	0.001	0.000
Selenium, Se....mcg	1.0	0.820	37	1		2.3	0.1	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.005	0.001	3	1		0.011	0.001	0.000
Riboflavin....mg	0.034	0.004	9	1		0.077	0.005	0.002
Niacin....mg	0.042		2	1		0.095	0.006	0.002
Pantothenic acid....mg	0.110		0	4		0.250	0.016	0.006
Vitamin B-6....mg	0.003		1	1		0.007	0.000	0.000
Folate, total....mcg	3		2	1		7	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3		2	1		7	0	0
Folate, DFE....mcg_DFE	3		0	4		7	0	0
Vitamin B-12....mcg	0.13		0	4		0.28	0.02	0.01
Vitamin A, IU....IU	3058		2800	1		6942	434	153
Vitamin A, RE....mcg_RE	754		2800	1		1712	107	38
Vitamin E....mg_ATE	1.580		0	1		3.587	0.224	0.079
Tocopherol, alpha....mg	1.58		0	4		3.59	0.22	0.08
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU	56.000		0	4		127.120	7.952	2.800
Lipids:								
Fatty acids, total saturated....g	50.489		0	1		114.610	7.169	2.524
4:0....g	2.630	0.044	52	1		5.970	0.373	0.132
6:0....g	1.557	0.035	68	1		3.534	0.221	0.078
8:0....g	0.906	0.022	89	1		2.057	0.129	0.045
10:0....g	2.034	0.042	89	1		4.617	0.289	0.102
11:0....g								
12:0....g	2.277	0.053	89	1		5.169	0.323	0.114
13:0....g								
14:0....g	8.157	0.101	88	1		18.516	1.158	0.408
15:0....g								
16:0....g	21.334	0.270	88	1		48.428	3.029	1.067
17:0....g								

NDB No. 01001
Butter, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	9.829	0.132	88	1		22.312	1.396	0.491
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	23.426		0	1		53.177	3.326	1.171
14:1 g								
15:1 g								
16:1 undifferentiated g	1.816	0.059	71	1		4.122	0.258	0.091
17:1 g								
18:1 undifferentiated g	20.405	0.266	78	1		46.319	2.898	1.020
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	3.012		0	1		6.837	0.428	0.151
18:2 undifferentiated g	1.832	0.064	74	1		4.159	0.260	0.092
18:3 undifferentiated g	1.180	0.064	65	1		2.679	0.168	0.059
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	219	6.371	7	1		497	31	11
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.012		0	1		0.027	0.002	0.001
Threonine g	0.038		0	1		0.086	0.005	0.002
Isoleucine g	0.051		0	1		0.116	0.007	0.003
Leucine g	0.083		0	1		0.188	0.012	0.004
Lysine g	0.067		0	1		0.152	0.010	0.003
Methionine g	0.021		0	1		0.048	0.003	0.001
Cystine g	0.008		0	1		0.018	0.001	0.000
Phenylalanine g	0.041		0	1		0.093	0.006	0.002
Tyrosine g	0.041		0	1		0.093	0.006	0.002
Valine g	0.057		0	1		0.129	0.008	0.003
Arginine g	0.031		0	1		0.070	0.004	0.002
Histidine g	0.023		0	1		0.052	0.003	0.001
Alanine g	0.029		0	1		0.066	0.004	0.001
Aspartic acid g	0.064		0	1		0.145	0.009	0.003
Glutamic acid g	0.178		0	1		0.404	0.025	0.009
Glycine g	0.018		0	1		0.041	0.003	0.001
Proline g	0.082		0	1		0.186	0.012	0.004
Serine g	0.046		0	1		0.104	0.007	0.002
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg	0		0	7		0	0	0
Theobromine mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 14.200g: 1 tbsp

Measure 3 = 5.000g: 1 pat (1" sq, 1/3" high)

NDB No. 01001
Butter, with salt

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01002
Butter, whipped, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	15.87	0.061	522	1		23.96	1.49	0.60
Energy....kcal	717		0	4		1082	67	27
Energy....kj	2999			4		4529	282	114
Protein (N x 6.38)....g	0.85	0.074	16	1		1.28	0.08	0.03
Total lipid (fat)....g	81.11	0.065	580	1		122.48	7.62	3.08
Ash....g	2.11	0.054	35	1		3.19	0.20	0.08
Carbohydrate, by difference....g	0.06		0	4		0.09	0.01	0.00
Fiber, total dietary....g	0.0		0	7		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	24	3.945	6	1		35	2	1
Iron, Fe....mg	0.16	0.017	4	1		0.24	0.02	0.01
Magnesium, Mg....mg	2	0.188	6	1		3	0	0
Phosphorus, P....mg	23	2.508	6	1		34	2	1
Potassium, K....mg	26	2.333	26	1		39	2	1
Sodium, Na....mg	827	26.698	12	1		1248	78	31
Zinc, Zn....mg	0.05	0.006	5	1		0.08	0.00	0.00
Copper, Cu....mg	0.016		0	1		0.024	0.002	0.001
Manganese, Mn....mg	0.004		0	1		0.006	0.000	0.000
Selenium, Se....mcg	1.0	0.820	37	1		1.5	0.1	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.005	0.001	3	1		0.008	0.000	0.000
Riboflavin....mg	0.034	0.004	9	1		0.051	0.003	0.001
Niacin....mg	0.042		2	1		0.063	0.004	0.002
Pantothenic acid....mg	0.110		0	4		0.166	0.010	0.004
Vitamin B-6....mg	0.003		1	1		0.005	0.000	0.000
Folate, total....mcg	3		2	1		4	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3		2	1		4	0	0
Folate, DFE....mcg_DFE	3		0	4		4	0	0
Vitamin B-12....mcg	0.13		0	4		0.19	0.01	0.00
Vitamin A, IU....IU	3058		2800	1		4618	287	116
Vitamin A, RE....mcg_RE	754		2800	1		1139	71	29
Vitamin E....mg_ATE	1.580		0	1		2.386	0.149	0.060
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	50.489		0	1		76.238	4.746	1.919
4:0....g	2.630	0.044	52	1		3.971	0.247	0.100
6:0....g	1.557	0.035	68	1		2.351	0.146	0.059
8:0....g	0.906	0.022	89	1		1.368	0.085	0.034
10:0....g	2.034	0.042	89	1		3.071	0.191	0.077
11:0....g								
12:0....g	2.277	0.053	89	1		3.438	0.214	0.087
13:0....g								
14:0....g	8.157	0.101	88	1		12.317	0.767	0.310
15:0....g								
16:0....g	21.334	0.270	88	1		32.214	2.005	0.811
17:0....g								
18:0....g	9.829	0.132	88	1		14.842	0.924	0.374
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	23.426		0	1		35.373	2.202	0.890
14:1....g								
15:1....g								

NDB No. 01002
Butter, whipped, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.816	0.059	71	1		2.742	0.171	0.069
17:1....g								
18:1 undifferentiated....g	20.405	0.266	78	1		30.812	1.918	0.775
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.012		0	1		4.548	0.283	0.114
18:2 undifferentiated....g	1.832	0.064	74	1		2.766	0.172	0.070
18:3 undifferentiated....g	1.180	0.064	65	1		1.782	0.111	0.045
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	219	6.371	7	1		331	21	8
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.012		0	1		0.018	0.001	0.000
Threonine....g	0.038		0	1		0.057	0.004	0.001
Isoleucine....g	0.051		0	1		0.077	0.005	0.002
Leucine....g	0.083		0	1		0.125	0.008	0.003
Lysine....g	0.067		0	1		0.101	0.006	0.003
Methionine....g	0.021		0	1		0.032	0.002	0.001
Cystine....g	0.008		0	1		0.012	0.001	0.000
Phenylalanine....g	0.041		0	1		0.062	0.004	0.002
Tyrosine....g	0.041		0	1		0.062	0.004	0.002
Valine....g	0.057		0	1		0.086	0.005	0.002
Arginine....g	0.031		0	1		0.047	0.003	0.001
Histidine....g	0.023		0	1		0.035	0.002	0.001
Alanine....g	0.029		0	1		0.044	0.003	0.001
Aspartic acid....g	0.064		0	1		0.097	0.006	0.002
Glutamic acid....g	0.178		0	1		0.269	0.017	0.007
Glycine....g	0.018		0	1		0.027	0.002	0.001
Proline....g	0.082		0	1		0.124	0.008	0.003
Serine....g	0.046		0	1		0.069	0.004	0.002
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 151.000g: 1 cup

Measure 2 = 9.400g: 1 tbsp

Measure 3 = 3.800g: 1 pat (1" sq, 1/3" high)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01003
Butter oil, anhydrous

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	0.24		1	1		0.49	0.03	
Energy....kcal	876		0	4		1796	112	
Energy....kj	3665			4		7514	469	
Protein (N x 6.38)....g	0.28		1	1		0.57	0.04	
Total lipid (fat)....g	99.48		1	1		203.93	12.73	
Ash....g	0.00		1	1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	1		0.00	0.00	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	4		0	4		8	0	
Iron, Fe....mg	0.00		0	4		0.00	0.00	
Magnesium, Mg....mg	0		0	4		1	0	
Phosphorus, P....mg	3		0	4		6	0	
Potassium, K....mg	5		0	4		10	1	
Sodium, Na....mg	2		0	4		3	0	
Zinc, Zn....mg	0.01		0	4		0.02	0.00	
Copper, Cu....mg	0.001		0	1		0.002	0.000	
Manganese, Mn....mg	0.000		0	1		0.000	0.000	
Selenium, Se....mcg	0.0		0	7		0.0	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.001		0	4		0.002	0.000	
Riboflavin....mg	0.005		0	4		0.010	0.001	
Niacin....mg	0.003		0	4		0.006	0.000	
Pantothenic acid....mg	0.010		0	4		0.021	0.001	
Vitamin B-6....mg	0.001		0	4		0.002	0.000	
Folate, total....mcg	0		0	4		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	4		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.01		0	4		0.02	0.00	
Vitamin A, IU....IU	3750		0	1		7688	480	
Vitamin A, RE....mcg_RE	925		0	1		1896	118	
Vitamin E....mg_ATE	2.800		0	1		5.740	0.358	
Tocopherol, alpha....mg	2.80		0	4		5.74	0.36	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	61.924		0	1		126.944	7.926	
4:0....g	3.226		0	1		6.613	0.413	
6:0....g	1.910		0	1		3.916	0.244	
8:0....g	1.112		0	1		2.280	0.142	
10:0....g	2.495		0	1		5.115	0.319	
11:0....g								
12:0....g	2.793		0	1		5.726	0.358	
13:0....g								
14:0....g	10.005		0	1		20.510	1.281	
15:0....g								
16:0....g	26.166		0	1		53.640	3.349	
17:0....g								

NDB No. 01003
Butter oil, anhydrous

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:0 g	12.056		0	1		24.715	1.543	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	28.732		0	1		58.901	3.678	
14:1 g								
15:1 g								
16:1 undifferentiated g	2.228		0	1		4.567	0.285	
17:1 g								
18:1 undifferentiated g	25.026		0	1		51.303	3.203	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	3.694		0	1		7.573	0.473	
18:2 undifferentiated g	2.247		0	1		4.606	0.288	
18:3 undifferentiated g	1.447		0	1		2.966	0.185	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	256	0.000	19	1		525	33	
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.004		0	4		0.008	0.001	
Threonine g	0.013		0	4		0.027	0.002	
Isoleucine g	0.017		0	4		0.035	0.002	
Leucine g	0.027		0	4		0.055	0.003	
Lysine g	0.022		0	4		0.045	0.003	
Methionine g	0.007		0	4		0.014	0.001	
Cystine g	0.003		0	4		0.006	0.000	
Phenylalanine g	0.014		0	4		0.029	0.002	
Tyrosine g	0.014		0	4		0.029	0.002	
Valine g	0.019		0	4		0.039	0.002	
Arginine g	0.010		0	4		0.021	0.001	
Histidine g	0.008		0	4		0.016	0.001	
Alanine g	0.010		0	4		0.021	0.001	
Aspartic acid g	0.021		0	4		0.043	0.003	
Glutamic acid g	0.059		0	4		0.121	0.008	
Glycine g	0.006		0	4		0.012	0.001	
Proline g	0.027		0	4		0.055	0.003	
Serine g	0.015		0	4		0.031	0.002	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 205.000g: 1 cup

Measure 2 = 12.800g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

NDB No. 01003
Butter oil, anhydrous

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01004
Cheese, blue

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	42.41	0.649	29	1		12.02	7.34	57.25
Energy....kcal	353		0	4		100	61	477
Energy....kj	1477			4		419	256	1994
Protein (N x 6.38)....g	21.40	0.339	19	1		6.07	3.70	28.89
Total lipid (fat)....g	28.74	0.399	20	1		8.15	4.97	38.80
Ash....g	5.11	0.138	15	1		1.45	0.88	6.90
Carbohydrate, by difference....g	2.34		0	4		0.66	0.40	3.16
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	528	21.680	17	1		150	91	712
Iron, Fe....mg	0.31	0.010	4	1		0.09	0.05	0.42
Magnesium, Mg....mg	23	0.724	11	1		7	4	31
Phosphorus, P....mg	387	8.294	12	1		110	67	523
Potassium, K....mg	256	41.094	12	1		73	44	346
Sodium, Na....mg	1395	102.223	12	1		396	241	1884
Zinc, Zn....mg	2.66	0.065	4	1		0.75	0.46	3.59
Copper, Cu....mg	0.040		0	1		0.011	0.007	0.054
Manganese, Mn....mg	0.009		0	1		0.003	0.002	0.012
Selenium, Se....mcg	14.5		0	4		4.1	2.5	19.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.029	0.006	11	1		0.008	0.005	0.039
Riboflavin....mg	0.382	0.022	16	1		0.108	0.066	0.516
Niacin....mg	1.016	0.097	44	1		0.288	0.176	1.372
Pantothenic acid....mg	1.729	0.178	16	1		0.490	0.299	2.334
Vitamin B-6....mg	0.166	0.012	32	1		0.047	0.029	0.224
Folate, total....mcg	36	0.892	34	1		10	6	49
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	36	0.892	34	1		10	6	49
Folate, DFE....mcg_DFE	36		0	4		10	6	49
Vitamin B-12....mcg	1.22	0.113	22	1		0.35	0.21	1.64
Vitamin A, IU....IU	721	54.691	13	1		204	125	973
Vitamin A, RE....mcg_RE	228	21.164	8	1		65	39	308
Vitamin E....mg_ATE	0.640		0	1		0.181	0.111	0.864
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	18.669		0	1		5.293	3.230	25.203
4:0....g	0.658		2	1		0.187	0.114	0.888
6:0....g	0.361		2	1		0.102	0.062	0.487
8:0....g	0.247	0.020	10	1		0.070	0.043	0.333
10:0....g	0.601	0.035	10	1		0.170	0.104	0.811
11:0....g								
12:0....g	0.491	0.074	10	1		0.139	0.085	0.663
13:0....g								
14:0....g	3.301	0.102	10	1		0.936	0.571	4.456
15:0....g								
16:0....g	9.153	0.296	10	1		2.595	1.583	12.357
17:0....g								
18:0....g	3.235	0.152	10	1		0.917	0.560	4.367
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.778		0	1		2.205	1.346	10.500
14:1....g								
15:1....g								

NDB No. 01004
Cheese, blue

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.816	0.103	10	1		0.231	0.141	1.102
17:1....g								
18:1 undifferentiated....g	6.622	0.175	10	1		1.877	1.146	8.940
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.800		0	1		0.227	0.138	1.080
18:2 undifferentiated....g	0.536	0.056	10	1		0.152	0.093	0.724
18:3 undifferentiated....g	0.264	0.030	9	1		0.075	0.046	0.356
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	75	5.349	4	1		21	13	102
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.312		0	1		0.088	0.054	0.421
Threonine....g	0.785		0	1		0.223	0.136	1.060
Isoleucine....g	1.124		0	1		0.319	0.194	1.517
Leucine....g	1.919		0	1		0.544	0.332	2.591
Lysine....g	1.852		0	1		0.525	0.320	2.500
Methionine....g	0.584		0	1		0.166	0.101	0.788
Cystine....g	0.107		0	1		0.030	0.019	0.144
Phenylalanine....g	1.087		0	1		0.308	0.188	1.467
Tyrosine....g	1.295		0	1		0.367	0.224	1.748
Valine....g	1.556		0	1		0.441	0.269	2.101
Arginine....g	0.711		0	1		0.202	0.123	0.960
Histidine....g	0.758		0	1		0.215	0.131	1.023
Alanine....g	0.644		0	1		0.183	0.111	0.869
Aspartic acid....g	1.436		0	1		0.407	0.248	1.939
Glutamic acid....g	5.179		0	1		1.468	0.896	6.992
Glycine....g	0.406		0	1		0.115	0.070	0.548
Proline....g	2.100		0	1		0.595	0.363	2.835
Serine....g	1.120		0	1		0.318	0.194	1.512
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 17.300g: 1 cubic inch

Measure 3 = 135.000g: 1 cup, crumbled, not packed

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01005
Cheese, brick

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	41.11	0.258	26	1		54.27	46.45	11.65
Energy....kcal	371		0	4		490	419	105
Energy....kj	1552			4		2049	1754	440
Protein (N x 6.38)....g	23.24	0.607	14	1		30.68	26.26	6.59
Total lipid (fat)....g	29.68	0.319	16	1		39.18	33.54	8.41
Ash....g	3.18	0.178	14	1		4.20	3.59	0.90
Carbohydrate, by difference....g	2.79		0	4		3.68	3.15	0.79
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	674	31.843	13	1		889	761	191
Iron, Fe....mg	0.43	0.074	3	1		0.57	0.49	0.12
Magnesium, Mg....mg	24	1.144	9	1		32	27	7
Phosphorus, P....mg	451	18.350	9	1		595	510	128
Potassium, K....mg	136	22.337	9	1		179	153	38
Sodium, Na....mg	560	37.232	9	1		739	632	159
Zinc, Zn....mg	2.60		2	1		3.43	2.94	0.74
Copper, Cu....mg	0.024		0	1		0.032	0.027	0.007
Manganese, Mn....mg	0.012		0	1		0.016	0.014	0.003
Selenium, Se....mcg	14.5		0	4		19.1	16.4	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.014	0.001	6	1		0.018	0.016	0.004
Riboflavin....mg	0.351	0.010	11	1		0.463	0.397	0.100
Niacin....mg	0.118	0.013	22	1		0.156	0.133	0.033
Pantothenic acid....mg	0.288	0.040	17	1		0.380	0.325	0.082
Vitamin B-6....mg	0.065	0.004	34	1		0.086	0.073	0.018
Folate, total....mcg	20	3.104	30	1		27	23	6
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	20	3.104	30	1		27	23	6
Folate, DFE....mcg_DFE	20		0	4		27	23	6
Vitamin B-12....mcg	1.26	0.147	7	1		1.66	1.42	0.36
Vitamin A, IU....IU	1083	62.738	11	1		1430	1224	307
Vitamin A, RE....mcg_RE	302	24.990	6	1		399	341	86
Vitamin E....mg_ATE	0.500		0	4		0.660	0.565	0.142
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	18.764		0	1		24.768	21.203	5.320
4:0....g	0.914		2	1		1.206	1.033	0.259
6:0....g	0.373		2	1		0.492	0.421	0.106
8:0....g	0.299	0.011	7	1		0.395	0.338	0.085
10:0....g	0.585	0.022	7	1		0.772	0.661	0.166
11:0....g								
12:0....g	0.482	0.071	7	1		0.636	0.545	0.137
13:0....g								
14:0....g	3.227	0.147	7	1		4.260	3.647	0.915
15:0....g								
16:0....g	8.655	0.366	7	1		11.425	9.780	2.454
17:0....g								
18:0....g	3.455	0.138	7	1		4.561	3.904	0.979
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.598		0	1		11.349	9.716	2.438
14:1....g								
15:1....g								

NDB No. 01005
Cheese, brick

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.817	0.070	7	1		1.078	0.923	0.232
17:1....g								
18:1 undifferentiated....g	7.401	0.245	7	1		9.769	8.363	2.098
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.784		0	1		1.035	0.886	0.222
18:2 undifferentiated....g	0.491	0.051	7	1		0.648	0.555	0.139
18:3 undifferentiated....g	0.293	0.040	7	1		0.387	0.331	0.083
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	94		0	1		125	107	27
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.324		0	1		0.428	0.366	0.092
Threonine....g	0.882		0	1		1.164	0.997	0.250
Isoleucine....g	1.137		0	1		1.501	1.285	0.322
Leucine....g	2.244		0	1		2.962	2.536	0.636
Lysine....g	2.124		0	1		2.804	2.400	0.602
Methionine....g	0.565		0	1		0.746	0.638	0.160
Cystine....g	0.131		0	1		0.173	0.148	0.037
Phenylalanine....g	1.231		0	1		1.625	1.391	0.349
Tyrosine....g	1.115		0	1		1.472	1.260	0.316
Valine....g	1.472		0	1		1.943	1.663	0.417
Arginine....g	0.874		0	1		1.154	0.988	0.248
Histidine....g	0.823		0	1		1.086	0.930	0.233
Alanine....g	0.670		0	1		0.884	0.757	0.190
Aspartic acid....g	1.588		0	1		2.096	1.794	0.450
Glutamic acid....g	5.515		0	1		7.280	6.232	1.564
Glycine....g	0.437		0	1		0.577	0.494	0.124
Proline....g	2.575		0	1		3.399	2.910	0.730
Serine....g	1.289		0	1		1.701	1.457	0.365
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 113.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01006
Cheese, brie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	48.42	1.290	9	1		116.21	69.72	13.73
Energy....kcal	334		0	4		801	480	95
Energy....kj	1396			4		3350	2010	396
Protein (N x 6.38)....g	20.75	0.210	7	1		49.80	29.88	5.88
Total lipid (fat)....g	27.68	1.841	4	1		66.43	39.86	7.85
Ash....g	2.70		1	1		6.48	3.89	0.77
Carbohydrate, by difference....g	0.45		0	4		1.08	0.65	0.13
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	184	9.135	3	1		442	265	52
Iron, Fe....mg	0.50		1	1		1.20	0.72	0.14
Magnesium, Mg....mg	20		0	4		48	29	6
Phosphorus, P....mg	188	7.446	3	1		451	271	53
Potassium, K....mg	152		1	1		365	219	43
Sodium, Na....mg	629		0	1		1511	906	178
Zinc, Zn....mg	2.38		0	4		5.71	3.43	0.67
Copper, Cu....mg	0.019		0	1		0.046	0.027	0.005
Manganese, Mn....mg	0.034		0	1		0.082	0.049	0.010
Selenium, Se....mcg	14.5		0	4		34.8	20.9	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.070		1	1		0.168	0.101	0.020
Riboflavin....mg	0.520	0.191	3	1		1.248	0.749	0.147
Niacin....mg	0.380		2	1		0.912	0.547	0.108
Pantothenic acid....mg	0.690		2	1		1.656	0.994	0.196
Vitamin B-6....mg	0.235		6	1		0.564	0.338	0.067
Folate, total....mcg	65		1	1		156	94	18
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	65		1	1		156	94	18
Folate, DFE....mcg_DFE	65		0	4		156	94	18
Vitamin B-12....mcg	1.65	0.156	12	1		3.96	2.38	0.47
Vitamin A, IU....IU	667		1	1		1601	960	189
Vitamin A, RE....mcg_RE	182		0	4		437	262	52
Vitamin E....mg_ATE	0.655		0	4		1.572	0.943	0.186
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	17.410		0	4		41.784	25.070	4.936
4:0....g	0.564		0	4		1.354	0.812	0.160
6:0....g	0.323		0	4		0.775	0.465	0.092
8:0....g	0.297		0	4		0.713	0.428	0.084
10:0....g	0.673		0	4		1.615	0.969	0.191
11:0....g								
12:0....g	0.504		0	4		1.210	0.726	0.143
13:0....g								
14:0....g	3.065		0	4		7.356	4.414	0.869
15:0....g								
16:0....g	8.246		0	4		19.790	11.874	2.338
17:0....g								
18:0....g	2.880		0	4		6.912	4.147	0.816
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.013		0	4		19.231	11.539	2.272
14:1....g								
15:1....g								

NDB No. 01006
Cheese, brie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.007		0	4		2.417	1.450	0.285
17:1....g								
18:1 undifferentiated....g	6.563		0	4		15.751	9.451	1.861
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.826		0	4		1.982	1.189	0.234
18:2 undifferentiated....g	0.513		0	4		1.231	0.739	0.145
18:3 undifferentiated....g	0.313		0	4		0.751	0.451	0.089
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	100		1	1		240	144	28
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.322		0	1		0.773	0.464	0.091
Threonine....g	0.751		0	1		1.802	1.081	0.213
Isoleucine....g	1.015		0	1		2.436	1.462	0.288
Leucine....g	1.929		0	1		4.630	2.778	0.547
Lysine....g	1.851		0	1		4.442	2.665	0.525
Methionine....g	0.592		0	1		1.421	0.852	0.168
Cystine....g	0.114		0	1		0.274	0.164	0.032
Phenylalanine....g	1.158		0	1		2.779	1.668	0.328
Tyrosine....g	1.200		0	1		2.880	1.728	0.340
Valine....g	1.340		0	1		3.216	1.930	0.380
Arginine....g	0.735		0	1		1.764	1.058	0.208
Histidine....g	0.716		0	1		1.718	1.031	0.203
Alanine....g	0.859		0	1		2.062	1.237	0.244
Aspartic acid....g	1.350		0	1		3.240	1.944	0.383
Glutamic acid....g	4.387		0	1		10.529	6.317	1.244
Glycine....g	0.397		0	1		0.953	0.572	0.113
Proline....g	2.459		0	1		5.902	3.541	0.697
Serine....g	1.168		0	1		2.803	1.682	0.331
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 240.000g: 1 cup, melted

Measure 2 = 144.000g: 1 cup, sliced

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01007
Cheese, camembert

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	51.80	0.493	14	1		127.43	14.69	8.81
Energy....kcal	300		0	4		737	85	51
Energy....kj	1253			4		3083	355	213
Protein (N x 6.38)....g	19.80	0.367	12	1		48.71	5.61	3.37
Total lipid (fat)....g	24.26	0.608	13	1		59.68	6.88	4.12
Ash....g	3.68	0.135	8	1		9.05	1.04	0.63
Carbohydrate, by difference....g	0.46		0	4		1.13	0.13	0.08
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	388	52.899	11	1		953	110	66
Iron, Fe....mg	0.33	0.065	5	1		0.81	0.09	0.06
Magnesium, Mg....mg	20	1.484	10	1		49	6	3
Phosphorus, P....mg	347	20.812	10	1		853	98	59
Potassium, K....mg	187	21.500	9	1		459	53	32
Sodium, Na....mg	842	62.440	10	1		2071	239	143
Zinc, Zn....mg	2.38	0.294	4	1		5.85	0.67	0.40
Copper, Cu....mg	0.021		0	1		0.052	0.006	0.004
Manganese, Mn....mg	0.038		0	1		0.093	0.011	0.006
Selenium, Se....mcg	14.5		0	4		35.7	4.1	2.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.028	0.005	11	1		0.069	0.008	0.005
Riboflavin....mg	0.488	0.036	13	1		1.200	0.138	0.083
Niacin....mg	0.630	0.084	16	1		1.550	0.179	0.107
Pantothenic acid....mg	1.364	0.493	16	1		3.355	0.387	0.232
Vitamin B-6....mg	0.227	0.027	36	1		0.558	0.064	0.039
Folate, total....mcg	62	8.839	18	1		153	18	11
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	62	8.839	18	1		153	18	11
Folate, DFE....mcg_DFE	62		0	4		153	18	11
Vitamin B-12....mcg	1.30	0.086	17	1		3.19	0.37	0.22
Vitamin A, IU....IU	923	40.820	6	1		2271	262	157
Vitamin A, RE....mcg_RE	252	10.670	6	1		620	71	43
Vitamin E....mg_ATE	0.655		0	4		1.611	0.186	0.111
Vitamin D....IU	12.000		0	4		29.520	3.402	2.040
Lipids:								
Fatty acids, total saturated....g	15.259		0	1		37.537	4.326	2.594
4:0....g	0.494		2	1		1.215	0.140	0.084
6:0....g	0.283		2	1		0.696	0.080	0.048
8:0....g	0.260	0.018	7	1		0.640	0.074	0.044
10:0....g	0.590	0.020	7	1		1.451	0.167	0.100
11:0....g								
12:0....g	0.442	0.063	7	1		1.087	0.125	0.075
13:0....g								
14:0....g	2.686	0.086	7	1		6.608	0.761	0.457
15:0....g								
16:0....g	7.227	0.341	7	1		17.778	2.049	1.229
17:0....g								
18:0....g	2.524	0.166	7	1		6.209	0.716	0.429
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.023		0	1		17.277	1.991	1.194
14:1....g								
15:1....g								

NDB No. 01007
Cheese, camembert

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.883	0.056	7	1		2.172	0.250	0.150
17:1....g								
18:1 undifferentiated....g	5.752	0.302	7	1		14.150	1.631	0.978
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.724		0	1		1.781	0.205	0.123
18:2 undifferentiated....g	0.450	0.041	7	1		1.107	0.128	0.077
18:3 undifferentiated....g	0.274	0.022	7	1		0.674	0.078	0.047
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	72	4.445	4	1		177	20	12
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.307		0	1		0.755	0.087	0.052
Threonine....g	0.717		0	1		1.764	0.203	0.122
Isoleucine....g	0.968		0	1		2.381	0.274	0.165
Leucine....g	1.840		0	1		4.526	0.522	0.313
Lysine....g	1.766		0	1		4.344	0.501	0.300
Methionine....g	0.565		0	1		1.390	0.160	0.096
Cystine....g	0.109		0	1		0.268	0.031	0.019
Phenylalanine....g	1.105		0	1		2.718	0.313	0.188
Tyrosine....g	1.145		0	1		2.817	0.325	0.195
Valine....g	1.279		0	1		3.146	0.363	0.217
Arginine....g	0.701		0	1		1.724	0.199	0.119
Histidine....g	0.683		0	1		1.680	0.194	0.116
Alanine....g	0.819		0	1		2.015	0.232	0.139
Aspartic acid....g	1.288		0	1		3.168	0.365	0.219
Glutamic acid....g	4.187		0	1		10.300	1.187	0.712
Glycine....g	0.379		0	1		0.932	0.107	0.064
Proline....g	2.346		0	1		5.771	0.665	0.399
Serine....g	1.114		0	1		2.740	0.316	0.189
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 28.350g: 1 oz

Measure 3 = 17.000g: 1 cubic inch

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01008
Cheese, caraway

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	39.28	0.550	4	1		11.14		
Energy....kcal	376		0	4		107		
Energy....kj	1573			4		446		
Protein (N x 6.38)....g	25.18	0.189	4	1		7.14		
Total lipid (fat)....g	29.20	1.389	4	1		8.28		
Ash....g	3.28	0.155	4	1		0.93		
Carbohydrate, by difference....g	3.06		0	4		0.87		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	673	9.821	3	1		191		
Iron, Fe....mg	0.64		0	4		0.18		
Magnesium, Mg....mg	22		1	1		6		
Phosphorus, P....mg	490		1	1		139		
Potassium, K....mg	93		0	4		26		
Sodium, Na....mg	690		0	1		196		
Zinc, Zn....mg	2.94		0	4		0.83		
Copper, Cu....mg	0.024		0	1		0.007		
Manganese, Mn....mg	0.021		0	1		0.006		
Selenium, Se....mcg	14.5		0	4		4.1		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.031		1	1		0.009		
Riboflavin....mg	0.450	0.064	3	1		0.128		
Niacin....mg	0.180		1	1		0.051		
Pantothenic acid....mg	0.190		1	1		0.054		
Vitamin B-6....mg	0.074		0	4		0.021		
Folate, total....mcg	18		0	4		5		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	18		0	4		5		
Folate, DFE....mcg_DFE	18		0	4		5		
Vitamin B-12....mcg	0.27		1	1		0.08		
Vitamin A, IU....IU	1054	38.549	4	1		299		
Vitamin A, RE....mcg_RE	289		1	1		82		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	18.584		0	4		5.269		
4:0....g	0.922		0	4		0.261		
6:0....g	0.466		0	4		0.132		
8:0....g	0.246		0	4		0.070		
10:0....g	0.529		0	4		0.150		
11:0....g								
12:0....g	0.477		0	4		0.135		
13:0....g								
14:0....g	2.934		0	4		0.832		
15:0....g								
16:0....g	8.638		0	4		2.449		
17:0....g								
18:0....g	3.531		0	4		1.001		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.275		0	4		2.346		
14:1....g								
15:1....g								

NDB No. 01008
Cheese, caraway

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.885		0	4		0.251		
17:1....g								
18:1 undifferentiated....g	6.965		0	4		1.975		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.830		0	4		0.235		
18:2 undifferentiated....g	0.508		0	4		0.144		
18:3 undifferentiated....g	0.322		0	4		0.091		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	93		0	4		26		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.324		0	4		0.092		
Threonine....g	0.896		0	4		0.254		
Isoleucine....g	1.563		0	4		0.443		
Leucine....g	2.412		0	4		0.684		
Lysine....g	2.095		0	4		0.594		
Methionine....g	0.659		0	4		0.187		
Cystine....g	0.126		0	4		0.036		
Phenylalanine....g	1.326		0	4		0.376		
Tyrosine....g	1.216		0	4		0.345		
Valine....g	1.682		0	4		0.477		
Arginine....g	0.952		0	4		0.270		
Histidine....g	0.884		0	4		0.251		
Alanine....g	0.711		0	4		0.202		
Aspartic acid....g	1.618		0	4		0.459		
Glutamic acid....g	6.160		0	4		1.746		
Glycine....g	0.439		0	4		0.124		
Proline....g	2.838		0	4		0.805		
Serine....g	1.472		0	4		0.417		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01009
Cheese, cheddar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	36.75	0.175	108	1		48.51	89.67	41.53
Energy....kcal	403		0	4		531	982	455
Energy....kj	1684			4		2223	4110	1903
Protein (N x 6.38)....g	24.90	0.275	42	1		32.87	60.76	28.14
Total lipid (fat)....g	33.14	0.206	106	1		43.74	80.86	37.45
Ash....g	3.93	0.146	79	1		5.19	9.59	4.44
Carbohydrate, by difference....g	1.28		0	4		1.69	3.12	1.45
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	721	10.770	33	1		952	1760	815
Iron, Fe....mg	0.68	0.054	10	1		0.90	1.66	0.77
Magnesium, Mg....mg	28	1.064	25	1		37	68	31
Phosphorus, P....mg	512	18.133	23	1		676	1250	579
Potassium, K....mg	98	4.682	64	1		130	240	111
Sodium, Na....mg	621	21.149	24	1		819	1514	701
Zinc, Zn....mg	3.11	0.201	11	1		4.11	7.59	3.51
Copper, Cu....mg	0.031		0	1		0.041	0.076	0.035
Manganese, Mn....mg	0.010		0	1		0.013	0.024	0.011
Selenium, Se....mcg	13.9	0.539	37	1		18.3	33.9	15.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.027	0.004	18	1		0.036	0.066	0.031
Riboflavin....mg	0.375	0.019	25	1		0.495	0.915	0.424
Niacin....mg	0.080	0.008	52	1		0.106	0.195	0.090
Pantothenic acid....mg	0.413	0.038	38	1		0.545	1.008	0.467
Vitamin B-6....mg	0.074	0.004	81	1		0.098	0.181	0.084
Folate, total....mcg	18	2.918	12	1		24	44	21
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	18	2.918	12	1		24	44	21
Folate, DFE....mcg_DFE	18		0	4		24	44	21
Vitamin B-12....mcg	0.83	0.053	21	1		1.09	2.02	0.93
Vitamin A, IU....IU	1059	53.273	25	1		1398	2584	1197
Vitamin A, RE....mcg_RE	278		0	4		367	678	314
Vitamin E....mg_ATE	0.360		0	1		0.475	0.878	0.407
Vitamin D....IU	12.000		0	4		15.840	29.280	13.560
Lipids:								
Fatty acids, total saturated....g	21.092		0	1		27.841	51.464	23.834
4:0....g	1.046	0.072	6	1		1.381	2.552	1.182
6:0....g	0.529	0.078	5	1		0.698	1.291	0.598
8:0....g	0.279	0.025	17	1		0.368	0.681	0.315
10:0....g	0.600	0.037	18	1		0.792	1.464	0.678
11:0....g								
12:0....g	0.541	0.059	18	1		0.714	1.320	0.611
13:0....g								
14:0....g	3.330	0.059	18	1		4.396	8.125	3.763
15:0....g								
16:0....g	9.803	0.315	18	1		12.940	23.919	11.077
17:0....g								
18:0....g	4.007	0.162	18	1		5.289	9.777	4.528
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.391		0	1		12.396	22.914	10.612
14:1....g								
15:1....g								

NDB No. 01009
Cheese, cheddar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.004	0.042	18	1		1.325	2.450	1.135
17:1....g								
18:1 undifferentiated....g	7.905	0.234	18	1		10.435	19.288	8.933
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.942		0	1		1.243	2.298	1.064
18:2 undifferentiated....g	0.577	0.041	18	1		0.762	1.408	0.652
18:3 undifferentiated....g	0.365	0.042	17	1		0.482	0.891	0.412
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	105	1.617	9	1		138	256	119
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.320		0	1		0.422	0.781	0.362
Threonine....g	0.886		0	1		1.170	2.162	1.001
Isoleucine....g	1.546		0	1		2.041	3.772	1.747
Leucine....g	2.385		0	1		3.148	5.819	2.695
Lysine....g	2.072		0	1		2.735	5.056	2.341
Methionine....g	0.652		0	1		0.861	1.591	0.737
Cystine....g	0.125		0	1		0.165	0.305	0.141
Phenylalanine....g	1.311		0	1		1.731	3.199	1.481
Tyrosine....g	1.202		0	1		1.587	2.933	1.358
Valine....g	1.663		0	1		2.195	4.058	1.879
Arginine....g	0.941		0	1		1.242	2.296	1.063
Histidine....g	0.874		0	1		1.154	2.133	0.988
Alanine....g	0.703		0	1		0.928	1.715	0.794
Aspartic acid....g	1.600		0	1		2.112	3.904	1.808
Glutamic acid....g	6.092		0	1		8.041	14.864	6.884
Glycine....g	0.429		0	1		0.566	1.047	0.485
Proline....g	2.806		0	1		3.704	6.847	3.171
Serine....g	1.456		0	1		1.922	3.553	1.645
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 244.000g: 1 cup, melted

Measure 3 = 113.000g: 1 cup, shredded

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01010
Cheese, cheshire

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.65	0.752	20	1		10.67		
Energy....kcal	387		0	4		110		
Energy....kj	1620			4		459		
Protein (N x 6.38)....g	23.37		12	1		6.63		
Total lipid (fat)....g	30.60		4	1		8.68		
Ash....g	3.60	0.101	3	1		1.02		
Carbohydrate, by difference....g	4.78		0	4		1.36		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	643		7	1		182		
Iron, Fe....mg	0.21		4	1		0.06		
Magnesium, Mg....mg	21		4	1		6		
Phosphorus, P....mg	464		7	1		131		
Potassium, K....mg	95		4	1		27		
Sodium, Na....mg	700		4	1		198		
Zinc, Zn....mg	2.79		0	4		0.79		
Copper, Cu....mg	0.042		0	1		0.012		
Manganese, Mn....mg	0.012		0	1		0.003		
Selenium, Se....mcg	14.5		0	4		4.1		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.046	0.001	11	1		0.013		
Riboflavin....mg	0.293	0.014	11	1		0.083		
Niacin....mg	0.080		0	4		0.023		
Pantothenic acid....mg	0.413		0	4		0.117		
Vitamin B-6....mg	0.074		0	4		0.021		
Folate, total....mcg	18		0	4		5		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	18		0	4		5		
Folate, DFE....mcg_DFE	18		0	4		5		
Vitamin B-12....mcg	0.83		0	4		0.23		
Vitamin A, IU....IU	985		2	1		279		
Vitamin A, RE....mcg_RE	245		2	1		69		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.475		0	4		5.521		
4:0....g	0.966		0	4		0.274		
6:0....g	0.488		0	4		0.138		
8:0....g	0.258		0	4		0.073		
10:0....g	0.554		0	4		0.157		
11:0....g								
12:0....g	0.500		0	4		0.142		
13:0....g								
14:0....g	3.075		0	4		0.872		
15:0....g								
16:0....g	9.052		0	4		2.566		
17:0....g								
18:0....g	3.700		0	4		1.049		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.671		0	4		2.458		
14:1....g								
15:1....g								

NDB No. 01010
Cheese, cheshire

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.927		0	4		0.263		
17:1....g								
18:1 undifferentiated....g	7.299		0	4		2.069		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.870		0	4		0.247		
18:2 undifferentiated....g	0.533		0	4		0.151		
18:3 undifferentiated....g	0.337		0	4		0.096		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	103		1	1		29		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.300		0	1		0.085		
Threonine....g	0.832		0	1		0.236		
Isoleucine....g	1.451		0	1		0.411		
Leucine....g	2.238		0	1		0.634		
Lysine....g	1.945		0	1		0.551		
Methionine....g	0.612		0	1		0.174		
Cystine....g	0.117		0	1		0.033		
Phenylalanine....g	1.231		0	1		0.349		
Tyrosine....g	1.128		0	1		0.320		
Valine....g	1.560		0	1		0.442		
Arginine....g	0.883		0	1		0.250		
Histidine....g	0.821		0	1		0.233		
Alanine....g	0.659		0	1		0.187		
Aspartic acid....g	1.502		0	1		0.426		
Glutamic acid....g	5.718		0	1		1.621		
Glycine....g	0.403		0	1		0.114		
Proline....g	2.634		0	1		0.747		
Serine....g	1.366		0	1		0.387		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01011
Cheese, colby

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	38.20	0.326	28	1		50.42	43.17	10.83
Energy....kcal	394		0	4		520	445	112
Energy....kj	1647			4		2174	1861	467
Protein (N x 6.38)....g	23.76	0.431	20	1		31.36	26.85	6.74
Total lipid (fat)....g	32.11	0.359	32	1		42.39	36.28	9.10
Ash....g	3.36	0.168	16	1		4.44	3.80	0.95
Carbohydrate, by difference....g	2.57		0	4		3.39	2.90	0.73
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	685	15.598	16	1		904	774	194
Iron, Fe....mg	0.76	0.046	4	1		1.00	0.86	0.22
Magnesium, Mg....mg	26	1.373	12	1		34	29	7
Phosphorus, P....mg	457	7.800	12	1		603	516	129
Potassium, K....mg	127	16.038	12	1		167	143	36
Sodium, Na....mg	604	26.255	12	1		798	683	171
Zinc, Zn....mg	3.07	0.023	4	1		4.05	3.47	0.87
Copper, Cu....mg	0.042		0	1		0.055	0.047	0.012
Manganese, Mn....mg	0.012		0	1		0.016	0.014	0.003
Selenium, Se....mcg	14.5		0	4		19.1	16.4	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.015	0.001	8	1		0.020	0.017	0.004
Riboflavin....mg	0.375	0.017	13	1		0.495	0.424	0.106
Niacin....mg	0.093	0.024	9	1		0.123	0.105	0.026
Pantothenic acid....mg	0.210		1	1		0.277	0.237	0.060
Vitamin B-6....mg	0.079	0.023	7	1		0.104	0.089	0.022
Folate, total....mcg	18		0	4		24	21	5
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	18		0	4		24	21	5
Folate, DFE....mcg_DFE	18		0	4		24	21	5
Vitamin B-12....mcg	0.83	0.079	7	1		1.09	0.93	0.23
Vitamin A, IU....IU	1034	59.200	12	1		1365	1168	293
Vitamin A, RE....mcg_RE	275	14.755	12	1		363	311	78
Vitamin E....mg_ATE	0.350		0	4		0.462	0.396	0.099
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	20.218		0	1		26.688	22.846	5.732
4:0....g	1.041		1	1		1.374	1.176	0.295
6:0....g	0.259	0.020	8	1		0.342	0.293	0.073
8:0....g	0.324	0.024	8	1		0.428	0.366	0.092
10:0....g	0.597	0.042	8	1		0.788	0.675	0.169
11:0....g								
12:0....g	0.422	0.016	8	1		0.557	0.477	0.120
13:0....g								
14:0....g	3.831	0.149	8	1		5.057	4.329	1.086
15:0....g								
16:0....g	8.232	0.361	8	1		10.866	9.302	2.334
17:0....g								
18:0....g	3.630	0.277	8	1		4.792	4.102	1.029
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.280		0	1		12.250	10.486	2.631
14:1....g								
15:1....g								

NDB No. 01011
Cheese, colby

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.979	0.050	8	1		1.292	1.106	0.278
17:1....g								
18:1 undifferentiated....g	7.813	0.335	8	1		10.313	8.829	2.215
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.953		0	1		1.258	1.077	0.270
18:2 undifferentiated....g	0.676	0.071	8	1		0.892	0.764	0.192
18:3 undifferentiated....g	0.277	0.049	8	1		0.366	0.313	0.079
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	95	2.962	4	1		125	107	27
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.305		0	1		0.403	0.345	0.086
Threonine....g	0.845		0	1		1.115	0.955	0.240
Isoleucine....g	1.475		0	1		1.947	1.667	0.418
Leucine....g	2.275		0	1		3.003	2.571	0.645
Lysine....g	1.978		0	1		2.611	2.235	0.561
Methionine....g	0.622		0	1		0.821	0.703	0.176
Cystine....g	0.119		0	1		0.157	0.134	0.034
Phenylalanine....g	1.251		0	1		1.651	1.414	0.355
Tyrosine....g	1.147		0	1		1.514	1.296	0.325
Valine....g	1.586		0	1		2.094	1.792	0.450
Arginine....g	0.898		0	1		1.185	1.015	0.255
Histidine....g	0.834		0	1		1.101	0.942	0.236
Alanine....g	0.670		0	1		0.884	0.757	0.190
Aspartic acid....g	1.527		0	1		2.016	1.726	0.433
Glutamic acid....g	5.813		0	1		7.673	6.569	1.648
Glycine....g	0.410		0	1		0.541	0.463	0.116
Proline....g	2.678		0	1		3.535	3.026	0.759
Serine....g	1.389		0	1		1.833	1.570	0.394
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 113.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01012
Cheese, cottage, creamed, large or small curd

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	78.96	0.089	301	1		89.22	165.82	177.66
Energy....kcal	103		0	4		117	217	233
Energy....kj	432			4		489	908	973
Protein (N x 6.38)....g	12.49	0.159	69	1		14.11	26.23	28.10
Total lipid (fat)....g	4.51	0.052	279	1		5.10	9.47	10.15
Ash....g	1.36	0.063	17	1		1.54	2.86	3.06
Carbohydrate, by difference....g	2.68		0	4		3.03	5.63	6.03
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	60	2.085	50	1		68	126	135
Iron, Fe....mg	0.14	0.013	5	1		0.16	0.29	0.32
Magnesium, Mg....mg	5	0.263	25	1		6	11	12
Phosphorus, P....mg	132	3.504	35	1		149	277	297
Potassium, K....mg	84	8.694	12	1		95	177	190
Sodium, Na....mg	405	25.487	22	1		457	850	911
Zinc, Zn....mg	0.37	0.029	11	1		0.42	0.78	0.83
Copper, Cu....mg	0.028		0	1		0.032	0.059	0.063
Manganese, Mn....mg	0.003		0	1		0.003	0.006	0.007
Selenium, Se....mcg	9.0	0.371	102	1		10.2	18.9	20.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.021	0.003	16	1		0.024	0.044	0.047
Riboflavin....mg	0.163	0.009	26	1		0.184	0.342	0.367
Niacin....mg	0.126	0.015	22	1		0.142	0.265	0.284
Pantothenic acid....mg	0.213	0.016	29	1		0.241	0.447	0.479
Vitamin B-6....mg	0.067	0.007	47	1		0.076	0.141	0.151
Folate, total....mcg	12	1.350	4	1		14	26	27
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	12	1.350	4	1		14	26	27
Folate, DFE....mcg_DFE	12		0	4		14	26	27
Vitamin B-12....mcg	0.62	0.097	15	1		0.70	1.31	1.40
Vitamin A, IU....IU	163	13.375	13	1		184	342	367
Vitamin A, RE....mcg_RE	48	5.890	7	1		54	101	108
Vitamin E....mg_ATE	0.122		0	4		0.138	0.256	0.275
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.853		0	1		3.224	5.991	6.419
4:0....g	0.145		1	1		0.164	0.305	0.326
6:0....g	0.032		1	1		0.036	0.067	0.072
8:0....g	0.036	0.005	7	1		0.041	0.076	0.081
10:0....g	0.082	0.004	7	1		0.093	0.172	0.185
11:0....g								
12:0....g	0.072	0.013	7	1		0.081	0.151	0.162
13:0....g								
14:0....g	0.472	0.015	7	1		0.533	0.991	1.062
15:0....g								
16:0....g	1.363	0.027	7	1		1.540	2.862	3.067
17:0....g								
18:0....g	0.515	0.021	7	1		0.582	1.082	1.159
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.285		0	1		1.452	2.699	2.891
14:1....g								
15:1....g								

NDB No. 01012
Cheese, cottage, creamed, large or small curd

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.161	0.013	7	1		0.182	0.338	0.362
17:1....g								
18:1 undifferentiated....g	1.056	0.038	7	1		1.193	2.218	2.376
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.139		0	1		0.157	0.292	0.313
18:2 undifferentiated....g	0.099	0.008	7	1		0.112	0.208	0.223
18:3 undifferentiated....g	0.040	0.005	7	1		0.045	0.084	0.090
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	15	1.483	5	1		17	31	34
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.139		0	1		0.157	0.292	0.313
Threonine....g	0.554		0	1		0.626	1.163	1.247
Isoleucine....g	0.734		0	1		0.829	1.541	1.652
Leucine....g	1.284		0	1		1.451	2.696	2.889
Lysine....g	1.010		0	1		1.141	2.121	2.273
Methionine....g	0.376		0	1		0.425	0.790	0.846
Cystine....g	0.116		0	1		0.131	0.244	0.261
Phenylalanine....g	0.673		0	1		0.760	1.413	1.514
Tyrosine....g	0.666		0	1		0.753	1.399	1.499
Valine....g	0.773		0	1		0.873	1.623	1.739
Arginine....g	0.570		0	1		0.644	1.197	1.283
Histidine....g	0.415		0	1		0.469	0.872	0.934
Alanine....g	0.648		0	1		0.732	1.361	1.458
Aspartic acid....g	0.846		0	1		0.956	1.777	1.904
Glutamic acid....g	2.706		0	1		3.058	5.683	6.089
Glycine....g	0.272		0	1		0.307	0.571	0.612
Proline....g	1.447		0	1		1.635	3.039	3.256
Serine....g	0.701		0	1		0.792	1.472	1.577
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 113.000g: 4 oz

Measure 2 = 210.000g: 1 cup, large curd (not packed)

Measure 3 = 225.000g: 1 cup, small curd (not packed)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01013
Cheese, cottage, creamed, with fruit

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	72.10		0	1		162.95	81.47	
Energy....kcal	124		0	4		279	140	
Energy....kj	517			4		1169	585	
Protein (N x 6.38)....g	9.90		2	1		22.37	11.19	
Total lipid (fat)....g	3.40		2	1		7.68	3.84	
Ash....g	1.30		2	1		2.94	1.47	
Carbohydrate, by difference....g	13.30		0	4		30.06	15.03	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	48		0	1		108	54	
Iron, Fe....mg	0.11		0	1		0.25	0.12	
Magnesium, Mg....mg	4		0	1		9	5	
Phosphorus, P....mg	105		0	1		236	118	
Potassium, K....mg	67		0	1		151	76	
Sodium, Na....mg	405		0	1		915	457	
Zinc, Zn....mg	0.29		0	1		0.66	0.33	
Copper, Cu....mg	0.028		0	1		0.063	0.032	
Manganese, Mn....mg	0.003		0	1		0.007	0.003	
Selenium, Se....mcg	7.1		0	4		16.0	8.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.017		0	1		0.038	0.019	
Riboflavin....mg	0.129		0	1		0.292	0.146	
Niacin....mg	0.100		0	1		0.226	0.113	
Pantothenic acid....mg	0.168		0	1		0.380	0.190	
Vitamin B-6....mg	0.053		0	1		0.120	0.060	
Folate, total....mcg	10		0	1		22	11	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	10		0	1		22	11	
Folate, DFE....mcg_DFE	10		0	4		22	11	
Vitamin B-12....mcg	0.49		0	1		1.12	0.56	
Vitamin A, IU....IU	123		0	1		278	139	
Vitamin A, RE....mcg_RE	36		0	4		81	41	
Vitamin E....mg_ATE	0.092		0	4		0.208	0.104	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.151		0	1		4.861	2.431	
4:0....g	0.109		1	1		0.246	0.123	
6:0....g	0.024		1	1		0.054	0.027	
8:0....g	0.027		7	1		0.061	0.031	
10:0....g	0.062		7	1		0.140	0.070	
11:0....g								
12:0....g	0.055		7	1		0.124	0.062	
13:0....g								
14:0....g	0.356		7	1		0.805	0.402	
15:0....g								
16:0....g	1.028		7	1		2.323	1.162	
17:0....g								
18:0....g	0.388		7	1		0.877	0.438	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.969		0	1		2.190	1.095	
14:1....g								
15:1....g								

NDB No. 01013
Cheese, cottage, creamed, with fruit

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.122		7	1		0.276	0.138	
17:1....g								
18:1 undifferentiated....g	0.796		7	1		1.799	0.899	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.105		0	1		0.237	0.119	
18:2 undifferentiated....g	0.075		7	1		0.170	0.085	
18:3 undifferentiated....g	0.030		7	1		0.068	0.034	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	11		0	1		25	13	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.110		0	1		0.249	0.124	
Threonine....g	0.439		0	1		0.992	0.496	
Isoleucine....g	0.582		0	1		1.315	0.658	
Leucine....g	1.018		0	1		2.301	1.150	
Lysine....g	0.801		0	1		1.810	0.905	
Methionine....g	0.298		0	1		0.673	0.337	
Cystine....g	0.092		0	1		0.208	0.104	
Phenylalanine....g	0.534		0	1		1.207	0.603	
Tyrosine....g	0.528		0	1		1.193	0.597	
Valine....g	0.613		0	1		1.385	0.693	
Arginine....g	0.452		0	1		1.022	0.511	
Histidine....g	0.329		0	1		0.744	0.372	
Alanine....g	0.514		0	1		1.162	0.581	
Aspartic acid....g	0.670		0	1		1.514	0.757	
Glutamic acid....g	2.144		0	1		4.845	2.423	
Glycine....g	0.216		0	1		0.488	0.244	
Proline....g	1.147		0	1		2.592	1.296	
Serine....g	0.556		0	1		1.257	0.628	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 226.000g: 1 cup (not packed)

Measure 2 = 113.000g: 4 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01014
Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.77	0.452	31	1		115.67	90.14	
Energy....kcal	85		0	4		123	96	
Energy....kj	354			4		513	400	
Protein (N x 6.38)....g	17.27	0.509	24	1		25.04	19.52	
Total lipid (fat)....g	0.42	0.048	31	1		0.61	0.47	
Ash....g	0.69	0.047	14	1		1.00	0.78	
Carbohydrate, by difference....g	1.85		0	4		2.68	2.09	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	32	2.668	18	1		46	36	
Iron, Fe....mg	0.23		1	1		0.33	0.26	
Magnesium, Mg....mg	4	0.491	17	1		6	4	
Phosphorus, P....mg	104	6.111	17	1		151	118	
Potassium, K....mg	32	5.991	8	1		47	37	
Sodium, Na....mg	13	3.607	6	1		19	14	
Zinc, Zn....mg	0.47	0.078	8	1		0.68	0.53	
Copper, Cu....mg	0.028		0	1		0.041	0.032	
Manganese, Mn....mg	0.003		0	1		0.004	0.003	
Selenium, Se....mcg	10.8		0	4		15.7	12.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.025	0.003	15	1		0.036	0.028	
Riboflavin....mg	0.142	0.010	16	1		0.206	0.160	
Niacin....mg	0.155	0.028	21	1		0.225	0.175	
Pantothenic acid....mg	0.163	0.052	18	1		0.236	0.184	
Vitamin B-6....mg	0.082	0.017	30	1		0.119	0.093	
Folate, total....mcg	15		0	1		21	17	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	15		0	1		21	17	
Folate, DFE....mcg_DFE	15		0	4		21	17	
Vitamin B-12....mcg	0.83	0.127	16	1		1.20	0.93	
Vitamin A, IU....IU	30	5.542	8	1		44	34	
Vitamin A, RE....mcg_RE	8	1.720	8	1		12	9	
Vitamin E....mg_ATE	0.110		0	1		0.160	0.124	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.273		0	1		0.396	0.308	
4:0....g	0.018		1	1		0.026	0.020	
6:0....g	0.003		1	1		0.004	0.003	
8:0....g	0.005	0.001	7	1		0.007	0.006	
10:0....g	0.009	0.001	7	1		0.013	0.010	
11:0....g								
12:0....g	0.006	0.001	7	1		0.009	0.007	
13:0....g								
14:0....g	0.042	0.005	7	1		0.061	0.047	
15:0....g								
16:0....g	0.131	0.015	7	1		0.190	0.148	
17:0....g								
18:0....g	0.045	0.006	7	1		0.065	0.051	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.110		0	1		0.160	0.124	
14:1....g								
15:1....g								

NDB No. 01014
Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.012	0.002	7	1		0.017	0.014	
17:1....g								
18:1 undifferentiated....g	0.093	0.011	7	1		0.135	0.105	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.015		0	1		0.022	0.017	
18:2 undifferentiated....g	0.011	0.002	7	1		0.016	0.012	
18:3 undifferentiated....g	0.004	0.001	7	1		0.006	0.005	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	7	0.675	5	1		10	8	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.192		0	1		0.278	0.217	
Threonine....g	0.766		0	1		1.111	0.866	
Isoleucine....g	1.015		0	1		1.472	1.147	
Leucine....g	1.776		0	1		2.575	2.007	
Lysine....g	1.397		0	1		2.026	1.579	
Methionine....g	0.520		0	1		0.754	0.588	
Cystine....g	0.160		0	1		0.232	0.181	
Phenylalanine....g	0.931		0	1		1.350	1.052	
Tyrosine....g	0.920		0	1		1.334	1.040	
Valine....g	1.069		0	1		1.550	1.208	
Arginine....g	0.788		0	1		1.143	0.890	
Histidine....g	0.574		0	1		0.832	0.649	
Alanine....g	0.896		0	1		1.299	1.012	
Aspartic acid....g	1.169		0	1		1.695	1.321	
Glutamic acid....g	3.741		0	1		5.424	4.227	
Glycine....g	0.376		0	1		0.545	0.425	
Proline....g	2.000		0	1		2.900	2.260	
Serine....g	0.969		0	1		1.405	1.095	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 145.000g: 1 cup (not packed)

Measure 2 = 113.000g: 4 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01015
Cheese, cottage, lowfat, 2% milkfat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.31	0.491	7	1		179.24	89.62	
Energy....kcal	90		0	4		203	101	
Energy....kj	375			4		848	424	
Protein (N x 6.38)....g	13.74	0.626	7	1		31.05	15.53	
Total lipid (fat)....g	1.93	0.061	11	1		4.36	2.18	
Ash....g	1.39		0	1		3.14	1.57	
Carbohydrate, by difference....g	3.63		0	4		8.20	4.10	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	69		0	1		155	77	
Iron, Fe....mg	0.16		0	1		0.36	0.18	
Magnesium, Mg....mg	6		0	1		14	7	
Phosphorus, P....mg	151		0	1		340	170	
Potassium, K....mg	96		0	1		217	109	
Sodium, Na....mg	406		0	1		918	459	
Zinc, Zn....mg	0.42		0	1		0.95	0.47	
Copper, Cu....mg	0.028		0	1		0.063	0.032	
Manganese, Mn....mg	0.003		0	1		0.007	0.003	
Selenium, Se....mcg	10.2		0	4		23.1	11.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.024		0	1		0.054	0.027	
Riboflavin....mg	0.185		0	1		0.418	0.209	
Niacin....mg	0.144		0	1		0.325	0.163	
Pantothenic acid....mg	0.242		0	1		0.547	0.273	
Vitamin B-6....mg	0.076		0	1		0.172	0.086	
Folate, total....mcg	13		0	1		30	15	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	13		0	1		30	15	
Folate, DFE....mcg_DFE	13		0	4		30	15	
Vitamin B-12....mcg	0.71		0	1		1.61	0.80	
Vitamin A, IU....IU	70		0	1		158	79	
Vitamin A, RE....mcg_RE	20		0	1		45	23	
Vitamin E....mg_ATE	0.056		0	4		0.127	0.063	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.221		0	1		2.759	1.380	
4:0....g	0.062		1	1		0.140	0.070	
6:0....g	0.014		1	1		0.032	0.016	
8:0....g	0.015	0.002	7	1		0.034	0.017	
10:0....g	0.035	0.002	7	1		0.079	0.040	
11:0....g								
12:0....g	0.031	0.006	7	1		0.070	0.035	
13:0....g								
14:0....g	0.202	0.009	7	1		0.457	0.228	
15:0....g								
16:0....g	0.583	0.021	7	1		1.318	0.659	
17:0....g								
18:0....g	0.220	0.011	7	1		0.497	0.249	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.550		0	1		1.243	0.622	
14:1....g								
15:1....g								

NDB No. 01015
Cheese, cottage, lowfat, 2% milkfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.069	0.006	7	1		0.156	0.078	
17:1....g								
18:1 undifferentiated....g	0.452	0.021	7	1		1.022	0.511	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.059		0	1		0.133	0.067	
18:2 undifferentiated....g	0.042	0.004	7	1		0.095	0.047	
18:3 undifferentiated....g	0.017	0.002	7	1		0.038	0.019	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	8		0	1		19	9	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.153		0	1		0.346	0.173	
Threonine....g	0.609		0	1		1.376	0.688	
Isoleucine....g	0.808		0	1		1.826	0.913	
Leucine....g	1.413		0	1		3.193	1.597	
Lysine....g	1.111		0	1		2.511	1.255	
Methionine....g	0.413		0	1		0.933	0.467	
Cystine....g	0.127		0	1		0.287	0.144	
Phenylalanine....g	0.741		0	1		1.675	0.837	
Tyrosine....g	0.732		0	1		1.654	0.827	
Valine....g	0.851		0	1		1.923	0.962	
Arginine....g	0.627		0	1		1.417	0.709	
Histidine....g	0.457		0	1		1.033	0.516	
Alanine....g	0.713		0	1		1.611	0.806	
Aspartic acid....g	0.930		0	1		2.102	1.051	
Glutamic acid....g	2.976		0	1		6.726	3.363	
Glycine....g	0.299		0	1		0.676	0.338	
Proline....g	1.592		0	1		3.598	1.799	
Serine....g	0.771		0	1		1.742	0.871	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 226.000g: 1 cup (not packed)

Measure 2 = 113.000g: 4 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01016
Cheese, cottage, lowfat, 1% milkfat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	82.48		0	1		186.40	93.20	
Energy....kcal	72		0	4		164	82	
Energy....kj	303			4		685	342	
Protein (N x 6.38)....g	12.39	0.455	8	1		28.00	14.00	
Total lipid (fat)....g	1.02	0.097	5	1		2.31	1.15	
Ash....g	1.39	0.064	7	1		3.14	1.57	
Carbohydrate, by difference....g	2.72		0	4		6.15	3.07	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	61		0	1		138	69	
Iron, Fe....mg	0.14		0	1		0.32	0.16	
Magnesium, Mg....mg	5		0	1		12	6	
Phosphorus, P....mg	134		0	1		302	151	
Potassium, K....mg	86		0	1		193	97	
Sodium, Na....mg	406		0	1		918	459	
Zinc, Zn....mg	0.38		0	1		0.86	0.43	
Copper, Cu....mg	0.028		0	1		0.063	0.032	
Manganese, Mn....mg	0.003		0	1		0.007	0.003	
Selenium, Se....mcg	9.0		0	4		20.3	10.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.021		0	1		0.047	0.024	
Riboflavin....mg	0.165		0	1		0.373	0.186	
Niacin....mg	0.128		0	1		0.289	0.145	
Pantothenic acid....mg	0.215		0	1		0.486	0.243	
Vitamin B-6....mg	0.068		0	1		0.154	0.077	
Folate, total....mcg	12		0	1		28	14	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	12		0	1		28	14	
Folate, DFE....mcg_DFE	12		0	4		28	14	
Vitamin B-12....mcg	0.63		0	1		1.43	0.72	
Vitamin A, IU....IU	37		0	1		84	42	
Vitamin A, RE....mcg_RE	11		0	1		25	12	
Vitamin E....mg_ATE	0.110		0	4		0.249	0.124	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.645		0	1		1.458	0.729	
4:0....g	0.033		1	1		0.075	0.037	
6:0....g	0.007		1	1		0.016	0.008	
8:0....g	0.008	0.001	7	1		0.018	0.009	
10:0....g	0.019	0.002	7	1		0.043	0.021	
11:0....g								
12:0....g	0.016	0.003	7	1		0.036	0.018	
13:0....g								
14:0....g	0.107	0.011	7	1		0.242	0.121	
15:0....g								
16:0....g	0.308	0.030	7	1		0.696	0.348	
17:0....g								
18:0....g	0.116	0.012	7	1		0.262	0.131	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.291		0	1		0.658	0.329	
14:1....g								
15:1....g								

NDB No. 01016
Cheese, cottage, lowfat, 1% milkfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.036	0.005	7	1		0.081	0.041	
17:1....g								
18:1 undifferentiated....g	0.239	0.024	7	1		0.540	0.270	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.031		0	1		0.070	0.035	
18:2 undifferentiated....g	0.022	0.003	7	1		0.050	0.025	
18:3 undifferentiated....g	0.009	0.002	7	1		0.020	0.010	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	4		0	1		10	5	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.138		0	1		0.312	0.156	
Threonine....g	0.550		0	1		1.243	0.622	
Isoleucine....g	0.728		0	1		1.645	0.823	
Leucine....g	1.274		0	1		2.879	1.440	
Lysine....g	1.002		0	1		2.265	1.132	
Methionine....g	0.373		0	1		0.843	0.421	
Cystine....g	0.115		0	1		0.260	0.130	
Phenylalanine....g	0.668		0	1		1.510	0.755	
Tyrosine....g	0.660		0	1		1.492	0.746	
Valine....g	0.767		0	1		1.733	0.867	
Arginine....g	0.565		0	1		1.277	0.638	
Histidine....g	0.412		0	1		0.931	0.466	
Alanine....g	0.643		0	1		1.453	0.727	
Aspartic acid....g	0.839		0	1		1.896	0.948	
Glutamic acid....g	2.684		0	1		6.066	3.033	
Glycine....g	0.270		0	1		0.610	0.305	
Proline....g	1.435		0	1		3.243	1.622	
Serine....g	0.695		0	1		1.571	0.785	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 226.000g: 1 cup (not packed)

Measure 2 = 113.000g: 4 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01017
Cheese, cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	53.75	0.615	32	1		124.70	7.79	5.38
Energy....kcal	349		0	4		810	51	35
Energy....kj	1460			4		3388	212	146
Protein (N x 6.38)....g	7.55	0.242	31	1		17.52	1.09	0.76
Total lipid (fat)....g	34.87	0.670	39	1		80.90	5.06	3.49
Ash....g	1.17	0.066	26	1		2.71	0.17	0.12
Carbohydrate, by difference....g	2.66		0	4		6.17	0.39	0.27
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	80	5.228	25	1		185	12	8
Iron, Fe....mg	1.20	0.106	4	1		2.78	0.17	0.12
Magnesium, Mg....mg	6	0.440	18	1		15	1	1
Phosphorus, P....mg	104	2.759	20	1		242	15	10
Potassium, K....mg	119	8.558	16	1		277	17	12
Sodium, Na....mg	296	16.881	18	1		686	43	30
Zinc, Zn....mg	0.54	0.087	4	1		1.25	0.08	0.05
Copper, Cu....mg	0.016		0	1		0.037	0.002	0.002
Manganese, Mn....mg	0.004		0	1		0.009	0.001	0.000
Selenium, Se....mcg	2.4		2	1		5.6	0.3	0.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.017	0.003	12	1		0.039	0.002	0.002
Riboflavin....mg	0.197	0.013	21	1		0.457	0.029	0.020
Niacin....mg	0.101	0.012	31	1		0.234	0.015	0.010
Pantothenic acid....mg	0.271	0.016	35	1		0.629	0.039	0.027
Vitamin B-6....mg	0.047	0.002	51	1		0.109	0.007	0.005
Folate, total....mcg	13	0.350	4	1		31	2	1
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	13	0.350	4	1		31	2	1
Folate, DFE....mcg_DFE	13		0	4		31	2	1
Vitamin B-12....mcg	0.42	0.107	16	1		0.98	0.06	0.04
Vitamin A, IU....IU	1427	112.118	19	1		3311	207	143
Vitamin A, RE....mcg_RE	382		0	4		886	55	38
Vitamin E....mg_ATE	0.941		0	4		2.183	0.136	0.094
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	21.966		0	1		50.961	3.185	2.197
4:0....g	0.998		1	1		2.315	0.145	0.100
6:0....g	0.294	0.037	4	1		0.682	0.043	0.029
8:0....g	0.335	0.020	10	1		0.777	0.049	0.034
10:0....g	0.667	0.033	11	1		1.547	0.097	0.067
11:0....g								
12:0....g	0.465	0.059	11	1		1.079	0.067	0.047
13:0....g								
14:0....g	3.603	0.102	11	1		8.359	0.522	0.360
15:0....g								
16:0....g	10.538	0.392	11	1		24.448	1.528	1.054
17:0....g								
18:0....g	4.045	0.150	11	1		9.384	0.587	0.405
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.838		0	1		22.824	1.427	0.984
14:1....g								
15:1....g								

NDB No. 01017
Cheese, cream

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.984	0.060	11	1		2.283	0.143	0.098
17:1....g								
18:1 undifferentiated....g	8.381	0.345	11	1		19.444	1.215	0.838
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.265		0	1		2.935	0.183	0.127
18:2 undifferentiated....g	0.774	0.080	11	1		1.796	0.112	0.077
18:3 undifferentiated....g	0.491	0.056	10	1		1.139	0.071	0.049
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	110	2.649	8	1		255	16	11
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.067		0	1		0.155	0.010	0.007
Threonine....g	0.321		0	1		0.745	0.047	0.032
Isoleucine....g	0.399		0	1		0.926	0.058	0.040
Leucine....g	0.731		0	1		1.696	0.106	0.073
Lysine....g	0.676		0	1		1.568	0.098	0.068
Methionine....g	0.181		0	1		0.420	0.026	0.018
Cystine....g	0.066		0	1		0.153	0.010	0.007
Phenylalanine....g	0.419		0	1		0.972	0.061	0.042
Tyrosine....g	0.360		0	1		0.835	0.052	0.036
Valine....g	0.443		0	1		1.028	0.064	0.044
Arginine....g	0.286		0	1		0.664	0.041	0.029
Histidine....g	0.271		0	1		0.629	0.039	0.027
Alanine....g	0.230		0	1		0.534	0.033	0.023
Aspartic acid....g	0.533		0	1		1.237	0.077	0.053
Glutamic acid....g	1.714		0	1		3.976	0.249	0.171
Glycine....g	0.149		0	1		0.346	0.022	0.015
Proline....g	0.689		0	1		1.598	0.100	0.069
Serine....g	0.398		0	1		0.923	0.058	0.040
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 232.000g: 1 cup

Measure 2 = 14.500g: 1 tbsp

Measure 3 = 10.000g: 1 tbsp, whipped

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01018
Cheese, edam

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	41.56	0.741	15	1		11.78	82.29	
Energy....kcal	357		0	4		101	706	
Energy....kj	1492			4		423	2954	
Protein (N x 6.38)....g	24.99	0.330	15	1		7.08	49.48	
Total lipid (fat)....g	27.80	0.565	19	1		7.88	55.04	
Ash....g	4.22	0.194	12	1		1.20	8.36	
Carbohydrate, by difference....g	1.43		0	4		0.41	2.83	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	731	32.550	15	1		207	1447	
Iron, Fe....mg	0.44	0.097	4	1		0.12	0.87	
Magnesium, Mg....mg	30	1.705	9	1		8	59	
Phosphorus, P....mg	536	18.811	10	1		152	1060	
Potassium, K....mg	188	39.814	9	1		53	372	
Sodium, Na....mg	965	121.715	9	1		274	1911	
Zinc, Zn....mg	3.75	0.542	4	1		1.06	7.43	
Copper, Cu....mg	0.036		0	1		0.010	0.071	
Manganese, Mn....mg	0.011		0	1		0.003	0.022	
Selenium, Se....mcg	14.5		0	4		4.1	28.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.037	0.008	11	1		0.010	0.073	
Riboflavin....mg	0.389	0.013	17	1		0.110	0.770	
Niacin....mg	0.082	0.030	16	1		0.023	0.162	
Pantothenic acid....mg	0.281	0.072	15	1		0.080	0.556	
Vitamin B-6....mg	0.076	0.004	29	1		0.022	0.150	
Folate, total....mcg	16	1.468	41	1		5	32	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	16	1.468	41	1		5	32	
Folate, DFE....mcg_DFE	16		0	4		5	32	
Vitamin B-12....mcg	1.54	0.129	15	1		0.44	3.04	
Vitamin A, IU....IU	916	64.306	11	1		260	1814	
Vitamin A, RE....mcg_RE	253	18.060	11	1		72	501	
Vitamin E....mg_ATE	0.751		0	4		0.213	1.487	
Vitamin D....IU	36.000		0	4		10.206	71.280	
Lipids:								
Fatty acids, total saturated....g	17.572		0	1		4.982	34.793	
4:0....g	1.000		2	1		0.284	1.980	
6:0....g	0.461		2	1		0.131	0.913	
8:0....g	0.300	0.024	7	1		0.085	0.594	
10:0....g	0.589	0.061	7	1		0.167	1.166	
11:0....g								
12:0....g	0.496	0.124	7	1		0.141	0.982	
13:0....g								
14:0....g	2.943	0.127	7	1		0.834	5.827	
15:0....g								
16:0....g	8.067	0.287	7	1		2.287	15.973	
17:0....g								
18:0....g	2.983	0.113	7	1		0.846	5.906	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.125		0	1		2.303	16.088	
14:1....g								
15:1....g								

NDB No. 01018
Cheese, edam

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.813	0.090	7	1		0.230	1.610	
17:1....g								
18:1 undifferentiated....g	6.911	0.298	7	1		1.959	13.684	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.665		0	1		0.189	1.317	
18:2 undifferentiated....g	0.418	0.031	7	1		0.119	0.828	
18:3 undifferentiated....g	0.247	0.029	7	1		0.070	0.489	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	89	1.301	4	1		25	177	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.352		0	4		0.100	0.697	
Threonine....g	0.932		0	1		0.264	1.845	
Isoleucine....g	1.308		0	1		0.371	2.590	
Leucine....g	2.570		0	1		0.729	5.089	
Lysine....g	2.660		0	1		0.754	5.267	
Methionine....g	0.721		0	1		0.204	1.428	
Cystine....g	0.255		0	4		0.072	0.505	
Phenylalanine....g	1.434		0	1		0.407	2.839	
Tyrosine....g	1.457		0	1		0.413	2.885	
Valine....g	1.810		0	1		0.513	3.584	
Arginine....g	0.964		0	1		0.273	1.909	
Histidine....g	1.034		0	1		0.293	2.047	
Alanine....g	0.764		0	1		0.217	1.513	
Aspartic acid....g	1.747		0	1		0.495	3.459	
Glutamic acid....g	6.150		0	1		1.744	12.177	
Glycine....g	0.486		0	1		0.138	0.962	
Proline....g	3.251		0	1		0.922	6.437	
Serine....g	1.547		0	1		0.439	3.063	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 198.000g: 1 package (7 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01019
Cheese, feta

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	55.22	1.126	23	1		82.83	15.65	9.39
Energy....kcal	264		0	4		395	75	45
Energy....kj	1103			4		1654	313	187
Protein (N x 6.38)....g	14.21	0.515	9	1		21.32	4.03	2.42
Total lipid (fat)....g	21.28	0.893	23	1		31.92	6.03	3.62
Ash....g	5.20		2	1		7.80	1.47	0.88
Carbohydrate, by difference....g	4.09		0	4		6.14	1.16	0.70
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	493	42.411	4	1		739	140	84
Iron, Fe....mg	0.65	0.148	4	1		0.98	0.18	0.11
Magnesium, Mg....mg	19	2.199	4	1		29	5	3
Phosphorus, P....mg	337	15.985	4	1		506	96	57
Potassium, K....mg	62	5.702	5	1		93	18	11
Sodium, Na....mg	1116	100.389	4	1		1674	316	190
Zinc, Zn....mg	2.88	0.202	4	1		4.32	0.82	0.49
Copper, Cu....mg	0.032		0	1		0.048	0.009	0.005
Manganese, Mn....mg	0.028		0	1		0.042	0.008	0.005
Selenium, Se....mcg	15.0		2	1		22.5	4.3	2.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.154		0	4		0.231	0.044	0.026
Riboflavin....mg	0.844		0	4		1.266	0.239	0.143
Niacin....mg	0.991		0	4		1.487	0.281	0.168
Pantothenic acid....mg	0.967		0	4		1.451	0.274	0.164
Vitamin B-6....mg	0.424		0	4		0.636	0.120	0.072
Folate, total....mcg	32		0	4		48	9	5
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	32		0	4		48	9	5
Folate, DFE....mcg_DFE	32		0	4		48	9	5
Vitamin B-12....mcg	1.69		0	4		2.54	0.48	0.29
Vitamin A, IU....IU	447		0	4		671	127	76
Vitamin A, RE....mcg_RE	128		0	4		192	36	22
Vitamin E....mg_ATE	0.030		0	1		0.045	0.009	0.005
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.946		0	1		22.419	4.237	2.541
4:0....g	0.775		1	1		1.163	0.220	0.132
6:0....g	0.573		1	1		0.860	0.162	0.097
8:0....g	0.546		1	1		0.819	0.155	0.093
10:0....g	1.977		1	1		2.966	0.560	0.336
11:0....g								
12:0....g	1.159		1	1		1.739	0.329	0.197
13:0....g								
14:0....g	2.761		1	1		4.142	0.783	0.469
15:0....g								
16:0....g	5.151		1	1		7.727	1.460	0.876
17:0....g								
18:0....g	1.488		1	1		2.232	0.422	0.253
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.623		0	1		6.935	1.311	0.786
14:1....g								
15:1....g								

NDB No. 01019
Cheese, feta

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.385		1	1		0.578	0.109	0.065
17:1....g								
18:1 undifferentiated....g	3.975		1	1		5.963	1.127	0.676
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.591		0	1		0.887	0.168	0.100
18:2 undifferentiated....g	0.326		1	1		0.489	0.092	0.055
18:3 undifferentiated....g	0.265		1	1		0.398	0.075	0.045
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	89		1	1		134	25	15
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.200		0	4		0.300	0.057	0.034
Threonine....g	0.637		0	4		0.956	0.181	0.108
Isoleucine....g	0.803		0	4		1.205	0.228	0.137
Leucine....g	1.395		0	4		2.093	0.395	0.237
Lysine....g	1.219		0	4		1.829	0.346	0.207
Methionine....g	0.368		0	4		0.552	0.104	0.063
Cystine....g	0.083		0	4		0.125	0.024	0.014
Phenylalanine....g	0.675		0	4		1.013	0.191	0.115
Tyrosine....g	0.668		0	4		1.002	0.189	0.114
Valine....g	1.065		0	4		1.598	0.302	0.181
Arginine....g	0.470		0	4		0.705	0.133	0.080
Histidine....g	0.397		0	4		0.596	0.113	0.067
Alanine....g	0.639		0	4		0.959	0.181	0.109
Aspartic acid....g	0.779		0	4		1.169	0.221	0.132
Glutamic acid....g	2.421		0	4		3.632	0.686	0.412
Glycine....g	0.097		0	4		0.146	0.027	0.016
Proline....g	1.378		0	4		2.067	0.391	0.234
Serine....g	1.169		0	4		1.754	0.331	0.199
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 150.000g: 1 cup, crumbled

Measure 2 = 28.350g: 1 oz

Measure 3 = 17.000g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01020
Cheese, fontina

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.92		17	1		50.05	40.95	10.75
Energy....kcal	389		0	4		514	420	110
Energy....kj	1628			4		2149	1758	461
Protein (N x 6.38)....g	25.60		16	1		33.79	27.65	7.26
Total lipid (fat)....g	31.14		17	1		41.10	33.63	8.83
Ash....g	3.79		17	1		5.00	4.09	1.07
Carbohydrate, by difference....g	1.55		0	4		2.05	1.67	0.44
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	550		1	1		726	594	156
Iron, Fe....mg	0.23		1	1		0.30	0.25	0.07
Magnesium, Mg....mg	14		1	1		18	15	4
Phosphorus, P....mg	346		0	4		457	374	98
Potassium, K....mg	64		0	4		84	69	18
Sodium, Na....mg	800		0	4		1056	864	227
Zinc, Zn....mg	3.50		1	1		4.62	3.78	0.99
Copper, Cu....mg	0.025		0	1		0.033	0.027	0.007
Manganese, Mn....mg	0.014		0	1		0.018	0.015	0.004
Selenium, Se....mcg	14.5		0	4		19.1	15.7	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.021		1	1		0.028	0.023	0.006
Riboflavin....mg	0.204		1	1		0.269	0.220	0.058
Niacin....mg	0.150		1	1		0.198	0.162	0.043
Pantothenic acid....mg	0.429		0	4		0.566	0.463	0.122
Vitamin B-6....mg	0.083		0	4		0.110	0.090	0.024
Folate, total....mcg	6		0	4		8	6	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	6		0	4		8	6	2
Folate, DFE....mcg_DFE	6		0	4		8	6	2
Vitamin B-12....mcg	1.68		0	4		2.21	1.81	0.48
Vitamin A, IU....IU	1174		0	1		1550	1268	333
Vitamin A, RE....mcg_RE	290		0	4		383	313	82
Vitamin E....mg_ATE	0.350		0	4		0.462	0.378	0.099
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.196		0	1		25.339	20.732	5.442
4:0....g	0.715		2	1		0.944	0.772	0.203
6:0....g	0.489		2	1		0.645	0.528	0.139
8:0....g	0.314		2	1		0.414	0.339	0.089
10:0....g	0.651		2	1		0.859	0.703	0.185
11:0....g								
12:0....g	0.804		2	1		1.061	0.868	0.228
13:0....g								
14:0....g	2.964		2	1		3.912	3.201	0.840
15:0....g								
16:0....g	8.458		2	1		11.165	9.135	2.398
17:0....g								
18:0....g	2.655		2	1		3.505	2.867	0.753
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.687		0	1		11.467	9.382	2.463
14:1....g								
15:1....g								

NDB No. 01020
Cheese, fontina

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.890		2	1		1.175	0.961	0.252
17:1....g								
18:1 undifferentiated....g	7.100		2	1		9.372	7.668	2.013
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.654		0	1		2.183	1.786	0.469
18:2 undifferentiated....g	0.864		2	1		1.140	0.933	0.245
18:3 undifferentiated....g	0.790		2	1		1.043	0.853	0.224
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	116		1	1		153	125	33
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.361		0	4		0.477	0.390	0.102
Threonine....g	0.935		0	4		1.234	1.010	0.265
Isoleucine....g	1.384		0	4		1.827	1.495	0.392
Leucine....g	2.664		0	4		3.516	2.877	0.755
Lysine....g	2.328		0	4		3.073	2.514	0.660
Methionine....g	0.706		0	4		0.932	0.762	0.200
Cystine....g	0.261		0	4		0.345	0.282	0.074
Phenylalanine....g	1.497		0	4		1.976	1.617	0.424
Tyrosine....g	1.524		0	4		2.012	1.646	0.432
Valine....g	1.926		0	4		2.542	2.080	0.546
Arginine....g	0.835		0	4		1.102	0.902	0.237
Histidine....g	0.959		0	4		1.266	1.036	0.272
Alanine....g	0.823		0	4		1.086	0.889	0.233
Aspartic acid....g	1.413		0	4		1.865	1.526	0.401
Glutamic acid....g	5.136		0	4		6.780	5.547	1.456
Glycine....g	0.457		0	4		0.603	0.494	0.130
Proline....g	3.323		0	4		4.386	3.589	0.942
Serine....g	1.477		0	4		1.950	1.595	0.419
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 108.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01021
Cheese, gjetost

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	13.44		8	1		3.81	30.51	
Energy....kcal	466		0	4		132	1057	
Energy....kj	1948			4		552	4423	
Protein (N x 6.38)....g	9.65		2	1		2.74	21.91	
Total lipid (fat)....g	29.51	0.267	3	1		8.37	66.99	
Ash....g	4.75		2	1		1.35	10.78	
Carbohydrate, by difference....g	42.65		0	4		12.09	96.82	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	400		1	1		113	908	
Iron, Fe....mg	0.52		0	4		0.15	1.18	
Magnesium, Mg....mg	70		0	4		20	159	
Phosphorus, P....mg	444		1	1		126	1008	
Potassium, K....mg	1409		0	4		399	3198	
Sodium, Na....mg	600		1	1		170	1362	
Zinc, Zn....mg	1.14		0	4		0.32	2.59	
Copper, Cu....mg	0.080		0	1		0.023	0.182	
Manganese, Mn....mg	0.040		0	1		0.011	0.091	
Selenium, Se....mcg	14.5		0	4		4.1	32.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.315		0	4		0.089	0.715	
Riboflavin....mg	1.382		0	4		0.392	3.137	
Niacin....mg	0.813	0.000	5	1		0.230	1.846	
Pantothenic acid....mg	3.351		0	4		0.950	7.607	
Vitamin B-6....mg	0.271		0	4		0.077	0.615	
Folate, total....mcg	5	0.849	8	1		1	10	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5	0.849	8	1		1	10	
Folate, DFE....mcg_DFE	5		0	4		1	10	
Vitamin B-12....mcg	2.42		0	4		0.69	5.50	
Vitamin A, IU....IU	1113		0	4		316	2527	
Vitamin A, RE....mcg_RE	274		0	4		78	622	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.160		0	1		5.432	43.493	
4:0....g	0.957		1	1		0.271	2.172	
6:0....g	0.566		1	1		0.160	1.285	
8:0....g	0.330		1	1		0.094	0.749	
10:0....g	0.576		1	1		0.163	1.308	
11:0....g								
12:0....g	0.831		1	1		0.236	1.886	
13:0....g								
14:0....g	3.270		1	1		0.927	7.423	
15:0....g								
16:0....g	8.662		1	1		2.456	19.663	
17:0....g								
18:0....g	3.477		1	1		0.986	7.893	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.879		0	1		2.234	17.885	
14:1....g								
15:1....g								

NDB No. 01021
Cheese, gjetost

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.534		1	1		0.151	1.212	
17:1....g								
18:1 undifferentiated....g	6.955		1	1		1.972	15.788	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.938		0	1		0.266	2.129	
18:2 undifferentiated....g	0.508		1	1		0.144	1.153	
18:3 undifferentiated....g	0.429		1	1		0.122	0.974	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	94		0	4		27	213	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.135		0	1		0.038	0.306	
Threonine....g	0.393		0	1		0.111	0.892	
Isoleucine....g	0.519		0	1		0.147	1.178	
Leucine....g	0.992		0	1		0.281	2.252	
Lysine....g	0.814		0	1		0.231	1.848	
Methionine....g	0.318		0	1		0.090	0.722	
Cystine....g	0.057		0	1		0.016	0.129	
Phenylalanine....g	0.540		0	1		0.153	1.226	
Tyrosine....g	0.541		0	1		0.153	1.228	
Valine....g	0.765		0	1		0.217	1.737	
Arginine....g	0.330		0	1		0.094	0.749	
Histidine....g	0.293		0	1		0.083	0.665	
Alanine....g	0.325		0	1		0.092	0.738	
Aspartic acid....g	0.709		0	1		0.201	1.609	
Glutamic acid....g	1.987		0	1		0.563	4.510	
Glycine....g	0.189		0	1		0.054	0.429	
Proline....g	1.180		0	1		0.335	2.679	
Serine....g	0.470		0	1		0.133	1.067	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 227.000g: 1 package (8 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01022
Cheese, gouda

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	41.46	0.374	20	1		11.75	82.09	
Energy....kcal	356		0	4		101	705	
Energy....kj	1491			4		423	2952	
Protein (N x 6.38)....g	24.94	0.193	6	1		7.07	49.38	
Total lipid (fat)....g	27.44	0.564	13	1		7.78	54.33	
Ash....g	3.94	0.124	7	1		1.12	7.80	
Carbohydrate, by difference....g	2.22		0	4		0.63	4.40	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	700	29.984	8	1		198	1386	
Iron, Fe....mg	0.24		1	1		0.07	0.48	
Magnesium, Mg....mg	29		1	1		8	57	
Phosphorus, P....mg	546	21.530	7	1		155	1082	
Potassium, K....mg	121		8	1		34	239	
Sodium, Na....mg	819		3	1		232	1622	
Zinc, Zn....mg	3.90		1	1		1.11	7.72	
Copper, Cu....mg	0.036		0	1		0.010	0.071	
Manganese, Mn....mg	0.011		0	1		0.003	0.022	
Selenium, Se....mcg	14.5		0	4		4.1	28.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.030		1	1		0.009	0.059	
Riboflavin....mg	0.334	0.014	5	1		0.095	0.661	
Niacin....mg	0.063	0.015	10	1		0.018	0.125	
Pantothenic acid....mg	0.340	0.052	15	1		0.096	0.673	
Vitamin B-6....mg	0.080	0.005	20	1		0.023	0.158	
Folate, total....mcg	21	2.594	20	1		6	41	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	21	2.594	20	1		6	41	
Folate, DFE....mcg_DFE	21		0	4		6	41	
Vitamin B-12....mcg	1.54		0	4		0.44	3.04	
Vitamin A, IU....IU	644	107.383	5	1		183	1275	
Vitamin A, RE....mcg_RE	174	26.472	5	1		49	345	
Vitamin E....mg_ATE	0.350		0	4		0.099	0.693	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	17.614		0	1		4.994	34.876	
4:0....g	0.999		1	1		0.283	1.978	
6:0....g	0.640		1	1		0.181	1.267	
8:0....g	0.427		1	1		0.121	0.845	
10:0....g	0.918		1	1		0.260	1.818	
11:0....g								
12:0....g	1.211		1	1		0.343	2.398	
13:0....g								
14:0....g	3.040		1	1		0.862	6.019	
15:0....g								
16:0....g	6.851		1	1		1.942	13.565	
17:0....g								
18:0....g	2.918		1	1		0.827	5.778	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.747		0	1		2.196	15.339	
14:1....g								
15:1....g								

NDB No. 01022
Cheese, gouda

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.889		1	1		0.252	1.760	
17:1....g								
18:1 undifferentiated....g	6.388		1	1		1.811	12.648	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.657		0	1		0.186	1.301	
18:2 undifferentiated....g	0.263		1	1		0.075	0.521	
18:3 undifferentiated....g	0.394		1	1		0.112	0.780	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	114		1	1		32	226	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.352		0	4		0.100	0.697	
Threonine....g	0.930		0	1		0.264	1.841	
Isoleucine....g	1.306		0	1		0.370	2.586	
Leucine....g	2.564		0	1		0.727	5.077	
Lysine....g	2.654		0	1		0.752	5.255	
Methionine....g	0.719		0	1		0.204	1.424	
Cystine....g	0.254		0	4		0.072	0.503	
Phenylalanine....g	1.431		0	1		0.406	2.833	
Tyrosine....g	1.454		0	1		0.412	2.879	
Valine....g	1.806		0	1		0.512	3.576	
Arginine....g	0.962		0	1		0.273	1.905	
Histidine....g	1.032		0	1		0.293	2.043	
Alanine....g	0.762		0	1		0.216	1.509	
Aspartic acid....g	1.743		0	1		0.494	3.451	
Glutamic acid....g	6.137		0	1		1.740	12.151	
Glycine....g	0.485		0	1		0.137	0.960	
Proline....g	3.245		0	1		0.920	6.425	
Serine....g	1.544		0	1		0.438	3.057	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 198.000g: 1 package (7 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01023
Cheese, gruyere

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	33.19	0.598	12	1		43.81	35.85	9.41
Energy....kcal	413		0	4		545	446	117
Energy....kj	1728			4		2281	1866	490
Protein (N x 6.38)....g	29.81	0.292	7	1		39.35	32.19	8.45
Total lipid (fat)....g	32.34		5	1		42.69	34.93	9.17
Ash....g	4.30		1	1		5.68	4.64	1.22
Carbohydrate, by difference....g	0.36		0	4		0.48	0.39	0.10
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1011	48.952	3	1		1335	1092	287
Iron, Fe....mg	0.17		0	4		0.22	0.18	0.05
Magnesium, Mg....mg	36		0	4		47	39	10
Phosphorus, P....mg	605	52.818	3	1		799	654	172
Potassium, K....mg	81		1	1		107	87	23
Sodium, Na....mg	336		0	1		444	363	95
Zinc, Zn....mg	3.90		0	4		5.15	4.21	1.11
Copper, Cu....mg	0.032		0	1		0.042	0.035	0.009
Manganese, Mn....mg	0.017		0	1		0.022	0.018	0.005
Selenium, Se....mcg	14.5		0	4		19.1	15.7	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.060		2	1		0.079	0.065	0.017
Riboflavin....mg	0.279	0.042	3	1		0.368	0.301	0.079
Niacin....mg	0.106	0.013	10	1		0.140	0.114	0.030
Pantothenic acid....mg	0.562	0.056	6	1		0.742	0.607	0.159
Vitamin B-6....mg	0.081	0.002	46	1		0.107	0.087	0.023
Folate, total....mcg	10	1.218	51	1		14	11	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	10	1.218	51	1		14	11	3
Folate, DFE....mcg_DFE	10		0	4		14	11	3
Vitamin B-12....mcg	1.60	0.559	12	1		2.11	1.73	0.45
Vitamin A, IU....IU	1219		0	1		1609	1317	346
Vitamin A, RE....mcg_RE	301		0	4		397	325	85
Vitamin E....mg_ATE	0.350		0	4		0.462	0.378	0.099
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	18.913		0	1		24.965	20.426	5.362
4:0....g	1.049		1	1		1.385	1.133	0.297
6:0....g	0.621		1	1		0.820	0.671	0.176
8:0....g	0.355		1	1		0.469	0.383	0.101
10:0....g	0.751		1	1		0.991	0.811	0.213
11:0....g								
12:0....g	0.911		1	1		1.203	0.984	0.258
13:0....g								
14:0....g	3.369		1	1		4.447	3.639	0.955
15:0....g								
16:0....g	8.753		1	1		11.554	9.453	2.481
17:0....g								
18:0....g	2.324		1	1		3.068	2.510	0.659
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.043		0	1		13.257	10.846	2.847
14:1....g								
15:1....g								

NDB No. 01023
Cheese, gruyere

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.724		1	1		0.956	0.782	0.205
17:1....g								
18:1 undifferentiated....g	8.582		1	1		11.328	9.269	2.433
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.733		0	1		2.288	1.872	0.491
18:2 undifferentiated....g	1.300		1	1		1.716	1.404	0.369
18:3 undifferentiated....g	0.433		1	1		0.572	0.468	0.123
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	110		0	1		145	119	31
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.421		0	1		0.556	0.455	0.119
Threonine....g	1.089		0	1		1.437	1.176	0.309
Isoleucine....g	1.612		0	1		2.128	1.741	0.457
Leucine....g	3.102		0	1		4.095	3.350	0.879
Lysine....g	2.710		0	1		3.577	2.927	0.768
Methionine....g	0.822		0	1		1.085	0.888	0.233
Cystine....g	0.304		0	1		0.401	0.328	0.086
Phenylalanine....g	1.743		0	1		2.301	1.882	0.494
Tyrosine....g	1.776		0	1		2.344	1.918	0.503
Valine....g	2.243		0	1		2.961	2.422	0.636
Arginine....g	0.972		0	1		1.283	1.050	0.276
Histidine....g	1.117		0	1		1.474	1.206	0.317
Alanine....g	0.958		0	1		1.265	1.035	0.272
Aspartic acid....g	1.645		0	1		2.171	1.777	0.466
Glutamic acid....g	5.981		0	1		7.895	6.459	1.696
Glycine....g	0.533		0	1		0.704	0.576	0.151
Proline....g	3.869		0	1		5.107	4.179	1.097
Serine....g	1.719		0	1		2.269	1.857	0.487
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 108.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01024
Cheese, limburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	48.42		26	1		64.88	13.73	8.72
Energy....kcal	327		0	4		438	93	59
Energy....kj	1368			4		1834	388	246
Protein (N x 6.38)....g	20.05	0.487	4	1		26.87	5.68	3.61
Total lipid (fat)....g	27.25	0.313	6	1		36.52	7.73	4.91
Ash....g	3.79	0.088	4	1		5.08	1.07	0.68
Carbohydrate, by difference....g	0.49		0	4		0.66	0.14	0.09
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	497	100.812	3	1		666	141	89
Iron, Fe....mg	0.13		1	1		0.17	0.04	0.02
Magnesium, Mg....mg	21		1	1		28	6	4
Phosphorus, P....mg	393		2	1		527	111	71
Potassium, K....mg	128		1	1		172	36	23
Sodium, Na....mg	800		1	1		1072	227	144
Zinc, Zn....mg	2.10		1	1		2.81	0.60	0.38
Copper, Cu....mg	0.021		0	1		0.028	0.006	0.004
Manganese, Mn....mg	0.038		0	1		0.051	0.011	0.007
Selenium, Se....mcg	14.5		0	4		19.4	4.1	2.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.080		1	1		0.107	0.023	0.014
Riboflavin....mg	0.503	0.102	3	1		0.674	0.143	0.091
Niacin....mg	0.158	0.016	12	1		0.212	0.045	0.028
Pantothenic acid....mg	1.177	0.166	16	1		1.577	0.334	0.212
Vitamin B-6....mg	0.086	0.007	23	1		0.115	0.024	0.015
Folate, total....mcg	58	5.300	25	1		77	16	10
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	58	5.300	25	1		77	16	10
Folate, DFE....mcg_DFE	58		0	4		77	16	10
Vitamin B-12....mcg	1.04		1	1		1.39	0.29	0.19
Vitamin A, IU....IU	1281		1	1		1717	363	231
Vitamin A, RE....mcg_RE	316		0	4		423	90	57
Vitamin E....mg_ATE	0.640		0	4		0.858	0.181	0.115
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	16.746		0	1		22.440	4.747	3.014
4:0....g	0.803		1	1		1.076	0.228	0.145
6:0....g	0.489		1	1		0.655	0.139	0.088
8:0....g	0.275		1	1		0.369	0.078	0.050
10:0....g	0.481		1	1		0.645	0.136	0.087
11:0....g								
12:0....g	0.870		1	1		1.166	0.247	0.157
13:0....g								
14:0....g	2.787		1	1		3.735	0.790	0.502
15:0....g								
16:0....g	7.401		1	1		9.917	2.098	1.332
17:0....g								
18:0....g	3.054		1	1		4.092	0.866	0.550
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.606		0	1		11.532	2.440	1.549
14:1....g								
15:1....g								

NDB No. 01024
Cheese, limburger

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.013		1	1		1.357	0.287	0.182
17:1....g								
18:1 undifferentiated....g	7.179		1	1		9.620	2.035	1.292
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.495		0	1		0.663	0.140	0.089
18:2 undifferentiated....g	0.339		1	1		0.454	0.096	0.061
18:3 undifferentiated....g	0.156		1	1		0.209	0.044	0.028
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	90		1	1		121	26	16
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.289		0	1		0.387	0.082	0.052
Threonine....g	0.739		0	1		0.990	0.210	0.133
Isoleucine....g	1.219		0	1		1.633	0.346	0.219
Leucine....g	2.093		0	1		2.805	0.593	0.377
Lysine....g	1.675		0	1		2.245	0.475	0.302
Methionine....g	0.619		0	1		0.829	0.175	0.111
Cystine....g	0.110		0	4		0.147	0.031	0.020
Phenylalanine....g	1.116		0	1		1.495	0.316	0.201
Tyrosine....g	1.197		0	1		1.604	0.339	0.215
Valine....g	1.439		0	1		1.928	0.408	0.259
Arginine....g	0.698		0	1		0.935	0.198	0.126
Histidine....g	0.578		0	1		0.775	0.164	0.104
Alanine....g	0.666		0	1		0.892	0.189	0.120
Aspartic acid....g	1.477		0	1		1.979	0.419	0.266
Glutamic acid....g	4.510		0	1		6.043	1.279	0.812
Glycine....g	0.409		0	1		0.548	0.116	0.074
Proline....g	2.439		0	1		3.268	0.691	0.439
Serine....g	1.144		0	1		1.533	0.324	0.206
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 134.000g: 1 cup

Measure 2 = 28.350g: 1 oz

Measure 3 = 18.000g: 1 cubic inch

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01025
Cheese, monterey

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	41.01	0.765	10	1		54.13	46.34	11.63
Energy....kcal	373		0	4		493	422	106
Energy....kj	1562			4		2062	1765	443
Protein (N x 6.38)....g	24.48	0.559	4	1		32.31	27.66	6.94
Total lipid (fat)....g	30.28	0.361	10	1		39.97	34.22	8.58
Ash....g	3.55	0.102	4	1		4.69	4.01	1.01
Carbohydrate, by difference....g	0.68		0	4		0.90	0.77	0.19
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	746	21.376	6	1		985	843	212
Iron, Fe....mg	0.72	0.102	4	1		0.95	0.81	0.20
Magnesium, Mg....mg	27	1.914	4	1		36	31	8
Phosphorus, P....mg	444	9.206	4	1		586	502	126
Potassium, K....mg	81	11.148	4	1		107	91	23
Sodium, Na....mg	536	49.168	4	1		708	606	152
Zinc, Zn....mg	3.00	0.071	4	1		3.96	3.39	0.85
Copper, Cu....mg	0.032		0	1		0.042	0.036	0.009
Manganese, Mn....mg	0.011		0	1		0.015	0.012	0.003
Selenium, Se....mcg	14.5		0	4		19.1	16.4	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.015		0	4		0.020	0.017	0.004
Riboflavin....mg	0.390		2	1		0.515	0.441	0.111
Niacin....mg	0.093		0	4		0.123	0.105	0.026
Pantothenic acid....mg	0.210		0	4		0.277	0.237	0.060
Vitamin B-6....mg	0.079		0	4		0.104	0.089	0.022
Folate, total....mcg	18		0	4		24	21	5
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	18		0	4		24	21	5
Folate, DFE....mcg_DFE	18		0	4		24	21	5
Vitamin B-12....mcg	0.83		0	4		1.09	0.93	0.23
Vitamin A, IU....IU	950		2	1		1254	1074	269
Vitamin A, RE....mcg_RE	253		0	4		334	286	72
Vitamin E....mg_ATE	0.340		0	4		0.449	0.384	0.096
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.066		0	4		25.167	21.545	5.405
4:0....g	0.982		0	4		1.296	1.110	0.278
6:0....g	0.244		0	4		0.322	0.276	0.069
8:0....g	0.306		0	4		0.404	0.346	0.087
10:0....g	0.563		0	4		0.743	0.636	0.160
11:0....g								
12:0....g	0.398		0	4		0.525	0.450	0.113
13:0....g								
14:0....g	3.613		0	4		4.769	4.083	1.024
15:0....g								
16:0....g	7.763		0	4		10.247	8.772	2.201
17:0....g								
18:0....g	3.423		0	4		4.518	3.868	0.970
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.751		0	4		11.551	9.889	2.481
14:1....g								
15:1....g								

NDB No. 01025
Cheese, monterey

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.923		0	4		1.218	1.043	0.262
17:1....g								
18:1 undifferentiated....g	7.368		0	4		9.726	8.326	2.089
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.899		0	4		1.187	1.016	0.255
18:2 undifferentiated....g	0.637		0	4		0.841	0.720	0.181
18:3 undifferentiated....g	0.261		0	4		0.345	0.295	0.074
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	89		0	4		117	101	25
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.315		0	1		0.416	0.356	0.089
Threonine....g	0.871		0	1		1.150	0.984	0.247
Isoleucine....g	1.519		0	1		2.005	1.716	0.431
Leucine....g	2.344		0	1		3.094	2.649	0.665
Lysine....g	2.037		0	1		2.689	2.302	0.577
Methionine....g	0.641		0	1		0.846	0.724	0.182
Cystine....g	0.123		0	1		0.162	0.139	0.035
Phenylalanine....g	1.289		0	1		1.701	1.457	0.365
Tyrosine....g	1.182		0	1		1.560	1.336	0.335
Valine....g	1.635		0	1		2.158	1.848	0.464
Arginine....g	0.925		0	1		1.221	1.045	0.262
Histidine....g	0.859		0	1		1.134	0.971	0.244
Alanine....g	0.691		0	1		0.912	0.781	0.196
Aspartic acid....g	1.573		0	1		2.076	1.777	0.446
Glutamic acid....g	5.990		0	1		7.907	6.769	1.698
Glycine....g	0.422		0	1		0.557	0.477	0.120
Proline....g	2.759		0	1		3.642	3.118	0.782
Serine....g	1.431		0	1		1.889	1.617	0.406
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 113.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01026
Cheese, mozzarella, whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	54.14	0.650	6	1		60.64	15.35	92.04
Energy....kcal	281		0	4		315	80	478
Energy....kj	1177			4		1319	334	2001
Protein (N x 6.38)....g	19.42		0	1		21.75	5.51	33.01
Total lipid (fat)....g	21.60		1	1		24.19	6.12	36.72
Ash....g	2.62		0	1		2.93	0.74	4.45
Carbohydrate, by difference....g	2.22		0	4		2.49	0.63	3.77
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	517		0	1		579	147	879
Iron, Fe....mg	0.18		0	1		0.20	0.05	0.31
Magnesium, Mg....mg	19		0	1		21	5	32
Phosphorus, P....mg	371		0	1		415	105	630
Potassium, K....mg	67		0	1		75	19	114
Sodium, Na....mg	373		0	1		418	106	634
Zinc, Zn....mg	2.21		0	1		2.48	0.63	3.76
Copper, Cu....mg	0.020		0	1		0.022	0.006	0.034
Manganese, Mn....mg	0.008		0	1		0.009	0.002	0.014
Selenium, Se....mcg	14.5		0	4		16.2	4.1	24.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.015		0	1		0.017	0.004	0.026
Riboflavin....mg	0.243		0	1		0.272	0.069	0.413
Niacin....mg	0.084		0	1		0.094	0.024	0.143
Pantothenic acid....mg	0.064		0	1		0.072	0.018	0.109
Vitamin B-6....mg	0.056		0	1		0.063	0.016	0.095
Folate, total....mcg	7		0	1		8	2	12
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	7		0	1		8	2	12
Folate, DFE....mcg_DFE	7		0	4		8	2	12
Vitamin B-12....mcg	0.65		0	1		0.73	0.19	1.11
Vitamin A, IU....IU	792		0	1		887	225	1346
Vitamin A, RE....mcg_RE	241		0	1		270	68	410
Vitamin E....mg_ATE	0.350		0	4		0.392	0.099	0.595
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.152		0	1		14.730	3.729	22.358
4:0....g	0.805		1	1		0.902	0.228	1.369
6:0....g	0.446		1	1		0.500	0.126	0.758
8:0....g	0.257		1	1		0.288	0.073	0.437
10:0....g	0.582		1	1		0.652	0.165	0.989
11:0....g								
12:0....g	0.690		1	1		0.773	0.196	1.173
13:0....g								
14:0....g	2.189		1	1		2.452	0.621	3.721
15:0....g								
16:0....g	5.331		1	1		5.971	1.511	9.063
17:0....g								
18:0....g	2.442		1	1		2.735	0.692	4.151
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.573		0	1		7.362	1.863	11.174
14:1....g								
15:1....g								

NDB No. 01026
Cheese, mozzarella, whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.597		1	1		0.669	0.169	1.015
17:1....g								
18:1 undifferentiated....g	5.649		1	1		6.327	1.601	9.603
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.765		0	1		0.857	0.217	1.301
18:2 undifferentiated....g	0.393		1	1		0.440	0.111	0.668
18:3 undifferentiated....g	0.372		1	1		0.417	0.105	0.632
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	78		0	1		88	22	133
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.271		0	4		0.304	0.077	0.461
Threonine....g	0.740		0	1		0.829	0.210	1.258
Isoleucine....g	0.931		0	1		1.043	0.264	1.583
Leucine....g	1.893		0	1		2.120	0.537	3.218
Lysine....g	1.972		0	1		2.209	0.559	3.352
Methionine....g	0.542		0	1		0.607	0.154	0.921
Cystine....g	0.116		0	1		0.130	0.033	0.197
Phenylalanine....g	1.014		0	1		1.136	0.287	1.724
Tyrosine....g	1.123		0	1		1.258	0.318	1.909
Valine....g	1.215		0	1		1.361	0.344	2.066
Arginine....g	0.834		0	1		0.934	0.236	1.418
Histidine....g	0.731		0	1		0.819	0.207	1.243
Alanine....g	0.594		0	1		0.665	0.168	1.010
Aspartic acid....g	1.406		0	1		1.575	0.399	2.390
Glutamic acid....g	4.545		0	1		5.090	1.289	7.727
Glycine....g	0.371		0	1		0.416	0.105	0.631
Proline....g	2.000		0	1		2.240	0.567	3.400
Serine....g	1.132		0	1		1.268	0.321	1.924
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 112.000g: 1 cup, shredded

Measure 2 = 28.350g: 1 oz

Measure 3 = 170.000g: 6 slices

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01027
Cheese, mozzarella, whole milk, low moisture

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	48.38		18	1		13.72	8.47	
Energy	kcal	318		0	4		90	56	
Energy	kj	1332			4		378	233	
Protein (N x 6.38)	g	21.60		0	1		6.12	3.78	
Total lipid (fat)	g	24.64	1.386	4	1		6.99	4.31	
Ash	g	2.91		0	1		0.82	0.51	
Carbohydrate, by difference	g	2.47		0	4		0.70	0.43	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	575		0	1		163	101	
Iron, Fe	mg	0.20		0	1		0.06	0.04	
Magnesium, Mg	mg	21		0	1		6	4	
Phosphorus, P	mg	412		0	1		117	72	
Potassium, K	mg	75		0	1		21	13	
Sodium, Na	mg	415		0	1		118	73	
Zinc, Zn	mg	2.46		0	1		0.70	0.43	
Copper, Cu	mg	0.022		0	1		0.006	0.004	
Manganese, Mn	mg	0.009		0	1		0.003	0.002	
Selenium, Se	mcg	16.1		0	4		4.6	2.8	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	1		0.0	0.0	
Thiamin	mg	0.016		0	1		0.005	0.003	
Riboflavin	mg	0.270		0	1		0.077	0.047	
Niacin	mg	0.094		0	1		0.027	0.016	
Pantothenic acid	mg	0.071		0	1		0.020	0.012	
Vitamin B-6	mg	0.062		0	1		0.018	0.011	
Folate, total	mcg	8		0	1		2	1	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	8		0	1		2	1	
Folate, DFE	mcg_DFE	8		0	4		2	1	
Vitamin B-12	mcg	0.73		0	1		0.21	0.13	
Vitamin A, IU	IU	904		0	1		256	158	
Vitamin A, RE	mcg_RE	274		0	1		78	48	
Vitamin E	mg_ATE	0.665		0	4		0.189	0.116	
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	15.561		0	1		4.412	2.723	
4:0	g	0.844		1	1		0.239	0.148	
6:0	g	0.177		1	1		0.050	0.031	
8:0	g	0.203		1	1		0.058	0.036	
10:0	g	0.412		1	1		0.117	0.072	
11:0	g								
12:0	g	0.255		1	1		0.072	0.045	
13:0	g								
14:0	g	2.683		1	1		0.761	0.470	
15:0	g								
16:0	g	7.491		1	1		2.124	1.311	
17:0	g								
18:0	g	2.880		1	1		0.816	0.504	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	7.027		0	1		1.992	1.230	
14:1	g								
15:1	g								

NDB No. 01027
Cheese, mozzarella, whole milk, low moisture

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.822		1	1		0.233	0.144	
17:1....g								
18:1 undifferentiated....g	5.925		1	1		1.680	1.037	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.778		0	1		0.221	0.136	
18:2 undifferentiated....g	0.566		1	1		0.160	0.099	
18:3 undifferentiated....g	0.212		1	1		0.060	0.037	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	89		0	1		25	16	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.302		0	4		0.086	0.053	
Threonine....g	0.823		0	1		0.233	0.144	
Isoleucine....g	1.036		0	1		0.294	0.181	
Leucine....g	2.106		0	1		0.597	0.369	
Lysine....g	2.194		0	1		0.622	0.384	
Methionine....g	0.603		0	1		0.171	0.106	
Cystine....g	0.129		0	1		0.037	0.023	
Phenylalanine....g	1.127		0	1		0.320	0.197	
Tyrosine....g	1.249		0	1		0.354	0.219	
Valine....g	1.351		0	1		0.383	0.236	
Arginine....g	0.928		0	1		0.263	0.162	
Histidine....g	0.813		0	1		0.230	0.142	
Alanine....g	0.660		0	1		0.187	0.116	
Aspartic acid....g	1.564		0	1		0.443	0.274	
Glutamic acid....g	5.055		0	1		1.433	0.885	
Glycine....g	0.413		0	1		0.117	0.072	
Proline....g	2.224		0	1		0.631	0.389	
Serine....g	1.259		0	1		0.357	0.220	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 17.500g: 1 cubic inch

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01028
Cheese, mozzarella, part skim milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	53.78	0.872	10	1		15.25		
Energy	kcal	254		0	4		72		
Energy	kj	1064			4		302		
Protein (N x 6.38)	g	24.26		0	1		6.88		
Total lipid (fat)	g	15.92	0.669	10	1		4.51		
Ash	g	3.27		0	1		0.93		
Carbohydrate, by difference	g	2.77		0	4		0.79		
Fiber, total dietary	g	0.0		0	4		0.0		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	646		0	1		183		
Iron, Fe	mg	0.22		0	1		0.06		
Magnesium, Mg	mg	23		0	1		7		
Phosphorus, P	mg	463		0	1		131		
Potassium, K	mg	84		0	1		24		
Sodium, Na	mg	466		0	1		132		
Zinc, Zn	mg	2.76		0	1		0.78		
Copper, Cu	mg	0.025		0	1		0.007		
Manganese, Mn	mg	0.010		0	1		0.003		
Selenium, Se	mcg	14.4		0	4		4.1		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	1		0.0		
Thiamin	mg	0.018		0	1		0.005		
Riboflavin	mg	0.303		0	1		0.086		
Niacin	mg	0.105		0	1		0.030		
Pantothenic acid	mg	0.079		0	1		0.022		
Vitamin B-6	mg	0.070		0	1		0.020		
Folate, total	mcg	9		0	1		2		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	9		0	1		2		
Folate, DFE	mcg_DFE	9		0	4		2		
Vitamin B-12	mcg	0.82		0	1		0.23		
Vitamin A, IU	IU	584		0	1		166		
Vitamin A, RE	mcg_RE	177		0	1		50		
Vitamin E	mg_ATE	0.430		0	4		0.122		
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	10.114		0	1		2.867		
4:0	g	0.516		1	1		0.146		
6:0	g	0.100	0.020	5	1		0.028		
8:0	g	0.117	0.027	5	1		0.033		
10:0	g	0.251	0.044	5	1		0.071		
11:0	g								
12:0	g	0.164	0.054	5	1		0.046		
13:0	g								
14:0	g	1.598	0.088	5	1		0.453		
15:0	g								
16:0	g	4.855	0.327	5	1		1.376		
17:0	g								
18:0	g	1.937	0.169	5	1		0.549		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	4.510		0	1		1.279		
14:1	g								
15:1	g								

NDB No. 01028
Cheese, mozzarella, part skim milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.440	0.059	5	1		0.125		
17:1....g								
18:1 undifferentiated....g	3.874	0.245	5	1		1.098		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.472		0	1		0.134		
18:2 undifferentiated....g	0.335	0.057	5	1		0.095		
18:3 undifferentiated....g	0.137	0.019	5	1		0.039		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	58		0	1		16		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.339		0	4		0.096		
Threonine....g	0.924		0	1		0.262		
Isoleucine....g	1.164		0	1		0.330		
Leucine....g	2.365		0	1		0.670		
Lysine....g	2.464		0	1		0.699		
Methionine....g	0.677		0	1		0.192		
Cystine....g	0.144		0	1		0.041		
Phenylalanine....g	1.266		0	1		0.359		
Tyrosine....g	1.403		0	1		0.398		
Valine....g	1.517		0	1		0.430		
Arginine....g	1.042		0	1		0.295		
Histidine....g	0.913		0	1		0.259		
Alanine....g	0.741		0	1		0.210		
Aspartic acid....g	1.757		0	1		0.498		
Glutamic acid....g	5.677		0	1		1.609		
Glycine....g	0.464		0	1		0.132		
Proline....g	2.498		0	1		0.708		
Serine....g	1.415		0	1		0.401		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01029
Cheese, mozzarella, part skim milk, low moisture

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	48.57	0.422	29	1		64.11	54.88	13.77
Energy....kcal	280		0	4		370	316	79
Energy....kj	1171			4		1546	1324	332
Protein (N x 6.38)....g	27.47	0.392	27	1		36.26	31.04	7.79
Total lipid (fat)....g	17.12	0.471	34	1		22.60	19.35	4.85
Ash....g	3.70	0.147	23	1		4.88	4.18	1.05
Carbohydrate, by difference....g	3.14		0	4		4.14	3.55	0.89
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	731	16.942	21	1		965	826	207
Iron, Fe....mg	0.25	0.030	6	1		0.33	0.28	0.07
Magnesium, Mg....mg	26	1.192	10	1		35	30	7
Phosphorus, P....mg	524	20.253	11	1		692	592	149
Potassium, K....mg	95	7.922	11	1		125	107	27
Sodium, Na....mg	528	54.925	11	1		697	596	150
Zinc, Zn....mg	3.13	0.080	4	1		4.13	3.54	0.89
Copper, Cu....mg	0.027		0	1		0.036	0.031	0.008
Manganese, Mn....mg	0.011		0	1		0.015	0.012	0.003
Selenium, Se....mcg	16.3	2.019	8	1		21.5	18.4	4.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.021	0.003	6	1		0.028	0.024	0.006
Riboflavin....mg	0.343	0.013	18	1		0.453	0.388	0.097
Niacin....mg	0.119	0.021	21	1		0.157	0.134	0.034
Pantothenic acid....mg	0.090		2	1		0.119	0.102	0.026
Vitamin B-6....mg	0.079	0.018	16	1		0.104	0.089	0.022
Folate, total....mcg	10	1.113	21	1		13	11	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	10	1.113	21	1		13	11	3
Folate, DFE....mcg_DFE	10		0	4		13	11	3
Vitamin B-12....mcg	0.93	0.124	8	1		1.22	1.05	0.26
Vitamin A, IU....IU	703		0	4		928	794	199
Vitamin A, RE....mcg_RE	191	8.755	5	1		252	216	54
Vitamin E....mg_ATE	0.462		0	4		0.610	0.522	0.131
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	10.877		0	1		14.358	12.291	3.084
4:0....g	0.555		1	1		0.733	0.627	0.157
6:0....g	0.107	0.022	5	1		0.141	0.121	0.030
8:0....g	0.125	0.028	5	1		0.165	0.141	0.035
10:0....g	0.270	0.047	5	1		0.356	0.305	0.077
11:0....g								
12:0....g	0.177	0.058	5	1		0.234	0.200	0.050
13:0....g								
14:0....g	1.719	0.078	5	1		2.269	1.942	0.487
15:0....g								
16:0....g	5.221	0.310	5	1		6.892	5.900	1.480
17:0....g								
18:0....g	2.083	0.169	5	1		2.750	2.354	0.591
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.850		0	1		6.402	5.481	1.375
14:1....g								
15:1....g								

NDB No. 01029
Cheese, mozzarella, part skim milk, low moisture

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.473	0.062	5	1		0.624	0.534	0.134
17:1....g								
18:1 undifferentiated....g	4.166	0.228	5	1		5.499	4.708	1.181
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.508		0	1		0.671	0.574	0.144
18:2 undifferentiated....g	0.360	0.060	5	1		0.475	0.407	0.102
18:3 undifferentiated....g	0.147	0.020	5	1		0.194	0.166	0.042
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	54	5.571	7	1		71	61	15
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.384		0	4		0.507	0.434	0.109
Threonine....g	1.046		0	1		1.381	1.182	0.297
Isoleucine....g	1.318		0	1		1.740	1.489	0.374
Leucine....g	2.678		0	1		3.535	3.026	0.759
Lysine....g	2.790		0	1		3.683	3.153	0.791
Methionine....g	0.766		0	1		1.011	0.866	0.217
Cystine....g	0.164		0	1		0.216	0.185	0.046
Phenylalanine....g	1.434		0	1		1.893	1.620	0.407
Tyrosine....g	1.589		0	1		2.097	1.796	0.450
Valine....g	1.718		0	1		2.268	1.941	0.487
Arginine....g	1.180		0	1		1.558	1.333	0.335
Histidine....g	1.033		0	1		1.364	1.167	0.293
Alanine....g	0.840		0	1		1.109	0.949	0.238
Aspartic acid....g	1.989		0	1		2.625	2.248	0.564
Glutamic acid....g	6.428		0	1		8.485	7.264	1.822
Glycine....g	0.525		0	1		0.693	0.593	0.149
Proline....g	2.829		0	1		3.734	3.197	0.802
Serine....g	1.602		0	1		2.115	1.810	0.454
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 113.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01030
Cheese, muenster

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	41.77	0.506	14	1		55.14	47.20	11.84
Energy....kcal	368		0	4		486	416	104
Energy....kj	1541			4		2034	1742	437
Protein (N x 6.38)....g	23.41	0.328	14	1		30.90	26.45	6.64
Total lipid (fat)....g	30.04	0.498	17	1		39.65	33.95	8.52
Ash....g	3.66	0.110	10	1		4.83	4.14	1.04
Carbohydrate, by difference....g	1.12		0	4		1.48	1.27	0.32
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	717	25.274	14	1		947	811	203
Iron, Fe....mg	0.41	0.063	5	1		0.54	0.46	0.12
Magnesium, Mg....mg	27	0.955	10	1		36	31	8
Phosphorus, P....mg	468	9.092	11	1		617	529	133
Potassium, K....mg	134	15.673	11	1		177	152	38
Sodium, Na....mg	628	27.405	11	1		829	709	178
Zinc, Zn....mg	2.81	0.066	4	1		3.71	3.18	0.80
Copper, Cu....mg	0.031		0	1		0.041	0.035	0.009
Manganese, Mn....mg	0.008		0	1		0.011	0.009	0.002
Selenium, Se....mcg	14.5		0	4		19.1	16.4	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.013	0.001	6	1		0.017	0.015	0.004
Riboflavin....mg	0.320	0.031	10	1		0.422	0.362	0.091
Niacin....mg	0.103	0.017	18	1		0.136	0.116	0.029
Pantothenic acid....mg	0.190		1	1		0.251	0.215	0.054
Vitamin B-6....mg	0.056	0.007	15	1		0.074	0.063	0.016
Folate, total....mcg	12	1.680	25	1		16	14	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	12	1.680	25	1		16	14	3
Folate, DFE....mcg_DFE	12		0	4		16	14	3
Vitamin B-12....mcg	1.47	0.092	19	1		1.94	1.66	0.42
Vitamin A, IU....IU	1120	58.387	10	1		1478	1266	318
Vitamin A, RE....mcg_RE	316	16.890	6	1		417	357	90
Vitamin E....mg_ATE	0.465		0	1		0.614	0.525	0.132
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.113		0	1		25.229	21.598	5.419
4:0....g	1.042	0.113	6	1		1.375	1.177	0.295
6:0....g	0.243	0.019	6	1		0.321	0.275	0.069
8:0....g	0.275	0.031	6	1		0.363	0.311	0.078
10:0....g	0.586	0.032	6	1		0.774	0.662	0.166
11:0....g								
12:0....g	0.367	0.021	6	1		0.484	0.415	0.104
13:0....g								
14:0....g	3.072	0.085	6	1		4.055	3.471	0.871
15:0....g								
16:0....g	9.218	0.219	6	1		12.168	10.416	2.613
17:0....g								
18:0....g	3.569	0.091	6	1		4.711	4.033	1.012
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.711		0	1		11.499	9.843	2.470
14:1....g								
15:1....g								

NDB No. 01030
Cheese, muenster

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.973	0.049	6	1		1.284	1.099	0.276
17:1....g								
18:1 undifferentiated....g	7.338	0.182	6	1		9.686	8.292	2.080
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.661		0	1		0.873	0.747	0.187
18:2 undifferentiated....g	0.431	0.027	6	1		0.569	0.487	0.122
18:3 undifferentiated....g	0.230	0.015	6	1		0.304	0.260	0.065
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	96	3.402	4	1		126	108	27
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.327		0	1		0.432	0.370	0.093
Threonine....g	0.888		0	1		1.172	1.003	0.252
Isoleucine....g	1.145		0	1		1.511	1.294	0.325
Leucine....g	2.260		0	1		2.983	2.554	0.641
Lysine....g	2.139		0	1		2.823	2.417	0.606
Methionine....g	0.569		0	1		0.751	0.643	0.161
Cystine....g	0.132		0	1		0.174	0.149	0.037
Phenylalanine....g	1.240		0	1		1.637	1.401	0.352
Tyrosine....g	1.123		0	1		1.482	1.269	0.318
Valine....g	1.482		0	1		1.956	1.675	0.420
Arginine....g	0.881		0	1		1.163	0.996	0.250
Histidine....g	0.829		0	1		1.094	0.937	0.235
Alanine....g	0.675		0	1		0.891	0.763	0.191
Aspartic acid....g	1.600		0	1		2.112	1.808	0.454
Glutamic acid....g	5.555		0	1		7.333	6.277	1.575
Glycine....g	0.440		0	1		0.581	0.497	0.125
Proline....g	2.594		0	1		3.424	2.931	0.735
Serine....g	1.299		0	1		1.715	1.468	0.368
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 113.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01031
Cheese, neufchatel

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	62.21	0.514	13	1		17.64	52.88	
Energy....kcal	260		0	4		74	221	
Energy....kj	1087			4		308	924	
Protein (N x 6.38)....g	9.96	0.530	12	1		2.82	8.47	
Total lipid (fat)....g	23.43	0.226	12	1		6.64	19.92	
Ash....g	1.46	0.046	12	1		0.41	1.24	
Carbohydrate, by difference....g	2.94		0	4		0.83	2.50	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	75	1.800	11	1		21	64	
Iron, Fe....mg	0.28	0.041	5	1		0.08	0.24	
Magnesium, Mg....mg	8	0.369	11	1		2	6	
Phosphorus, P....mg	136	5.694	11	1		39	116	
Potassium, K....mg	114	14.014	11	1		32	97	
Sodium, Na....mg	399	20.208	12	1		113	339	
Zinc, Zn....mg	0.52	0.034	5	1		0.15	0.44	
Copper, Cu....mg	0.016		0	1		0.005	0.014	
Manganese, Mn....mg	0.004		0	1		0.001	0.003	
Selenium, Se....mcg	3.0		0	4		0.9	2.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.015	0.001	5	1		0.004	0.013	
Riboflavin....mg	0.195	0.013	12	1		0.055	0.166	
Niacin....mg	0.126	0.013	19	1		0.036	0.107	
Pantothenic acid....mg	0.566	0.025	5	1		0.160	0.481	
Vitamin B-6....mg	0.041	0.005	11	1		0.012	0.035	
Folate, total....mcg	11	0.777	13	1		3	10	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	11	0.777	13	1		3	10	
Folate, DFE....mcg_DFE	11		0	4		3	10	
Vitamin B-12....mcg	0.26	0.017	10	1		0.07	0.22	
Vitamin A, IU....IU	1134	61.212	11	1		321	964	
Vitamin A, RE....mcg_RE	300		0	4		85	255	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.797		0	1		4.195	12.577	
4:0....g	0.609	0.067	6	1		0.173	0.518	
6:0....g	0.210	0.009	6	1		0.060	0.179	
8:0....g	0.215	0.009	6	1		0.061	0.183	
10:0....g	0.435	0.016	6	1		0.123	0.370	
11:0....g								
12:0....g	0.286	0.009	6	1		0.081	0.243	
13:0....g								
14:0....g	2.352	0.046	6	1		0.667	1.999	
15:0....g								
16:0....g	6.877	0.093	6	1		1.950	5.845	
17:0....g								
18:0....g	2.985	0.103	6	1		0.846	2.537	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.772		0	1		1.920	5.756	
14:1....g								
15:1....g								

NDB No. 01031
Cheese, neufchatel

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.737	0.030	6	1		0.209	0.626	
17:1....g								
18:1 undifferentiated....g	5.656	0.107	6	1		1.603	4.808	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.650		0	1		0.184	0.553	
18:2 undifferentiated....g	0.448	0.021	6	1		0.127	0.381	
18:3 undifferentiated....g	0.202	0.011	6	1		0.057	0.172	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	76		0	1		22	65	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.089		0	1		0.025	0.076	
Threonine....g	0.423		0	1		0.120	0.360	
Isoleucine....g	0.526		0	1		0.149	0.447	
Leucine....g	0.965		0	1		0.274	0.820	
Lysine....g	0.891		0	1		0.253	0.757	
Methionine....g	0.239		0	1		0.068	0.203	
Cystine....g	0.087		0	1		0.025	0.074	
Phenylalanine....g	0.553		0	1		0.157	0.470	
Tyrosine....g	0.475		0	1		0.135	0.404	
Valine....g	0.584		0	1		0.166	0.496	
Arginine....g	0.378		0	1		0.107	0.321	
Histidine....g	0.357		0	1		0.101	0.303	
Alanine....g	0.303		0	1		0.086	0.258	
Aspartic acid....g	0.703		0	1		0.199	0.598	
Glutamic acid....g	2.261		0	1		0.641	1.922	
Glycine....g	0.197		0	1		0.056	0.167	
Proline....g	0.909		0	1		0.258	0.773	
Serine....g	0.525		0	1		0.149	0.446	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 85.000g: 1 package (3 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01032
Cheese, parmesan, grated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	17.66	1.268	14	1		17.66	0.88	5.01
Energy....kcal	456		0	4		456	23	129
Energy....kj	1907			4		1907	95	541
Protein (N x 6.38)....g	41.56	0.922	13	1		41.56	2.08	11.78
Total lipid (fat)....g	30.02	0.844	24	1		30.02	1.50	8.51
Ash....g	7.02	0.365	8	1		7.02	0.35	1.99
Carbohydrate, by difference....g	3.74		0	4		3.74	0.19	1.06
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1376	34.537	23	1		1376	69	390
Iron, Fe....mg	0.95	0.225	4	1		0.95	0.05	0.27
Magnesium, Mg....mg	51	1.014	4	1		51	3	14
Phosphorus, P....mg	807	24.406	19	1		807	40	229
Potassium, K....mg	107	6.932	4	1		107	5	30
Sodium, Na....mg	1862	296.615	4	1		1862	93	528
Zinc, Zn....mg	3.19	0.050	4	1		3.19	0.16	0.90
Copper, Cu....mg	0.037		0	1		0.037	0.002	0.010
Manganese, Mn....mg	0.023		0	1		0.023	0.001	0.007
Selenium, Se....mcg	26.2	1.648	7	1		26.2	1.3	7.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.045		1	1		0.045	0.002	0.013
Riboflavin....mg	0.386	0.019	4	1		0.386	0.019	0.109
Niacin....mg	0.315	0.054	12	1		0.315	0.016	0.089
Pantothenic acid....mg	0.527		1	1		0.527	0.026	0.149
Vitamin B-6....mg	0.105	0.004	15	1		0.105	0.005	0.030
Folate, total....mcg	8	0.856	20	1		8	0	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	8	0.856	20	1		8	0	2
Folate, DFE....mcg_DFE	8		0	4		8	0	2
Vitamin B-12....mcg	1.40		0	4		1.40	0.07	0.40
Vitamin A, IU....IU	701	61.390	4	1		701	35	199
Vitamin A, RE....mcg_RE	173		0	4		173	9	49
Vitamin E....mg_ATE	0.800		0	1		0.800	0.040	0.227
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.072		0	1		19.072	0.954	5.407
4:0....g	1.510		1	1		1.510	0.076	0.428
6:0....g	0.565		1	1		0.565	0.028	0.160
8:0....g	0.302		1	1		0.302	0.015	0.086
10:0....g	0.753		1	1		0.753	0.038	0.213
11:0....g								
12:0....g	1.015		1	1		1.015	0.051	0.288
13:0....g								
14:0....g	3.383		1	1		3.383	0.169	0.959
15:0....g								
16:0....g	8.096		1	1		8.096	0.405	2.295
17:0....g								
18:0....g	2.675		1	1		2.675	0.134	0.758
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.734		0	1		8.734	0.437	2.476
14:1....g								
15:1....g								

NDB No. 01032
Cheese, parmesan, grated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.458		1	1		0.458	0.023	0.130
17:1....g								
18:1 undifferentiated....g	7.736		1	1		7.736	0.387	2.193
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.661		0	1		0.661	0.033	0.187
18:2 undifferentiated....g	0.316		1	1		0.316	0.016	0.090
18:3 undifferentiated....g	0.345		1	1		0.345	0.017	0.098
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	79	3.484	4	1		79	4	22
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.560		0	1		0.560	0.028	0.159
Threonine....g	1.531		0	1		1.531	0.077	0.434
Isoleucine....g	2.202		0	1		2.202	0.110	0.624
Leucine....g	4.013		0	1		4.013	0.201	1.138
Lysine....g	3.843		0	1		3.843	0.192	1.089
Methionine....g	1.114		0	1		1.114	0.056	0.316
Cystine....g	0.274		0	1		0.274	0.014	0.078
Phenylalanine....g	2.234		0	1		2.234	0.112	0.633
Tyrosine....g	2.319		0	1		2.319	0.116	0.657
Valine....g	2.853		0	1		2.853	0.143	0.809
Arginine....g	1.531		0	1		1.531	0.077	0.434
Histidine....g	1.609		0	1		1.609	0.080	0.456
Alanine....g	1.218		0	1		1.218	0.061	0.345
Aspartic acid....g	2.599		0	1		2.599	0.130	0.737
Glutamic acid....g	9.543		0	1		9.543	0.477	2.705
Glycine....g	0.723		0	1		0.723	0.036	0.205
Proline....g	4.860		0	1		4.860	0.243	1.378
Serine....g	2.404		0	1		2.404	0.120	0.682
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 100.000g: 1 cup

Measure 2 = 5.000g: 1 tbsp

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01033
Cheese, parmesan, hard

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	29.16	0.623	10	1		8.27	3.00	41.41
Energy....kcal	392		0	4		111	40	557
Energy....kj	1641			4		465	169	2330
Protein (N x 6.38)....g	35.75	0.793	13	1		10.14	3.68	50.77
Total lipid (fat)....g	25.83	0.726	24	1		7.32	2.66	36.68
Ash....g	6.04	0.314	8	1		1.71	0.62	8.58
Carbohydrate, by difference....g	3.22		0	4		0.91	0.33	4.57
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1184	29.713	23	1		336	122	1681
Iron, Fe....mg	0.82	0.193	4	1		0.23	0.08	1.16
Magnesium, Mg....mg	44	0.872	4	1		12	5	62
Phosphorus, P....mg	694	20.997	19	1		197	72	986
Potassium, K....mg	92	5.964	4	1		26	9	131
Sodium, Na....mg	1602	255.188	4	1		454	165	2274
Zinc, Zn....mg	2.75	0.043	4	1		0.78	0.28	3.91
Copper, Cu....mg	0.032		0	1		0.009	0.003	0.045
Manganese, Mn....mg	0.020		0	1		0.006	0.002	0.028
Selenium, Se....mcg	22.5		0	4		6.4	2.3	32.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.039		1	1		0.011	0.004	0.055
Riboflavin....mg	0.332	0.016	4	1		0.094	0.034	0.471
Niacin....mg	0.271	0.047	12	1		0.077	0.028	0.385
Pantothenic acid....mg	0.453		1	1		0.128	0.047	0.643
Vitamin B-6....mg	0.091	0.003	15	1		0.026	0.009	0.129
Folate, total....mcg	7	0.737	20	1		2	1	10
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	7	0.737	20	1		2	1	10
Folate, DFE....mcg_DFE	7		0	4		2	1	10
Vitamin B-12....mcg	1.20		0	4		0.34	0.12	1.70
Vitamin A, IU....IU	603	52.821	4	1		171	62	856
Vitamin A, RE....mcg_RE	149		0	4		42	15	212
Vitamin E....mg_ATE	0.800		0	4		0.227	0.082	1.136
Vitamin D....IU	28.000		0	4		7.938	2.884	39.760
Lipids:								
Fatty acids, total saturated....g	16.410		0	1		4.652	1.690	23.302
4:0....g	1.299		1	1		0.368	0.134	1.845
6:0....g	0.487		1	1		0.138	0.050	0.692
8:0....g	0.260		1	1		0.074	0.027	0.369
10:0....g	0.648		1	1		0.184	0.067	0.920
11:0....g								
12:0....g	0.873		1	1		0.247	0.090	1.240
13:0....g								
14:0....g	2.911		1	1		0.825	0.300	4.134
15:0....g								
16:0....g	6.966		1	1		1.975	0.717	9.892
17:0....g								
18:0....g	2.301		1	1		0.652	0.237	3.267
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.515		0	1		2.131	0.774	10.671
14:1....g								
15:1....g								

NDB No. 01033
Cheese, parmesan, hard

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.394		1	1		0.112	0.041	0.559
17:1....g								
18:1 undifferentiated....g	6.656		1	1		1.887	0.686	9.452
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.569		0	1		0.161	0.059	0.808
18:2 undifferentiated....g	0.272		1	1		0.077	0.028	0.386
18:3 undifferentiated....g	0.297		1	1		0.084	0.031	0.422
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	68	2.998	4	1		19	7	96
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.482		0	1		0.137	0.050	0.684
Threonine....g	1.317		0	1		0.373	0.136	1.870
Isoleucine....g	1.894		0	1		0.537	0.195	2.689
Leucine....g	3.452		0	1		0.979	0.356	4.902
Lysine....g	3.306		0	1		0.937	0.341	4.695
Methionine....g	0.958		0	1		0.272	0.099	1.360
Cystine....g	0.235		0	1		0.067	0.024	0.334
Phenylalanine....g	1.922		0	1		0.545	0.198	2.729
Tyrosine....g	1.995		0	1		0.566	0.205	2.833
Valine....g	2.454		0	1		0.696	0.253	3.485
Arginine....g	1.317		0	1		0.373	0.136	1.870
Histidine....g	1.384		0	1		0.392	0.143	1.965
Alanine....g	1.048		0	1		0.297	0.108	1.488
Aspartic acid....g	2.236		0	1		0.634	0.230	3.175
Glutamic acid....g	8.209		0	1		2.327	0.846	11.657
Glycine....g	0.622		0	1		0.176	0.064	0.883
Proline....g	4.180		0	1		1.185	0.431	5.936
Serine....g	2.068		0	1		0.586	0.213	2.937
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 10.300g: 1 cubic inch

Measure 3 = 142.000g: 5 package (5 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01034
Cheese, port de salut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	45.45	0.353	13	1		59.99	51.36	12.89
Energy....kcal	352		0	4		464	397	100
Energy....kj	1471			4		1942	1662	417
Protein (N x 6.38)....g	23.78	0.246	9	1		31.39	26.87	6.74
Total lipid (fat)....g	28.20		1	1		37.22	31.87	7.99
Ash....g	2.00		0	1		2.64	2.26	0.57
Carbohydrate, by difference....g	0.57		0	4		0.75	0.64	0.16
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	650		4	1		858	734	184
Iron, Fe....mg	0.43		0	4		0.57	0.49	0.12
Magnesium, Mg....mg	24		0	4		32	27	7
Phosphorus, P....mg	360		4	1		475	407	102
Potassium, K....mg	136		0	4		179	153	38
Sodium, Na....mg	534		0	1		705	603	151
Zinc, Zn....mg	2.60		0	4		3.43	2.94	0.74
Copper, Cu....mg	0.022		0	1		0.029	0.025	0.006
Manganese, Mn....mg	0.011		0	1		0.015	0.012	0.003
Selenium, Se....mcg	14.5		0	4		19.1	16.4	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.014		0	4		0.018	0.016	0.004
Riboflavin....mg	0.240		2	1		0.317	0.271	0.068
Niacin....mg	0.060	0.008	10	1		0.079	0.068	0.017
Pantothenic acid....mg	0.210		1	1		0.277	0.237	0.060
Vitamin B-6....mg								
Folate, total....mcg	18	1.835	19	1		24	21	5
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	18	1.835	19	1		24	21	5
Folate, DFE....mcg_DFE	18		0	4		24	21	5
Vitamin B-12....mcg	1.50	0.171	11	1		1.98	1.70	0.43
Vitamin A, IU....IU	1333		1	1		1760	1506	378
Vitamin A, RE....mcg_RE	372		0	4		491	420	105
Vitamin E....mg_ATE	0.500		0	1		0.660	0.565	0.142
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	16.691		0	1		22.032	18.861	4.732
4:0....g	1.027		1	1		1.356	1.161	0.291
6:0....g	0.556		1	1		0.734	0.628	0.158
8:0....g	0.336		1	1		0.444	0.380	0.095
10:0....g	0.681		1	1		0.899	0.770	0.193
11:0....g								
12:0....g	0.768		1	1		1.014	0.868	0.218
13:0....g								
14:0....g	2.724		1	1		3.596	3.078	0.772
15:0....g								
16:0....g	6.638		1	1		8.762	7.501	1.882
17:0....g								
18:0....g	3.350		1	1		4.422	3.786	0.950
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.338		0	1		12.326	10.552	2.647
14:1....g								
15:1....g								

NDB No. 01034
Cheese, port de salut

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.833		1	1		1.100	0.941	0.236
17:1....g								
18:1 undifferentiated....g	8.051		1	1		10.627	9.098	2.282
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.729		0	1		0.962	0.824	0.207
18:2 undifferentiated....g	0.378		1	1		0.499	0.427	0.107
18:3 undifferentiated....g	0.351		1	1		0.463	0.397	0.100
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	123		1	1		162	139	35
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.343		0	1		0.453	0.388	0.097
Threonine....g	0.876		0	1		1.156	0.990	0.248
Isoleucine....g	1.446		0	1		1.909	1.634	0.410
Leucine....g	2.482		0	1		3.276	2.805	0.704
Lysine....g	1.987		0	1		2.623	2.245	0.563
Methionine....g	0.734		0	1		0.969	0.829	0.208
Cystine....g	0.134		0	4		0.177	0.151	0.038
Phenylalanine....g	1.323		0	1		1.746	1.495	0.375
Tyrosine....g	1.420		0	1		1.874	1.605	0.403
Valine....g	1.707		0	1		2.253	1.929	0.484
Arginine....g	0.827		0	1		1.092	0.935	0.234
Histidine....g	0.686		0	1		0.906	0.775	0.194
Alanine....g	0.790		0	1		1.043	0.893	0.224
Aspartic acid....g	1.752		0	1		2.313	1.980	0.497
Glutamic acid....g	5.349		0	1		7.061	6.044	1.516
Glycine....g	0.485		0	1		0.640	0.548	0.137
Proline....g	2.892		0	1		3.817	3.268	0.820
Serine....g	1.357		0	1		1.791	1.533	0.385
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 113.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01035
Cheese, provolone

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	40.95	0.661	21	1		54.05	11.61	6.96
Energy....kcal	351		0	4		464	100	60
Energy....kj	1471			4		1941	417	250
Protein (N x 6.38)....g	25.58	0.349	16	1		33.77	7.25	4.35
Total lipid (fat)....g	26.62	0.341	24	1		35.14	7.55	4.53
Ash....g	4.71	0.155	14	1		6.22	1.34	0.80
Carbohydrate, by difference....g	2.14		0	4		2.82	0.61	0.36
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	756	17.043	18	1		998	214	129
Iron, Fe....mg	0.52	0.065	5	1		0.69	0.15	0.09
Magnesium, Mg....mg	28	0.776	13	1		36	8	5
Phosphorus, P....mg	496	16.404	13	1		655	141	84
Potassium, K....mg	138	12.835	11	1		183	39	24
Sodium, Na....mg	876	50.221	12	1		1156	248	149
Zinc, Zn....mg	3.23	0.170	5	1		4.26	0.92	0.55
Copper, Cu....mg	0.026		0	1		0.034	0.007	0.004
Manganese, Mn....mg	0.010		0	1		0.013	0.003	0.002
Selenium, Se....mcg	14.5		0	4		19.1	4.1	2.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.019	0.004	9	1		0.025	0.005	0.003
Riboflavin....mg	0.321	0.015	13	1		0.424	0.091	0.055
Niacin....mg	0.156	0.023	18	1		0.206	0.044	0.027
Pantothenic acid....mg	0.476	0.154	6	1		0.628	0.135	0.081
Vitamin B-6....mg	0.073	0.006	28	1		0.096	0.021	0.012
Folate, total....mcg	10	1.110	15	1		14	3	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	10	1.110	15	1		14	3	2
Folate, DFE....mcg_DFE	10		0	4		14	3	2
Vitamin B-12....mcg	1.46	0.136	8	1		1.93	0.41	0.25
Vitamin A, IU....IU	815	57.496	12	1		1076	231	139
Vitamin A, RE....mcg_RE	264	15.600	8	1		348	75	45
Vitamin E....mg_ATE	0.350		0	1		0.462	0.099	0.060
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	17.078		0	1		22.543	4.842	2.903
4:0....g	0.981		2	1		1.295	0.278	0.167
6:0....g	0.370		2	1		0.488	0.105	0.063
8:0....g	0.256	0.022	10	1		0.338	0.073	0.044
10:0....g	0.482	0.034	10	1		0.636	0.137	0.082
11:0....g								
12:0....g	0.355	0.061	10	1		0.469	0.101	0.060
13:0....g								
14:0....g	2.748	0.084	10	1		3.627	0.779	0.467
15:0....g								
16:0....g	8.159	0.190	10	1		10.770	2.313	1.387
17:0....g								
18:0....g	3.063	0.121	10	1		4.043	0.868	0.521
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.393		0	1		9.759	2.096	1.257
14:1....g								
15:1....g								

NDB No. 01035
Cheese, provolone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.878	0.064	10	1		1.159	0.249	0.149
17:1....g								
18:1 undifferentiated....g	6.164	0.174	10	1		8.136	1.747	1.048
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.769		0	1		1.015	0.218	0.131
18:2 undifferentiated....g	0.494	0.050	10	1		0.652	0.140	0.084
18:3 undifferentiated....g	0.275	0.022	10	1		0.363	0.078	0.047
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	69	4.603	4	1		91	20	12
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.345		0	4		0.455	0.098	0.059
Threonine....g	0.982		0	1		1.296	0.278	0.167
Isoleucine....g	1.091		0	1		1.440	0.309	0.185
Leucine....g	2.297		0	1		3.032	0.651	0.390
Lysine....g	2.646		0	1		3.493	0.750	0.450
Methionine....g	0.686		0	1		0.906	0.194	0.117
Cystine....g	0.116		0	1		0.153	0.033	0.020
Phenylalanine....g	1.287		0	1		1.699	0.365	0.219
Tyrosine....g	1.520		0	1		2.006	0.431	0.258
Valine....g	1.640		0	1		2.165	0.465	0.279
Arginine....g	1.022		0	1		1.349	0.290	0.174
Histidine....g	1.115		0	1		1.472	0.316	0.190
Alanine....g	0.706		0	1		0.932	0.200	0.120
Aspartic acid....g	1.744		0	1		2.302	0.494	0.296
Glutamic acid....g	6.235		0	1		8.230	1.768	1.060
Glycine....g	0.433		0	1		0.572	0.123	0.074
Proline....g	2.766		0	1		3.651	0.784	0.470
Serine....g	1.471		0	1		1.942	0.417	0.250
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 28.350g: 1 oz

Measure 3 = 17.000g: 1 cubic inch

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01036
Cheese, ricotta, whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	71.70	1.224	9	1		176.38	88.91	
Energy....kcal	174		0	4		428	216	
Energy....kj	728			4		1790	902	
Protein (N x 6.38)....g	11.26	0.630	9	1		27.70	13.96	
Total lipid (fat)....g	12.98	0.761	9	1		31.93	16.10	
Ash....g	1.02	0.124	6	1		2.51	1.26	
Carbohydrate, by difference....g	3.04		0	4		7.48	3.77	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	207	37.765	4	1		509	257	
Iron, Fe....mg	0.38		0	1		0.93	0.47	
Magnesium, Mg....mg	11	0.901	4	1		28	14	
Phosphorus, P....mg	158	27.395	4	1		389	196	
Potassium, K....mg	105	12.944	4	1		257	130	
Sodium, Na....mg	84	29.332	4	1		207	104	
Zinc, Zn....mg	1.16		0	1		2.85	1.44	
Copper, Cu....mg	0.021		0	1		0.052	0.026	
Manganese, Mn....mg	0.006		0	1		0.015	0.007	
Selenium, Se....mcg	14.5		0	4		35.7	18.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.013	0.002	4	1		0.032	0.016	
Riboflavin....mg	0.195	0.017	4	1		0.480	0.242	
Niacin....mg	0.104	0.020	4	1		0.256	0.129	
Pantothenic acid....mg	0.213		0	4		0.524	0.264	
Vitamin B-6....mg	0.043	0.019	4	1		0.106	0.053	
Folate, total....mcg	12		0	4		30	15	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	12		0	4		30	15	
Folate, DFE....mcg_DFE	12		0	4		30	15	
Vitamin B-12....mcg	0.34	0.061	4	1		0.83	0.42	
Vitamin A, IU....IU	490	72.434	4	1		1205	608	
Vitamin A, RE....mcg_RE	134	18.457	4	1		330	166	
Vitamin E....mg_ATE	0.350		0	4		0.861	0.434	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.295		0	1		20.406	10.286	
4:0....g	0.574	0.200	4	1		1.412	0.712	
6:0....g	0.093	0.008	4	1		0.229	0.115	
8:0....g	0.119	0.008	4	1		0.293	0.148	
10:0....g	0.229	0.020	4	1		0.563	0.284	
11:0....g								
12:0....g	0.158	0.020	4	1		0.389	0.196	
13:0....g								
14:0....g	1.364	0.090	4	1		3.355	1.691	
15:0....g								
16:0....g	4.057	0.274	4	1		9.980	5.031	
17:0....g								
18:0....g	1.281	0.104	4	1		3.151	1.588	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.627		0	1		8.922	4.497	
14:1....g								
15:1....g								

NDB No. 01036
Cheese, ricotta, whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.532	0.077	4	1		1.309	0.660	
17:1....g								
18:1 undifferentiated....g	2.872	0.225	4	1		7.065	3.561	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.385		0	1		0.947	0.477	
18:2 undifferentiated....g	0.273	0.038	4	1		0.672	0.339	
18:3 undifferentiated....g	0.112	0.022	4	1		0.276	0.139	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	51		0	1		124	63	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.125		0	4		0.308	0.155	
Threonine....g	0.517		0	1		1.272	0.641	
Isoleucine....g	0.589		0	1		1.449	0.730	
Leucine....g	1.221		0	1		3.004	1.514	
Lysine....g	1.338		0	1		3.291	1.659	
Methionine....g	0.281		0	1		0.691	0.348	
Cystine....g	0.099		0	1		0.244	0.123	
Phenylalanine....g	0.556		0	1		1.368	0.689	
Tyrosine....g	0.589		0	1		1.449	0.730	
Valine....g	0.692		0	1		1.702	0.858	
Arginine....g	0.632		0	1		1.555	0.784	
Histidine....g	0.459		0	1		1.129	0.569	
Alanine....g	0.499		0	1		1.228	0.619	
Aspartic acid....g	0.995		0	1		2.448	1.234	
Glutamic acid....g	2.446		0	1		6.017	3.033	
Glycine....g	0.295		0	1		0.726	0.366	
Proline....g	1.066		0	1		2.622	1.322	
Serine....g	0.575		0	1		1.415	0.713	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 124.000g: .5 cup

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01037
Cheese, ricotta, part skim milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.41	0.891	12	1		183.05	21.10	92.27
Energy....kcal	138		0	4		340	39	171
Energy....kj	578			4		1421	164	716
Protein (N x 6.38)....g	11.39	0.767	9	1		28.02	3.23	14.12
Total lipid (fat)....g	7.91	0.612	12	1		19.46	2.24	9.81
Ash....g	1.15	0.098	7	1		2.83	0.33	1.43
Carbohydrate, by difference....g	5.14		0	4		12.64	1.46	6.37
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	272	28.960	8	1		669	77	337
Iron, Fe....mg	0.44		2	1		1.08	0.12	0.55
Magnesium, Mg....mg	15	1.325	8	1		36	4	18
Phosphorus, P....mg	183	18.455	8	1		449	52	226
Potassium, K....mg	125	9.806	8	1		308	35	155
Sodium, Na....mg	125	27.243	8	1		307	35	155
Zinc, Zn....mg	1.34		2	1		3.30	0.38	1.66
Copper, Cu....mg	0.034		0	1		0.084	0.010	0.042
Manganese, Mn....mg	0.010		0	1		0.025	0.003	0.012
Selenium, Se....mcg	16.7		0	4		41.1	4.7	20.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.021	0.003	7	1		0.052	0.006	0.026
Riboflavin....mg	0.185	0.013	7	1		0.455	0.052	0.229
Niacin....mg	0.078	0.014	6	1		0.192	0.022	0.097
Pantothenic acid....mg	0.242		0	4		0.595	0.069	0.300
Vitamin B-6....mg	0.020	0.002	6	1		0.049	0.006	0.025
Folate, total....mcg	13		0	4		32	4	16
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	13		0	4		32	4	16
Folate, DFE....mcg_DFE	13		0	4		32	4	16
Vitamin B-12....mcg	0.29	0.038	5	1		0.72	0.08	0.36
Vitamin A, IU....IU	432	48.649	6	1		1063	122	536
Vitamin A, RE....mcg_RE	113	11.407	6	1		278	32	140
Vitamin E....mg_ATE	0.214		0	4		0.526	0.061	0.265
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.927		0	1		12.120	1.397	6.109
4:0....g	0.254		1	1		0.625	0.072	0.315
6:0....g	0.065		2	1		0.160	0.018	0.081
8:0....g	0.073	0.007	6	1		0.180	0.021	0.091
10:0....g	0.151	0.017	7	1		0.371	0.043	0.187
11:0....g								
12:0....g	0.105	0.020	7	1		0.258	0.030	0.130
13:0....g								
14:0....g	0.808	0.063	7	1		1.988	0.229	1.002
15:0....g								
16:0....g	2.442	0.197	7	1		6.007	0.692	3.028
17:0....g								
18:0....g	0.866	0.069	7	1		2.130	0.246	1.074
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.314		0	1		5.692	0.656	2.869
14:1....g								
15:1....g								

NDB No. 01037
Cheese, ricotta, part skim milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.277	0.031	7	1		0.681	0.079	0.343
17:1....g								
18:1 undifferentiated....g	1.920	0.152	7	1		4.723	0.544	2.381
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.260		0	1		0.640	0.074	0.322
18:2 undifferentiated....g	0.190	0.018	7	1		0.467	0.054	0.236
18:3 undifferentiated....g	0.070	0.009	6	1		0.172	0.020	0.087
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	31		0	1		76	9	38
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.127		0	4		0.312	0.036	0.157
Threonine....g	0.523		0	1		1.287	0.148	0.649
Isoleucine....g	0.596		0	1		1.466	0.169	0.739
Leucine....g	1.235		0	1		3.038	0.350	1.531
Lysine....g	1.353		0	1		3.328	0.384	1.678
Methionine....g	0.284		0	1		0.699	0.081	0.352
Cystine....g	0.100		0	1		0.246	0.028	0.124
Phenylalanine....g	0.562		0	1		1.383	0.159	0.697
Tyrosine....g	0.596		0	1		1.466	0.169	0.739
Valine....g	0.700		0	1		1.722	0.198	0.868
Arginine....g	0.639		0	1		1.572	0.181	0.792
Histidine....g	0.464		0	1		1.141	0.132	0.575
Alanine....g	0.505		0	1		1.242	0.143	0.626
Aspartic acid....g	1.007		0	1		2.477	0.285	1.249
Glutamic acid....g	2.474		0	1		6.086	0.701	3.068
Glycine....g	0.298		0	1		0.733	0.084	0.370
Proline....g	1.078		0	1		2.652	0.306	1.337
Serine....g	0.582		0	1		1.432	0.165	0.722
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 28.350g: 1 oz

Measure 3 = 124.000g: .5 cup

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01038
Cheese, romano

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	30.91	0.410	47	1		8.76	43.89	
Energy....kcal	387		0	4		110	549	
Energy....kj	1618			4		459	2297	
Protein (N x 6.38)....g	31.80	1.404	11	1		9.02	45.16	
Total lipid (fat)....g	26.94	0.969	7	1		7.64	38.25	
Ash....g	6.72	0.670	8	1		1.91	9.54	
Carbohydrate, by difference....g	3.63		0	4		1.03	5.15	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1064	64.972	6	1		302	1511	
Iron, Fe....mg	0.77		0	4		0.22	1.09	
Magnesium, Mg....mg	41		0	4		12	58	
Phosphorus, P....mg	760		2	1		215	1079	
Potassium, K....mg	86		0	4		24	123	
Sodium, Na....mg	1200		1	1		340	1704	
Zinc, Zn....mg	2.58		0	4		0.73	3.66	
Copper, Cu....mg	0.030		0	1		0.009	0.043	
Manganese, Mn....mg	0.020		0	1		0.006	0.028	
Selenium, Se....mcg	14.5		0	4		4.1	20.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.037		0	4		0.010	0.053	
Riboflavin....mg	0.370	0.009	4	1		0.105	0.525	
Niacin....mg	0.077	0.017	10	1		0.022	0.109	
Pantothenic acid....mg	0.424		0	4		0.120	0.602	
Vitamin B-6....mg	0.085		0	4		0.024	0.121	
Folate, total....mcg	7	1.000	24	1		2	10	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	7	1.000	24	1		2	10	
Folate, DFE....mcg_DFE	7		0	4		2	10	
Vitamin B-12....mcg	1.12		0	4		0.32	1.60	
Vitamin A, IU....IU	571	47.538	4	1		162	811	
Vitamin A, RE....mcg_RE	141		0	4		40	200	
Vitamin E....mg_ATE	0.727		0	4		0.206	1.032	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	17.115		0	4		4.852	24.303	
4:0....g	1.355		0	4		0.384	1.924	
6:0....g	0.508		0	4		0.144	0.721	
8:0....g	0.271		0	4		0.077	0.385	
10:0....g	0.671		0	4		0.190	0.953	
11:0....g								
12:0....g	0.911		0	4		0.258	1.294	
13:0....g								
14:0....g	3.036		0	4		0.861	4.311	
15:0....g								
16:0....g	7.265		0	4		2.060	10.316	
17:0....g								
18:0....g	2.400		0	4		0.680	3.408	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.838		0	4		2.222	11.130	
14:1....g								
15:1....g								

NDB No. 01038
Cheese, romano

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.411		0	4		0.117	0.584	
17:1....g								
18:1 undifferentiated....g	6.942		0	4		1.968	9.858	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.593		0	4		0.168	0.842	
18:2 undifferentiated....g	0.284		0	4		0.081	0.403	
18:3 undifferentiated....g	0.310		0	4		0.088	0.440	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	104		1	1		29	148	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.429		0	4		0.122	0.609	
Threonine....g	1.171		0	4		0.332	1.663	
Isoleucine....g	1.685		0	4		0.478	2.393	
Leucine....g	3.071		0	4		0.871	4.361	
Lysine....g	2.941		0	4		0.834	4.176	
Methionine....g	0.852		0	4		0.242	1.210	
Cystine....g	0.209		0	4		0.059	0.297	
Phenylalanine....g	1.710		0	4		0.485	2.428	
Tyrosine....g	1.775		0	4		0.503	2.521	
Valine....g	2.183		0	4		0.619	3.100	
Arginine....g	1.171		0	4		0.332	1.663	
Histidine....g	1.231		0	4		0.349	1.748	
Alanine....g	0.932		0	4		0.264	1.323	
Aspartic acid....g	1.989		0	4		0.564	2.824	
Glutamic acid....g	7.302		0	4		2.070	10.369	
Glycine....g	0.553		0	4		0.157	0.785	
Proline....g	3.718		0	4		1.054	5.280	
Serine....g	1.840		0	4		0.522	2.613	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 142.000g: 5 package (5 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01039
Cheese, roquefort

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	39.38	0.703	15	1		11.16	33.47	
Energy....kcal	369		0	4		105	314	
Energy....kj	1544			4		438	1312	
Protein (N x 6.38)....g	21.54	0.281	3	1		6.11	18.31	
Total lipid (fat)....g	30.64	0.926	8	1		8.69	26.04	
Ash....g	6.44	0.190	4	1		1.83	5.47	
Carbohydrate, by difference....g	2.00		0	4		0.57	1.70	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	662	34.969	12	1		188	563	
Iron, Fe....mg	0.56	0.197	4	1		0.16	0.48	
Magnesium, Mg....mg	30	1.885	4	1		8	25	
Phosphorus, P....mg	392	17.766	11	1		111	333	
Potassium, K....mg	91	10.115	3	1		26	77	
Sodium, Na....mg	1809	157.400	4	1		513	1538	
Zinc, Zn....mg	2.08	0.122	4	1		0.59	1.77	
Copper, Cu....mg	0.034		0	1		0.010	0.029	
Manganese, Mn....mg	0.030		0	1		0.009	0.026	
Selenium, Se....mcg	14.5		0	4		4.1	12.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.040		2	1		0.011	0.034	
Riboflavin....mg	0.586	0.071	8	1		0.166	0.498	
Niacin....mg	0.734	0.078	15	1		0.208	0.624	
Pantothenic acid....mg	1.731	0.183	18	1		0.491	1.471	
Vitamin B-6....mg	0.124	0.010	26	1		0.035	0.105	
Folate, total....mcg	49	7.757	24	1		14	42	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	49	7.757	24	1		14	42	
Folate, DFE....mcg_DFE	49		0	4		14	42	
Vitamin B-12....mcg	0.64	0.056	9	1		0.18	0.55	
Vitamin A, IU....IU	1047		1	1		297	890	
Vitamin A, RE....mcg_RE	299		0	4		85	254	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.263		0	1		5.461	16.374	
4:0....g	0.877		1	1		0.249	0.745	
6:0....g	0.660		1	1		0.187	0.561	
8:0....g	0.674		1	1		0.191	0.573	
10:0....g	2.163		1	1		0.613	1.839	
11:0....g								
12:0....g	1.295		1	1		0.367	1.101	
13:0....g								
14:0....g	3.250		1	1		0.921	2.763	
15:0....g								
16:0....g	6.570		1	1		1.863	5.585	
17:0....g								
18:0....g	3.141		1	1		0.890	2.670	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.474		0	1		2.402	7.203	
14:1....g								
15:1....g								

NDB No. 01039
Cheese, roquefort

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.730		1	1		0.207	0.621	
17:1....g								
18:1 undifferentiated....g	7.456		1	1		2.114	6.338	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.320		0	1		0.374	1.122	
18:2 undifferentiated....g	0.616		1	1		0.175	0.524	
18:3 undifferentiated....g	0.704		1	1		0.200	0.598	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	90		1	1		26	77	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.303		0	4		0.086	0.258	
Threonine....g	0.965		0	4		0.274	0.820	
Isoleucine....g	1.217		0	4		0.345	1.034	
Leucine....g	2.114		0	4		0.599	1.797	
Lysine....g	1.848		0	4		0.524	1.571	
Methionine....g	0.558		0	4		0.158	0.474	
Cystine....g	0.126		0	4		0.036	0.107	
Phenylalanine....g	1.023		0	4		0.290	0.870	
Tyrosine....g	1.012		0	4		0.287	0.860	
Valine....g	1.614		0	4		0.458	1.372	
Arginine....g	0.713		0	4		0.202	0.606	
Histidine....g	0.602		0	4		0.171	0.512	
Alanine....g	0.969		0	4		0.275	0.824	
Aspartic acid....g	1.181		0	4		0.335	1.004	
Glutamic acid....g	3.670		0	4		1.040	3.120	
Glycine....g	0.148		0	4		0.042	0.126	
Proline....g	2.089		0	4		0.592	1.776	
Serine....g	1.772		0	4		0.502	1.506	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 85.000g: 1 package (3 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01040
Cheese, swiss

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	37.21	0.278	43	1		49.12	90.79	40.19
Energy....kcal	376		0	4		496	917	406
Energy....kj	1572			4		2075	3836	1698
Protein (N x 6.38)....g	28.43	0.446	28	1		37.53	69.37	30.70
Total lipid (fat)....g	27.45	0.370	41	1		36.23	66.98	29.65
Ash....g	3.53	0.078	38	1		4.66	8.61	3.81
Carbohydrate, by difference....g	3.38		0	4		4.46	8.25	3.65
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	961	28.232	21	1		1268	2345	1038
Iron, Fe....mg	0.17	0.061	6	1		0.22	0.41	0.18
Magnesium, Mg....mg	36	0.561	15	1		47	88	39
Phosphorus, P....mg	605	19.586	15	1		798	1475	653
Potassium, K....mg	111	10.259	26	1		146	270	120
Sodium, Na....mg	260	22.316	14	1		343	634	281
Zinc, Zn....mg	3.90	0.304	7	1		5.15	9.52	4.21
Copper, Cu....mg	0.032		0	1		0.042	0.078	0.035
Manganese, Mn....mg	0.017		0	1		0.022	0.041	0.018
Selenium, Se....mcg	12.7	0.718	10	1		16.8	31.0	13.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.022	0.004	10	1		0.029	0.054	0.024
Riboflavin....mg	0.365	0.026	16	1		0.482	0.891	0.394
Niacin....mg	0.092	0.044	16	1		0.121	0.224	0.099
Pantothenic acid....mg	0.429	0.019	15	1		0.566	1.047	0.463
Vitamin B-6....mg	0.083	0.005	41	1		0.110	0.203	0.090
Folate, total....mcg	6	0.255	26	1		8	16	7
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	6	0.255	26	1		8	16	7
Folate, DFE....mcg_DFE	6		0	4		8	16	7
Vitamin B-12....mcg	1.68	0.217	14	1		2.21	4.09	1.81
Vitamin A, IU....IU	845	52.189	13	1		1115	2062	913
Vitamin A, RE....mcg_RE	253	19.310	8	1		334	617	273
Vitamin E....mg_ATE	0.500		0	1		0.660	1.220	0.540
Vitamin D....IU	44.000		0	4		58.080	107.360	47.520
Lipids:								
Fatty acids, total saturated....g	17.779		0	1		23.468	43.381	19.201
4:0....g	1.102	0.182	3	1		1.455	2.689	1.190
6:0....g	0.488	0.159	3	1		0.644	1.191	0.527
8:0....g	0.289	0.054	10	1		0.381	0.705	0.312
10:0....g	0.625	0.076	11	1		0.825	1.525	0.675
11:0....g								
12:0....g	0.521	0.092	11	1		0.688	1.271	0.563
13:0....g								
14:0....g	3.062	0.092	11	1		4.042	7.471	3.307
15:0....g								
16:0....g	7.790	0.259	11	1		10.283	19.008	8.413
17:0....g								
18:0....g	3.248	0.350	11	1		4.287	7.925	3.508
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.274		0	1		9.602	17.749	7.856
14:1....g								
15:1....g								

NDB No. 01040
Cheese, swiss

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.879	0.063	10	1		1.160	2.145	0.949
17:1....g								
18:1 undifferentiated....g	6.017	0.253	11	1		7.942	14.681	6.498
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.972		0	1		1.283	2.372	1.050
18:2 undifferentiated....g	0.620	0.074	11	1		0.818	1.513	0.670
18:3 undifferentiated....g	0.352	0.087	10	1		0.465	0.859	0.380
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	92	3.839	10	1		121	224	99
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.401		0	1		0.529	0.978	0.433
Threonine....g	1.038		0	1		1.370	2.533	1.121
Isoleucine....g	1.537		0	1		2.029	3.750	1.660
Leucine....g	2.959		0	1		3.906	7.220	3.196
Lysine....g	2.585		0	1		3.412	6.307	2.792
Methionine....g	0.784		0	1		1.035	1.913	0.847
Cystine....g	0.290		0	1		0.383	0.708	0.313
Phenylalanine....g	1.662		0	1		2.194	4.055	1.795
Tyrosine....g	1.693		0	1		2.235	4.131	1.828
Valine....g	2.139		0	1		2.823	5.219	2.310
Arginine....g	0.927		0	1		1.224	2.262	1.001
Histidine....g	1.065		0	1		1.406	2.599	1.150
Alanine....g	0.914		0	1		1.206	2.230	0.987
Aspartic acid....g	1.569		0	1		2.071	3.828	1.695
Glutamic acid....g	5.704		0	1		7.529	13.918	6.160
Glycine....g	0.508		0	1		0.671	1.240	0.549
Proline....g	3.690		0	1		4.871	9.004	3.985
Serine....g	1.640		0	1		2.165	4.002	1.771
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 244.000g: 1 cup, melted

Measure 3 = 108.000g: 1 cup, shredded

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01041
Cheese, tilsit

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	42.86	1.003	18	1		12.15	72.86	
Energy....kcal	340		0	4		96	578	
Energy....kj	1422			4		403	2417	
Protein (N x 6.38)....g	24.41	0.820	4	1		6.92	41.50	
Total lipid (fat)....g	25.98	1.014	15	1		7.37	44.17	
Ash....g	4.87	0.075	10	1		1.38	8.28	
Carbohydrate, by difference....g	1.88		0	4		0.53	3.20	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	700		2	1		198	1190	
Iron, Fe....mg	0.23		1	1		0.07	0.39	
Magnesium, Mg....mg	13		1	1		4	22	
Phosphorus, P....mg	500		1	1		142	850	
Potassium, K....mg	65		2	1		18	110	
Sodium, Na....mg	753		2	1		213	1280	
Zinc, Zn....mg	3.50		1	1		0.99	5.95	
Copper, Cu....mg	0.026		0	1		0.007	0.044	
Manganese, Mn....mg	0.013		0	1		0.004	0.022	
Selenium, Se....mcg	14.5		0	4		4.1	24.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.061	0.009	4	1		0.017	0.104	
Riboflavin....mg	0.359	0.017	4	1		0.102	0.610	
Niacin....mg	0.205	0.026	4	1		0.058	0.349	
Pantothenic acid....mg	0.346	0.025	4	1		0.098	0.588	
Vitamin B-6....mg	0.065		0	4		0.018	0.111	
Folate, total....mcg	20		0	4		6	34	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	20		0	4		6	34	
Folate, DFE....mcg_DFE	20		0	4		6	34	
Vitamin B-12....mcg	2.10		2	1		0.60	3.57	
Vitamin A, IU....IU	1045		1	1		296	1777	
Vitamin A, RE....mcg_RE	291		0	4		82	495	
Vitamin E....mg_ATE	0.701		0	4		0.199	1.192	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	16.775		0	1		4.756	28.518	
4:0....g	0.878		1	1		0.249	1.493	
6:0....g	0.536		1	1		0.152	0.911	
8:0....g	0.381		1	1		0.108	0.648	
10:0....g	0.748		1	1		0.212	1.272	
11:0....g								
12:0....g	1.073		1	1		0.304	1.824	
13:0....g								
14:0....g	2.608		1	1		0.739	4.434	
15:0....g								
16:0....g	7.675		1	1		2.176	13.048	
17:0....g								
18:0....g	2.190		1	1		0.621	3.723	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.136		0	1		2.023	12.131	
14:1....g								
15:1....g								

NDB No. 01041
Cheese, tilsit

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.668		1	1		0.189	1.136	
17:1....g								
18:1 undifferentiated....g	6.073		1	1		1.722	10.324	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.721		0	1		0.204	1.226	
18:2 undifferentiated....g	0.398		1	1		0.113	0.677	
18:3 undifferentiated....g	0.323		1	1		0.092	0.549	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	102		1	1		29	173	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.352		0	1		0.100	0.598	
Threonine....g	0.899		0	1		0.255	1.528	
Isoleucine....g	1.484		0	1		0.421	2.523	
Leucine....g	2.548		0	1		0.722	4.332	
Lysine....g	2.039		0	1		0.578	3.466	
Methionine....g	0.754		0	1		0.214	1.282	
Cystine....g	0.138		0	4		0.039	0.235	
Phenylalanine....g	1.358		0	1		0.385	2.309	
Tyrosine....g	1.458		0	1		0.413	2.479	
Valine....g	1.752		0	1		0.497	2.978	
Arginine....g	0.849		0	1		0.241	1.443	
Histidine....g	0.704		0	1		0.200	1.197	
Alanine....g	0.811		0	1		0.230	1.379	
Aspartic acid....g	1.798		0	1		0.510	3.057	
Glutamic acid....g	5.490		0	1		1.556	9.333	
Glycine....g	0.497		0	1		0.141	0.845	
Proline....g	2.969		0	1		0.842	5.047	
Serine....g	1.393		0	1		0.395	2.368	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 170.000g: 1 package (6 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01042
Cheese, pasteurized process, american, with di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	39.16	0.041	274	1		54.82	95.55	44.25
Energy....kcal	375		0	4		526	916	424
Energy....kj	1571			4		2199	3833	1775
Protein (N x 6.38)....g	22.15	0.247	31	1		31.01	54.05	25.03
Total lipid (fat)....g	31.25	0.064	262	1		43.75	76.25	35.31
Ash....g	5.84	0.134	16	1		8.18	14.25	6.60
Carbohydrate, by difference....g	1.60		0	4		2.24	3.90	1.81
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	616	17.556	17	1		862	1502	696
Iron, Fe....mg	0.39	0.053	6	1		0.55	0.95	0.44
Magnesium, Mg....mg	22	0.839	11	1		31	54	25
Phosphorus, P....mg	745	39.294	12	1		1043	1818	842
Potassium, K....mg	162	23.969	12	1		227	395	183
Sodium, Na....mg	1430	65.793	13	1		2003	3490	1616
Zinc, Zn....mg	2.99	0.297	6	1		4.19	7.30	3.38
Copper, Cu....mg	0.030		0	1		0.042	0.073	0.034
Manganese, Mn....mg	0.015		0	1		0.021	0.037	0.017
Selenium, Se....mcg	14.4	0.563	57	1		20.2	35.1	16.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.027	0.003	14	1		0.038	0.066	0.031
Riboflavin....mg	0.353	0.011	12	1		0.494	0.861	0.399
Niacin....mg	0.069	0.012	19	1		0.097	0.168	0.078
Pantothenic acid....mg	0.482		1	1		0.675	1.176	0.545
Vitamin B-6....mg	0.071	0.005	23	1		0.099	0.173	0.080
Folate, total....mcg	8	0.235	26	1		11	19	9
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	8	0.235	26	1		11	19	9
Folate, DFE....mcg_DFE	8		0	4		11	19	9
Vitamin B-12....mcg	0.70	0.081	9	1		0.97	1.70	0.79
Vitamin A, IU....IU	1210	85.068	18	1		1693	2951	1367
Vitamin A, RE....mcg_RE	290	15.084	18	1		406	708	328
Vitamin E....mg_ATE	0.460		0	4		0.644	1.122	0.520
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.694		0	1		27.572	48.053	22.254
4:0....g	1.043		1	1		1.460	2.545	1.179
6:0....g	0.356		1	1		0.498	0.869	0.402
8:0....g	0.375	0.025	6	1		0.525	0.915	0.424
10:0....g	0.642	0.084	6	1		0.899	1.566	0.725
11:0....g								
12:0....g	0.484	0.051	7	1		0.678	1.181	0.547
13:0....g								
14:0....g	3.211	0.134	7	1		4.495	7.835	3.628
15:0....g								
16:0....g	9.104	0.121	7	1		12.746	22.214	10.288
17:0....g								
18:0....g	3.796	0.132	7	1		5.314	9.262	4.289
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.951		0	1		12.531	21.840	10.115
14:1....g								
15:1....g								

NDB No. 01042
Cheese, pasteurized process, american, with di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.027	0.044	7	1		1.438	2.506	1.161
17:1....g								
18:1 undifferentiated....g	7.511	0.152	7	1		10.515	18.327	8.487
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.990		0	1		1.386	2.416	1.119
18:2 undifferentiated....g	0.607	0.040	7	1		0.850	1.481	0.686
18:3 undifferentiated....g	0.383	0.027	6	1		0.536	0.935	0.433
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	94	5.148	7	1		132	230	107
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.323		0	1		0.452	0.788	0.365
Threonine....g	0.719		0	1		1.007	1.754	0.812
Isoleucine....g	1.024		0	1		1.434	2.499	1.157
Leucine....g	1.958		0	1		2.741	4.778	2.213
Lysine....g	2.198		0	1		3.077	5.363	2.484
Methionine....g	0.573		0	1		0.802	1.398	0.647
Cystine....g	0.142		0	1		0.199	0.346	0.160
Phenylalanine....g	1.125		0	1		1.575	2.745	1.271
Tyrosine....g	1.212		0	1		1.697	2.957	1.370
Valine....g	1.326		0	1		1.856	3.235	1.498
Arginine....g	0.927		0	1		1.298	2.262	1.048
Histidine....g	0.903		0	1		1.264	2.203	1.020
Alanine....g	0.555		0	1		0.777	1.354	0.627
Aspartic acid....g	1.361		0	1		1.905	3.321	1.538
Glutamic acid....g	4.597		0	1		6.436	11.217	5.195
Glycine....g	0.365		0	1		0.511	0.891	0.412
Proline....g	2.253		0	1		3.154	5.497	2.546
Serine....g	1.069		0	1		1.497	2.608	1.208
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 140.000g: 1 cup, diced

Measure 2 = 244.000g: 1 cup, melted

Measure 3 = 113.000g: 1 cup, shredded

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01043
Cheese, pasteurized process, pimento

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	39.08		0	1		54.71	95.36	44.16
Energy....kcal	375		0	4		526	916	424
Energy....kj	1571			4		2199	3833	1775
Protein (N x 6.38)....g	22.13		0	1		30.98	54.00	25.01
Total lipid (fat)....g	31.20		0	1		43.68	76.13	35.26
Ash....g	5.84		0	1		8.18	14.25	6.60
Carbohydrate, by difference....g	1.73		0	4		2.42	4.22	1.95
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	614		0	1		860	1499	694
Iron, Fe....mg	0.42		0	1		0.59	1.02	0.47
Magnesium, Mg....mg	22		0	1		31	54	25
Phosphorus, P....mg	744		0	1		1041	1815	840
Potassium, K....mg	162		0	1		226	395	183
Sodium, Na....mg	1428		0	1		1999	3483	1613
Zinc, Zn....mg	2.98		0	1		4.17	7.27	3.37
Copper, Cu....mg	0.033		0	1		0.046	0.081	0.037
Manganese, Mn....mg	0.016		0	1		0.022	0.039	0.018
Selenium, Se....mcg	14.5		0	4		20.3	35.4	16.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.3		0	4		3.2	5.5	2.5
Thiamin....mg	0.027		0	1		0.038	0.066	0.031
Riboflavin....mg	0.354		0	1		0.496	0.864	0.400
Niacin....mg	0.078		0	1		0.109	0.190	0.088
Pantothenic acid....mg	0.485		0	1		0.679	1.183	0.548
Vitamin B-6....mg	0.071		0	1		0.099	0.173	0.080
Folate, total....mcg	8		0	1		11	19	9
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	8		0	1		11	19	9
Folate, DFE....mcg_DFE	8		0	4		11	19	9
Vitamin B-12....mcg	0.70		0	1		0.97	1.70	0.79
Vitamin A, IU....IU	1262		0	1		1767	3079	1426
Vitamin A, RE....mcg_RE	322		0	4		451	786	364
Vitamin E....mg_ATE	0.460		0	4		0.644	1.122	0.520
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.663		0	1		27.528	47.978	22.219
4:0....g	1.041		0	1		1.457	2.540	1.176
6:0....g	0.355		0	1		0.497	0.866	0.401
8:0....g	0.374		0	1		0.524	0.913	0.423
10:0....g	0.641		0	1		0.897	1.564	0.724
11:0....g								
12:0....g	0.483		0	1		0.676	1.179	0.546
13:0....g								
14:0....g	3.206		0	1		4.488	7.823	3.623
15:0....g								
16:0....g	9.090		0	1		12.726	22.180	10.272
17:0....g								
18:0....g	3.790		0	1		5.306	9.248	4.283
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.937		0	1		12.512	21.806	10.099
14:1....g								
15:1....g								

NDB No. 01043
Cheese, pasteurized process, pimento

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.026		0	1		1.436	2.503	1.159
17:1....g								
18:1 undifferentiated....g	7.499		0	1		10.499	18.298	8.474
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.988		0	1		1.383	2.411	1.116
18:2 undifferentiated....g	0.606		0	1		0.848	1.479	0.685
18:3 undifferentiated....g	0.382		0	1		0.535	0.932	0.432
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	94		0	1		132	230	106
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.323		0	1		0.452	0.788	0.365
Threonine....g	0.718		0	1		1.005	1.752	0.811
Isoleucine....g	1.023		0	1		1.432	2.496	1.156
Leucine....g	1.956		0	1		2.738	4.773	2.210
Lysine....g	2.196		0	1		3.074	5.358	2.481
Methionine....g	0.572		0	1		0.801	1.396	0.646
Cystine....g	0.142		0	1		0.199	0.346	0.160
Phenylalanine....g	1.124		0	1		1.574	2.743	1.270
Tyrosine....g	1.211		0	1		1.695	2.955	1.368
Valine....g	1.325		0	1		1.855	3.233	1.497
Arginine....g	0.926		0	1		1.296	2.259	1.046
Histidine....g	0.902		0	1		1.263	2.201	1.019
Alanine....g	0.555		0	1		0.777	1.354	0.627
Aspartic acid....g	1.360		0	1		1.904	3.318	1.537
Glutamic acid....g	4.592		0	1		6.429	11.204	5.189
Glycine....g	0.364		0	1		0.510	0.888	0.411
Proline....g	2.251		0	1		3.151	5.492	2.544
Serine....g	1.068		0	1		1.495	2.606	1.207
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 140.000g: 1 cup, diced

Measure 2 = 244.000g: 1 cup, melted

Measure 3 = 113.000g: 1 cup, shredded

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01044
Cheese, pasteurized process, swiss, with di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	42.31	0.355	10	1		59.23	47.81	11.99
Energy....kcal	334		0	4		467	377	95
Energy....kj	1396			4		1954	1577	396
Protein (N x 6.38)....g	24.73	0.211	9	1		34.62	27.94	7.01
Total lipid (fat)....g	25.01	0.294	10	1		35.01	28.26	7.09
Ash....g	5.85	0.160	8	1		8.19	6.61	1.66
Carbohydrate, by difference....g	2.10		0	4		2.94	2.37	0.60
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	772	32.904	6	1		1081	872	219
Iron, Fe....mg	0.61		0	1		0.85	0.69	0.17
Magnesium, Mg....mg	29	0.929	6	1		41	33	8
Phosphorus, P....mg	762	59.538	7	1		1066	860	216
Potassium, K....mg	216	14.471	6	1		302	244	61
Sodium, Na....mg	1370	64.664	6	1		1918	1548	388
Zinc, Zn....mg	3.61		0	1		5.05	4.08	1.02
Copper, Cu....mg	0.027		0	1		0.038	0.031	0.008
Manganese, Mn....mg	0.014		0	1		0.020	0.016	0.004
Selenium, Se....mcg	15.9		0	4		22.3	18.0	4.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.014	0.001	6	1		0.020	0.016	0.004
Riboflavin....mg	0.276	0.020	8	1		0.386	0.312	0.078
Niacin....mg	0.038	0.007	7	1		0.053	0.043	0.011
Pantothenic acid....mg	0.260		1	1		0.364	0.294	0.074
Vitamin B-6....mg	0.036	0.004	7	1		0.050	0.041	0.010
Folate, total....mcg	6		0	4		8	7	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	6		0	4		8	7	2
Folate, DFE....mcg_DFE	6		0	4		8	7	2
Vitamin B-12....mcg	1.23	0.238	7	1		1.72	1.39	0.35
Vitamin A, IU....IU	808	21.766	6	1		1131	913	229
Vitamin A, RE....mcg_RE	229	5.640	6	1		321	259	65
Vitamin E....mg_ATE	0.675		0	4		0.945	0.763	0.191
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	16.045		0	1		22.463	18.131	4.549
4:0....g	0.815	0.020	5	1		1.141	0.921	0.231
6:0....g	0.489	0.014	5	1		0.685	0.553	0.139
8:0....g	0.275	0.014	11	1		0.385	0.311	0.078
10:0....g	0.572	0.032	12	1		0.801	0.646	0.162
11:0....g								
12:0....g	0.566	0.072	12	1		0.792	0.640	0.160
13:0....g								
14:0....g	2.792	0.058	12	1		3.909	3.155	0.792
15:0....g								
16:0....g	7.188	0.210	12	1		10.063	8.122	2.038
17:0....g								
18:0....g	2.602	0.085	12	1		3.643	2.940	0.738
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.046		0	1		9.864	7.962	1.998
14:1....g								
15:1....g								

NDB No. 01044
Cheese, pasteurized process, swiss, with di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.677	0.064	12	1		0.948	0.765	0.192
17:1....g								
18:1 undifferentiated....g	5.896	0.122	12	1		8.254	6.662	1.672
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.622		0	1		0.871	0.703	0.176
18:2 undifferentiated....g	0.342	0.033	12	1		0.479	0.386	0.097
18:3 undifferentiated....g	0.280	0.027	11	1		0.392	0.316	0.079
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	85		0	1		119	96	24
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.360		0	1		0.504	0.407	0.102
Threonine....g	0.802		0	1		1.123	0.906	0.227
Isoleucine....g	1.143		0	1		1.600	1.292	0.324
Leucine....g	2.186		0	1		3.060	2.470	0.620
Lysine....g	2.454		0	1		3.436	2.773	0.696
Methionine....g	0.640		0	1		0.896	0.723	0.181
Cystine....g	0.159		0	1		0.223	0.180	0.045
Phenylalanine....g	1.256		0	1		1.758	1.419	0.356
Tyrosine....g	1.353		0	1		1.894	1.529	0.384
Valine....g	1.481		0	1		2.073	1.674	0.420
Arginine....g	1.035		0	1		1.449	1.170	0.293
Histidine....g	1.008		0	1		1.411	1.139	0.286
Alanine....g	0.620		0	1		0.868	0.701	0.176
Aspartic acid....g	1.519		0	1		2.127	1.716	0.431
Glutamic acid....g	5.132		0	1		7.185	5.799	1.455
Glycine....g	0.407		0	1		0.570	0.460	0.115
Proline....g	2.516		0	1		3.522	2.843	0.713
Serine....g	1.194		0	1		1.672	1.349	0.338
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 140.000g: 1 cup, diced

Measure 2 = 113.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01045
Cheese food, cold pack, american

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	43.12	0.169	5	1		12.22	97.88	
Energy....kcal	331		0	4		94	752	
Energy....kj	1386			4		393	3145	
Protein (N x 6.38)....g	19.66	1.241	5	1		5.57	44.63	
Total lipid (fat)....g	24.46	0.242	5	1		6.93	55.52	
Ash....g	4.44	0.103	5	1		1.26	10.08	
Carbohydrate, by difference....g	8.32		0	4		2.36	18.89	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	497	6.851	5	1		141	1129	
Iron, Fe....mg	0.84		0	1		0.24	1.91	
Magnesium, Mg....mg	30		1	1		8	67	
Phosphorus, P....mg	400		1	1		113	908	
Potassium, K....mg	363		1	1		103	824	
Sodium, Na....mg	966		1	1		274	2193	
Zinc, Zn....mg	3.01		0	1		0.85	6.83	
Copper, Cu....mg	0.030		0	1		0.009	0.068	
Manganese, Mn....mg	0.010		0	1		0.003	0.023	
Selenium, Se....mcg	16.2		0	4		4.6	36.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.030		0	1		0.009	0.068	
Riboflavin....mg	0.446	0.042	8	1		0.126	1.012	
Niacin....mg	0.074	0.013	20	1		0.021	0.168	
Pantothenic acid....mg	0.977		32	1		0.277	2.218	
Vitamin B-6....mg	0.141	0.005	26	1		0.040	0.320	
Folate, total....mcg	5	0.349	21	1		2	12	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5	0.349	21	1		2	12	
Folate, DFE....mcg_DFE	5		0	4		2	12	
Vitamin B-12....mcg	1.28		1	1		0.36	2.91	
Vitamin A, IU....IU	705	27.316	5	1		200	1600	
Vitamin A, RE....mcg_RE	202		0	4		57	459	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.355		0	1		4.353	34.856	
4:0....g	0.793		0	1		0.225	1.800	
6:0....g	0.470		0	1		0.133	1.067	
8:0....g	0.358		0	1		0.101	0.813	
10:0....g	0.591		0	1		0.168	1.342	
11:0....g								
12:0....g	0.728		0	1		0.206	1.653	
13:0....g								
14:0....g	2.513		0	1		0.712	5.705	
15:0....g								
16:0....g	6.807		0	1		1.930	15.452	
17:0....g								
18:0....g	2.805		0	1		0.795	6.367	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.165		0	1		2.031	16.265	
14:1....g								
15:1....g								

NDB No. 01045
Cheese food, cold pack, american

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.646		0	1		0.183	1.466	
17:1....g								
18:1 undifferentiated....g	6.015		0	1		1.705	13.654	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.719		0	1		0.204	1.632	
18:2 undifferentiated....g	0.461		0	1		0.131	1.046	
18:3 undifferentiated....g	0.257		0	1		0.073	0.583	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	64		0	1		18	144	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.287		0	4		0.081	0.651	
Threonine....g	0.638		0	4		0.181	1.448	
Isoleucine....g	0.909		0	4		0.258	2.063	
Leucine....g	1.738		0	4		0.493	3.945	
Lysine....g	1.951		0	4		0.553	4.429	
Methionine....g	0.509		0	4		0.144	1.155	
Cystine....g	0.126		0	4		0.036	0.286	
Phenylalanine....g	0.999		0	4		0.283	2.268	
Tyrosine....g	1.076		0	4		0.305	2.443	
Valine....g	1.177		0	4		0.334	2.672	
Arginine....g	0.823		0	4		0.233	1.868	
Histidine....g	0.801		0	4		0.227	1.818	
Alanine....g	0.493		0	4		0.140	1.119	
Aspartic acid....g	1.208		0	4		0.342	2.742	
Glutamic acid....g	4.080		0	4		1.157	9.262	
Glycine....g	0.324		0	4		0.092	0.735	
Proline....g	2.000		0	4		0.567	4.540	
Serine....g	0.949		0	4		0.269	2.154	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 227.000g: 1 package (8 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01046

Cheese food, pasteurized process, american, without di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	43.15	0.137	38	1		48.76	12.23	9.06
Energy....kcal	328		0	4		371	93	69
Energy....kj	1373			4		1552	389	288
Protein (N x 6.38)....g	19.61	0.454	27	1		22.16	5.56	4.12
Total lipid (fat)....g	24.60	0.212	41	1		27.80	6.97	5.17
Ash....g	5.35	0.089	27	1		6.05	1.52	1.12
Carbohydrate, by difference....g	7.29		0	4		8.24	2.07	1.53
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	574	7.727	22	1		649	163	121
Iron, Fe....mg	0.84	0.133	5	1		0.95	0.24	0.18
Magnesium, Mg....mg	31	2.515	9	1		35	9	6
Phosphorus, P....mg	459	12.450	9	1		519	130	96
Potassium, K....mg	279	36.134	9	1		315	79	59
Sodium, Na....mg	1189	88.860	9	1		1344	337	250
Zinc, Zn....mg	2.99	0.340	4	1		3.38	0.85	0.63
Copper, Cu....mg	0.030		0	1		0.034	0.009	0.006
Manganese, Mn....mg	0.010		0	1		0.011	0.003	0.002
Selenium, Se....mcg	16.1	2.960	4	1		18.2	4.6	3.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.029		0	1		0.033	0.008	0.006
Riboflavin....mg	0.442	0.024	18	1		0.499	0.125	0.093
Niacin....mg	0.140	0.009	11	1		0.158	0.040	0.029
Pantothenic acid....mg	0.558	0.124	6	1		0.631	0.158	0.117
Vitamin B-6....mg	0.141		0	4		0.159	0.040	0.030
Folate, total....mcg	7		0	4		8	2	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	7		0	4		8	2	2
Folate, DFE....mcg_DFE	7		0	4		8	2	2
Vitamin B-12....mcg	1.12	0.109	5	1		1.26	0.32	0.23
Vitamin A, IU....IU	913	23.045	17	1		1032	259	192
Vitamin A, RE....mcg_RE	219		0	4		247	62	46
Vitamin E....mg_ATE	0.710		0	4		0.802	0.201	0.149
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.443		0	1		17.451	4.378	3.243
4:0....g	0.798		0	1		0.902	0.226	0.168
6:0....g	0.472		0	1		0.533	0.134	0.099
8:0....g	0.361		0	1		0.408	0.102	0.076
10:0....g	0.594		0	1		0.671	0.168	0.125
11:0....g								
12:0....g	0.732		0	1		0.827	0.208	0.154
13:0....g								
14:0....g	2.528		0	1		2.857	0.717	0.531
15:0....g								
16:0....g	6.846		0	1		7.736	1.941	1.438
17:0....g								
18:0....g	2.821		0	1		3.188	0.800	0.592
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.206		0	1		8.143	2.043	1.513
14:1....g								
15:1....g								

NDB No. 01046

Cheese food, pasteurized process, american, without di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.649		0	1		0.733	0.184	0.136
17:1....g								
18:1 undifferentiated....g	6.050		0	1		6.837	1.715	1.271
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.723		0	1		0.817	0.205	0.152
18:2 undifferentiated....g	0.464		0	1		0.524	0.132	0.097
18:3 undifferentiated....g	0.259		0	1		0.293	0.073	0.054
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	64	4.535	4	1		72	18	13
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.286		0	4		0.323	0.081	0.060
Threonine....g	0.637		0	4		0.720	0.181	0.134
Isoleucine....g	0.907		0	4		1.025	0.257	0.190
Leucine....g	1.733		0	4		1.958	0.491	0.364
Lysine....g	1.946		0	4		2.199	0.552	0.409
Methionine....g	0.507		0	4		0.573	0.144	0.106
Cystine....g	0.126		0	4		0.142	0.036	0.026
Phenylalanine....g	0.996		0	4		1.125	0.282	0.209
Tyrosine....g	1.073		0	4		1.212	0.304	0.225
Valine....g	1.174		0	4		1.327	0.333	0.247
Arginine....g	0.821		0	4		0.928	0.233	0.172
Histidine....g	0.799		0	4		0.903	0.227	0.168
Alanine....g	0.491		0	4		0.555	0.139	0.103
Aspartic acid....g	1.205		0	4		1.362	0.342	0.253
Glutamic acid....g	4.070		0	4		4.599	1.154	0.855
Glycine....g	0.323		0	4		0.365	0.092	0.068
Proline....g	1.995		0	4		2.254	0.566	0.419
Serine....g	0.946		0	4		1.069	0.268	0.199
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 113.000g: 1 cup

Measure 2 = 28.350g: 1 oz

Measure 3 = 21.000g: 1 slice (3/4 oz)

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01047
Cheese food, pasteurized process, swiss

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	43.67	0.138	10	1		12.38	99.13	
Energy....kcal	323		0	4		92	734	
Energy....kj	1352			4		383	3070	
Protein (N x 6.38)....g	21.92	0.695	10	1		6.21	49.76	
Total lipid (fat)....g	24.14	0.249	10	1		6.84	54.80	
Ash....g	5.77	0.067	10	1		1.64	13.10	
Carbohydrate, by difference....g	4.50		0	4		1.28	10.22	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	723	31.542	10	1		205	1642	
Iron, Fe....mg	0.60		1	1		0.17	1.36	
Magnesium, Mg....mg	28		1	1		8	64	
Phosphorus, P....mg	526		1	1		149	1194	
Potassium, K....mg	284		1	1		81	645	
Sodium, Na....mg	1552		1	1		440	3523	
Zinc, Zn....mg	3.55		0	1		1.01	8.06	
Copper, Cu....mg	0.030		0	1		0.009	0.068	
Manganese, Mn....mg	0.010		0	1		0.003	0.023	
Selenium, Se....mcg	16.1		0	4		4.6	36.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.014		0	1		0.004	0.032	
Riboflavin....mg	0.400	0.023	10	1		0.113	0.908	
Niacin....mg	0.104	0.004	7	1		0.029	0.236	
Pantothenic acid....mg	0.500		1	1		0.142	1.135	
Vitamin B-6....mg	0.035		0	4		0.010	0.079	
Folate, total....mcg	6		0	4		2	13	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	4		2	13	
Folate, DFE....mcg_DFE	6		0	4		2	13	
Vitamin B-12....mcg	2.30		1	1		0.65	5.22	
Vitamin A, IU....IU	856	58.062	10	1		243	1943	
Vitamin A, RE....mcg_RE	243		0	4		69	552	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.487		0	4		4.391	35.155	
4:0....g	0.787		0	4		0.223	1.786	
6:0....g	0.472		0	4		0.134	1.071	
8:0....g	0.265		0	4		0.075	0.602	
10:0....g	0.552		0	4		0.156	1.253	
11:0....g								
12:0....g	0.546		0	4		0.155	1.239	
13:0....g								
14:0....g	2.695		0	4		0.764	6.118	
15:0....g								
16:0....g	6.938		0	4		1.967	15.749	
17:0....g								
18:0....g	2.511		0	4		0.712	5.700	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.801		0	4		1.928	15.438	
14:1....g								
15:1....g								

NDB No. 01047
Cheese food, pasteurized process, swiss

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.653		0	4		0.185	1.482	
17:1....g								
18:1 undifferentiated....g	5.691		0	4		1.613	12.919	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.600		0	4		0.170	1.362	
18:2 undifferentiated....g	0.330		0	4		0.094	0.749	
18:3 undifferentiated....g	0.270		0	4		0.077	0.613	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	82		0	1		23	186	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.319		0	4		0.090	0.724	
Threonine....g	0.711		0	4		0.202	1.614	
Isoleucine....g	1.013		0	4		0.287	2.300	
Leucine....g	1.938		0	4		0.549	4.399	
Lysine....g	2.175		0	4		0.617	4.937	
Methionine....g	0.567		0	4		0.161	1.287	
Cystine....g	0.141		0	4		0.040	0.320	
Phenylalanine....g	1.113		0	4		0.316	2.527	
Tyrosine....g	1.199		0	4		0.340	2.722	
Valine....g	1.313		0	4		0.372	2.981	
Arginine....g	0.917		0	4		0.260	2.082	
Histidine....g	0.893		0	4		0.253	2.027	
Alanine....g	0.550		0	4		0.156	1.249	
Aspartic acid....g	1.346		0	4		0.382	3.055	
Glutamic acid....g	4.549		0	4		1.290	10.326	
Glycine....g	0.361		0	4		0.102	0.819	
Proline....g	2.230		0	4		0.632	5.062	
Serine....g	1.058		0	4		0.300	2.402	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 227.000g: 1 package (8 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01048

Cheese spread, pasteurized process, american, without di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	47.65	0.517	31	1		66.71	116.27	13.51
Energy....kcal	290		0	4		407	709	82
Energy....kj	1215			4		1701	2965	345
Protein (N x 6.38)....g	16.41	0.449	23	1		22.97	40.04	4.65
Total lipid (fat)....g	21.23	0.382	28	1		29.72	51.80	6.02
Ash....g	5.98	0.109	19	1		8.37	14.59	1.70
Carbohydrate, by difference....g	8.73		0	4		12.22	21.30	2.47
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	562	14.121	9	1		787	1371	159
Iron, Fe....mg	0.33	0.028	4	1		0.46	0.81	0.09
Magnesium, Mg....mg	29	2.799	4	1		40	70	8
Phosphorus, P....mg	712	33.300	4	1		997	1737	202
Potassium, K....mg	242	66.976	4	1		339	590	69
Sodium, Na....mg	1345	50.997	9	1		1883	3282	381
Zinc, Zn....mg	2.59	0.170	5	1		3.63	6.32	0.73
Copper, Cu....mg	0.033		0	1		0.046	0.081	0.009
Manganese, Mn....mg	0.020		0	1		0.028	0.049	0.006
Selenium, Se....mcg	11.3	1.073	9	1		15.8	27.6	3.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.048	0.002	9	1		0.067	0.117	0.014
Riboflavin....mg	0.431	0.023	11	1		0.603	1.052	0.122
Niacin....mg	0.131	0.011	32	1		0.183	0.320	0.037
Pantothenic acid....mg	0.686		15	1		0.960	1.674	0.194
Vitamin B-6....mg	0.117	0.004	24	1		0.164	0.285	0.033
Folate, total....mcg	7	0.585	3	1		10	17	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	7	0.585	3	1		10	17	2
Folate, DFE....mcg_DFE	7		0	4		10	17	2
Vitamin B-12....mcg	0.40		1	1		0.56	0.98	0.11
Vitamin A, IU....IU	788		0	1		1103	1923	223
Vitamin A, RE....mcg_RE	189		0	4		265	461	54
Vitamin E....mg_ATE	0.710		0	1		0.994	1.732	0.201
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.327		0	1		18.658	32.518	3.778
4:0....g	0.688		0	1		0.963	1.679	0.195
6:0....g	0.408		0	1		0.571	0.996	0.116
8:0....g	0.311		1	1		0.435	0.759	0.088
10:0....g	0.513		2	1		0.718	1.252	0.145
11:0....g								
12:0....g	0.632	0.044	4	1		0.885	1.542	0.179
13:0....g								
14:0....g	2.181	0.077	4	1		3.053	5.322	0.618
15:0....g								
16:0....g	5.908	0.137	4	1		8.271	14.416	1.675
17:0....g								
18:0....g	2.434	0.108	4	1		3.408	5.939	0.690
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.219		0	1		8.707	15.174	1.763
14:1....g								
15:1....g								

NDB No. 01048

Cheese spread, pasteurized process, american, without di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.560	0.044	4	1		0.784	1.366	0.159
17:1....g								
18:1 undifferentiated....g	5.221	0.179	4	1		7.309	12.739	1.480
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.624		0	1		0.874	1.523	0.177
18:2 undifferentiated....g	0.400	0.040	4	1		0.560	0.976	0.113
18:3 undifferentiated....g	0.223	0.027	3	1		0.312	0.544	0.063
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	55		0	1		77	135	16
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.239		0	4		0.335	0.583	0.068
Threonine....g	0.628		0	1		0.879	1.532	0.178
Isoleucine....g	0.833		0	1		1.166	2.033	0.236
Leucine....g	1.780		0	1		2.492	4.343	0.505
Lysine....g	1.507		0	1		2.110	3.677	0.427
Methionine....g	0.538		0	1		0.753	1.313	0.153
Cystine....g	0.105		0	4		0.147	0.256	0.030
Phenylalanine....g	0.931		0	1		1.303	2.272	0.264
Tyrosine....g	0.890		0	1		1.246	2.172	0.252
Valine....g	1.366		0	1		1.912	3.333	0.387
Arginine....g	0.545		0	1		0.763	1.330	0.155
Histidine....g	0.509		0	1		0.713	1.242	0.144
Alanine....g	0.602		0	1		0.843	1.469	0.171
Aspartic acid....g	1.103		0	1		1.544	2.691	0.313
Glutamic acid....g	3.475		0	1		4.865	8.479	0.985
Glycine....g	0.311		0	1		0.435	0.759	0.088
Proline....g	2.320		0	1		3.248	5.661	0.658
Serine....g	1.037		0	1		1.452	2.530	0.294
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 140.000g: 1 cup, diced

Measure 2 = 244.000g: 1 cup

Measure 3 = 28.350g: 1 oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01049
Cream, fluid, half and half

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.57	0.233	7	1		194.98	12.09	24.33
Energy....kcal	130		0	4		315	20	39
Energy....kj	545			4		1320	82	165
Protein (N x 6.38)....g	2.96	0.039	19	1		7.16	0.44	0.89
Total lipid (fat)....g	11.50	0.031	76	1		27.83	1.73	3.47
Ash....g	0.67		0	1		1.62	0.10	0.20
Carbohydrate, by difference....g	4.30		0	4		10.41	0.65	1.30
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	105	2.849	7	1		254	16	32
Iron, Fe....mg	0.07	0.009	4	1		0.17	0.01	0.02
Magnesium, Mg....mg	10	0.509	7	1		25	2	3
Phosphorus, P....mg	95	4.875	6	1		230	14	29
Potassium, K....mg	130	4.423	6	1		314	19	39
Sodium, Na....mg	41	1.124	7	1		98	6	12
Zinc, Zn....mg	0.51	0.067	14	1		1.23	0.08	0.15
Copper, Cu....mg	0.010		0	1		0.024	0.002	0.003
Manganese, Mn....mg	0.001		0	1		0.002	0.000	0.000
Selenium, Se....mcg	1.8	0.422	11	1		4.4	0.3	0.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	1		2.1	0.1	0.3
Thiamin....mg	0.035		0	1		0.085	0.005	0.011
Riboflavin....mg	0.149		0	1		0.361	0.022	0.045
Niacin....mg	0.078		0	1		0.189	0.012	0.024
Pantothenic acid....mg	0.289		0	1		0.699	0.043	0.087
Vitamin B-6....mg	0.039		0	1		0.094	0.006	0.012
Folate, total....mcg	3	0.252	3	1		6	0	1
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3	0.252	3	1		6	0	1
Folate, DFE....mcg_DFE	3		0	4		6	0	1
Vitamin B-12....mcg	0.33		0	1		0.80	0.05	0.10
Vitamin A, IU....IU	434		0	1		1050	65	131
Vitamin A, RE....mcg_RE	107		0	1		259	16	32
Vitamin E....mg_ATE	0.110		0	1		0.266	0.017	0.033
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.158		0	1		17.322	1.074	2.162
4:0....g	0.373		0	1		0.903	0.056	0.113
6:0....g	0.221		0	1		0.535	0.033	0.067
8:0....g	0.129		0	1		0.312	0.019	0.039
10:0....g	0.288		0	1		0.697	0.043	0.087
11:0....g								
12:0....g	0.323		0	1		0.782	0.048	0.098
13:0....g								
14:0....g	1.157		0	1		2.800	0.174	0.349
15:0....g								
16:0....g	3.025		0	1		7.321	0.454	0.914
17:0....g								
18:0....g	1.394		0	1		3.373	0.209	0.421
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.321		0	1		8.037	0.498	1.003
14:1....g								
15:1....g								

NDB No. 01049
Cream, fluid, half and half

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.258		0	1		0.624	0.039	0.078
17:1....g								
18:1 undifferentiated....g	2.893		0	1		7.001	0.434	0.874
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.427		0	1		1.033	0.064	0.129
18:2 undifferentiated....g	0.260		0	1		0.629	0.039	0.079
18:3 undifferentiated....g	0.167		0	1		0.404	0.025	0.050
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	37		1	1		89	6	11
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.042		0	1		0.102	0.006	0.013
Threonine....g	0.134		0	1		0.324	0.020	0.040
Isoleucine....g	0.179		0	1		0.433	0.027	0.054
Leucine....g	0.290		0	1		0.702	0.044	0.088
Lysine....g	0.235		0	1		0.569	0.035	0.071
Methionine....g	0.074		0	1		0.179	0.011	0.022
Cystine....g	0.027		0	1		0.065	0.004	0.008
Phenylalanine....g	0.143		0	1		0.346	0.021	0.043
Tyrosine....g	0.143		0	1		0.346	0.021	0.043
Valine....g	0.198		0	1		0.479	0.030	0.060
Arginine....g	0.107		0	1		0.259	0.016	0.032
Histidine....g	0.080		0	1		0.194	0.012	0.024
Alanine....g	0.102		0	1		0.247	0.015	0.031
Aspartic acid....g	0.225		0	1		0.545	0.034	0.068
Glutamic acid....g	0.620		0	1		1.500	0.093	0.187
Glycine....g	0.063		0	1		0.152	0.009	0.019
Proline....g	0.287		0	1		0.695	0.043	0.087
Serine....g	0.161		0	1		0.390	0.024	0.049
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 242.000g: 1 cup

Measure 2 = 15.000g: 1 tbsp

Measure 3 = 30.200g: 1 fl oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01050
Cream, fluid, light (coffee cream or table cream)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	73.75		10	1		177.00	11.06	22.13
Energy....kcal	195		0	4		469	29	59
Energy....kj	818			4		1962	123	245
Protein (N x 6.38)....g	2.70	0.076	4	1		6.48	0.41	0.81
Total lipid (fat)....g	19.31	0.340	9	1		46.34	2.90	5.79
Ash....g	0.58	0.014	5	1		1.39	0.09	0.17
Carbohydrate, by difference....g	3.66		0	4		8.78	0.55	1.10
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	96	6.669	5	1		231	14	29
Iron, Fe....mg	0.04		0	1		0.10	0.01	0.01
Magnesium, Mg....mg	9	0.801	4	1		21	1	3
Phosphorus, P....mg	80	1.454	6	1		192	12	24
Potassium, K....mg	122	4.962	4	1		292	18	37
Sodium, Na....mg	40		0	1		95	6	12
Zinc, Zn....mg	0.27		1	1		0.65	0.04	0.08
Copper, Cu....mg	0.008		0	1		0.019	0.001	0.002
Manganese, Mn....mg	0.001		0	1		0.002	0.000	0.000
Selenium, Se....mcg	0.6		1	1		1.4	0.1	0.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		0	1		1.8	0.1	0.2
Thiamin....mg	0.032	0.003	3	1		0.077	0.005	0.010
Riboflavin....mg	0.148	0.004	10	1		0.355	0.022	0.044
Niacin....mg	0.057	0.013	4	1		0.137	0.009	0.017
Pantothenic acid....mg	0.276		0	1		0.662	0.041	0.083
Vitamin B-6....mg	0.032	0.002	8	1		0.077	0.005	0.010
Folate, total....mcg	2	0.116	3	1		6	0	1
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	2	0.116	3	1		6	0	1
Folate, DFE....mcg_DFE	2		0	4		6	0	1
Vitamin B-12....mcg	0.22	0.020	3	1		0.53	0.03	0.07
Vitamin A, IU....IU	633		0	4		1519	95	190
Vitamin A, RE....mcg_RE	182		2	1		437	27	55
Vitamin E....mg_ATE	0.150		0	1		0.360	0.023	0.045
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	12.020		0	1		28.848	1.803	3.606
4:0....g	0.626		0	1		1.502	0.094	0.188
6:0....g	0.371		0	1		0.890	0.056	0.111
8:0....g	0.216		0	1		0.518	0.032	0.065
10:0....g	0.484		0	1		1.162	0.073	0.145
11:0....g								
12:0....g	0.542		0	1		1.301	0.081	0.163
13:0....g								
14:0....g	1.942		0	1		4.661	0.291	0.583
15:0....g								
16:0....g	5.079		0	1		12.190	0.762	1.524
17:0....g								
18:0....g	2.340		0	1		5.616	0.351	0.702
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.577		0	1		13.385	0.837	1.673
14:1....g								
15:1....g								

NDB No. 01050
Cream, fluid, light (coffee cream or table cream)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.432		0	1		1.037	0.065	0.130
17:1....g								
18:1 undifferentiated....g	4.858		0	1		11.659	0.729	1.457
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.717		0	1		1.721	0.108	0.215
18:2 undifferentiated....g	0.436		0	1		1.046	0.065	0.131
18:3 undifferentiated....g	0.281		0	1		0.674	0.042	0.084
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	66	2.728	5	1		159	10	20
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.038		0	1		0.091	0.006	0.011
Threonine....g	0.122		0	1		0.293	0.018	0.037
Isoleucine....g	0.163		0	1		0.391	0.024	0.049
Leucine....g	0.264		0	1		0.634	0.040	0.079
Lysine....g	0.214		0	1		0.514	0.032	0.064
Methionine....g	0.068		0	1		0.163	0.010	0.020
Cystine....g	0.025		0	1		0.060	0.004	0.008
Phenylalanine....g	0.130		0	1		0.312	0.020	0.039
Tyrosine....g	0.130		0	1		0.312	0.020	0.039
Valine....g	0.181		0	1		0.434	0.027	0.054
Arginine....g	0.098		0	1		0.235	0.015	0.029
Histidine....g	0.073		0	1		0.175	0.011	0.022
Alanine....g	0.093		0	1		0.223	0.014	0.028
Aspartic acid....g	0.205		0	1		0.492	0.031	0.062
Glutamic acid....g	0.565		0	1		1.356	0.085	0.170
Glycine....g	0.057		0	1		0.137	0.009	0.017
Proline....g	0.262		0	1		0.629	0.039	0.079
Serine....g	0.147		0	1		0.353	0.022	0.044
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 15.000g: 1 tbsp

Measure 3 = 30.000g: 1 fl oz

Calories Factors: Protein 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01052
Cream, fluid, light whipping

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	63.50	0.873	9	1		76.20	151.77	9.53
Energy....kcal	292		0	4		351	699	44
Energy....kj	1223			4		1468	2924	184
Protein (N x 6.38)....g	2.17	0.046	9	1		2.60	5.19	0.33
Total lipid (fat)....g	30.91	0.498	8	1		37.09	73.87	4.64
Ash....g	0.46	0.028	5	1		0.55	1.10	0.07
Carbohydrate, by difference....g	2.96		0	4		3.55	7.07	0.44
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	69	4.267	9	1		83	166	10
Iron, Fe....mg	0.03		0	1		0.04	0.07	0.00
Magnesium, Mg....mg	7	0.337	6	1		9	17	1
Phosphorus, P....mg	61	3.359	8	1		73	146	9
Potassium, K....mg	97	7.582	8	1		116	231	15
Sodium, Na....mg	34	2.229	9	1		41	82	5
Zinc, Zn....mg	0.25		0	1		0.30	0.60	0.04
Copper, Cu....mg	0.007		0	1		0.008	0.017	0.001
Manganese, Mn....mg	0.001		0	1		0.001	0.002	0.000
Selenium, Se....mcg	0.5		0	4		0.6	1.2	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	1		0.7	1.5	0.1
Thiamin....mg	0.024	0.001	9	1		0.029	0.057	0.004
Riboflavin....mg	0.125	0.008	8	1		0.150	0.299	0.019
Niacin....mg	0.042		0	1		0.050	0.100	0.006
Pantothenic acid....mg	0.259		0	1		0.311	0.619	0.039
Vitamin B-6....mg	0.028	0.002	8	1		0.034	0.067	0.004
Folate, total....mcg	4	0.265	3	1		4	9	1
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	4	0.265	3	1		4	9	1
Folate, DFE....mcg_DFE	4		0	4		4	9	1
Vitamin B-12....mcg	0.20	0.009	6	1		0.23	0.47	0.03
Vitamin A, IU....IU	1127	187.096	7	1		1352	2694	169
Vitamin A, RE....mcg_RE	295	53.391	7	1		354	705	44
Vitamin E....mg_ATE	0.600		0	4		0.720	1.434	0.090
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.337		0	1		23.204	46.215	2.901
4:0....g	1.083		1	1		1.300	2.588	0.162
6:0....g	0.302	0.028	9	1		0.362	0.722	0.045
8:0....g	0.309	0.024	9	1		0.371	0.739	0.046
10:0....g	0.629	0.038	9	1		0.755	1.503	0.094
11:0....g								
12:0....g	0.366	0.023	9	1		0.439	0.875	0.055
13:0....g								
14:0....g	3.290	0.191	9	1		3.948	7.863	0.494
15:0....g								
16:0....g	8.840	0.338	9	1		10.608	21.128	1.326
17:0....g								
18:0....g	3.370	0.175	9	1		4.044	8.054	0.506
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.093		0	1		10.912	21.732	1.364
14:1....g								
15:1....g								

NDB No. 01052
Cream, fluid, light whipping

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.010	0.042	9	1		1.212	2.414	0.152
17:1....g								
18:1 undifferentiated....g	7.658	0.292	9	1		9.190	18.303	1.149
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.884		0	1		1.061	2.113	0.133
18:2 undifferentiated....g	0.618	0.050	9	1		0.742	1.477	0.093
18:3 undifferentiated....g	0.266	0.015	9	1		0.319	0.636	0.040
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	111		0	1		133	265	17
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.031		0	1		0.037	0.074	0.005
Threonine....g	0.098		0	1		0.118	0.234	0.015
Isoleucine....g	0.131		0	1		0.157	0.313	0.020
Leucine....g	0.213		0	1		0.256	0.509	0.032
Lysine....g	0.172		0	1		0.206	0.411	0.026
Methionine....g	0.054		0	1		0.065	0.129	0.008
Cystine....g	0.020		0	1		0.024	0.048	0.003
Phenylalanine....g	0.105		0	1		0.126	0.251	0.016
Tyrosine....g	0.105		0	1		0.126	0.251	0.016
Valine....g	0.145		0	1		0.174	0.347	0.022
Arginine....g	0.079		0	1		0.095	0.189	0.012
Histidine....g	0.059		0	1		0.071	0.141	0.009
Alanine....g	0.075		0	1		0.090	0.179	0.011
Aspartic acid....g	0.165		0	1		0.198	0.394	0.025
Glutamic acid....g	0.454		0	1		0.545	1.085	0.068
Glycine....g	0.046		0	1		0.055	0.110	0.007
Proline....g	0.210		0	1		0.252	0.502	0.032
Serine....g	0.118		0	1		0.142	0.282	0.018
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 120.000g: 1 cup, whipped

Measure 2 = 239.000g: 1 cup, fluid (yields 2 cups whipped)

Measure 3 = 15.000g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01053
Cream, fluid, heavy whipping

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	57.71	0.696	7	1		68.96	137.35	8.66
Energy....kcal	345		0	4		412	821	52
Energy....kj	1443			4		1724	3433	216
Protein (N x 6.38)....g	2.05	0.048	11	1		2.45	4.88	0.31
Total lipid (fat)....g	37.00	0.587	10	1		44.22	88.06	5.55
Ash....g	0.45	0.015	8	1		0.54	1.07	0.07
Carbohydrate, by difference....g	2.79		0	4		3.33	6.64	0.42
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	65	6.787	3	1		77	154	10
Iron, Fe....mg	0.03		0	1		0.04	0.07	0.00
Magnesium, Mg....mg	7	1.033	3	1		8	17	1
Phosphorus, P....mg	62	1.832	4	1		75	149	9
Potassium, K....mg	75		2	1		90	179	11
Sodium, Na....mg	38	3.253	4	1		45	89	6
Zinc, Zn....mg	0.23		0	1		0.27	0.55	0.03
Copper, Cu....mg	0.006		0	1		0.007	0.014	0.001
Manganese, Mn....mg	0.001		0	1		0.001	0.002	0.000
Selenium, Se....mcg	0.5		0	4		0.6	1.2	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	1		0.7	1.4	0.1
Thiamin....mg	0.022	0.003	3	1		0.026	0.052	0.003
Riboflavin....mg	0.110		1	1		0.131	0.262	0.017
Niacin....mg	0.039		2	1		0.047	0.093	0.006
Pantothenic acid....mg	0.255		2	1		0.305	0.607	0.038
Vitamin B-6....mg	0.026		0	1		0.031	0.062	0.004
Folate, total....mcg	4		0	1		4	9	1
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	4		0	1		4	9	1
Folate, DFE....mcg_DFE	4		0	4		4	9	1
Vitamin B-12....mcg	0.18		1	1		0.22	0.43	0.03
Vitamin A, IU....IU	1470	238.917	3	1		1757	3499	221
Vitamin A, RE....mcg_RE	421		2	1		503	1002	63
Vitamin E....mg_ATE	0.630		0	1		0.753	1.499	0.095
Vitamin D....IU	52.000		0	4		62.140	123.760	7.800
Lipids:								
Fatty acids, total saturated....g	23.032		0	1		27.523	54.816	3.455
4:0....g	1.200		0	1		1.434	2.856	0.180
6:0....g	0.710		0	1		0.848	1.690	0.107
8:0....g	0.413		0	1		0.494	0.983	0.062
10:0....g	0.928		0	1		1.109	2.209	0.139
11:0....g								
12:0....g	1.039		0	1		1.242	2.473	0.156
13:0....g								
14:0....g	3.721		0	1		4.447	8.856	0.558
15:0....g								
16:0....g	9.732		0	1		11.630	23.162	1.460
17:0....g								
18:0....g	4.484		0	1		5.358	10.672	0.673
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	10.686		0	1		12.770	25.433	1.603
14:1....g								
15:1....g								

NDB No. 01053
Cream, fluid, heavy whipping

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.829		0	1		0.991	1.973	0.124
17:1....g								
18:1 undifferentiated....g	9.308		0	1		11.123	22.153	1.396
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.374		0	1		1.642	3.270	0.206
18:2 undifferentiated....g	0.836		0	1		0.999	1.990	0.125
18:3 undifferentiated....g	0.538		0	1		0.643	1.280	0.081
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	137	2.421	4	1		164	326	21
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.029		0	1		0.035	0.069	0.004
Threonine....g	0.093		0	1		0.111	0.221	0.014
Isoleucine....g	0.124		0	1		0.148	0.295	0.019
Leucine....g	0.201		0	1		0.240	0.478	0.030
Lysine....g	0.163		0	1		0.195	0.388	0.024
Methionine....g	0.051		0	1		0.061	0.121	0.008
Cystine....g	0.019		0	1		0.023	0.045	0.003
Phenylalanine....g	0.099		0	1		0.118	0.236	0.015
Tyrosine....g	0.099		0	1		0.118	0.236	0.015
Valine....g	0.137		0	1		0.164	0.326	0.021
Arginine....g	0.074		0	1		0.088	0.176	0.011
Histidine....g	0.056		0	1		0.067	0.133	0.008
Alanine....g	0.071		0	1		0.085	0.169	0.011
Aspartic acid....g	0.156		0	1		0.186	0.371	0.023
Glutamic acid....g	0.429		0	1		0.513	1.021	0.064
Glycine....g	0.043		0	1		0.051	0.102	0.006
Proline....g	0.199		0	1		0.238	0.474	0.030
Serine....g	0.111		0	1		0.133	0.264	0.017
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 119.500g: 1 cup, whipped

Measure 2 = 238.000g: 1 cup, fluid (yields 2 cups whipped)

Measure 3 = 15.000g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01054
Cream, whipped, cream topping, pressurized

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	61.33	1.676	3	1		36.80	1.84	
Energy....kcal	257		0	4		154	8	
Energy....kj	1077			4		646	32	
Protein (N x 6.38)....g	3.20	0.458	3	1		1.92	0.10	
Total lipid (fat)....g	22.22	1.936	3	1		13.33	0.67	
Ash....g	0.76	0.134	3	1		0.46	0.02	
Carbohydrate, by difference....g	12.49		0	4		7.49	0.37	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	101	10.536	3	1		61	3	
Iron, Fe....mg	0.05		0	1		0.03	0.00	
Magnesium, Mg....mg	11		0	1		6	0	
Phosphorus, P....mg	89	15.070	3	1		54	3	
Potassium, K....mg	147		0	1		88	4	
Sodium, Na....mg	130		2	1		78	4	
Zinc, Zn....mg	0.37		0	1		0.22	0.01	
Copper, Cu....mg	0.010		0	1		0.006	0.000	
Manganese, Mn....mg	0.001		0	1		0.001	0.000	
Selenium, Se....mcg	1.4		0	4		0.8	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		1	1		0.0	0.0	
Thiamin....mg	0.037		0	1		0.022	0.001	
Riboflavin....mg	0.065		2	1		0.039	0.002	
Niacin....mg	0.070		0	1		0.042	0.002	
Pantothenic acid....mg	0.305		0	1		0.183	0.009	
Vitamin B-6....mg	0.041		0	1		0.025	0.001	
Folate, total....mcg	3		0	4		2	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3		0	4		2	0	
Folate, DFE....mcg_DFE	3		0	4		2	0	
Vitamin B-12....mcg	0.29		0	1		0.18	0.01	
Vitamin A, IU....IU	843		0	4		506	25	
Vitamin A, RE....mcg_RE	207		0	1		124	6	
Vitamin E....mg_ATE	0.600		0	4		0.360	0.018	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.831		0	1		8.299	0.415	
4:0....g	0.721		0	1		0.433	0.022	
6:0....g	0.427		0	1		0.256	0.013	
8:0....g	0.248		0	1		0.149	0.007	
10:0....g	0.557		0	1		0.334	0.017	
11:0....g								
12:0....g	0.624		0	1		0.374	0.019	
13:0....g								
14:0....g	2.235		0	1		1.341	0.067	
15:0....g								
16:0....g	5.844		0	1		3.506	0.175	
17:0....g								
18:0....g	2.693		0	1		1.616	0.081	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.418		0	1		3.851	0.193	
14:1....g								
15:1....g								

NDB No. 01054
Cream, whipped, cream topping, pressurized

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.498		0	1		0.299	0.015	
17:1....g								
18:1 undifferentiated....g	5.590		0	1		3.354	0.168	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.825		0	1		0.495	0.025	
18:2 undifferentiated....g	0.502		0	1		0.301	0.015	
18:3 undifferentiated....g	0.323		0	1		0.194	0.010	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	76		0	1		46	2	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.045		0	1		0.027	0.001	
Threonine....g	0.144		0	1		0.086	0.004	
Isoleucine....g	0.194		0	1		0.116	0.006	
Leucine....g	0.313		0	1		0.188	0.009	
Lysine....g	0.254		0	1		0.152	0.008	
Methionine....g	0.080		0	1		0.048	0.002	
Cystine....g	0.030		0	1		0.018	0.001	
Phenylalanine....g	0.154		0	1		0.092	0.005	
Tyrosine....g	0.154		0	1		0.092	0.005	
Valine....g	0.214		0	1		0.128	0.006	
Arginine....g	0.116		0	1		0.070	0.003	
Histidine....g	0.087		0	1		0.052	0.003	
Alanine....g	0.110		0	1		0.066	0.003	
Aspartic acid....g	0.243		0	1		0.146	0.007	
Glutamic acid....g	0.670		0	1		0.402	0.020	
Glycine....g	0.068		0	1		0.041	0.002	
Proline....g	0.310		0	1		0.186	0.009	
Serine....g	0.174		0	1		0.104	0.005	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 60.000g: 1 cup

Measure 2 = 3.000g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01055
Cream, sour, reduced fat, cultured

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.14		0	1		193.94	12.02	
Energy....kcal	135		0	4		326	20	
Energy....kj	563			4		1362	84	
Protein (N x 6.38)....g	2.94		0	1		7.11	0.44	
Total lipid (fat)....g	12.00		0	1		29.04	1.80	
Ash....g	0.66		0	1		1.60	0.10	
Carbohydrate, by difference....g	4.26		0	4		10.31	0.64	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	104		0	1		253	16	
Iron, Fe....mg	0.07		0	1		0.17	0.01	
Magnesium, Mg....mg	10		0	1		24	2	
Phosphorus, P....mg	95		0	1		229	14	
Potassium, K....mg	129		0	1		312	19	
Sodium, Na....mg	41		0	1		98	6	
Zinc, Zn....mg	0.50		0	1		1.21	0.08	
Copper, Cu....mg	0.016		0	1		0.039	0.002	
Manganese, Mn....mg	0.003		0	1		0.007	0.000	
Selenium, Se....mcg	2.1		0	4		5.1	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	1		2.1	0.1	
Thiamin....mg	0.035		0	1		0.085	0.005	
Riboflavin....mg	0.149		0	1		0.361	0.022	
Niacin....mg	0.067		0	1		0.162	0.010	
Pantothenic acid....mg	0.363		0	1		0.878	0.054	
Vitamin B-6....mg	0.016		0	1		0.039	0.002	
Folate, total....mcg	11		0	1		26	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	11		0	1		26	2	
Folate, DFE....mcg_DFE	11		0	4		26	2	
Vitamin B-12....mcg	0.30		0	1		0.73	0.05	
Vitamin A, IU....IU	452		0	1		1094	68	
Vitamin A, RE....mcg_RE	112		0	1		271	17	
Vitamin E....mg_ATE	0.324		0	4		0.784	0.049	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.470		0	1		18.077	1.121	
4:0....g	0.389		0	1		0.941	0.058	
6:0....g	0.230		0	1		0.557	0.035	
8:0....g	0.134		0	1		0.324	0.020	
10:0....g	0.301		0	1		0.728	0.045	
11:0....g								
12:0....g	0.337		0	1		0.816	0.051	
13:0....g								
14:0....g	1.207		0	1		2.921	0.181	
15:0....g								
16:0....g	3.156		0	1		7.638	0.473	
17:0....g								
18:0....g	1.454		0	1		3.519	0.218	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.466		0	1		8.388	0.520	
14:1....g								
15:1....g								

NDB No. 01055
Cream, sour, reduced fat, cultured

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.269		0	1		0.651	0.040	
17:1....g								
18:1 undifferentiated....g	3.019		0	1		7.306	0.453	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.446		0	1		1.079	0.067	
18:2 undifferentiated....g	0.271		0	1		0.656	0.041	
18:3 undifferentiated....g	0.175		0	1		0.424	0.026	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	39		0	1		93	6	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.041		0	4		0.099	0.006	
Threonine....g	0.133		0	4		0.322	0.020	
Isoleucine....g	0.178		0	4		0.431	0.027	
Leucine....g	0.288		0	4		0.697	0.043	
Lysine....g	0.233		0	4		0.564	0.035	
Methionine....g	0.074		0	4		0.179	0.011	
Cystine....g	0.027		0	4		0.065	0.004	
Phenylalanine....g	0.142		0	4		0.344	0.021	
Tyrosine....g	0.142		0	4		0.344	0.021	
Valine....g	0.197		0	4		0.477	0.030	
Arginine....g	0.106		0	4		0.257	0.016	
Histidine....g	0.080		0	4		0.194	0.012	
Alanine....g	0.101		0	4		0.244	0.015	
Aspartic acid....g	0.223		0	4		0.540	0.033	
Glutamic acid....g	0.616		0	4		1.491	0.092	
Glycine....g	0.063		0	4		0.152	0.009	
Proline....g	0.285		0	4		0.690	0.043	
Serine....g	0.160		0	4		0.387	0.024	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 242.000g: 1 cup

Measure 2 = 15.000g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01056
Cream, sour, cultured

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	70.95		0	1		163.19	8.51	
Energy....kcal	214		0	4		493	26	
Energy....kj	896			4		2062	108	
Protein (N x 6.38)....g	3.16	0.129	11	1		7.27	0.38	
Total lipid (fat)....g	20.96	0.220	145	1		48.21	2.52	
Ash....g	0.66		0	1		1.52	0.08	
Carbohydrate, by difference....g	4.27		0	4		9.82	0.51	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	116	5.929	6	1		268	14	
Iron, Fe....mg	0.06	0.003	4	1		0.14	0.01	
Magnesium, Mg....mg	11	0.544	5	1		26	1	
Phosphorus, P....mg	85	4.306	5	1		195	10	
Potassium, K....mg	144	7.400	5	1		331	17	
Sodium, Na....mg	53	4.794	6	1		123	6	
Zinc, Zn....mg	0.27		1	1		0.62	0.03	
Copper, Cu....mg	0.019		0	1		0.044	0.002	
Manganese, Mn....mg	0.003		0	1		0.007	0.000	
Selenium, Se....mcg	2.2		2	1		5.1	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	1		2.0	0.1	
Thiamin....mg	0.035		0	1		0.081	0.004	
Riboflavin....mg	0.149		0	1		0.343	0.018	
Niacin....mg	0.067		1	1		0.154	0.008	
Pantothenic acid....mg	0.360		1	1		0.828	0.043	
Vitamin B-6....mg	0.016		1	1		0.037	0.002	
Folate, total....mcg	11		1	1		25	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	11		1	1		25	1	
Folate, DFE....mcg_DFE	11		0	4		25	1	
Vitamin B-12....mcg	0.30		1	1		0.69	0.04	
Vitamin A, IU....IU	790		0	1		1817	95	
Vitamin A, RE....mcg_RE	195		0	1		449	23	
Vitamin E....mg_ATE	0.566		0	4		1.302	0.068	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.047		0	1		30.008	1.566	
4:0....g	0.680		0	1		1.564	0.082	
6:0....g	0.402		0	1		0.925	0.048	
8:0....g	0.234		0	1		0.538	0.028	
10:0....g	0.526		0	1		1.210	0.063	
11:0....g								
12:0....g	0.588		0	1		1.352	0.071	
13:0....g								
14:0....g	2.108		0	1		4.848	0.253	
15:0....g								
16:0....g	5.513		0	1		12.680	0.662	
17:0....g								
18:0....g	2.540		0	1		5.842	0.305	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.054		0	1		13.924	0.726	
14:1....g								
15:1....g								

NDB No. 01056
Cream, sour, cultured

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.469		0	1		1.079	0.056	
17:1....g								
18:1 undifferentiated....g	5.273		0	1		12.128	0.633	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.778		0	1		1.789	0.093	
18:2 undifferentiated....g	0.473		0	1		1.088	0.057	
18:3 undifferentiated....g	0.305		0	1		0.702	0.037	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	44	3.904	4	1		102	5	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.044		0	4		0.101	0.005	
Threonine....g	0.143		0	4		0.329	0.017	
Isoleucine....g	0.191		0	4		0.439	0.023	
Leucine....g	0.309		0	4		0.711	0.037	
Lysine....g	0.251		0	4		0.577	0.030	
Methionine....g	0.080		0	4		0.184	0.010	
Cystine....g	0.029		0	4		0.067	0.003	
Phenylalanine....g	0.153		0	4		0.352	0.018	
Tyrosine....g	0.153		0	4		0.352	0.018	
Valine....g	0.211		0	4		0.485	0.025	
Arginine....g	0.114		0	4		0.262	0.014	
Histidine....g	0.085		0	4		0.196	0.010	
Alanine....g	0.109		0	4		0.251	0.013	
Aspartic acid....g	0.240		0	4		0.552	0.029	
Glutamic acid....g	0.662		0	4		1.523	0.079	
Glycine....g	0.067		0	4		0.154	0.008	
Proline....g	0.306		0	4		0.704	0.037	
Serine....g	0.172		0	4		0.396	0.021	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 230.000g: 1 cup

Measure 2 = 12.000g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01057
Eggnog

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.37	0.592	6	1		188.90	23.65	755.60
Energy....kcal	135		0	4		342	43	1368
Energy....kj	563			4		1430	179	5722
Protein (N x 6.37)....g	3.81	0.171	11	1		9.68	1.21	38.71
Total lipid (fat)....g	7.48	0.213	79	1		19.00	2.38	76.00
Ash....g	0.80	0.052	6	1		2.03	0.25	8.13
Carbohydrate, by difference....g	13.54		0	4		34.39	4.31	137.57
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	130	4.803	7	1		330	41	1321
Iron, Fe....mg	0.20		3	1		0.51	0.06	2.03
Magnesium, Mg....mg	19		2	1		47	6	188
Phosphorus, P....mg	109	4.561	6	1		278	35	1112
Potassium, K....mg	165	9.997	6	1		420	53	1678
Sodium, Na....mg	54	2.014	6	1		138	17	553
Zinc, Zn....mg	0.46		0	1		1.17	0.15	4.67
Copper, Cu....mg	0.013		0	1		0.033	0.004	0.132
Manganese, Mn....mg	0.005		0	1		0.013	0.002	0.051
Selenium, Se....mcg	4.2		0	4		10.7	1.3	42.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.5	0.289	3	1		3.8	0.5	15.2
Thiamin....mg	0.034	0.002	6	1		0.086	0.011	0.345
Riboflavin....mg	0.190	0.007	7	1		0.483	0.060	1.930
Niacin....mg	0.105	0.005	4	1		0.267	0.033	1.067
Pantothenic acid....mg	0.417		0	1		1.059	0.133	4.237
Vitamin B-6....mg	0.050		0	1		0.127	0.016	0.508
Folate, total....mcg	1	0.153	3	1		2	0	9
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	1	0.153	3	1		2	0	9
Folate, DFE....mcg_DFE	1		0	4		2	0	9
Vitamin B-12....mcg	0.45		0	1		1.14	0.14	4.57
Vitamin A, IU....IU	352	17.997	4	1		894	112	3576
Vitamin A, RE....mcg_RE	80		0	1		203	25	813
Vitamin E....mg_ATE	0.227		0	4		0.577	0.072	2.306
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.443		0	1		11.285	1.413	45.141
4:0....g	0.221		0	1		0.561	0.070	2.245
6:0....g	0.131		0	1		0.333	0.042	1.331
8:0....g	0.076		0	1		0.193	0.024	0.772
10:0....g	0.171		0	1		0.434	0.054	1.737
11:0....g								
12:0....g	0.192		0	1		0.488	0.061	1.951
13:0....g								
14:0....g	0.688		0	1		1.748	0.219	6.990
15:0....g								
16:0....g	1.940		0	1		4.928	0.617	19.710
17:0....g								
18:0....g	0.877		0	1		2.228	0.279	8.910
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.233		0	1		5.672	0.710	22.687
14:1....g								
15:1....g								

NDB No. 01057
Eggnog

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.174		0	1		0.442	0.055	1.768
17:1....g								
18:1 undifferentiated....g	1.958		0	1		4.973	0.623	19.893
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.339		0	1		0.861	0.108	3.444
18:2 undifferentiated....g	0.227		0	1		0.577	0.072	2.306
18:3 undifferentiated....g	0.101		0	1		0.257	0.032	1.026
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.006		0	1		0.015	0.002	0.061
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	59		0	1		149	19	596
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.054		0	1		0.137	0.017	0.549
Threonine....g	0.175		0	1		0.445	0.056	1.778
Isoleucine....g	0.230		0	1		0.584	0.073	2.337
Leucine....g	0.369		0	1		0.937	0.117	3.749
Lysine....g	0.298		0	1		0.757	0.095	3.028
Methionine....g	0.087		0	1		0.221	0.028	0.884
Cystine....g	0.038		0	1		0.097	0.012	0.386
Phenylalanine....g	0.182		0	1		0.462	0.058	1.849
Tyrosine....g	0.182		0	1		0.462	0.058	1.849
Valine....g	0.253		0	1		0.643	0.080	2.570
Arginine....g	0.149		0	1		0.378	0.047	1.514
Histidine....g	0.095		0	1		0.241	0.030	0.965
Alanine....g	0.136		0	1		0.345	0.043	1.382
Aspartic acid....g	0.291		0	1		0.739	0.093	2.957
Glutamic acid....g	0.769		0	1		1.953	0.245	7.813
Glycine....g	0.084		0	1		0.213	0.027	0.853
Proline....g	0.350		0	1		0.889	0.111	3.556
Serine....g	0.217		0	1		0.551	0.069	2.205
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 254.000g: 1 cup

Measure 2 = 31.800g: 1 fl oz

Measure 3 = 1016.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.9

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01058
Sour dressing, non-butterfat, cultured, filled cream-type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.79		0	1		175.76	8.97	
Energy....kcal	178		0	4		417	21	
Energy....kj	743			4		1747	89	
Protein (N x 6.38)....g	3.25		0	1		7.64	0.39	
Total lipid (fat)....g	16.57		0	1		38.94	1.99	
Ash....g	0.71		0	1		1.67	0.09	
Carbohydrate, by difference....g	4.68		0	4		11.00	0.56	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	113		0	1		266	14	
Iron, Fe....mg	0.03		0	1		0.07	0.00	
Magnesium, Mg....mg	10		0	1		23	1	
Phosphorus, P....mg	87		0	1		205	10	
Potassium, K....mg	162		0	1		380	19	
Sodium, Na....mg	48		0	1		113	6	
Zinc, Zn....mg	0.37		0	1		0.87	0.04	
Copper, Cu....mg	0.010		0	1		0.024	0.001	
Manganese, Mn....mg	0.002		0	1		0.005	0.000	
Selenium, Se....mcg	2.3		0	4		5.4	0.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	1		2.2	0.1	
Thiamin....mg	0.038		0	1		0.089	0.005	
Riboflavin....mg	0.163		0	1		0.383	0.020	
Niacin....mg	0.074		0	1		0.174	0.009	
Pantothenic acid....mg	0.398		0	1		0.935	0.048	
Vitamin B-6....mg	0.017		0	1		0.040	0.002	
Folate, total....mcg	12		0	1		28	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	12		0	1		28	1	
Folate, DFE....mcg_DFE	12		0	4		28	1	
Vitamin B-12....mcg	0.33		0	1		0.77	0.04	
Vitamin A, IU....IU	10		0	1		24	1	
Vitamin A, RE....mcg_RE	2		0	1		5	0	
Vitamin E....mg_ATE	0.124		0	4		0.291	0.015	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.272		0	1		31.189	1.593	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.319		2	1		0.750	0.038	
10:0....g	0.824		2	1		1.936	0.099	
11:0....g								
12:0....g	2.256		2	1		5.302	0.271	
13:0....g								
14:0....g	2.793		2	1		6.564	0.335	
15:0....g								
16:0....g	2.819		2	1		6.625	0.338	
17:0....g								
18:0....g	4.310		2	1		10.129	0.517	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.958		0	1		4.601	0.235	
14:1....g								
15:1....g								

NDB No. 01058
Sour dressing, non-butterfat, cultured, filled cream-type

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.087		2	1		0.204	0.010	
17:1....g								
18:1 undifferentiated....g	1.873		2	1		4.402	0.225	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.468		0	1		1.100	0.056	
18:2 undifferentiated....g	0.468		2	1		1.100	0.056	
18:3 undifferentiated....g	0.000		2	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	5		0	1		13	1	
Phytosterols....mg	15		0	4		35	2	
Amino Acids:								
Tryptophan....g	0.045		0	4		0.106	0.005	
Threonine....g	0.147		0	4		0.345	0.018	
Isoleucine....g	0.197		0	4		0.463	0.024	
Leucine....g	0.318		0	4		0.747	0.038	
Lysine....g	0.258		0	4		0.606	0.031	
Methionine....g	0.082		0	4		0.193	0.010	
Cystine....g	0.030		0	4		0.071	0.004	
Phenylalanine....g	0.157		0	4		0.369	0.019	
Tyrosine....g	0.157		0	4		0.369	0.019	
Valine....g	0.217		0	4		0.510	0.026	
Arginine....g	0.118		0	4		0.277	0.014	
Histidine....g	0.088		0	4		0.207	0.011	
Alanine....g	0.112		0	4		0.263	0.013	
Aspartic acid....g	0.247		0	4		0.580	0.030	
Glutamic acid....g	0.681		0	4		1.600	0.082	
Glycine....g	0.069		0	4		0.162	0.008	
Proline....g	0.315		0	4		0.740	0.038	
Serine....g	0.177		0	4		0.416	0.021	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 235.000g: 1 cup

Measure 2 = 12.000g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01059
Milk, filled, fluid, with blend of hydrogenated vegetable oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.67		0	1		213.91	855.66	
Energy....kcal	63		0	4		154	616	
Energy....kj	264			4		645	2579	
Protein (N x 6.38)....g	3.33		0	1		8.13	32.50	
Total lipid (fat)....g	3.46	0.078	9	1		8.44	33.77	
Ash....g	0.80		0	1		1.95	7.81	
Carbohydrate, by difference....g	4.74		0	4		11.57	46.26	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	128		0	1		312	1247	
Iron, Fe....mg	0.05		0	1		0.12	0.49	
Magnesium, Mg....mg	13		0	1		32	130	
Phosphorus, P....mg	97		0	1		236	946	
Potassium, K....mg	139		0	1		339	1357	
Sodium, Na....mg	57		0	1		138	553	
Zinc, Zn....mg	0.36		0	1		0.88	3.51	
Copper, Cu....mg	0.010		0	1		0.024	0.098	
Manganese, Mn....mg	0.002		0	1		0.005	0.020	
Selenium, Se....mcg	2.0		0	4		4.9	19.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	1		2.2	8.8	
Thiamin....mg	0.030		0	1		0.073	0.293	
Riboflavin....mg	0.123		0	1		0.300	1.200	
Niacin....mg	0.087		0	1		0.212	0.849	
Pantothenic acid....mg	0.301		0	1		0.734	2.938	
Vitamin B-6....mg	0.040		0	1		0.098	0.390	
Folate, total....mcg	5		0	1		12	47	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	1		12	47	
Folate, DFE....mcg_DFE	5		0	4		12	47	
Vitamin B-12....mcg	0.34		0	1		0.83	3.34	
Vitamin A, IU....IU	7		0	1		17	68	
Vitamin A, RE....mcg_RE	2		0	1		5	20	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.768		0	1		1.874	7.496	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.003	0.001	9	1		0.007	0.029	
10:0....g	0.004	0.001	9	1		0.010	0.039	
11:0....g								
12:0....g	0.017	0.006	9	1		0.041	0.166	
13:0....g								
14:0....g	0.030	0.009	9	1		0.073	0.293	
15:0....g								
16:0....g	0.490	0.031	9	1		1.196	4.782	
17:0....g								
18:0....g	0.232	0.013	9	1		0.566	2.264	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.783		0	1		4.351	17.402	
14:1....g								
15:1....g								

NDB No. 01059
Milk, filled, fluid, with blend of hydrogenated vegetable oils

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.001	0.001	9	1		0.002	0.010	
17:1....g								
18:1 undifferentiated....g	1.785	0.051	9	1		4.355	17.422	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.750		0	1		1.830	7.320	
18:2 undifferentiated....g	0.717	0.023	9	1		1.749	6.998	
18:3 undifferentiated....g	0.027	0.006	9	1		0.066	0.264	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	2		0	1		4	18	
Phytosterols....mg	6		0	4		15	59	
Amino Acids:								
Tryptophan....g	0.047		0	1		0.115	0.459	
Threonine....g	0.150		0	1		0.366	1.464	
Isoleucine....g	0.201		0	1		0.490	1.962	
Leucine....g	0.326		0	1		0.795	3.182	
Lysine....g	0.264		0	1		0.644	2.577	
Methionine....g	0.084		0	1		0.205	0.820	
Cystine....g	0.031		0	1		0.076	0.303	
Phenylalanine....g	0.161		0	1		0.393	1.571	
Tyrosine....g	0.161		0	1		0.393	1.571	
Valine....g	0.223		0	1		0.544	2.176	
Arginine....g	0.121		0	1		0.295	1.181	
Histidine....g	0.090		0	1		0.220	0.878	
Alanine....g	0.115		0	1		0.281	1.122	
Aspartic acid....g	0.253		0	1		0.617	2.469	
Glutamic acid....g	0.697		0	1		1.701	6.803	
Glycine....g	0.070		0	1		0.171	0.683	
Proline....g	0.323		0	1		0.788	3.152	
Serine....g	0.181		0	1		0.442	1.767	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 976.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01060
Milk, filled, fluid, with lauric acid oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.73	0.099	60	1		214.06	26.76	856.24
Energy....kcal	63		0	4		153	19	611
Energy....kj	262			4		639	80	2557
Protein (N x 6.38)....g	3.33	0.082	18	1		8.13	1.02	32.50
Total lipid (fat)....g	3.40	0.024	56	1		8.30	1.04	33.18
Ash....g	0.80	0.031	4	1		1.95	0.24	7.81
Carbohydrate, by difference....g	4.74		0	4		11.57	1.45	46.26
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	128	5.984	7	1		312	39	1247
Iron, Fe....mg	0.05		1	1		0.12	0.02	0.49
Magnesium, Mg....mg	13		1	1		32	4	130
Phosphorus, P....mg	97	5.864	6	1		236	30	946
Potassium, K....mg	139		2	1		339	42	1357
Sodium, Na....mg	57	3.287	3	1		138	17	553
Zinc, Zn....mg	0.36		0	1		0.88	0.11	3.51
Copper, Cu....mg	0.010		0	1		0.024	0.003	0.098
Manganese, Mn....mg	0.002		0	1		0.005	0.001	0.020
Selenium, Se....mcg	2.0		0	4		4.9	0.6	19.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	1		2.2	0.3	8.8
Thiamin....mg	0.030		2	1		0.073	0.009	0.293
Riboflavin....mg	0.123	0.019	7	1		0.300	0.038	1.200
Niacin....mg	0.087	0.003	3	1		0.212	0.027	0.849
Pantothenic acid....mg	0.301		0	1		0.734	0.092	2.938
Vitamin B-6....mg	0.040		0	1		0.098	0.012	0.390
Folate, total....mcg	5		0	1		12	1	47
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	5		0	1		12	1	47
Folate, DFE....mcg_DFE	5		0	4		12	1	47
Vitamin B-12....mcg	0.34		0	1		0.83	0.10	3.34
Vitamin A, IU....IU	7		0	1		17	2	68
Vitamin A, RE....mcg_RE	2		0	1		5	1	20
Vitamin E....mg_ATE	0.026		0	4		0.063	0.008	0.254
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.101		0	1		7.566	0.946	30.266
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.173	0.010	29	1		0.422	0.053	1.688
10:0....g	0.130	0.008	29	1		0.317	0.040	1.269
11:0....g								
12:0....g	2.047	0.074	29	1		4.995	0.624	19.979
13:0....g								
14:0....g	0.399	0.026	29	1		0.974	0.122	3.894
15:0....g								
16:0....g	0.191	0.018	29	1		0.466	0.058	1.864
17:0....g								
18:0....g	0.148	0.012	29	1		0.361	0.045	1.444
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.100		0	1		0.244	0.031	0.976
14:1....g								
15:1....g								

NDB No. 01060
Milk, filled, fluid, with lauric acid oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.100	0.014	29	1		0.244	0.031	0.976
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.010		0	1		0.024	0.003	0.098
18:2 undifferentiated....g	0.008	0.003	29	1		0.020	0.002	0.078
18:3 undifferentiated....g	0.000	0.000	29	1		0.000	0.000	0.000
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	2		0	1		4	1	18
Phytosterols....mg	3		0	4		7	1	29
Amino Acids:								
Tryptophan....g	0.047		0	1		0.115	0.014	0.459
Threonine....g	0.150		0	1		0.366	0.046	1.464
Isoleucine....g	0.201		0	1		0.490	0.061	1.962
Leucine....g	0.326		0	1		0.795	0.099	3.182
Lysine....g	0.264		0	1		0.644	0.081	2.577
Methionine....g	0.084		0	1		0.205	0.026	0.820
Cystine....g	0.031		0	1		0.076	0.009	0.303
Phenylalanine....g	0.161		0	1		0.393	0.049	1.571
Tyrosine....g	0.161		0	1		0.393	0.049	1.571
Valine....g	0.223		0	1		0.544	0.068	2.176
Arginine....g	0.121		0	1		0.295	0.037	1.181
Histidine....g	0.090		0	1		0.220	0.027	0.878
Alanine....g	0.115		0	1		0.281	0.035	1.122
Aspartic acid....g	0.253		0	1		0.617	0.077	2.469
Glutamic acid....g	0.697		0	1		1.701	0.213	6.803
Glycine....g	0.070		0	1		0.171	0.021	0.683
Proline....g	0.323		0	1		0.788	0.099	3.152
Serine....g	0.181		0	1		0.442	0.055	1.767
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 976.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01067
Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	77.27	1.107	11	1		185.45	23.18	11.59
Energy....kcal	136		0	4		326	41	20
Energy....kj	568			4		1362	170	85
Protein (N x 5.71)....g	1.00	0.118	14	1		2.40	0.30	0.15
Total lipid (fat)....g	9.97	0.276	42	1		23.93	2.99	1.50
Ash....g	0.38	0.091	6	1		0.91	0.11	0.06
Carbohydrate, by difference....g	11.38		0	4		27.31	3.41	1.71
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9	2.463	8	1		22	3	1
Iron, Fe....mg	0.03	0.030	5	1		0.07	0.01	0.00
Magnesium, Mg....mg	0	0.333	3	1		1	0	0
Phosphorus, P....mg	64	13.333	8	1		154	19	10
Potassium, K....mg	191	39.601	6	1		457	57	29
Sodium, Na....mg	79	17.019	8	1		190	24	12
Zinc, Zn....mg	0.02		1	1		0.05	0.01	0.00
Copper, Cu....mg	0.000		0	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	1		0.000	0.000	0.000
Selenium, Se....mcg	1.1		0	4		2.6	0.3	0.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.000		0	1		0.000	0.000	0.000
Riboflavin....mg	0.000		3	1		0.000	0.000	0.000
Niacin....mg	0.000		0	1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	1		0.000	0.000	0.000
Folate, total....mcg	0		0	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	89	32.776	5	1		214	27	13
Vitamin A, RE....mcg_RE	9	3.278	5	1		22	3	1
Vitamin E....mg_ATE	1.616		0	4		3.878	0.485	0.242
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.937		0	1		4.649	0.581	0.291
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.005	0.002	7	1		0.012	0.002	0.001
10:0....g	0.013	0.007	7	1		0.031	0.004	0.002
11:0....g								
12:0....g	0.062	0.033	7	1		0.149	0.019	0.009
13:0....g								
14:0....g	0.019	0.006	7	1		0.046	0.006	0.003
15:0....g								
16:0....g	0.884	0.106	7	1		2.122	0.265	0.133
17:0....g								
18:0....g	0.976	0.056	7	1		2.342	0.293	0.146
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.551		0	1		18.122	2.265	1.133
14:1....g								
15:1....g								

NDB No. 01067

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	7.559	0.243	7	1		18.142	2.268	1.134
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.027		0	1		0.065	0.008	0.004
18:2 undifferentiated....g	0.022	0.008	7	1		0.053	0.007	0.003
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	0
Phytosterols....mg	13		0	4		31	4	2
Amino Acids:								
Tryptophan....g	0.015		0	1		0.036	0.005	0.002
Threonine....g	0.043		0	1		0.103	0.013	0.006
Isoleucine....g	0.056		0	1		0.134	0.017	0.008
Leucine....g	0.085		0	1		0.204	0.026	0.013
Lysine....g	0.068		0	1		0.163	0.020	0.010
Methionine....g	0.015		0	1		0.036	0.005	0.002
Cystine....g	0.018		0	1		0.043	0.005	0.003
Phenylalanine....g	0.055		0	1		0.132	0.017	0.008
Tyrosine....g	0.037		0	1		0.089	0.011	0.006
Valine....g	0.056		0	1		0.134	0.017	0.008
Arginine....g	0.080		0	1		0.192	0.024	0.012
Histidine....g	0.028		0	1		0.067	0.008	0.004
Alanine....g	0.047		0	1		0.113	0.014	0.007
Aspartic acid....g	0.125		0	1		0.300	0.038	0.019
Glutamic acid....g	0.201		0	1		0.482	0.060	0.030
Glycine....g	0.047		0	1		0.113	0.014	0.007
Proline....g	0.060		0	1		0.144	0.018	0.009
Serine....g	0.057		0	1		0.137	0.017	0.009
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 30.000g: 1 fl oz

Measure 3 = 15.000g: 1 container, individual

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01068
Cream substitute, liquid, with lauric acid oil and sodium caseinate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	77.27	1.107	11	1		11.59	92.72	
Energy....kcal	136		0	4		20	164	
Energy....kj	571			4		86	685	
Protein (N x 6.29)....g	1.00	0.118	14	1		0.15	1.20	
Total lipid (fat)....g	9.97	0.276	42	1		1.50	11.96	
Ash....g	0.38	0.091	6	1		0.06	0.46	
Carbohydrate, by difference....g	11.38		0	4		1.71	13.66	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	9	2.463	8	1		1	11	
Iron, Fe....mg	0.03	0.030	5	1		0.00	0.04	
Magnesium, Mg....mg	0	0.333	3	1		0	0	
Phosphorus, P....mg	64	13.333	8	1		10	77	
Potassium, K....mg	191	39.601	6	1		29	229	
Sodium, Na....mg	79	17.019	8	1		12	95	
Zinc, Zn....mg	0.02		1	1		0.00	0.02	
Copper, Cu....mg	0.025		0	1		0.004	0.030	
Manganese, Mn....mg	0.040		0	1		0.006	0.048	
Selenium, Se....mcg	1.1		0	4		0.2	1.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.000		0	1		0.000	0.000	
Riboflavin....mg	0.000		3	1		0.000	0.000	
Niacin....mg	0.000		0	1		0.000	0.000	
Pantothenic acid....mg	0.000		0	1		0.000	0.000	
Vitamin B-6....mg	0.000		0	1		0.000	0.000	
Folate, total....mcg	0		0	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	89	32.776	5	1		13	107	
Vitamin A, RE....mcg_RE	9	3.278	5	1		1	11	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	9.304		0	1		1.396	11.165	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.349	0.046	18	1		0.052	0.419	
10:0....g	0.277	0.039	18	1		0.042	0.332	
11:0....g								
12:0....g	6.614	0.318	18	1		0.992	7.937	
13:0....g								
14:0....g	1.001	0.092	18	1		0.150	1.201	
15:0....g								
16:0....g	0.432	0.052	18	1		0.065	0.518	
17:0....g								
18:0....g	0.597	0.092	18	1		0.090	0.716	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.106		0	1		0.016	0.127	
14:1....g								
15:1....g								

NDB No. 01068
Cream substitute, liquid, with lauric acid oil and sodium caseinate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.106	0.036	18	1		0.016	0.127	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.003		0	1		0.000	0.004	
18:2 undifferentiated....g	0.003	0.002	18	1		0.000	0.004	
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	
Phytosterols....mg	9		0	4		1	11	
Amino Acids:								
Tryptophan....g	0.014		0	1		0.002	0.017	
Threonine....g	0.042		0	1		0.006	0.050	
Isoleucine....g	0.061		0	1		0.009	0.073	
Leucine....g	0.099		0	1		0.015	0.119	
Lysine....g	0.080		0	1		0.012	0.096	
Methionine....g	0.030		0	1		0.005	0.036	
Cystine....g	0.004		0	1		0.001	0.005	
Phenylalanine....g	0.054		0	1		0.008	0.065	
Tyrosine....g	0.057		0	1		0.009	0.068	
Valine....g	0.072		0	1		0.011	0.086	
Arginine....g	0.040		0	1		0.006	0.048	
Histidine....g	0.030		0	1		0.005	0.036	
Alanine....g	0.031		0	1		0.005	0.037	
Aspartic acid....g	0.071		0	1		0.011	0.085	
Glutamic acid....g	0.227		0	1		0.034	0.272	
Glycine....g	0.020		0	1		0.003	0.024	
Proline....g	0.113		0	1		0.017	0.136	
Serine....g	0.062		0	1		0.009	0.074	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 15.000g: 1 container, individual

Measure 2 = 120.000g: .5 cup

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01069
Cream substitute, powdered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.21	0.137	25	1		2.08	0.04	0.07
Energy....kcal	546		0	4		514	11	16
Energy....kj	2286			4		2149	46	69
Protein (N x 6.29)....g	4.79	0.179	26	1		4.50	0.10	0.14
Total lipid (fat)....g	35.48	0.420	40	1		33.35	0.71	1.06
Ash....g	2.64	0.091	23	1		2.48	0.05	0.08
Carbohydrate, by difference....g	54.88		0	4		51.59	1.10	1.65
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	22	3.338	16	1		21	0	1
Iron, Fe....mg	1.15	0.356	9	1		1.08	0.02	0.03
Magnesium, Mg....mg	4	1.112	8	1		4	0	0
Phosphorus, P....mg	422	29.420	19	1		397	8	13
Potassium, K....mg	812	41.384	18	1		763	16	24
Sodium, Na....mg	181	21.326	23	1		170	4	5
Zinc, Zn....mg	0.51		1	1		0.48	0.01	0.02
Copper, Cu....mg	0.115		0	1		0.108	0.002	0.003
Manganese, Mn....mg	0.220		0	1		0.207	0.004	0.007
Selenium, Se....mcg	0.6	0.228	12	1		0.6	0.0	0.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.000		0	1		0.000	0.000	0.000
Riboflavin....mg	0.165	0.093	5	1		0.155	0.003	0.005
Niacin....mg	0.000		0	1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	1		0.000	0.000	0.000
Folate, total....mcg	0		0	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	203	67.674	4	1		191	4	6
Vitamin A, RE....mcg_RE	20	6.767	4	1		19	0	1
Vitamin E....mg_ATE	0.266		0	4		0.250	0.005	0.008
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	32.525		0	1		30.574	0.651	0.976
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	1.332	0.296	8	1		1.252	0.027	0.040
10:0....g	1.457	0.199	8	1		1.370	0.029	0.044
11:0....g								
12:0....g	13.579	0.413	8	1		12.764	0.272	0.407
13:0....g								
14:0....g	5.987	0.328	8	1		5.628	0.120	0.180
15:0....g								
16:0....g	3.753	0.266	8	1		3.528	0.075	0.113
17:0....g								
18:0....g	6.339	0.931	8	1		5.959	0.127	0.190
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.968		0	1		0.910	0.019	0.029
14:1....g								
15:1....g								

NDB No. 01069
Cream substitute, powdered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	0.969	0.163	8	1		0.911	0.019	0.029
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.014		0	1		0.013	0.000	0.000
18:2 undifferentiated....g	0.003	0.004	8	1		0.003	0.000	0.000
18:3 undifferentiated....g	0.010	0.009	8	1		0.009	0.000	0.000
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	0
Phytosterols....mg	32		0	4		30	1	1
Amino Acids:								
Tryptophan....g	0.066		0	1		0.062	0.001	0.002
Threonine....g	0.203		0	1		0.191	0.004	0.006
Isoleucine....g	0.294		0	1		0.276	0.006	0.009
Leucine....g	0.473		0	1		0.445	0.009	0.014
Lysine....g	0.385		0	1		0.362	0.008	0.012
Methionine....g	0.145		0	1		0.136	0.003	0.004
Cystine....g	0.021		0	1		0.020	0.000	0.001
Phenylalanine....g	0.257		0	1		0.242	0.005	0.008
Tyrosine....g	0.274		0	1		0.258	0.005	0.008
Valine....g	0.343		0	1		0.322	0.007	0.010
Arginine....g	0.190		0	1		0.179	0.004	0.006
Histidine....g	0.142		0	1		0.133	0.003	0.004
Alanine....g	0.150		0	1		0.141	0.003	0.005
Aspartic acid....g	0.339		0	1		0.319	0.007	0.010
Glutamic acid....g	1.088		0	1		1.023	0.022	0.033
Glycine....g	0.096		0	1		0.090	0.002	0.003
Proline....g	0.540		0	1		0.508	0.011	0.016
Serine....g	0.295		0	1		0.277	0.006	0.009
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 94.000g: 1 cup

Measure 2 = 2.000g: 1 tsp

Measure 3 = 3.000g: 1 packet

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01070
Dessert topping, powdered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.47	0.914	3	1		0.62	0.02	
Energy....kcal	577		0	4		245	8	
Energy....kj	2415			4		1026	31	
Protein (N x 6.29)....g	4.90	0.314	3	1		2.08	0.06	
Total lipid (fat)....g	39.92	1.073	9	1		16.97	0.52	
Ash....g	1.17	0.384	3	1		0.50	0.02	
Carbohydrate, by difference....g	52.54		0	4		22.33	0.68	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	17	2.633	3	1		7	0	
Iron, Fe....mg	0.03		0	4		0.01	0.00	
Magnesium, Mg....mg	7		0	4		3	0	
Phosphorus, P....mg	74	34.968	3	1		31	1	
Potassium, K....mg	166		2	1		71	2	
Sodium, Na....mg	122	33.506	4	1		52	2	
Zinc, Zn....mg	0.08		0	4		0.03	0.00	
Copper, Cu....mg	0.118		0	1		0.050	0.002	
Manganese, Mn....mg	0.225		0	1		0.096	0.003	
Selenium, Se....mcg	0.6		0	4		0.3	0.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.000		0	1		0.000	0.000	
Riboflavin....mg	0.000		2	1		0.000	0.000	
Niacin....mg	0.000		0	1		0.000	0.000	
Pantothenic acid....mg	0.000		0	1		0.000	0.000	
Vitamin B-6....mg	0.000		0	1		0.000	0.000	
Folate, total....mcg	0		0	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	1077		2	1		458	14	
Vitamin A, RE....mcg_RE	108		2	1		46	1	
Vitamin E....mg_ATE	0.299		0	4		0.127	0.004	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	36.723		0	1		15.607	0.477	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.669	0.454	3	1		0.284	0.009	
10:0....g	0.964	0.341	3	1		0.410	0.013	
11:0....g								
12:0....g	14.507	1.050	3	1		6.165	0.189	
13:0....g								
14:0....g	5.746	0.296	3	1		2.442	0.075	
15:0....g								
16:0....g	5.429	0.268	3	1		2.307	0.071	
17:0....g								
18:0....g	9.408	0.538	3	1		3.998	0.122	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.600		0	1		0.255	0.008	
14:1....g								
15:1....g								

NDB No. 01070
Dessert topping, powdered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.600	0.351	3	1		0.255	0.008	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.447		0	1		0.190	0.006	
18:2 undifferentiated....g	0.447	0.105	3	1		0.190	0.006	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	
Phytosterols....mg	36		0	4		15	0	
Amino Acids:								
Tryptophan....g	0.068		0	1		0.029	0.001	
Threonine....g	0.207		0	1		0.088	0.003	
Isoleucine....g	0.301		0	1		0.128	0.004	
Leucine....g	0.484		0	1		0.206	0.006	
Lysine....g	0.394		0	1		0.167	0.005	
Methionine....g	0.149		0	1		0.063	0.002	
Cystine....g	0.021		0	1		0.009	0.000	
Phenylalanine....g	0.263		0	1		0.112	0.003	
Tyrosine....g	0.280		0	1		0.119	0.004	
Valine....g	0.351		0	1		0.149	0.005	
Arginine....g	0.194		0	1		0.082	0.003	
Histidine....g	0.145		0	1		0.062	0.002	
Alanine....g	0.153		0	1		0.065	0.002	
Aspartic acid....g	0.347		0	1		0.147	0.005	
Glutamic acid....g	1.113		0	1		0.473	0.014	
Glycine....g	0.098		0	1		0.042	0.001	
Proline....g	0.552		0	1		0.235	0.007	
Serine....g	0.301		0	1		0.128	0.004	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 42.500g: 1.5 oz

Measure 2 = 1.300g: 1 portion, amount to make 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01071
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	66.65		0	1		53.32	2.67	106.64
Energy....kcal	189		0	4		151	8	302
Energy....kj	791			4		633	32	1266
Protein (N x 6.35)....g	3.60		0	1		2.88	0.14	5.76
Total lipid (fat)....g	12.41		0	1		9.93	0.50	19.86
Ash....g	0.81		0	1		0.65	0.03	1.30
Carbohydrate, by difference....g	16.53		0	4		13.22	0.66	26.45
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	90		0	1		72	4	144
Iron, Fe....mg	0.04		0	1		0.03	0.00	0.06
Magnesium, Mg....mg	10		0	1		8	0	15
Phosphorus, P....mg	86		0	1		69	3	137
Potassium, K....mg	151		0	1		121	6	241
Sodium, Na....mg	66		0	1		53	3	105
Zinc, Zn....mg	0.27		0	1		0.22	0.01	0.43
Copper, Cu....mg	0.012		0	1		0.010	0.000	0.019
Manganese, Mn....mg	0.005		0	1		0.004	0.000	0.008
Selenium, Se....mcg	4.8		0	4		3.8	0.2	7.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		0.5	0.0	1.1
Thiamin....mg	0.027		0	1		0.022	0.001	0.043
Riboflavin....mg	0.117		0	1		0.094	0.005	0.187
Niacin....mg	0.060		0	1		0.048	0.002	0.096
Pantothenic acid....mg	0.226		0	1		0.181	0.009	0.362
Vitamin B-6....mg	0.030		0	1		0.024	0.001	0.048
Folate, total....mcg	4		0	1		3	0	6
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	4		0	1		3	0	6
Folate, DFE....mcg_DFE	4		0	4		3	0	6
Vitamin B-12....mcg	0.26		0	1		0.21	0.01	0.41
Vitamin A, IU....IU	361		0	1		289	14	578
Vitamin A, RE....mcg_RE	49		0	1		39	2	78
Vitamin E....mg_ATE	0.140		0	4		0.112	0.006	0.224
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	10.684		0	1		8.547	0.427	17.094
4:0....g	0.077		0	1		0.062	0.003	0.123
6:0....g	0.046		0	1		0.037	0.002	0.074
8:0....g	0.194		0	1		0.155	0.008	0.310
10:0....g	0.302		0	1		0.242	0.012	0.483
11:0....g								
12:0....g	3.704		0	1		2.963	0.148	5.926
13:0....g								
14:0....g	1.682		0	1		1.346	0.067	2.691
15:0....g								
16:0....g	1.993		0	1		1.594	0.080	3.189
17:0....g								
18:0....g	2.650		0	1		2.120	0.106	4.240
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.843		0	1		0.674	0.034	1.349
14:1....g								
15:1....g								

NDB No. 01071
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.053		0	1		0.042	0.002	0.085
17:1....g								
18:1 undifferentiated....g	0.754		0	1		0.603	0.030	1.206
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.201		0	1		0.161	0.008	0.322
18:2 undifferentiated....g	0.166		0	1		0.133	0.007	0.266
18:3 undifferentiated....g	0.034		0	1		0.027	0.001	0.054
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	10		0	1		8	0	16
Phytosterols....mg	0		1	1		0	0	0
Amino Acids:								
Tryptophan....g	0.050		0	1		0.040	0.002	0.080
Threonine....g	0.159		0	1		0.127	0.006	0.254
Isoleucine....g	0.219		0	1		0.175	0.009	0.350
Leucine....g	0.354		0	1		0.283	0.014	0.566
Lysine....g	0.287		0	1		0.230	0.011	0.459
Methionine....g	0.097		0	1		0.078	0.004	0.155
Cystine....g	0.028		0	1		0.022	0.001	0.045
Phenylalanine....g	0.180		0	1		0.144	0.007	0.288
Tyrosine....g	0.185		0	1		0.148	0.007	0.296
Valine....g	0.247		0	1		0.198	0.010	0.395
Arginine....g	0.134		0	1		0.107	0.005	0.214
Histidine....g	0.101		0	1		0.081	0.004	0.162
Alanine....g	0.120		0	1		0.096	0.005	0.192
Aspartic acid....g	0.267		0	1		0.214	0.011	0.427
Glutamic acid....g	0.776		0	1		0.621	0.031	1.242
Glycine....g	0.075		0	1		0.060	0.003	0.120
Proline....g	0.369		0	1		0.295	0.015	0.590
Serine....g	0.205		0	1		0.164	0.008	0.328
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 80.000g: 1 cup

Measure 2 = 4.000g: 1 tbsp

Measure 3 = 160.000g: 1 package yields

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01072
Dessert topping, pressurized

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	60.37	0.437	3	1		42.26	2.41	
Energy....kcal	264		0	4		184	11	
Energy....kj	1103			4		772	44	
Protein (N x 6.29)....g	0.98	0.669	4	1		0.69	0.04	
Total lipid (fat)....g	22.30	0.995	13	1		15.61	0.89	
Ash....g	0.28	0.080	3	1		0.20	0.01	
Carbohydrate, by difference....g	16.07		0	4		11.25	0.64	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	5	1.627	5	1		4	0	
Iron, Fe....mg	0.02		2	1		0.01	0.00	
Magnesium, Mg....mg	1		1	1		1	0	
Phosphorus, P....mg	18	7.637	4	1		13	1	
Potassium, K....mg	19	13.518	3	1		13	1	
Sodium, Na....mg	62	14.442	5	1		43	2	
Zinc, Zn....mg	0.01		1	1		0.01	0.00	
Copper, Cu....mg	0.024		0	1		0.017	0.001	
Manganese, Mn....mg	0.045		0	1		0.032	0.002	
Selenium, Se....mcg	1.5		0	4		1.1	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.000		1	1		0.000	0.000	
Riboflavin....mg	0.000		3	1		0.000	0.000	
Niacin....mg	0.000		1	1		0.000	0.000	
Pantothenic acid....mg	0.000		0	1		0.000	0.000	
Vitamin B-6....mg	0.000		0	1		0.000	0.000	
Folate, total....mcg	0		0	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	473	32.339	3	1		331	19	
Vitamin A, RE....mcg_RE	47	3.234	3	1		33	2	
Vitamin E....mg_ATE	0.167		0	4		0.117	0.007	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	18.912		0	1		13.238	0.756	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.449	0.031	3	1		0.314	0.018	
10:0....g	0.642	0.060	3	1		0.449	0.026	
11:0....g								
12:0....g	8.014	1.076	3	1		5.610	0.321	
13:0....g								
14:0....g	3.246	0.431	3	1		2.272	0.130	
15:0....g								
16:0....g	2.408	0.201	3	1		1.686	0.096	
17:0....g								
18:0....g	4.166	0.680	3	1		2.916	0.167	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.927		0	1		1.349	0.077	
14:1....g								
15:1....g								

NDB No. 01072
Dessert topping, pressurized

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	1.929	1.457	3	1		1.350	0.077	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.241		0	1		0.169	0.010	
18:2 undifferentiated....g	0.241	0.192	3	1		0.169	0.010	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		1	1		0	0	
Phytosterols....mg	20		0	4		14	1	
Amino Acids:								
Tryptophan....g	0.014		0	1		0.010	0.001	
Threonine....g	0.041		0	1		0.029	0.002	
Isoleucine....g	0.060		0	1		0.042	0.002	
Leucine....g	0.097		0	1		0.068	0.004	
Lysine....g	0.079		0	1		0.055	0.003	
Methionine....g	0.030		0	1		0.021	0.001	
Cystine....g	0.004		0	1		0.003	0.000	
Phenylalanine....g	0.053		0	1		0.037	0.002	
Tyrosine....g	0.056		0	1		0.039	0.002	
Valine....g	0.070		0	1		0.049	0.003	
Arginine....g	0.039		0	1		0.027	0.002	
Histidine....g	0.029		0	1		0.020	0.001	
Alanine....g	0.031		0	1		0.022	0.001	
Aspartic acid....g	0.069		0	1		0.048	0.003	
Glutamic acid....g	0.223		0	1		0.156	0.009	
Glycine....g	0.020		0	1		0.014	0.001	
Proline....g	0.110		0	1		0.077	0.004	
Serine....g	0.060		0	1		0.042	0.002	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 70.000g: 1 cup

Measure 2 = 4.000g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01073
Dessert topping, semi solid, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	50.21	1.046	17	1		37.66	2.01	
Energy....kcal	318		0	4		239	13	
Energy....kj	1332			4		999	53	
Protein (N x 6.29)....g	1.25	0.240	17	1		0.94	0.05	
Total lipid (fat)....g	25.31	0.282	19	1		18.98	1.01	
Ash....g	0.18	0.063	13	1		0.14	0.01	
Carbohydrate, by difference....g	23.05		0	4		17.29	0.92	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6	0.380	13	1		5	0	
Iron, Fe....mg	0.12	0.018	7	1		0.09	0.00	
Magnesium, Mg....mg	2	0.094	10	1		1	0	
Phosphorus, P....mg	8	0.703	13	1		6	0	
Potassium, K....mg	18	1.020	10	1		14	1	
Sodium, Na....mg	25	4.216	14	1		19	1	
Zinc, Zn....mg	0.03	0.002	11	1		0.02	0.00	
Copper, Cu....mg	0.030		0	1		0.023	0.001	
Manganese, Mn....mg	0.058		0	1		0.044	0.002	
Selenium, Se....mcg	2.1		0	4		1.6	0.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.000		0	1		0.000	0.000	
Riboflavin....mg	0.000		2	1		0.000	0.000	
Niacin....mg	0.000		0	1		0.000	0.000	
Pantothenic acid....mg	0.000		0	1		0.000	0.000	
Vitamin B-6....mg	0.000		0	1		0.000	0.000	
Folate, total....mcg	0		0	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	861	55.660	12	1		646	34	
Vitamin A, RE....mcg_RE	86	5.566	12	1		65	3	
Vitamin E....mg_ATE	0.190		0	4		0.143	0.008	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	21.783		0	1		16.337	0.871	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.638		2	1		0.479	0.026	
10:0....g	0.905		2	1		0.679	0.036	
11:0....g								
12:0....g	8.836		2	1		6.627	0.353	
13:0....g								
14:0....g	3.756		2	1		2.817	0.150	
15:0....g								
16:0....g	3.092		2	1		2.319	0.124	
17:0....g								
18:0....g	4.580		2	1		3.435	0.183	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.616		0	1		1.212	0.065	
14:1....g								
15:1....g								

NDB No. 01073
Dessert topping, semi solid, frozen

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.241		2	1		0.181	0.010	
17:1....g								
18:1 undifferentiated....g	1.375		2	1		1.031	0.055	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.523		0	1		0.392	0.021	
18:2 undifferentiated....g	0.305		2	1		0.229	0.012	
18:3 undifferentiated....g	0.218		2	1		0.164	0.009	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	
Phytosterols....mg	23		0	4		17	1	
Amino Acids:								
Tryptophan....g	0.017		0	1		0.013	0.001	
Threonine....g	0.053		0	1		0.040	0.002	
Isoleucine....g	0.077		0	1		0.058	0.003	
Leucine....g	0.123		0	1		0.092	0.005	
Lysine....g	0.101		0	1		0.076	0.004	
Methionine....g	0.038		0	1		0.029	0.002	
Cystine....g	0.005		0	1		0.004	0.000	
Phenylalanine....g	0.067		0	1		0.050	0.003	
Tyrosine....g	0.072		0	1		0.054	0.003	
Valine....g	0.089		0	1		0.067	0.004	
Arginine....g	0.049		0	1		0.037	0.002	
Histidine....g	0.037		0	1		0.028	0.001	
Alanine....g	0.039		0	1		0.029	0.002	
Aspartic acid....g	0.088		0	1		0.066	0.004	
Glutamic acid....g	0.284		0	1		0.213	0.011	
Glycine....g	0.025		0	1		0.019	0.001	
Proline....g	0.141		0	1		0.106	0.006	
Serine....g	0.077		0	1		0.058	0.003	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 75.000g: 1 cup

Measure 2 = 4.000g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01074
Sour cream, imitation, cultured

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	71.15		2	1		163.65	20.17	
Energy....kcal	208		0	4		479	59	
Energy....kj	872			4		2006	247	
Protein (N x 6.29)....g	2.40	0.721	3	1		5.52	0.68	
Total lipid (fat)....g	19.52	0.418	9	1		44.90	5.53	
Ash....g	0.30		1	1		0.69	0.09	
Carbohydrate, by difference....g	6.63		0	4		15.25	1.88	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	3		2	1		6	1	
Iron, Fe....mg	0.39		0	4		0.90	0.11	
Magnesium, Mg....mg	6		0	4		15	2	
Phosphorus, P....mg	45		2	1		102	13	
Potassium, K....mg	161		2	1		369	46	
Sodium, Na....mg	102	28.006	3	1		235	29	
Zinc, Zn....mg	1.18		0	4		2.71	0.33	
Copper, Cu....mg	0.058		0	1		0.133	0.016	
Manganese, Mn....mg	0.110		0	1		0.253	0.031	
Selenium, Se....mcg	2.5		0	4		5.8	0.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.000		0	1		0.000	0.000	
Riboflavin....mg	0.000		0	1		0.000	0.000	
Niacin....mg	0.000		0	1		0.000	0.000	
Pantothenic acid....mg	0.000		0	1		0.000	0.000	
Vitamin B-6....mg	0.000		0	1		0.000	0.000	
Folate, total....mcg	0		0	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.146		0	4		0.336	0.041	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	17.791		0	1		40.919	5.044	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	1.028		2	1		2.364	0.291	
10:0....g	1.006		2	1		2.314	0.285	
11:0....g								
12:0....g	8.138		2	1		18.717	2.307	
13:0....g								
14:0....g	3.364		2	1		7.737	0.954	
15:0....g								
16:0....g	1.981		2	1		4.556	0.562	
17:0....g								
18:0....g	2.244		2	1		5.161	0.636	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.588		0	1		1.352	0.167	
14:1....g								
15:1....g								

NDB No. 01074
Sour cream, imitation, cultured

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.589		2	1		1.355	0.167	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.056		0	1		0.129	0.016	
18:2 undifferentiated....g	0.056		2	1		0.129	0.016	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	
Phytosterols....mg	18		0	4		41	5	
Amino Acids:								
Tryptophan....g	0.033		0	4		0.076	0.009	
Threonine....g	0.101		0	4		0.232	0.029	
Isoleucine....g	0.147		0	4		0.338	0.042	
Leucine....g	0.237		0	4		0.545	0.067	
Lysine....g	0.193		0	4		0.444	0.055	
Methionine....g	0.073		0	4		0.168	0.021	
Cystine....g	0.010		0	4		0.023	0.003	
Phenylalanine....g	0.129		0	4		0.297	0.037	
Tyrosine....g	0.137		0	4		0.315	0.039	
Valine....g	0.172		0	4		0.396	0.049	
Arginine....g	0.095		0	4		0.219	0.027	
Histidine....g	0.071		0	4		0.163	0.020	
Alanine....g	0.075		0	4		0.173	0.021	
Aspartic acid....g	0.170		0	4		0.391	0.048	
Glutamic acid....g	0.545		0	4		1.254	0.155	
Glycine....g	0.048		0	4		0.110	0.014	
Proline....g	0.271		0	4		0.623	0.077	
Serine....g	0.148		0	4		0.340	0.042	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 230.000g: 1 cup

Measure 2 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01075
Milk substitutes, fluid with hydrogenated vegetable oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.18	0.111	20	1		215.16	26.89	860.64
Energy....kcal	61		0	4		150	19	600
Energy....kj	257			4		627	78	2510
Protein (N x 6.29)....g	1.75	0.214	21	1		4.27	0.53	17.08
Total lipid (fat)....g	3.41	0.118	18	1		8.32	1.04	33.28
Ash....g	0.50	0.026	16	1		1.22	0.15	4.88
Carbohydrate, by difference....g	6.16		0	4		15.03	1.88	60.12
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	33	7.938	14	1		79	10	317
Iron, Fe....mg	0.39	0.133	13	1		0.95	0.12	3.81
Magnesium, Mg....mg	6	1.238	14	1		16	2	62
Phosphorus, P....mg	74	7.432	15	1		181	23	724
Potassium, K....mg	114	15.039	12	1		279	35	1116
Sodium, Na....mg	78	9.507	14	1		191	24	764
Zinc, Zn....mg	1.18	1.035	13	1		2.88	0.36	11.52
Copper, Cu....mg	0.051		0	1		0.124	0.016	0.498
Manganese, Mn....mg	0.097		0	1		0.237	0.030	0.947
Selenium, Se....mcg	1.9		0	4		4.6	0.6	18.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.012	0.004	13	1		0.029	0.004	0.117
Riboflavin....mg	0.088	0.029	14	1		0.215	0.027	0.859
Niacin....mg	0.000		0	1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	1		0.000	0.000	0.000
Folate, total....mcg	0		0	1		0	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	0		0	1		0	0	0
Folate, DFE....mcg_DFE	0		0	4		0	0	0
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	0.00
Vitamin A, IU....IU	0		0	1		0	0	0
Vitamin A, RE....mcg_RE	0		0	1		0	0	0
Vitamin E....mg_ATE	1.054		0	4		2.572	0.321	10.287
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.767		0	1		1.871	0.234	7.486
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.003	0.002	8	1		0.007	0.001	0.029
10:0....g	0.004	0.002	8	1		0.010	0.001	0.039
11:0....g								
12:0....g	0.019	0.006	9	1		0.046	0.006	0.185
13:0....g								
14:0....g	0.026	0.007	9	1		0.063	0.008	0.254
15:0....g								
16:0....g	0.412	0.039	9	1		1.005	0.126	4.021
17:0....g								
18:0....g	0.311	0.022	9	1		0.759	0.095	3.035
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.998		0	1		4.875	0.609	19.500
14:1....g								
15:1....g								

NDB No. 01075
Milk substitutes, fluid with hydrogenated vegetable oils

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.021	0.005	9	1		0.051	0.006	0.205
17:1....g								
18:1 undifferentiated....g	1.979	0.080	9	1		4.829	0.604	19.315
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.488		0	1		1.191	0.149	4.763
18:2 undifferentiated....g	0.364	0.053	9	1		0.888	0.111	3.553
18:3 undifferentiated....g	0.039	0.008	9	1		0.095	0.012	0.381
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0		10	1		0	0	2
Phytosterols....mg	7		0	4		17	2	68
Amino Acids:								
Tryptophan....g	0.024		0	1		0.059	0.007	0.234
Threonine....g	0.074		0	1		0.181	0.023	0.722
Isoleucine....g	0.107		0	1		0.261	0.033	1.044
Leucine....g	0.173		0	1		0.422	0.053	1.688
Lysine....g	0.141		0	1		0.344	0.043	1.376
Methionine....g	0.053		0	1		0.129	0.016	0.517
Cystine....g	0.008		0	1		0.020	0.002	0.078
Phenylalanine....g	0.094		0	1		0.229	0.029	0.917
Tyrosine....g	0.100		0	1		0.244	0.031	0.976
Valine....g	0.125		0	1		0.305	0.038	1.220
Arginine....g	0.069		0	1		0.168	0.021	0.673
Histidine....g	0.052		0	1		0.127	0.016	0.508
Alanine....g	0.055		0	1		0.134	0.017	0.537
Aspartic acid....g	0.124		0	1		0.303	0.038	1.210
Glutamic acid....g	0.398		0	1		0.971	0.121	3.884
Glycine....g	0.035		0	1		0.085	0.011	0.342
Proline....g	0.197		0	1		0.481	0.060	1.923
Serine....g	0.108		0	1		0.264	0.033	1.054
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 976.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01076
Milk substitutes, fluid, with lauric acid oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.18		0	1		215.16	860.64	
Energy....kcal	61		0	4		150	600	
Energy....kj	257			4		627	2510	
Protein (N x 6.29)....g	1.75		0	1		4.27	17.08	
Total lipid (fat)....g	3.41		0	1		8.32	33.28	
Ash....g	0.50		0	1		1.22	4.88	
Carbohydrate, by difference....g	6.16		0	4		15.03	60.12	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	33		0	1		79	317	
Iron, Fe....mg	0.39		0	1		0.95	3.81	
Magnesium, Mg....mg	6		0	1		16	62	
Phosphorus, P....mg	74		0	1		181	724	
Potassium, K....mg	114		0	1		279	1116	
Sodium, Na....mg	78		0	1		191	764	
Zinc, Zn....mg	1.18		0	1		2.88	11.52	
Copper, Cu....mg	0.051		0	1		0.124	0.498	
Manganese, Mn....mg	0.097		0	1		0.237	0.947	
Selenium, Se....mcg	1.9		0	4		4.6	18.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.012		0	1		0.029	0.117	
Riboflavin....mg	0.088		0	1		0.215	0.859	
Niacin....mg	0.000		0	1		0.000	0.000	
Pantothenic acid....mg	0.000		0	1		0.000	0.000	
Vitamin B-6....mg	0.000		0	1		0.000	0.000	
Folate, total....mcg	0		0	1		0	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	0		0	1		0	0	
Folate, DFE....mcg_DFE	0		0	4		0	0	
Vitamin B-12....mcg	0.00		0	1		0.00	0.00	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.037		0	1		7.410	29.641	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.192		2	1		0.468	1.874	
10:0....g	0.176		2	1		0.429	1.718	
11:0....g								
12:0....g	1.421		2	1		3.467	13.869	
13:0....g								
14:0....g	0.592		2	1		1.444	5.778	
15:0....g								
16:0....g	0.326		2	1		0.795	3.182	
17:0....g								
18:0....g	0.312		2	1		0.761	3.045	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.176		0	1		0.429	1.718	
14:1....g								
15:1....g								

NDB No. 01076
Milk substitutes, fluid, with lauric acid oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		2	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.176		2	1		0.429	1.718	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.008		0	1		0.020	0.078	
18:2 undifferentiated....g	0.008		2	1		0.020	0.078	
18:3 undifferentiated....g	0.000		2	1		0.000	0.000	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	2	
Phytosterols....mg	3		0	4		7	29	
Amino Acids:								
Tryptophan....g	0.024		0	1		0.059	0.234	
Threonine....g	0.074		0	1		0.181	0.722	
Isoleucine....g	0.107		0	1		0.261	1.044	
Leucine....g	0.173		0	1		0.422	1.688	
Lysine....g	0.141		0	1		0.344	1.376	
Methionine....g	0.053		0	1		0.129	0.517	
Cystine....g	0.008		0	1		0.020	0.078	
Phenylalanine....g	0.094		0	1		0.229	0.917	
Tyrosine....g	0.100		0	1		0.244	0.976	
Valine....g	0.125		0	1		0.305	1.220	
Arginine....g	0.069		0	1		0.168	0.673	
Histidine....g	0.052		0	1		0.127	0.508	
Alanine....g	0.055		0	1		0.134	0.537	
Aspartic acid....g	0.124		0	1		0.303	1.210	
Glutamic acid....g	0.398		0	1		0.971	3.884	
Glycine....g	0.035		0	1		0.085	0.342	
Proline....g	0.197		0	1		0.481	1.923	
Serine....g	0.108		0	1		0.264	1.054	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 976.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01077
Milk, fluid, 3.25% milkfat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.99	0.006	1242	1		214.70	13.37	26.84
Energy....kcal	61		0	4		150	9	19
Energy....kj	257			4		627	39	78
Protein (N x 6.38)....g	3.29	0.003	4209	1		8.03	0.50	1.00
Total lipid (fat)....g	3.34	0.006	1029	1		8.15	0.51	1.02
Ash....g	0.72	0.001	710	1		1.76	0.11	0.22
Carbohydrate, by difference....g	4.66		0	4		11.37	0.71	1.42
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	119	0.251	1054	1		291	18	36
Iron, Fe....mg	0.05	0.001	606	1		0.12	0.01	0.02
Magnesium, Mg....mg	13	0.147	1052	1		33	2	4
Phosphorus, P....mg	93	0.204	596	1		228	14	28
Potassium, K....mg	152	0.352	694	1		370	23	46
Sodium, Na....mg	49	1.147	53	1		120	7	15
Zinc, Zn....mg	0.38	0.009	48	1		0.93	0.06	0.12
Copper, Cu....mg	0.010		0	1		0.024	0.002	0.003
Manganese, Mn....mg	0.004		0	1		0.010	0.001	0.001
Selenium, Se....mcg	2.0	0.125	37	1		4.9	0.3	0.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9	0.044	115	1		2.3	0.1	0.3
Thiamin....mg	0.038	0.002	43	1		0.093	0.006	0.012
Riboflavin....mg	0.162	0.002	128	1		0.395	0.025	0.049
Niacin....mg	0.084	0.003	15	1		0.205	0.013	0.026
Pantothenic acid....mg	0.314	0.011	16	1		0.766	0.048	0.096
Vitamin B-6....mg	0.042	0.003	42	1		0.102	0.006	0.013
Folate, total....mcg	5	0.534	8	1		12	1	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	5	0.534	8	1		12	1	2
Folate, DFE....mcg_DFE	5		0	4		12	1	2
Vitamin B-12....mcg	0.36	0.012	75	1		0.87	0.05	0.11
Vitamin A, IU....IU	126		2800	1		307	19	38
Vitamin A, RE....mcg_RE	31		2800	1		76	5	9
Vitamin E....mg_ATE	0.100		0	1		0.244	0.015	0.031
Vitamin D....IU	40.000		0	4		97.600	6.080	12.200
Lipids:								
Fatty acids, total saturated....g	2.079		0	1		5.073	0.316	0.634
4:0....g	0.108	0.002	52	1		0.264	0.016	0.033
6:0....g	0.064	0.001	68	1		0.156	0.010	0.020
8:0....g	0.037	0.001	89	1		0.090	0.006	0.011
10:0....g	0.084	0.002	89	1		0.205	0.013	0.026
11:0....g								
12:0....g	0.094	0.002	89	1		0.229	0.014	0.029
13:0....g								
14:0....g	0.336	0.004	88	1		0.820	0.051	0.102
15:0....g								
16:0....g	0.879	0.011	88	1		2.145	0.134	0.268
17:0....g								
18:0....g	0.405	0.006	88	1		0.988	0.062	0.124
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.965		0	1		2.355	0.147	0.294
14:1....g								
15:1....g								

NDB No. 01077
Milk, fluid, 3.25% milkfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.075	0.002	71	1		0.183	0.011	0.023
17:1....g								
18:1 undifferentiated....g	0.840	0.011	78	1		2.050	0.128	0.256
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.124		0	1		0.303	0.019	0.038
18:2 undifferentiated....g	0.075	0.003	74	1		0.183	0.011	0.023
18:3 undifferentiated....g	0.049	0.003	65	1		0.120	0.007	0.015
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	14	0.172	113	1		33	2	4
Phytosterols....mg	0		0	1		0	0	0
Amino Acids:								
Tryptophan....g	0.046		0	1		0.112	0.007	0.014
Threonine....g	0.149		0	1		0.364	0.023	0.045
Isoleucine....g	0.199		0	1		0.486	0.030	0.061
Leucine....g	0.322		0	1		0.786	0.049	0.098
Lysine....g	0.261		0	1		0.637	0.040	0.080
Methionine....g	0.083		0	1		0.203	0.013	0.025
Cystine....g	0.030		0	1		0.073	0.005	0.009
Phenylalanine....g	0.159		0	1		0.388	0.024	0.048
Tyrosine....g	0.159		0	1		0.388	0.024	0.048
Valine....g	0.220		0	1		0.537	0.033	0.067
Arginine....g	0.119		0	1		0.290	0.018	0.036
Histidine....g	0.089		0	1		0.217	0.014	0.027
Alanine....g	0.113		0	1		0.276	0.017	0.034
Aspartic acid....g	0.250		0	1		0.610	0.038	0.076
Glutamic acid....g	0.689		0	1		1.681	0.105	0.210
Glycine....g	0.070		0	1		0.171	0.011	0.021
Proline....g	0.319		0	1		0.778	0.048	0.097
Serine....g	0.179		0	1		0.437	0.027	0.055
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 15.200g: 1 tbsp

Measure 3 = 30.500g: 1 fl oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01078
Milk, producer, fluid, 3.7% milkfat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.69		0	1		213.96	855.85	
Energy....kcal	64		0	4		157	626	
Energy....kj	268			4		655	2621	
Protein (N x 6.38)....g	3.28		0	1		8.00	32.01	
Total lipid (fat)....g	3.66		0	1		8.93	35.72	
Ash....g	0.72		0	1		1.76	7.03	
Carbohydrate, by difference....g	4.65		0	4		11.35	45.38	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	119		0	1		290	1161	
Iron, Fe....mg	0.05		0	1		0.12	0.49	
Magnesium, Mg....mg	13		0	1		33	131	
Phosphorus, P....mg	93		0	1		227	909	
Potassium, K....mg	151		0	1		368	1474	
Sodium, Na....mg	49		0	1		119	476	
Zinc, Zn....mg	0.38		0	1		0.93	3.71	
Copper, Cu....mg	0.010		0	1		0.024	0.098	
Manganese, Mn....mg	0.004		0	1		0.010	0.039	
Selenium, Se....mcg	2.0		0	4		4.9	19.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.5		0	1		3.6	14.3	
Thiamin....mg	0.038		0	1		0.093	0.371	
Riboflavin....mg	0.161		0	1		0.393	1.571	
Niacin....mg	0.084		0	1		0.205	0.820	
Pantothenic acid....mg	0.313		0	1		0.764	3.055	
Vitamin B-6....mg	0.042		0	1		0.102	0.410	
Folate, total....mcg	5		0	1		12	49	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	1		12	49	
Folate, DFE....mcg_DFE	5		0	4		12	49	
Vitamin B-12....mcg	0.36		0	1		0.87	3.47	
Vitamin A, IU....IU	138		0	1		337	1347	
Vitamin A, RE....mcg_RE	34		0	1		83	332	
Vitamin E....mg_ATE	0.100		0	4		0.244	0.976	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.278		0	1		5.558	22.233	
4:0....g	0.119		52	1		0.290	1.161	
6:0....g	0.070		68	1		0.171	0.683	
8:0....g	0.041		89	1		0.100	0.400	
10:0....g	0.092		89	1		0.224	0.898	
11:0....g								
12:0....g	0.103		89	1		0.251	1.005	
13:0....g								
14:0....g	0.368		88	1		0.898	3.592	
15:0....g								
16:0....g	0.963		88	1		2.350	9.399	
17:0....g								
18:0....g	0.444		88	1		1.083	4.333	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.057		0	1		2.579	10.316	
14:1....g								
15:1....g								

NDB No. 01078
Milk, producer, fluid, 3.7% milkfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.082		71	1		0.200	0.800	
17:1....g								
18:1 undifferentiated....g	0.921		78	1		2.247	8.989	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.136		0	1		0.332	1.327	
18:2 undifferentiated....g	0.083		74	1		0.203	0.810	
18:3 undifferentiated....g	0.053		65	1		0.129	0.517	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	14		0	1		35	140	
Phytosterols....mg	0		0	1		0	0	
Amino Acids:								
Tryptophan....g	0.046		0	1		0.112	0.449	
Threonine....g	0.148		0	1		0.361	1.444	
Isoleucine....g	0.198		0	1		0.483	1.932	
Leucine....g	0.321		0	1		0.783	3.133	
Lysine....g	0.260		0	1		0.634	2.538	
Methionine....g	0.082		0	1		0.200	0.800	
Cystine....g	0.030		0	1		0.073	0.293	
Phenylalanine....g	0.158		0	1		0.386	1.542	
Tyrosine....g	0.158		0	1		0.386	1.542	
Valine....g	0.220		0	1		0.537	2.147	
Arginine....g	0.119		0	1		0.290	1.161	
Histidine....g	0.089		0	1		0.217	0.869	
Alanine....g	0.113		0	1		0.276	1.103	
Aspartic acid....g	0.249		0	1		0.608	2.430	
Glutamic acid....g	0.687		0	1		1.676	6.705	
Glycine....g	0.069		0	1		0.168	0.673	
Proline....g	0.318		0	1		0.776	3.104	
Serine....g	0.178		0	1		0.434	1.737	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 976.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01079
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	89.21		244	1		217.67	27.21	870.69
Energy....kcal	50		0	4		121	15	485
Energy....kj	208			4		507	63	2028
Protein (N x 6.38)....g	3.33	0.007	346	1		8.13	1.02	32.50
Total lipid (fat)....g	1.92	0.020	259	1		4.68	0.59	18.74
Ash....g	0.74		0	1		1.81	0.23	7.22
Carbohydrate, by difference....g	4.80		0	4		11.71	1.46	46.85
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	122		0	1		297	37	1187
Iron, Fe....mg	0.05		0	1		0.12	0.02	0.49
Magnesium, Mg....mg	14		0	1		33	4	133
Phosphorus, P....mg	95		0	1		232	29	928
Potassium, K....mg	154		0	1		377	47	1507
Sodium, Na....mg	50		0	1		122	15	487
Zinc, Zn....mg	0.39		0	1		0.95	0.12	3.81
Copper, Cu....mg	0.008		0	1		0.020	0.002	0.078
Manganese, Mn....mg	0.002		0	1		0.005	0.001	0.020
Selenium, Se....mcg	2.2	0.216	35	1		5.4	0.7	21.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		2.3	0.3	9.3
Thiamin....mg	0.039		0	1		0.095	0.012	0.381
Riboflavin....mg	0.165		0	1		0.403	0.050	1.610
Niacin....mg	0.086		0	1		0.210	0.026	0.839
Pantothenic acid....mg	0.320		0	1		0.781	0.098	3.123
Vitamin B-6....mg	0.043		0	1		0.105	0.013	0.420
Folate, total....mcg	5		0	1		12	2	50
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	5		0	1		12	2	50
Folate, DFE....mcg_DFE	5		0	4		12	2	50
Vitamin B-12....mcg	0.36		0	1		0.89	0.11	3.55
Vitamin A, IU....IU	205		0	1		500	63	2001
Vitamin A, RE....mcg_RE	57		0	1		139	17	556
Vitamin E....mg_ATE	0.070		0	1		0.171	0.021	0.683
Vitamin D....IU	40.000		0	4		97.600	12.200	390.400
Lipids:								
Fatty acids, total saturated....g	1.195		0	1		2.916	0.364	11.663
4:0....g	0.062	0.001	52	1		0.151	0.019	0.605
6:0....g	0.037	0.001	68	1		0.090	0.011	0.361
8:0....g	0.021	0.001	89	1		0.051	0.006	0.205
10:0....g	0.048	0.001	89	1		0.117	0.015	0.468
11:0....g								
12:0....g	0.054	0.001	89	1		0.132	0.016	0.527
13:0....g								
14:0....g	0.193	0.003	88	1		0.471	0.059	1.884
15:0....g								
16:0....g	0.505	0.008	88	1		1.232	0.154	4.929
17:0....g								
18:0....g	0.233	0.004	88	1		0.569	0.071	2.274
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.555		0	1		1.354	0.169	5.417
14:1....g								
15:1....g								

NDB No. 01079
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.043	0.002	71	1		0.105	0.013	0.420
17:1....g								
18:1 undifferentiated....g	0.483	0.008	78	1		1.179	0.147	4.714
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.071		0	1		0.173	0.022	0.693
18:2 undifferentiated....g	0.043	0.002	74	1		0.105	0.013	0.420
18:3 undifferentiated....g	0.028	0.002	65	1		0.068	0.009	0.273
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	8		0	1		18	2	73
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.047		0	1		0.115	0.014	0.459
Threonine....g	0.150		0	1		0.366	0.046	1.464
Isoleucine....g	0.201		0	1		0.490	0.061	1.962
Leucine....g	0.326		0	1		0.795	0.099	3.182
Lysine....g	0.264		0	1		0.644	0.081	2.577
Methionine....g	0.084		0	1		0.205	0.026	0.820
Cystine....g	0.031		0	1		0.076	0.009	0.303
Phenylalanine....g	0.161		0	1		0.393	0.049	1.571
Tyrosine....g	0.161		0	1		0.393	0.049	1.571
Valine....g	0.223		0	1		0.544	0.068	2.176
Arginine....g	0.121		0	1		0.295	0.037	1.181
Histidine....g	0.090		0	1		0.220	0.027	0.878
Alanine....g	0.115		0	1		0.281	0.035	1.122
Aspartic acid....g	0.253		0	1		0.617	0.077	2.469
Glutamic acid....g	0.697		0	1		1.701	0.213	6.803
Glycine....g	0.070		0	1		0.171	0.021	0.683
Proline....g	0.323		0	1		0.788	0.099	3.152
Serine....g	0.181		0	1		0.442	0.055	1.767
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 976.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01080
Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.86		0	1		217.71	870.83	
Energy....kcal	51		0	4		125	500	
Energy....kj	213			4		522	2090	
Protein (N x 6.38)....g	3.48	0.024	59	1		8.53	34.10	
Total lipid (fat)....g	1.92	0.010	559	1		4.70	18.82	
Ash....g	0.77		0	1		1.89	7.55	
Carbohydrate, by difference....g	4.97		0	4		12.18	48.71	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	128		0	1		313	1251	
Iron, Fe....mg	0.05		0	1		0.12	0.49	
Magnesium, Mg....mg	14		0	1		35	141	
Phosphorus, P....mg	100		0	1		245	979	
Potassium, K....mg	162		0	1		397	1589	
Sodium, Na....mg	52		0	1		128	514	
Zinc, Zn....mg	0.40		0	1		0.98	3.92	
Copper, Cu....mg	0.008		0	1		0.020	0.078	
Manganese, Mn....mg	0.002		0	1		0.005	0.020	
Selenium, Se....mcg	2.3		0	4		5.6	22.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		2.5	9.8	
Thiamin....mg	0.040		0	1		0.098	0.392	
Riboflavin....mg	0.173		0	1		0.424	1.695	
Niacin....mg	0.090		0	1		0.221	0.882	
Pantothenic acid....mg	0.336		0	1		0.823	3.293	
Vitamin B-6....mg	0.045		0	1		0.110	0.441	
Folate, total....mcg	5		0	1		13	52	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	1		13	52	
Folate, DFE....mcg_DFE	5		0	4		13	52	
Vitamin B-12....mcg	0.38		0	1		0.94	3.74	
Vitamin A, IU....IU	204		0	1		500	1999	
Vitamin A, RE....mcg_RE	57		0	1		140	559	
Vitamin E....mg_ATE	0.070		0	4		0.172	0.686	
Vitamin D....IU	40.000		0	4		98.000	392.000	
Lipids:								
Fatty acids, total saturated....g	1.195		0	1		2.928	11.711	
4:0....g	0.062	0.001	52	1		0.152	0.608	
6:0....g	0.037	0.001	68	1		0.091	0.363	
8:0....g	0.021	0.001	89	1		0.051	0.206	
10:0....g	0.048	0.001	89	1		0.118	0.470	
11:0....g								
12:0....g	0.054	0.001	89	1		0.132	0.529	
13:0....g								
14:0....g	0.193	0.003	88	1		0.473	1.891	
15:0....g								
16:0....g	0.505	0.007	88	1		1.237	4.949	
17:0....g								
18:0....g	0.233	0.003	88	1		0.571	2.283	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.555		0	1		1.360	5.439	
14:1....g								
15:1....g								

NDB No. 01080

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.043	0.001	71	1		0.105	0.421	
17:1....g								
18:1 undifferentiated....g	0.483	0.007	78	1		1.183	4.733	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.071		0	1		0.174	0.696	
18:2 undifferentiated....g	0.043	0.002	74	1		0.105	0.421	
18:3 undifferentiated....g	0.028	0.002	65	1		0.069	0.274	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	8		0	1		18	74	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.049		0	1		0.120	0.480	
Threonine....g	0.157		0	1		0.385	1.539	
Isoleucine....g	0.211		0	1		0.517	2.068	
Leucine....g	0.341		0	1		0.835	3.342	
Lysine....g	0.276		0	1		0.676	2.705	
Methionine....g	0.087		0	1		0.213	0.853	
Cystine....g	0.032		0	1		0.078	0.314	
Phenylalanine....g	0.168		0	1		0.412	1.646	
Tyrosine....g	0.168		0	1		0.412	1.646	
Valine....g	0.233		0	1		0.571	2.283	
Arginine....g	0.126		0	1		0.309	1.235	
Histidine....g	0.094		0	1		0.230	0.921	
Alanine....g	0.120		0	1		0.294	1.176	
Aspartic acid....g	0.264		0	1		0.647	2.587	
Glutamic acid....g	0.729		0	1		1.786	7.144	
Glycine....g	0.074		0	1		0.181	0.725	
Proline....g	0.337		0	1		0.826	3.303	
Serine....g	0.189		0	1		0.463	1.852	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 980.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01081
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.71	0.021	119	1		215.77	863.07	
Energy....kcal	56		0	4		137	546	
Energy....kj	232			4		571	2286	
Protein (N x 6.38)....g	3.95	0.009	104	1		9.72	38.87	
Total lipid (fat)....g	1.98	0.010	114	1		4.87	19.48	
Ash....g	0.87		0	1		2.14	8.56	
Carbohydrate, by difference....g	5.49		0	4		13.51	54.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	143		0	1		352	1408	
Iron, Fe....mg	0.06		0	1		0.15	0.59	
Magnesium, Mg....mg	16		0	1		40	158	
Phosphorus, P....mg	112		0	1		276	1102	
Potassium, K....mg	182		0	1		447	1788	
Sodium, Na....mg	59		0	1		145	579	
Zinc, Zn....mg	0.45		0	1		1.11	4.43	
Copper, Cu....mg	0.008		0	1		0.020	0.079	
Manganese, Mn....mg	0.002		0	1		0.005	0.020	
Selenium, Se....mcg	2.6		0	4		6.4	25.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.1		0	1		2.8	11.0	
Thiamin....mg	0.045		0	1		0.111	0.443	
Riboflavin....mg	0.194		0	1		0.477	1.909	
Niacin....mg	0.101		0	1		0.248	0.994	
Pantothenic acid....mg	0.376		0	1		0.925	3.700	
Vitamin B-6....mg	0.051		0	1		0.125	0.502	
Folate, total....mcg	6		0	1		15	59	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	1		15	59	
Folate, DFE....mcg_DFE	6		0	4		15	59	
Vitamin B-12....mcg	0.43		0	1		1.05	4.21	
Vitamin A, IU....IU	203		0	1		499	1998	
Vitamin A, RE....mcg_RE	57		0	1		140	561	
Vitamin E....mg_ATE								
Vitamin D....IU	40.000		0	4		98.400	393.600	
Lipids:								
Fatty acids, total saturated....g	1.232		0	1		3.031	12.123	
4:0....g	0.064	0.001	52	1		0.157	0.630	
6:0....g	0.038	0.001	68	1		0.093	0.374	
8:0....g	0.022	0.001	89	1		0.054	0.216	
10:0....g	0.050	0.001	89	1		0.123	0.492	
11:0....g								
12:0....g	0.056	0.001	89	1		0.138	0.551	
13:0....g								
14:0....g	0.199	0.003	88	1		0.490	1.958	
15:0....g								
16:0....g	0.521	0.007	88	1		1.282	5.127	
17:0....g								
18:0....g	0.240	0.003	88	1		0.590	2.362	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.572		0	1		1.407	5.628	
14:1....g								
15:1....g								

NDB No. 01081
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.044	0.002	71	1		0.108	0.433	
17:1....g								
18:1 undifferentiated....g	0.498	0.007	78	1		1.225	4.900	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.074		0	1		0.182	0.728	
18:2 undifferentiated....g	0.045	0.002	74	1		0.111	0.443	
18:3 undifferentiated....g	0.029	0.002	65	1		0.071	0.285	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	8		0	1		19	76	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.056		0	1		0.138	0.551	
Threonine....g	0.178		0	1		0.438	1.752	
Isoleucine....g	0.239		0	1		0.588	2.352	
Leucine....g	0.387		0	1		0.952	3.808	
Lysine....g	0.313		0	1		0.770	3.080	
Methionine....g	0.099		0	1		0.244	0.974	
Cystine....g	0.037		0	1		0.091	0.364	
Phenylalanine....g	0.191		0	1		0.470	1.879	
Tyrosine....g	0.191		0	1		0.470	1.879	
Valine....g	0.264		0	1		0.649	2.598	
Arginine....g	0.143		0	1		0.352	1.407	
Histidine....g	0.107		0	1		0.263	1.053	
Alanine....g	0.136		0	1		0.335	1.338	
Aspartic acid....g	0.300		0	1		0.738	2.952	
Glutamic acid....g	0.827		0	1		2.034	8.138	
Glycine....g	0.084		0	1		0.207	0.827	
Proline....g	0.383		0	1		0.942	3.769	
Serine....g	0.215		0	1		0.529	2.116	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 984.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01082
Milk, lowfat, fluid, 1% milkfat, with added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.08	0.053	85	1		219.80	27.47	879.18
Energy....kcal	42		0	4		102	13	409
Energy....kj	175			4		427	53	1710
Protein (N x 6.38)....g	3.29	0.017	87	1		8.03	1.00	32.11
Total lipid (fat)....g	1.06	0.047	87	1		2.59	0.32	10.35
Ash....g	0.74		0	1		1.81	0.23	7.22
Carbohydrate, by difference....g	4.78		0	4		11.66	1.46	46.65
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	123		0	1		300	38	1200
Iron, Fe....mg	0.05		0	1		0.12	0.02	0.49
Magnesium, Mg....mg	14		0	1		34	4	135
Phosphorus, P....mg	96		0	1		235	29	939
Potassium, K....mg	156		0	1		381	48	1524
Sodium, Na....mg	51		0	1		123	15	493
Zinc, Zn....mg	0.39		0	1		0.95	0.12	3.81
Copper, Cu....mg	0.010		0	1		0.024	0.003	0.098
Manganese, Mn....mg	0.002		0	1		0.005	0.001	0.020
Selenium, Se....mcg	2.2		0	4		5.4	0.7	21.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		2.4	0.3	9.5
Thiamin....mg	0.039		0	1		0.095	0.012	0.381
Riboflavin....mg	0.167		0	1		0.407	0.051	1.630
Niacin....mg	0.087		0	1		0.212	0.027	0.849
Pantothenic acid....mg	0.323		0	1		0.788	0.099	3.152
Vitamin B-6....mg	0.043		0	1		0.105	0.013	0.420
Folate, total....mcg	5		0	1		12	2	50
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	5		0	1		12	2	50
Folate, DFE....mcg_DFE	5		0	4		12	2	50
Vitamin B-12....mcg	0.37		0	1		0.90	0.11	3.59
Vitamin A, IU....IU	205		0	1		500	63	2001
Vitamin A, RE....mcg_RE	59		0	1		144	18	576
Vitamin E....mg_ATE	0.040		0	4		0.098	0.012	0.390
Vitamin D....IU	40.000		0	4		97.600	12.200	390.400
Lipids:								
Fatty acids, total saturated....g	0.660		0	1		1.610	0.201	6.442
4:0....g	0.034	0.002	52	1		0.083	0.010	0.332
6:0....g	0.020	0.001	68	1		0.049	0.006	0.195
8:0....g	0.012	0.001	89	1		0.029	0.004	0.117
10:0....g	0.027	0.001	89	1		0.066	0.008	0.264
11:0....g								
12:0....g	0.030	0.002	89	1		0.073	0.009	0.293
13:0....g								
14:0....g	0.107	0.005	88	1		0.261	0.033	1.044
15:0....g								
16:0....g	0.279	0.013	88	1		0.681	0.085	2.723
17:0....g								
18:0....g	0.128	0.006	88	1		0.312	0.039	1.249
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.306		0	1		0.747	0.093	2.987
14:1....g								
15:1....g								

NDB No. 01082
Milk, lowfat, fluid, 1% milkfat, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.024	0.001	71	1		0.059	0.007	0.234
17:1....g								
18:1 undifferentiated....g	0.267	0.012	78	1		0.651	0.081	2.606
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.039		0	1		0.095	0.012	0.381
18:2 undifferentiated....g	0.024	0.001	74	1		0.059	0.007	0.234
18:3 undifferentiated....g	0.015	0.001	65	1		0.037	0.005	0.146
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	4		0	1		10	1	39
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.046		0	1		0.112	0.014	0.449
Threonine....g	0.149		0	1		0.364	0.045	1.454
Isoleucine....g	0.199		0	1		0.486	0.061	1.942
Leucine....g	0.322		0	1		0.786	0.098	3.143
Lysine....g	0.261		0	1		0.637	0.080	2.547
Methionine....g	0.083		0	1		0.203	0.025	0.810
Cystine....g	0.030		0	1		0.073	0.009	0.293
Phenylalanine....g	0.159		0	1		0.388	0.048	1.552
Tyrosine....g	0.159		0	1		0.388	0.048	1.552
Valine....g	0.220		0	1		0.537	0.067	2.147
Arginine....g	0.119		0	1		0.290	0.036	1.161
Histidine....g	0.089		0	1		0.217	0.027	0.869
Alanine....g	0.113		0	1		0.276	0.034	1.103
Aspartic acid....g	0.250		0	1		0.610	0.076	2.440
Glutamic acid....g	0.689		0	1		1.681	0.210	6.725
Glycine....g	0.070		0	1		0.171	0.021	0.683
Proline....g	0.319		0	1		0.778	0.097	3.113
Serine....g	0.179		0	1		0.437	0.055	1.747
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 976.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01083
Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids and vitamin A

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	89.81		0	1		220.03	880.14	
Energy	kcal	43		0	4		104	418	
Energy	kj	178			4		437	1748	
Protein (N x 6.38)	g	3.48		0	1		8.53	34.10	
Total lipid (fat)	g	0.97	0.020	391	1		2.38	9.51	
Ash	g	0.77		0	1		1.89	7.55	
Carbohydrate, by difference	g	4.97		0	4		12.18	48.71	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	128		0	1		313	1251	
Iron, Fe	mg	0.05		0	1		0.12	0.49	
Magnesium, Mg	mg	14		0	1		35	141	
Phosphorus, P	mg	100		0	1		245	979	
Potassium, K	mg	162		0	1		397	1589	
Sodium, Na	mg	52		0	1		128	514	
Zinc, Zn	mg	0.40		0	1		0.98	3.92	
Copper, Cu	mg	0.010		0	1		0.025	0.098	
Manganese, Mn	mg	0.002		0	1		0.005	0.020	
Selenium, Se	mcg	2.3		0	4		5.6	22.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.0		0	1		2.5	9.8	
Thiamin	mg	0.040		0	1		0.098	0.392	
Riboflavin	mg	0.173		0	1		0.424	1.695	
Niacin	mg	0.090		0	1		0.221	0.882	
Pantothenic acid	mg	0.336		0	1		0.823	3.293	
Vitamin B-6	mg	0.045		0	1		0.110	0.441	
Folate, total	mcg	5		0	1		13	52	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	5		0	1		13	52	
Folate, DFE	mcg_DFE	5		0	4		13	52	
Vitamin B-12	mcg	0.38		0	1		0.94	3.74	
Vitamin A, IU	IU	204		0	1		500	1999	
Vitamin A, RE	mcg_RE	59		0	1		145	578	
Vitamin E	mg_ATE	0.040		0	4		0.098	0.392	
Vitamin D	IU	40.000		0	4		98.000	392.000	
Lipids:									
Fatty acids, total saturated	g	0.604		0	1		1.480	5.919	
4:0	g	0.031	0.001	52	1		0.076	0.304	
6:0	g	0.019	0.001	68	1		0.047	0.186	
8:0	g	0.011	0.000	89	1		0.027	0.108	
10:0	g	0.024	0.001	89	1		0.059	0.235	
11:0	g								
12:0	g	0.027	0.001	89	1		0.066	0.265	
13:0	g								
14:0	g	0.098	0.002	88	1		0.240	0.960	
15:0	g								
16:0	g	0.255	0.006	88	1		0.625	2.499	
17:0	g								
18:0	g	0.118	0.003	88	1		0.289	1.156	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.280		0	1		0.686	2.744	
14:1	g								
15:1	g								

NDB No. 01083
Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids and vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.022	0.001	71	1		0.054	0.216	
17:1....g								
18:1 undifferentiated....g	0.244	0.006	78	1		0.598	2.391	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.036		0	1		0.088	0.353	
18:2 undifferentiated....g	0.022	0.001	74	1		0.054	0.216	
18:3 undifferentiated....g	0.014	0.001	65	1		0.034	0.137	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	4		0	1		10	39	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.049		0	1		0.120	0.480	
Threonine....g	0.157		0	1		0.385	1.539	
Isoleucine....g	0.211		0	1		0.517	2.068	
Leucine....g	0.341		0	1		0.835	3.342	
Lysine....g	0.276		0	1		0.676	2.705	
Methionine....g	0.087		0	1		0.213	0.853	
Cystine....g	0.032		0	1		0.078	0.314	
Phenylalanine....g	0.168		0	1		0.412	1.646	
Tyrosine....g	0.168		0	1		0.412	1.646	
Valine....g	0.233		0	1		0.571	2.283	
Arginine....g	0.126		0	1		0.309	1.235	
Histidine....g	0.094		0	1		0.230	0.921	
Alanine....g	0.120		0	1		0.294	1.176	
Aspartic acid....g	0.264		0	1		0.647	2.587	
Glutamic acid....g	0.729		0	1		1.786	7.144	
Glycine....g	0.074		0	1		0.181	0.725	
Proline....g	0.337		0	1		0.826	3.303	
Serine....g	0.189		0	1		0.463	1.852	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 980.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01084
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	88.74	0.028	28	1		218.30	873.20	
Energy	kcal	48		0	4		119	477	
Energy	kj	203			4		498	1994	
Protein (N x 6.38)	g	3.93	0.028	25	1		9.67	38.67	
Total lipid (fat)	g	1.17	0.024	30	1		2.88	11.51	
Ash	g	0.86		0	1		2.12	8.46	
Carbohydrate, by difference	g	5.52		0	4		13.58	54.32	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	142		0	1		349	1397	
Iron, Fe	mg	0.06		0	1		0.15	0.59	
Magnesium, Mg	mg	16		0	1		39	157	
Phosphorus, P	mg	111		0	1		273	1093	
Potassium, K	mg	180		0	1		444	1774	
Sodium, Na	mg	58		0	1		143	574	
Zinc, Zn	mg	0.45		0	1		1.11	4.43	
Copper, Cu	mg	0.010		0	1		0.025	0.098	
Manganese, Mn	mg	0.002		0	1		0.005	0.020	
Selenium, Se	mcg	2.5		0	4		6.2	24.6	
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.2		0	1		2.8	11.3	
Thiamin	mg	0.045		0	1		0.111	0.443	
Riboflavin	mg	0.192		0	1		0.472	1.889	
Niacin	mg	0.100		0	1		0.246	0.984	
Pantothenic acid	mg	0.373		0	1		0.918	3.670	
Vitamin B-6	mg	0.050		0	1		0.123	0.492	
Folate, total	mcg	6		0	1		15	58	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	6		0	1		15	58	
Folate, DFE	mcg_DFE	6		0	4		15	58	
Vitamin B-12	mcg	0.43		0	1		1.05	4.18	
Vitamin A, IU	IU	203		0	1		499	1998	
Vitamin A, RE	mcg_RE	59		0	1		145	581	
Vitamin E	mg_ATE								
Vitamin D	IU	40.000		0	4		98.400	393.600	
Lipids:									
Fatty acids, total saturated	g	0.728		0	1		1.791	7.164	
4:0	g	0.038	0.001	52	1		0.093	0.374	
6:0	g	0.022	0.001	68	1		0.054	0.216	
8:0	g	0.013	0.000	89	1		0.032	0.128	
10:0	g	0.029	0.001	89	1		0.071	0.285	
11:0	g								
12:0	g	0.033	0.001	89	1		0.081	0.325	
13:0	g								
14:0	g	0.118	0.003	88	1		0.290	1.161	
15:0	g								
16:0	g	0.308	0.007	88	1		0.758	3.031	
17:0	g								
18:0	g	0.142	0.003	88	1		0.349	1.397	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.338		0	1		0.831	3.326	
14:1	g								
15:1	g								

NDB No. 01084
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.026	0.001	71	1		0.064	0.256	
17:1....g								
18:1 undifferentiated....g	0.294	0.007	78	1		0.723	2.893	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.043		0	1		0.106	0.423	
18:2 undifferentiated....g	0.026	0.001	74	1		0.064	0.256	
18:3 undifferentiated....g	0.017	0.001	65	1		0.042	0.167	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	4		2	1		10	39	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.055		0	1		0.135	0.541	
Threonine....g	0.177		0	1		0.435	1.742	
Isoleucine....g	0.238		0	1		0.585	2.342	
Leucine....g	0.385		0	1		0.947	3.788	
Lysine....g	0.312		0	1		0.768	3.070	
Methionine....g	0.099		0	1		0.244	0.974	
Cystine....g	0.036		0	1		0.089	0.354	
Phenylalanine....g	0.190		0	1		0.467	1.870	
Tyrosine....g	0.190		0	1		0.467	1.870	
Valine....g	0.263		0	1		0.647	2.588	
Arginine....g	0.142		0	1		0.349	1.397	
Histidine....g	0.107		0	1		0.263	1.053	
Alanine....g	0.136		0	1		0.335	1.338	
Aspartic acid....g	0.298		0	1		0.733	2.932	
Glutamic acid....g	0.823		0	1		2.025	8.098	
Glycine....g	0.083		0	1		0.204	0.817	
Proline....g	0.381		0	1		0.937	3.749	
Serine....g	0.214		0	1		0.526	2.106	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 984.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01085
Milk, nonfat, fluid, with added vitamin A (fat free or skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.80	0.013	170	1		222.46	27.78	889.84
Energy....kcal	35		0	4		86	11	342
Energy....kj	146			4		358	45	1432
Protein (N x 6.38)....g	3.41	0.009	295	1		8.35	1.04	33.42
Total lipid (fat)....g	0.18	0.008	267	1		0.44	0.06	1.76
Ash....g	0.76	0.023	8	1		1.86	0.23	7.45
Carbohydrate, by difference....g	4.85		0	4		11.88	1.48	47.53
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	123	2.530	42	1		302	38	1209
Iron, Fe....mg	0.04	0.003	26	1		0.10	0.01	0.39
Magnesium, Mg....mg	11	0.302	39	1		28	3	111
Phosphorus, P....mg	101	2.830	15	1		247	31	989
Potassium, K....mg	166	3.396	35	1		406	51	1623
Sodium, Na....mg	52	2.114	45	1		126	16	505
Zinc, Zn....mg	0.40	0.033	20	1		0.98	0.12	3.92
Copper, Cu....mg	0.011		0	1		0.027	0.003	0.108
Manganese, Mn....mg	0.002		0	1		0.005	0.001	0.020
Selenium, Se....mcg	2.1	0.188	25	1		5.1	0.6	20.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		2.4	0.3	9.6
Thiamin....mg	0.036	0.001	9	1		0.088	0.011	0.353
Riboflavin....mg	0.140	0.007	10	1		0.343	0.043	1.372
Niacin....mg	0.088		0	1		0.216	0.027	0.862
Pantothenic acid....mg	0.329		0	1		0.806	0.101	3.224
Vitamin B-6....mg	0.040	0.005	13	1		0.098	0.012	0.392
Folate, total....mcg	5		0	1		13	2	51
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	5		0	1		13	2	51
Folate, DFE....mcg_DFE	5		0	4		13	2	51
Vitamin B-12....mcg	0.38	0.031	13	1		0.93	0.12	3.70
Vitamin A, IU....IU	204		0	1		500	62	1999
Vitamin A, RE....mcg_RE	61		0	1		149	19	598
Vitamin E....mg_ATE	0.040		0	1		0.098	0.012	0.392
Vitamin D....IU	40.000		0	4		98.000	12.240	392.000
Lipids:								
Fatty acids, total saturated....g	0.117		0	1		0.287	0.036	1.147
4:0....g	0.009	0.001	8	1		0.022	0.003	0.088
6:0....g	0.001	0.000	12	1		0.002	0.000	0.010
8:0....g	0.002	0.000	12	1		0.005	0.001	0.020
10:0....g	0.004	0.000	12	1		0.010	0.001	0.039
11:0....g								
12:0....g	0.003	0.000	12	1		0.007	0.001	0.029
13:0....g								
14:0....g	0.017	0.001	12	1		0.042	0.005	0.167
15:0....g								
16:0....g	0.053	0.002	12	1		0.130	0.016	0.519
17:0....g								
18:0....g	0.019	0.001	12	1		0.047	0.006	0.186
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.047		0	1		0.115	0.014	0.461
14:1....g								
15:1....g								

NDB No. 01085
Milk, nonfat, fluid, with added vitamin A (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.007	0.001	12	1		0.017	0.002	0.069
17:1....g								
18:1 undifferentiated....g	0.038	0.002	12	1		0.093	0.012	0.372
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.007		0	1		0.017	0.002	0.069
18:2 undifferentiated....g	0.005	0.000	12	1		0.012	0.002	0.049
18:3 undifferentiated....g	0.002	0.000	11	1		0.005	0.001	0.020
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	2	0.070	4	1		4	1	18
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.048		0	1		0.118	0.015	0.470
Threonine....g	0.154		0	1		0.377	0.047	1.509
Isoleucine....g	0.206		0	1		0.505	0.063	2.019
Leucine....g	0.334		0	1		0.818	0.102	3.273
Lysine....g	0.270		0	1		0.662	0.083	2.646
Methionine....g	0.086		0	1		0.211	0.026	0.843
Cystine....g	0.032		0	1		0.078	0.010	0.314
Phenylalanine....g	0.165		0	1		0.404	0.050	1.617
Tyrosine....g	0.165		0	1		0.404	0.050	1.617
Valine....g	0.228		0	1		0.559	0.070	2.234
Arginine....g	0.123		0	1		0.301	0.038	1.205
Histidine....g	0.092		0	1		0.225	0.028	0.902
Alanine....g	0.118		0	1		0.289	0.036	1.156
Aspartic acid....g	0.259		0	1		0.635	0.079	2.538
Glutamic acid....g	0.714		0	1		1.749	0.218	6.997
Glycine....g	0.072		0	1		0.176	0.022	0.706
Proline....g	0.330		0	1		0.809	0.101	3.234
Serine....g	0.185		0	1		0.453	0.057	1.813
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 30.600g: 1 fl oz

Measure 3 = 980.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01086

Milk, nonfat, fluid, with added nonfat milk solids and vitamin A (fat free or skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.38		0	1		221.43	27.66	885.72
Energy....kcal	37		0	4		90	11	361
Energy....kj	154			4		378	47	1512
Protein (N x 6.38)....g	3.57	0.030	56	1		8.75	1.09	34.99
Total lipid (fat)....g	0.25	0.011	296	1		0.61	0.08	2.45
Ash....g	0.78		0	1		1.91	0.24	7.64
Carbohydrate, by difference....g	5.02		0	4		12.30	1.54	49.20
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	129		0	1		316	40	1265
Iron, Fe....mg	0.05		0	1		0.12	0.02	0.49
Magnesium, Mg....mg	15		0	1		36	4	142
Phosphorus, P....mg	104		0	1		255	32	1019
Potassium, K....mg	171		0	1		418	52	1673
Sodium, Na....mg	53		0	1		130	16	519
Zinc, Zn....mg	0.41		0	1		1.00	0.13	4.02
Copper, Cu....mg	0.011		0	1		0.027	0.003	0.108
Manganese, Mn....mg	0.002		0	1		0.005	0.001	0.020
Selenium, Se....mcg	2.2		0	4		5.4	0.7	21.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		2.5	0.3	9.9
Thiamin....mg	0.041		0	1		0.100	0.013	0.402
Riboflavin....mg	0.175		0	1		0.429	0.054	1.715
Niacin....mg	0.091		0	1		0.223	0.028	0.892
Pantothenic acid....mg	0.339		0	1		0.831	0.104	3.322
Vitamin B-6....mg	0.046		0	1		0.113	0.014	0.451
Folate, total....mcg	5		0	1		13	2	53
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	5		0	1		13	2	53
Folate, DFE....mcg_DFE	5		0	4		13	2	53
Vitamin B-12....mcg	0.39		0	1		0.95	0.12	3.78
Vitamin A, IU....IU	204		0	1		500	62	1999
Vitamin A, RE....mcg_RE	61		0	1		149	19	598
Vitamin E....mg_ATE	0.040		0	1		0.098	0.012	0.392
Vitamin D....IU	40.000		0	4		98.000	12.240	392.000
Lipids:								
Fatty acids, total saturated....g	0.162		0	1		0.397	0.050	1.588
4:0....g	0.013	0.001	8	1		0.032	0.004	0.127
6:0....g	0.002	0.000	12	1		0.005	0.001	0.020
8:0....g	0.003	0.000	12	1		0.007	0.001	0.029
10:0....g	0.005	0.001	12	1		0.012	0.002	0.049
11:0....g								
12:0....g	0.003	0.000	12	1		0.007	0.001	0.029
13:0....g								
14:0....g	0.024	0.001	12	1		0.059	0.007	0.235
15:0....g								
16:0....g	0.073	0.004	12	1		0.179	0.022	0.715
17:0....g								
18:0....g	0.026	0.001	12	1		0.064	0.008	0.255
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.065		0	1		0.159	0.020	0.637
14:1....g								
15:1....g								

NDB No. 01086

Milk, nonfat, fluid, with added nonfat milk solids and vitamin A (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.009	0.001	12	1		0.022	0.003	0.088
17:1....g								
18:1 undifferentiated....g	0.053	0.003	12	1		0.130	0.016	0.519
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.009		0	1		0.022	0.003	0.088
18:2 undifferentiated....g	0.006	0.000	12	1		0.015	0.002	0.059
18:3 undifferentiated....g	0.003	0.000	11	1		0.007	0.001	0.029
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	2		0	1		5	1	20
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.050		0	1		0.123	0.015	0.490
Threonine....g	0.161		0	1		0.394	0.049	1.578
Isoleucine....g	0.216		0	1		0.529	0.066	2.117
Leucine....g	0.350		0	1		0.858	0.107	3.430
Lysine....g	0.283		0	1		0.693	0.087	2.773
Methionine....g	0.090		0	1		0.221	0.028	0.882
Cystine....g	0.033		0	1		0.081	0.010	0.323
Phenylalanine....g	0.172		0	1		0.421	0.053	1.686
Tyrosine....g	0.172		0	1		0.421	0.053	1.686
Valine....g	0.239		0	1		0.586	0.073	2.342
Arginine....g	0.129		0	1		0.316	0.039	1.264
Histidine....g	0.097		0	1		0.238	0.030	0.951
Alanine....g	0.123		0	1		0.301	0.038	1.205
Aspartic acid....g	0.271		0	1		0.664	0.083	2.656
Glutamic acid....g	0.748		0	1		1.833	0.229	7.330
Glycine....g	0.076		0	1		0.186	0.023	0.745
Proline....g	0.346		0	1		0.848	0.106	3.391
Serine....g	0.194		0	1		0.475	0.059	1.901
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 30.600g: 1 fl oz

Measure 3 = 980.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01087
Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	89.36		0	1		219.83	879.30	
Energy....kcal	41		0	4		100	400	
Energy....kj	170			4		418	1673	
Protein (N x 6.38)....g	3.96	0.029	5	1		9.74	38.97	
Total lipid (fat)....g	0.25	0.011	296	1		0.62	2.46	
Ash....g	0.87		0	1		2.14	8.56	
Carbohydrate, by difference....g	5.56		0	4		13.68	54.71	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	143		0	1		352	1407	
Iron, Fe....mg	0.06		0	1		0.15	0.59	
Magnesium, Mg....mg	16		0	1		40	158	
Phosphorus, P....mg	112		0	1		275	1101	
Potassium, K....mg	182		0	1		446	1786	
Sodium, Na....mg	59		0	1		144	578	
Zinc, Zn....mg	0.45		0	1		1.11	4.43	
Copper, Cu....mg	0.011		0	1		0.027	0.108	
Manganese, Mn....mg	0.002		0	1		0.005	0.020	
Selenium, Se....mcg	2.4		0	4		5.9	23.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.1		0	1		2.8	11.0	
Thiamin....mg	0.045		0	1		0.111	0.443	
Riboflavin....mg	0.194		0	1		0.477	1.909	
Niacin....mg	0.101		0	1		0.248	0.994	
Pantothenic acid....mg	0.376		0	1		0.925	3.700	
Vitamin B-6....mg	0.050		0	1		0.123	0.492	
Folate, total....mcg	6		0	1		15	59	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	1		15	59	
Folate, DFE....mcg_DFE	6		0	4		15	59	
Vitamin B-12....mcg	0.43		0	1		1.05	4.20	
Vitamin A, IU....IU	203		0	1		499	1998	
Vitamin A, RE....mcg_RE	61		0	1		150	600	
Vitamin E....mg_ATE								
Vitamin D....IU	40.000		0	4		98.400	393.600	
Lipids:								
Fatty acids, total saturated....g	0.162		0	1		0.399	1.594	
4:0....g	0.013	0.001	8	1		0.032	0.128	
6:0....g	0.002	0.000	12	1		0.005	0.020	
8:0....g	0.003	0.000	12	1		0.007	0.030	
10:0....g	0.005	0.001	12	1		0.012	0.049	
11:0....g								
12:0....g	0.003	0.000	12	1		0.007	0.030	
13:0....g								
14:0....g	0.024	0.001	12	1		0.059	0.236	
15:0....g								
16:0....g	0.073	0.004	12	1		0.180	0.718	
17:0....g								
18:0....g	0.026	0.001	12	1		0.064	0.256	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.065		0	1		0.160	0.640	
14:1....g								
15:1....g								

NDB No. 01087
Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.009	0.001	12	1		0.022	0.089	
17:1....g								
18:1 undifferentiated....g	0.053	0.003	12	1		0.130	0.522	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.009		0	1		0.022	0.089	
18:2 undifferentiated....g	0.006	0.000	12	1		0.015	0.059	
18:3 undifferentiated....g	0.003	0.000	11	1		0.007	0.030	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	2		0	1		5	20	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.056		0	1		0.138	0.551	
Threonine....g	0.179		0	1		0.440	1.761	
Isoleucine....g	0.240		0	1		0.590	2.362	
Leucine....g	0.388		0	1		0.954	3.818	
Lysine....g	0.314		0	1		0.772	3.090	
Methionine....g	0.099		0	1		0.244	0.974	
Cystine....g	0.037		0	1		0.091	0.364	
Phenylalanine....g	0.191		0	1		0.470	1.879	
Tyrosine....g	0.191		0	1		0.470	1.879	
Valine....g	0.265		0	1		0.652	2.608	
Arginine....g	0.143		0	1		0.352	1.407	
Histidine....g	0.107		0	1		0.263	1.053	
Alanine....g	0.137		0	1		0.337	1.348	
Aspartic acid....g	0.300		0	1		0.738	2.952	
Glutamic acid....g	0.829		0	1		2.039	8.157	
Glycine....g	0.084		0	1		0.207	0.827	
Proline....g	0.384		0	1		0.945	3.779	
Serine....g	0.215		0	1		0.529	2.116	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 984.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01088
Milk, buttermilk, fluid, cultured, lowfat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.13	0.093	62	1		220.82	27.58	883.27
Energy....kcal	40		0	4		99	12	396
Energy....kj	169			4		414	52	1657
Protein (N x 6.38)....g	3.31	0.024	65	1		8.11	1.01	32.44
Total lipid (fat)....g	0.88	0.174	19	1		2.16	0.27	8.62
Ash....g	0.89	0.045	8	1		2.18	0.27	8.72
Carbohydrate, by difference....g	4.79		0	4		11.74	1.47	46.94
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	116	2.751	12	1		285	36	1141
Iron, Fe....mg	0.05	0.011	6	1		0.12	0.02	0.49
Magnesium, Mg....mg	11	0.717	9	1		27	3	107
Phosphorus, P....mg	89	4.732	12	1		219	27	874
Potassium, K....mg	151	6.264	14	1		371	46	1483
Sodium, Na....mg	105	7.849	11	1		257	32	1028
Zinc, Zn....mg	0.42	0.061	5	1		1.03	0.13	4.12
Copper, Cu....mg	0.011		0	1		0.027	0.003	0.108
Manganese, Mn....mg	0.002		0	1		0.005	0.001	0.020
Selenium, Se....mcg	2.0	0.563	12	1		4.9	0.6	19.6
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		2.4	0.3	9.6
Thiamin....mg	0.034		0	1		0.083	0.010	0.333
Riboflavin....mg	0.154	0.005	7	1		0.377	0.047	1.509
Niacin....mg	0.058	0.015	6	1		0.142	0.018	0.568
Pantothenic acid....mg	0.275	0.016	3	1		0.674	0.084	2.695
Vitamin B-6....mg	0.034	0.001	7	1		0.083	0.010	0.333
Folate, total....mcg	5		0	4		12	2	49
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	5		0	4		12	2	49
Folate, DFE....mcg_DFE	5		0	4		12	2	49
Vitamin B-12....mcg	0.22		2	1		0.54	0.07	2.15
Vitamin A, IU....IU	33		0	1		81	10	323
Vitamin A, RE....mcg_RE	8		0	1		20	2	78
Vitamin E....mg_ATE	0.060		0	1		0.147	0.018	0.588
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.548		0	1		1.343	0.168	5.370
4:0....g	0.029		0	1		0.071	0.009	0.284
6:0....g	0.017		0	1		0.042	0.005	0.167
8:0....g	0.010		0	1		0.025	0.003	0.098
10:0....g	0.022		0	1		0.054	0.007	0.216
11:0....g								
12:0....g	0.025		0	1		0.061	0.008	0.245
13:0....g								
14:0....g	0.089		0	1		0.218	0.027	0.872
15:0....g								
16:0....g	0.231		0	1		0.566	0.071	2.264
17:0....g								
18:0....g	0.107		0	1		0.262	0.033	1.049
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.254		0	1		0.622	0.078	2.489
14:1....g								
15:1....g								

NDB No. 01088
Milk, buttermilk, fluid, cultured, lowfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.020		0	1		0.049	0.006	0.196
17:1....g								
18:1 undifferentiated....g	0.221		0	1		0.541	0.068	2.166
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.033		0	1		0.081	0.010	0.323
18:2 undifferentiated....g	0.020		0	1		0.049	0.006	0.196
18:3 undifferentiated....g	0.013		0	1		0.032	0.004	0.127
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	4	0.935	4	1		9	1	34
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.036		0	1		0.088	0.011	0.353
Threonine....g	0.158		0	1		0.387	0.048	1.548
Isoleucine....g	0.204		0	1		0.500	0.062	1.999
Leucine....g	0.329		0	1		0.806	0.101	3.224
Lysine....g	0.277		0	1		0.679	0.085	2.715
Methionine....g	0.081		0	1		0.198	0.025	0.794
Cystine....g	0.031		0	1		0.076	0.009	0.304
Phenylalanine....g	0.174		0	1		0.426	0.053	1.705
Tyrosine....g	0.139		0	1		0.341	0.043	1.362
Valine....g	0.243		0	1		0.595	0.074	2.381
Arginine....g	0.126		0	1		0.309	0.039	1.235
Histidine....g	0.095		0	1		0.233	0.029	0.931
Alanine....g	0.119		0	1		0.292	0.036	1.166
Aspartic acid....g	0.264		0	1		0.647	0.081	2.587
Glutamic acid....g	0.643		0	1		1.575	0.197	6.301
Glycine....g	0.073		0	1		0.179	0.022	0.715
Proline....g	0.334		0	1		0.818	0.102	3.273
Serine....g	0.172		0	1		0.421	0.053	1.686
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 30.600g: 1 fl oz

Measure 3 = 980.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01089
Milk, low sodium, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.20		7	1		215.21	26.90	860.83
Energy....kcal	61		0	4		149	19	594
Energy....kj	255			4		622	78	2487
Protein (N x 6.38)....g	3.10		8	1		7.56	0.95	30.26
Total lipid (fat)....g	3.46		7	1		8.44	1.06	33.77
Ash....g	0.78		7	1		1.90	0.24	7.61
Carbohydrate, by difference....g	4.46		0	4		10.88	1.36	43.53
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	101		11	1		246	31	984
Iron, Fe....mg	0.05		0	4		0.12	0.02	0.49
Magnesium, Mg....mg	5		1	1		12	2	49
Phosphorus, P....mg	86		9	1		209	26	834
Potassium, K....mg	253		11	1		617	77	2467
Sodium, Na....mg	3		10	1		6	1	24
Zinc, Zn....mg	0.38		0	4		0.93	0.12	3.71
Copper, Cu....mg	0.010		0	1		0.024	0.003	0.098
Manganese, Mn....mg	0.004		0	1		0.010	0.001	0.039
Selenium, Se....mcg	2.0	0.120	37	1		4.9	0.6	19.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	4		2.3	0.3	9.2
Thiamin....mg	0.020		8	1		0.049	0.006	0.195
Riboflavin....mg	0.105		8	1		0.256	0.032	1.025
Niacin....mg	0.043		7	1		0.105	0.013	0.420
Pantothenic acid....mg	0.304		0	1		0.742	0.093	2.967
Vitamin B-6....mg	0.034		7	1		0.083	0.010	0.332
Folate, total....mcg	5		0	4		12	2	49
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	5		0	4		12	2	49
Folate, DFE....mcg_DFE	5		0	4		12	2	49
Vitamin B-12....mcg	0.36		7	1		0.88	0.11	3.50
Vitamin A, IU....IU	130		0	1		317	40	1269
Vitamin A, RE....mcg_RE	32		0	1		78	10	312
Vitamin E....mg_ATE	0.100		0	1		0.244	0.031	0.976
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.154		0	1		5.256	0.657	21.023
4:0....g	0.112		52	1		0.273	0.034	1.093
6:0....g	0.066		68	1		0.161	0.020	0.644
8:0....g	0.039		89	1		0.095	0.012	0.381
10:0....g	0.087		89	1		0.212	0.027	0.849
11:0....g								
12:0....g	0.097		89	1		0.237	0.030	0.947
13:0....g								
14:0....g	0.348		88	1		0.849	0.106	3.396
15:0....g								
16:0....g	0.910		88	1		2.220	0.278	8.882
17:0....g								
18:0....g	0.419		88	1		1.022	0.128	4.089
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.999		0	1		2.438	0.305	9.750
14:1....g								
15:1....g								

NDB No. 01089
Milk, low sodium, fluid

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.077		71	1		0.188	0.023	0.752
17:1....g								
18:1 undifferentiated....g	0.870		78	1		2.123	0.265	8.491
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.128		0	1		0.312	0.039	1.249
18:2 undifferentiated....g	0.078		74	1		0.190	0.024	0.761
18:3 undifferentiated....g	0.050		65	1		0.122	0.015	0.488
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	14		0	1		33	4	133
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.044		0	1		0.107	0.013	0.429
Threonine....g	0.140		0	1		0.342	0.043	1.366
Isoleucine....g	0.188		0	1		0.459	0.057	1.835
Leucine....g	0.304		0	1		0.742	0.093	2.967
Lysine....g	0.246		0	1		0.600	0.075	2.401
Methionine....g	0.078		0	1		0.190	0.024	0.761
Cystine....g	0.029		0	1		0.071	0.009	0.283
Phenylalanine....g	0.150		0	1		0.366	0.046	1.464
Tyrosine....g	0.150		0	1		0.366	0.046	1.464
Valine....g	0.207		0	1		0.505	0.063	2.020
Arginine....g	0.112		0	1		0.273	0.034	1.093
Histidine....g	0.084		0	1		0.205	0.026	0.820
Alanine....g	0.107		0	1		0.261	0.033	1.044
Aspartic acid....g	0.235		0	1		0.573	0.072	2.294
Glutamic acid....g	0.649		0	1		1.584	0.198	6.334
Glycine....g	0.066		0	1		0.161	0.020	0.644
Proline....g	0.300		0	1		0.732	0.092	2.928
Serine....g	0.169		0	1		0.412	0.052	1.649
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 976.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01090
Milk, dry, whole

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.47	0.130	25	1		3.16	0.79	
Energy....kcal	496		0	4		635	159	
Energy....kj	2075			4		2656	664	
Protein (N x 6.38)....g	26.32	0.175	22	1		33.69	8.42	
Total lipid (fat)....g	26.71	0.250	30	1		34.19	8.55	
Ash....g	6.08	0.092	20	1		7.78	1.95	
Carbohydrate, by difference....g	38.42		0	4		49.18	12.29	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	912	17.766	18	1		1168	292	
Iron, Fe....mg	0.47	0.065	12	1		0.60	0.15	
Magnesium, Mg....mg	85	1.465	15	1		108	27	
Phosphorus, P....mg	776	14.251	18	1		993	248	
Potassium, K....mg	1330	41.231	15	1		1702	426	
Sodium, Na....mg	371	15.131	7	1		475	119	
Zinc, Zn....mg	3.34		1	1		4.28	1.07	
Copper, Cu....mg	0.080		0	1		0.102	0.026	
Manganese, Mn....mg	0.040		0	1		0.051	0.013	
Selenium, Se....mcg	16.3		0	4		20.9	5.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	8.6	0.454	11	1		11.1	2.8	
Thiamin....mg	0.283	0.016	18	1		0.362	0.091	
Riboflavin....mg	1.205	0.031	23	1		1.542	0.386	
Niacin....mg	0.646	0.024	22	1		0.827	0.207	
Pantothenic acid....mg	2.271	0.086	20	1		2.907	0.727	
Vitamin B-6....mg	0.302	0.028	41	1		0.387	0.097	
Folate, total....mcg	37		0	1		47	12	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	37		0	1		47	12	
Folate, DFE....mcg_DFE	37		0	4		47	12	
Vitamin B-12....mcg	3.25	0.289	31	1		4.16	1.04	
Vitamin A, IU....IU	922	78.154	13	1		1180	295	
Vitamin A, RE....mcg_RE	280	52.200	4	1		358	90	
Vitamin E....mg_ATE	1.080		0	1		1.382	0.346	
Vitamin D....IU	312.000		0	4		399.360	99.840	
Lipids:								
Fatty acids, total saturated....g	16.742		0	1		21.430	5.357	
4:0....g	0.866		1	1		1.108	0.277	
6:0....g	0.240		2	1		0.307	0.077	
8:0....g	0.269		2	1		0.344	0.086	
10:0....g	0.596		2	1		0.763	0.191	
11:0....g								
12:0....g	0.614		2	1		0.786	0.196	
13:0....g								
14:0....g	2.820		2	1		3.610	0.902	
15:0....g								
16:0....g	7.522		2	1		9.628	2.407	
17:0....g								
18:0....g	2.853		2	1		3.652	0.913	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.924		0	1		10.143	2.536	
14:1....g								
15:1....g								

NDB No. 01090
Milk, dry, whole

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.196		2	1		1.531	0.383	
17:1....g								
18:1 undifferentiated....g	6.192		2	1		7.926	1.981	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.665		0	1		0.851	0.213	
18:2 undifferentiated....g	0.460		2	1		0.589	0.147	
18:3 undifferentiated....g	0.204		2	1		0.261	0.065	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	97		2	1		124	31	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.371		0	1		0.475	0.119	
Threonine....g	1.188		0	1		1.521	0.380	
Isoleucine....g	1.592		0	1		2.038	0.509	
Leucine....g	2.578		0	1		3.300	0.825	
Lysine....g	2.087		0	1		2.671	0.668	
Methionine....g	0.660		0	1		0.845	0.211	
Cystine....g	0.243		0	1		0.311	0.078	
Phenylalanine....g	1.271		0	1		1.627	0.407	
Tyrosine....g	1.271		0	1		1.627	0.407	
Valine....g	1.762		0	1		2.255	0.564	
Arginine....g	0.953		0	1		1.220	0.305	
Histidine....g	0.714		0	1		0.914	0.228	
Alanine....g	0.908		0	1		1.162	0.291	
Aspartic acid....g	1.997		0	1		2.556	0.639	
Glutamic acid....g	5.512		0	1		7.055	1.764	
Glycine....g	0.557		0	1		0.713	0.178	
Proline....g	2.549		0	1		3.263	0.816	
Serine....g	1.432		0	1		1.833	0.458	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 128.000g: 1 cup

Measure 2 = 32.000g: .25 cup

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01091
Milk, dry, nonfat, regular, without added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.16	0.021	382	1		3.79	0.95	
Energy....kcal	362		0	4		435	109	
Energy....kj	1516			4		1819	455	
Protein (N x 6.38)....g	36.16	0.081	183	1		43.39	10.85	
Total lipid (fat)....g	0.77	0.009	351	1		0.92	0.23	
Ash....g	7.93		104	1		9.52	2.38	
Carbohydrate, by difference....g	51.98		0	4		62.38	15.59	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1257	30.776	12	1		1508	377	
Iron, Fe....mg	0.32	0.058	6	1		0.38	0.10	
Magnesium, Mg....mg	110	3.072	9	1		132	33	
Phosphorus, P....mg	968	25.372	13	1		1162	290	
Potassium, K....mg	1794	3.503	2400	1		2153	538	
Sodium, Na....mg	535	17.449	6	1		642	161	
Zinc, Zn....mg	4.08	0.108	7	1		4.90	1.22	
Copper, Cu....mg	0.041		0	1		0.049	0.012	
Manganese, Mn....mg	0.020		0	1		0.024	0.006	
Selenium, Se....mcg	27.3	2.953	9	1		32.8	8.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.8	0.725	14	1		8.1	2.0	
Thiamin....mg	0.415	0.014	24	1		0.498	0.125	
Riboflavin....mg	1.550	0.043	24	1		1.860	0.465	
Niacin....mg	0.951	0.050	25	1		1.141	0.285	
Pantothenic acid....mg	3.568	0.075	16	1		4.282	1.070	
Vitamin B-6....mg	0.361	0.015	28	1		0.433	0.108	
Folate, total....mcg	50		0	1		60	15	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	50		0	1		60	15	
Folate, DFE....mcg_DFE	50		0	4		60	15	
Vitamin B-12....mcg	4.03	0.348	15	1		4.84	1.21	
Vitamin A, IU....IU	36	9.574	4	1		43	11	
Vitamin A, RE....mcg_RE	8	2.018	4	1		10	2	
Vitamin E....mg_ATE	0.021		0	4		0.025	0.006	
Vitamin D....IU	332.000		0	4		398.400	99.600	
Lipids:								
Fatty acids, total saturated....g	0.499		0	1		0.599	0.150	
4:0....g	0.028	0.005	4	1		0.034	0.008	
6:0....g	0.006	0.001	4	1		0.007	0.002	
8:0....g	0.007	0.001	5	1		0.008	0.002	
10:0....g	0.018	0.003	5	1		0.022	0.005	
11:0....g								
12:0....g	0.014	0.005	5	1		0.017	0.004	
13:0....g								
14:0....g	0.083	0.005	5	1		0.100	0.025	
15:0....g								
16:0....g	0.235	0.010	5	1		0.282	0.071	
17:0....g								
18:0....g	0.085	0.003	5	1		0.102	0.026	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.201		0	1		0.241	0.060	
14:1....g								
15:1....g								

NDB No. 01091
Milk, dry, nonfat, regular, without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.022	0.002	5	1		0.026	0.007	
17:1....g								
18:1 undifferentiated....g	0.167	0.003	5	1		0.200	0.050	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.030		0	1		0.036	0.009	
18:2 undifferentiated....g	0.019	0.004	5	1		0.023	0.006	
18:3 undifferentiated....g	0.011	0.003	5	1		0.013	0.003	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	20		0	1		24	6	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.510		0	1		0.612	0.153	
Threonine....g	1.632		0	1		1.958	0.490	
Isoleucine....g	2.188		0	1		2.626	0.656	
Leucine....g	3.542		0	1		4.250	1.063	
Lysine....g	2.868		0	1		3.442	0.860	
Methionine....g	0.907		0	1		1.088	0.272	
Cystine....g	0.334		0	1		0.401	0.100	
Phenylalanine....g	1.746		0	1		2.095	0.524	
Tyrosine....g	1.746		0	1		2.095	0.524	
Valine....g	2.420		0	1		2.904	0.726	
Arginine....g	1.309		0	1		1.571	0.393	
Histidine....g	0.981		0	1		1.177	0.294	
Alanine....g	1.247		0	1		1.496	0.374	
Aspartic acid....g	2.743		0	1		3.292	0.823	
Glutamic acid....g	7.572		0	1		9.086	2.272	
Glycine....g	0.765		0	1		0.918	0.230	
Proline....g	3.503		0	1		4.204	1.051	
Serine....g	1.967		0	1		2.360	0.590	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 120.000g: 1 cup

Measure 2 = 30.000g: .25 cup

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01092
Milk, dry, nonfat, instant, with added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.96	0.044	216	1		2.69	3.60	0.91
Energy....kcal	358		0	4		244	326	82
Energy....kj	1499			4		1019	1364	345
Protein (N x 6.38)....g	35.10	0.139	89	1		23.87	31.94	8.07
Total lipid (fat)....g	0.72	0.018	164	1		0.49	0.66	0.17
Ash....g	8.03	0.073	14	1		5.46	7.31	1.85
Carbohydrate, by difference....g	52.19		0	4		35.49	47.49	12.00
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1231	25.365	16	1		837	1120	283
Iron, Fe....mg	0.31	0.038	13	1		0.21	0.28	0.07
Magnesium, Mg....mg	117	11.071	14	1		80	107	27
Phosphorus, P....mg	985	21.031	17	1		670	896	226
Potassium, K....mg	1705	51.818	11	1		1160	1552	392
Sodium, Na....mg	549	15.570	7	1		373	499	126
Zinc, Zn....mg	4.41	0.124	10	1		3.00	4.01	1.01
Copper, Cu....mg	0.041		0	1		0.028	0.037	0.009
Manganese, Mn....mg	0.020		0	1		0.014	0.018	0.005
Selenium, Se....mcg	27.3	2.953	9	1		18.6	24.8	6.3
Vitamins:								
Vitamin C, total ascorbic acid....mg	5.6	0.445	28	1		3.8	5.1	1.3
Thiamin....mg	0.413	0.006	31	1		0.281	0.376	0.095
Riboflavin....mg	1.744	0.040	31	1		1.186	1.587	0.401
Niacin....mg	0.891	0.042	29	1		0.606	0.811	0.205
Pantothenic acid....mg	3.235	0.068	34	1		2.200	2.944	0.744
Vitamin B-6....mg	0.345	0.007	31	1		0.235	0.314	0.079
Folate, total....mcg	50		0	1		34	45	11
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	50		0	1		34	45	11
Folate, DFE....mcg_DFE	50		0	4		34	45	11
Vitamin B-12....mcg	3.99	0.327	17	1		2.72	3.63	0.92
Vitamin A, IU....IU	2370	314.300	6	1		1612	2157	545
Vitamin A, RE....mcg_RE	710		0	1		483	646	163
Vitamin E....mg_ATE	0.019		0	4		0.013	0.017	0.004
Vitamin D....IU	440.000		0	4		299.200	400.400	101.200
Lipids:								
Fatty acids, total saturated....g	0.467		0	1		0.318	0.425	0.107
4:0....g	0.026	0.005	4	1		0.018	0.024	0.006
6:0....g	0.006	0.001	4	1		0.004	0.005	0.001
8:0....g	0.007	0.001	5	1		0.005	0.006	0.002
10:0....g	0.017	0.003	5	1		0.012	0.015	0.004
11:0....g								
12:0....g	0.013	0.005	5	1		0.009	0.012	0.003
13:0....g								
14:0....g	0.078	0.005	5	1		0.053	0.071	0.018
15:0....g								
16:0....g	0.220	0.010	5	1		0.150	0.200	0.051
17:0....g								
18:0....g	0.080	0.003	5	1		0.054	0.073	0.018
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.187		0	1		0.127	0.170	0.043
14:1....g								
15:1....g								

NDB No. 01092
Milk, dry, nonfat, instant, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.021	0.002	5	1		0.014	0.019	0.005
17:1....g								
18:1 undifferentiated....g	0.156	0.004	5	1		0.106	0.142	0.036
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.028		0	1		0.019	0.025	0.006
18:2 undifferentiated....g	0.018	0.004	5	1		0.012	0.016	0.004
18:3 undifferentiated....g	0.011	0.003	5	1		0.007	0.010	0.003
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	18	1.853	8	1		12	17	4
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.495		0	1		0.337	0.450	0.114
Threonine....g	1.584		0	1		1.077	1.441	0.364
Isoleucine....g	2.124		0	1		1.444	1.933	0.489
Leucine....g	3.438		0	1		2.338	3.129	0.791
Lysine....g	2.784		0	1		1.893	2.533	0.640
Methionine....g	0.880		0	1		0.598	0.801	0.202
Cystine....g	0.325		0	1		0.221	0.296	0.075
Phenylalanine....g	1.694		0	1		1.152	1.542	0.390
Tyrosine....g	1.694		0	1		1.152	1.542	0.390
Valine....g	2.349		0	1		1.597	2.138	0.540
Arginine....g	1.271		0	1		0.864	1.157	0.292
Histidine....g	0.952		0	1		0.647	0.866	0.219
Alanine....g	1.210		0	1		0.823	1.101	0.278
Aspartic acid....g	2.663		0	1		1.811	2.423	0.612
Glutamic acid....g	7.350		0	1		4.998	6.689	1.691
Glycine....g	0.743		0	1		0.505	0.676	0.171
Proline....g	3.400		0	1		2.312	3.094	0.782
Serine....g	1.909		0	1		1.298	1.737	0.439
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 68.000g: 1 cup

Measure 2 = 91.000g: 1 envelope (1-1/3 cup)

Measure 3 = 23.000g: .333 cup (makes 1 cup reconstituted milk)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01093
Milk, dry, nonfat, calcium reduced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	4.90		1	1		1.39	5.54	
Energy....kcal	354		0	4		100	400	
Energy....kj	1480			4		420	1673	
Protein (N x 6.38)....g	35.50		1	1		10.06	40.12	
Total lipid (fat)....g	0.20		1	1		0.06	0.23	
Ash....g	7.60		1	1		2.15	8.59	
Carbohydrate, by difference....g	51.80		0	4		14.69	58.53	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	280		1	1		79	316	
Iron, Fe....mg	0.32		0	4		0.09	0.36	
Magnesium, Mg....mg	60		1	1		17	68	
Phosphorus, P....mg	1011		1	1		287	1142	
Potassium, K....mg	680		1	1		193	768	
Sodium, Na....mg	2280		1	1		646	2576	
Zinc, Zn....mg	4.03		0	4		1.14	4.55	
Copper, Cu....mg	0.016		0	1		0.005	0.018	
Manganese, Mn....mg	0.008		0	1		0.002	0.009	
Selenium, Se....mcg	27.3	2.950	9	1		7.7	30.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.7		0	4		1.9	7.5	
Thiamin....mg	0.163		0	1		0.046	0.184	
Riboflavin....mg	1.642		0	1		0.466	1.855	
Niacin....mg	0.665		0	1		0.189	0.751	
Pantothenic acid....mg	3.312		0	1		0.939	3.743	
Vitamin B-6....mg	0.298		0	1		0.084	0.337	
Folate, total....mcg	50		0	4		14	56	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	50		0	4		14	56	
Folate, DFE....mcg_DFE	50		0	4		14	56	
Vitamin B-12....mcg	3.98		0	1		1.13	4.49	
Vitamin A, IU....IU	8		0	1		2	9	
Vitamin A, RE....mcg_RE	2		0	1		1	2	
Vitamin E....mg_ATE	0.005		0	4		0.001	0.006	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.124		0	1		0.035	0.140	
4:0....g	0.006		0	1		0.002	0.007	
6:0....g	0.004		0	1		0.001	0.005	
8:0....g	0.002		0	1		0.001	0.002	
10:0....g	0.005		0	1		0.001	0.006	
11:0....g								
12:0....g	0.006		0	1		0.002	0.007	
13:0....g								
14:0....g	0.020		0	1		0.006	0.023	
15:0....g								
16:0....g	0.053		0	1		0.015	0.060	
17:0....g								
18:0....g	0.024		0	1		0.007	0.027	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.058		0	1		0.016	0.066	
14:1....g								
15:1....g								

NDB No. 01093
Milk, dry, nonfat, calcium reduced

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.004		0	1		0.001	0.005	
17:1....g								
18:1 undifferentiated....g	0.050		0	1		0.014	0.057	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.007		0	1		0.002	0.008	
18:2 undifferentiated....g	0.005		0	1		0.001	0.006	
18:3 undifferentiated....g	0.003		0	1		0.001	0.003	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	2		0	1		1	2	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.501		0	1		0.142	0.566	
Threonine....g	1.603		0	1		0.454	1.811	
Isoleucine....g	2.148		0	1		0.609	2.427	
Leucine....g	3.478		0	1		0.986	3.930	
Lysine....g	2.816		0	1		0.798	3.182	
Methionine....g	0.890		0	1		0.252	1.006	
Cystine....g	0.328		0	1		0.093	0.371	
Phenylalanine....g	1.714		0	1		0.486	1.937	
Tyrosine....g	1.714		0	1		0.486	1.937	
Valine....g	2.376		0	1		0.674	2.685	
Arginine....g	1.285		0	1		0.364	1.452	
Histidine....g	0.963		0	1		0.273	1.088	
Alanine....g	1.224		0	1		0.347	1.383	
Aspartic acid....g	2.693		0	1		0.763	3.043	
Glutamic acid....g	7.434		0	1		2.108	8.400	
Glycine....g	0.751		0	1		0.213	0.849	
Proline....g	3.439		0	1		0.975	3.886	
Serine....g	1.931		0	1		0.547	2.182	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 113.000g: .25 lb

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01094
Milk, buttermilk, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.97	0.038	170	1		3.56	0.19	
Energy....kcal	387		0	4		464	25	
Energy....kj	1619			4		1943	105	
Protein (N x 6.38)....g	34.30	0.333	3	1		41.16	2.23	
Total lipid (fat)....g	5.78	0.077	163	1		6.94	0.38	
Ash....g	7.95		2	1		9.54	0.52	
Carbohydrate, by difference....g	49.00		0	4		58.80	3.19	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1184		0	1		1421	77	
Iron, Fe....mg	0.30		0	1		0.36	0.02	
Magnesium, Mg....mg	110		0	1		131	7	
Phosphorus, P....mg	933		0	1		1119	61	
Potassium, K....mg	1592	5.486	340	1		1910	103	
Sodium, Na....mg	517		0	1		621	34	
Zinc, Zn....mg	4.02		0	1		4.82	0.26	
Copper, Cu....mg	0.111		0	1		0.133	0.007	
Manganese, Mn....mg	0.023		0	1		0.028	0.001	
Selenium, Se....mcg	20.3		0	4		24.4	1.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	5.7		0	1		6.8	0.4	
Thiamin....mg	0.392		0	1		0.470	0.025	
Riboflavin....mg	1.579		0	1		1.895	0.103	
Niacin....mg	0.876		0	1		1.051	0.057	
Pantothenic acid....mg	3.170	0.128	3	1		3.804	0.206	
Vitamin B-6....mg	0.338		0	1		0.406	0.022	
Folate, total....mcg	47		0	1		57	3	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	47		0	1		57	3	
Folate, DFE....mcg_DFE	47		0	4		57	3	
Vitamin B-12....mcg	3.82		0	1		4.59	0.25	
Vitamin A, IU....IU	218		0	1		262	14	
Vitamin A, RE....mcg_RE	54		0	1		65	4	
Vitamin E....mg_ATE	0.400		0	1		0.480	0.026	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.598		0	1		4.318	0.234	
4:0....g	0.187		0	1		0.224	0.012	
6:0....g	0.111		0	1		0.133	0.007	
8:0....g	0.065		0	1		0.078	0.004	
10:0....g	0.145		0	1		0.174	0.009	
11:0....g								
12:0....g	0.162		0	1		0.194	0.011	
13:0....g								
14:0....g	0.581		0	1		0.697	0.038	
15:0....g								
16:0....g	1.520		0	1		1.824	0.099	
17:0....g								
18:0....g	0.700		0	1		0.840	0.046	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.669		0	1		2.003	0.108	
14:1....g								
15:1....g								

NDB No. 01094
Milk, buttermilk, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.129		0	1		0.155	0.008	
17:1....g								
18:1 undifferentiated....g	1.454		0	1		1.745	0.095	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.215		0	1		0.258	0.014	
18:2 undifferentiated....g	0.131		0	1		0.157	0.009	
18:3 undifferentiated....g	0.084		0	1		0.101	0.005	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	69		0	1		83	5	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.484		0	1		0.581	0.031	
Threonine....g	1.548		0	1		1.858	0.101	
Isoleucine....g	2.075		0	1		2.490	0.135	
Leucine....g	3.360		0	1		4.032	0.218	
Lysine....g	2.720		0	1		3.264	0.177	
Methionine....g	0.860		0	1		1.032	0.056	
Cystine....g	0.317		0	1		0.380	0.021	
Phenylalanine....g	1.656		0	1		1.987	0.108	
Tyrosine....g	1.656		0	1		1.987	0.108	
Valine....g	2.296		0	1		2.755	0.149	
Arginine....g	1.242		0	1		1.490	0.081	
Histidine....g	0.930		0	1		1.116	0.060	
Alanine....g	1.183		0	1		1.420	0.077	
Aspartic acid....g	2.602		0	1		3.122	0.169	
Glutamic acid....g	7.183		0	1		8.620	0.467	
Glycine....g	0.726		0	1		0.871	0.047	
Proline....g	3.322		0	1		3.986	0.216	
Serine....g	1.866		0	1		2.239	0.121	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 120.000g: 1 cup

Measure 2 = 6.500g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01095
Milk, canned, condensed, sweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	27.16	0.060	21	1		83.11	10.38	
Energy....kcal	321		0	4		982	123	
Energy....kj	1342			4		4107	513	
Protein (N x 6.38)....g	7.91	0.110	5	1		24.20	3.02	
Total lipid (fat)....g	8.70	0.025	23	1		26.62	3.32	
Ash....g	1.83		2	1		5.60	0.70	
Carbohydrate, by difference....g	54.40		0	4		166.46	20.78	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	284	6.767	3	1		868	108	
Iron, Fe....mg	0.19		1	1		0.58	0.07	
Magnesium, Mg....mg	26		1	1		78	10	
Phosphorus, P....mg	253	17.271	3	1		775	97	
Potassium, K....mg	371	20.004	6	1		1136	142	
Sodium, Na....mg	127	4.716	6	1		389	49	
Zinc, Zn....mg	0.94		0	1		2.88	0.36	
Copper, Cu....mg	0.015		0	1		0.046	0.006	
Manganese, Mn....mg	0.006		0	1		0.018	0.002	
Selenium, Se....mcg	14.8		0	4		45.3	5.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.6	0.560	10	1		8.0	1.0	
Thiamin....mg	0.090	0.003	12	1		0.275	0.034	
Riboflavin....mg	0.416	0.006	13	1		1.273	0.159	
Niacin....mg	0.210		2	1		0.643	0.080	
Pantothenic acid....mg	0.750		1	1		2.295	0.287	
Vitamin B-6....mg	0.051	0.005	5	1		0.156	0.019	
Folate, total....mcg	11		0	1		34	4	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	11		0	1		34	4	
Folate, DFE....mcg_DFE	11		0	4		34	4	
Vitamin B-12....mcg	0.44	0.082	4	1		1.36	0.17	
Vitamin A, IU....IU	328		0	1		1004	125	
Vitamin A, RE....mcg_RE	81		0	1		248	31	
Vitamin E....mg_ATE	0.214		0	4		0.655	0.082	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	5.486		0	1		16.787	2.096	
4:0....g	0.282		1	1		0.863	0.108	
6:0....g	0.167		1	1		0.511	0.064	
8:0....g	0.097		1	1		0.297	0.037	
10:0....g	0.073		2	1		0.223	0.028	
11:0....g								
12:0....g	0.180		2	1		0.551	0.069	
13:0....g								
14:0....g	0.783		2	1		2.396	0.299	
15:0....g								
16:0....g	2.396		2	1		7.332	0.915	
17:0....g								
18:0....g	1.209		2	1		3.700	0.462	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.427		0	1		7.427	0.927	
14:1....g								
15:1....g								

NDB No. 01095
Milk, canned, condensed, sweetened

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.137		2	1		0.419	0.052	
17:1....g								
18:1 undifferentiated....g	2.188		2	1		6.695	0.836	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.337		0	1		1.031	0.129	
18:2 undifferentiated....g	0.216		2	1		0.661	0.083	
18:3 undifferentiated....g	0.121		1	1		0.370	0.046	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	34		0	1		104	13	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.112		0	1		0.343	0.043	
Threonine....g	0.357		0	1		1.092	0.136	
Isoleucine....g	0.479		0	1		1.466	0.183	
Leucine....g	0.775		0	1		2.372	0.296	
Lysine....g	0.627		0	1		1.919	0.240	
Methionine....g	0.198		0	1		0.606	0.076	
Cystine....g	0.073		0	1		0.223	0.028	
Phenylalanine....g	0.382		0	1		1.169	0.146	
Tyrosine....g	0.382		0	1		1.169	0.146	
Valine....g	0.529		0	1		1.619	0.202	
Arginine....g	0.286		0	1		0.875	0.109	
Histidine....g	0.214		0	1		0.655	0.082	
Alanine....g	0.273		0	1		0.835	0.104	
Aspartic acid....g	0.600		0	1		1.836	0.229	
Glutamic acid....g	1.656		0	1		5.067	0.633	
Glycine....g	0.167		0	1		0.511	0.064	
Proline....g	0.766		0	1		2.344	0.293	
Serine....g	0.430		0	1		1.316	0.164	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 306.000g: 1 cup

Measure 2 = 38.200g: 1 fl oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01096
Milk, canned, evaporated, without added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.04	0.085	15	1		186.58	23.32	273.21
Energy....kcal	134		0	4		339	42	496
Energy....kj	562			4		1417	177	2075
Protein (N x 6.38)....g	6.81	0.033	55	1		17.16	2.15	25.13
Total lipid (fat)....g	7.56	0.005	15	1		19.05	2.38	27.90
Ash....g	1.55	0.023	5	1		3.91	0.49	5.72
Carbohydrate, by difference....g	10.04		0	4		25.30	3.16	37.05
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	261	8.978	39	1		657	82	962
Iron, Fe....mg	0.19	0.011	59	1		0.48	0.06	0.70
Magnesium, Mg....mg	24	0.716	6	1		61	8	89
Phosphorus, P....mg	203	8.254	37	1		510	64	747
Potassium, K....mg	303	8.691	10	1		764	95	1118
Sodium, Na....mg	106	3.361	10	1		267	33	390
Zinc, Zn....mg	0.77	0.027	26	1		1.94	0.24	2.84
Copper, Cu....mg	0.016		0	1		0.040	0.005	0.059
Manganese, Mn....mg	0.006		0	1		0.015	0.002	0.022
Selenium, Se....mcg	2.3	0.280	13	1		5.8	0.7	8.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.9	0.217	32	1		4.7	0.6	6.9
Thiamin....mg	0.047	0.002	42	1		0.118	0.015	0.173
Riboflavin....mg	0.316	0.006	41	1		0.796	0.100	1.166
Niacin....mg	0.194	0.010	36	1		0.489	0.061	0.716
Pantothenic acid....mg	0.638	0.032	5	1		1.608	0.201	2.354
Vitamin B-6....mg	0.050	0.002	21	1		0.126	0.016	0.185
Folate, total....mcg	8		1	1		20	2	29
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	8		1	1		20	2	29
Folate, DFE....mcg_DFE	8		0	4		20	2	29
Vitamin B-12....mcg	0.16	0.015	9	1		0.41	0.05	0.60
Vitamin A, IU....IU	243	11.438	29	1		612	77	897
Vitamin A, RE....mcg_RE	54	7.621	4	1		136	17	199
Vitamin E....mg_ATE	0.180		0	1		0.454	0.057	0.664
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.591		0	1		11.569	1.446	16.941
4:0....g	0.195		1	1		0.491	0.061	0.720
6:0....g	0.134		1	1		0.338	0.042	0.494
8:0....g	0.054		2	1		0.136	0.017	0.199
10:0....g	0.110	0.017	11	1		0.277	0.035	0.406
11:0....g								
12:0....g	0.161	0.015	12	1		0.406	0.051	0.594
13:0....g								
14:0....g	0.733	0.035	12	1		1.847	0.231	2.705
15:0....g								
16:0....g	2.027	0.060	12	1		5.108	0.639	7.480
17:0....g								
18:0....g	0.921	0.027	12	1		2.321	0.290	3.398
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.335		0	1		5.884	0.736	8.616
14:1....g								
15:1....g								

NDB No. 01096
Milk, canned, evaporated, without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.159	0.012	12	1		0.401	0.050	0.587
17:1....g								
18:1 undifferentiated....g	2.101	0.049	12	1		5.295	0.662	7.753
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.245		0	1		0.617	0.077	0.904
18:2 undifferentiated....g	0.167	0.017	12	1		0.421	0.053	0.616
18:3 undifferentiated....g	0.078		2	1		0.197	0.025	0.288
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	29		0	1		74	9	108
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.096		0	1		0.242	0.030	0.354
Threonine....g	0.307		0	1		0.774	0.097	1.133
Isoleucine....g	0.412		0	1		1.038	0.130	1.520
Leucine....g	0.667		0	1		1.681	0.210	2.461
Lysine....g	0.540		0	1		1.361	0.170	1.993
Methionine....g	0.171		0	1		0.431	0.054	0.631
Cystine....g	0.063		0	1		0.159	0.020	0.232
Phenylalanine....g	0.329		0	1		0.829	0.104	1.214
Tyrosine....g	0.329		0	1		0.829	0.104	1.214
Valine....g	0.456		0	1		1.149	0.144	1.683
Arginine....g	0.247		0	1		0.622	0.078	0.911
Histidine....g	0.185		0	1		0.466	0.058	0.683
Alanine....g	0.235		0	1		0.592	0.074	0.867
Aspartic acid....g	0.517		0	1		1.303	0.163	1.908
Glutamic acid....g	1.426		0	1		3.594	0.449	5.262
Glycine....g	0.144		0	1		0.363	0.045	0.531
Proline....g	0.660		0	1		1.663	0.208	2.435
Serine....g	0.370		0	1		0.932	0.117	1.365
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 252.000g: 1 cup

Measure 2 = 31.500g: 1 fl oz

Measure 3 = 369.000g: 1 can (13 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01097
Milk, canned, evaporated, nonfat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.40		2	1		203.26	25.33	101.63
Energy....kcal	78		0	4		199	25	100
Energy....kj	326			4		835	104	417
Protein (N x 6.38)....g	7.55	0.096	10	1		19.33	2.41	9.66
Total lipid (fat)....g	0.20	0.018	10	1		0.51	0.06	0.26
Ash....g	1.50		1	1		3.84	0.48	1.92
Carbohydrate, by difference....g	11.35		0	4		29.06	3.62	14.53
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	290	14.084	10	1		741	92	371
Iron, Fe....mg	0.29	0.057	9	1		0.74	0.09	0.37
Magnesium, Mg....mg	27		1	1		69	9	35
Phosphorus, P....mg	195	9.946	9	1		499	62	249
Potassium, K....mg	332		2	1		849	106	424
Sodium, Na....mg	115		2	1		294	37	147
Zinc, Zn....mg	0.90		0	1		2.30	0.29	1.15
Copper, Cu....mg	0.016		0	1		0.041	0.005	0.020
Manganese, Mn....mg	0.006		0	1		0.015	0.002	0.008
Selenium, Se....mcg	2.5		0	4		6.4	0.8	3.2
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.2	0.127	9	1		3.2	0.4	1.6
Thiamin....mg	0.045	0.004	10	1		0.115	0.014	0.058
Riboflavin....mg	0.309	0.015	10	1		0.791	0.099	0.396
Niacin....mg	0.174	0.008	10	1		0.445	0.056	0.223
Pantothenic acid....mg	0.738		2	1		1.889	0.235	0.945
Vitamin B-6....mg	0.055		1	1		0.141	0.018	0.070
Folate, total....mcg	9		1	1		22	3	11
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	9		1	1		22	3	11
Folate, DFE....mcg_DFE	9		0	4		22	3	11
Vitamin B-12....mcg	0.24		1	1		0.61	0.08	0.31
Vitamin A, IU....IU	392		0	1		1004	125	502
Vitamin A, RE....mcg_RE	117		0	1		300	37	150
Vitamin E....mg_ATE	0.005		0	4		0.013	0.002	0.006
Vitamin D....IU	80.000		0	4		204.800	25.520	102.400
Lipids:								
Fatty acids, total saturated....g	0.121		0	1		0.310	0.039	0.155
4:0....g	0.005		1	1		0.013	0.002	0.006
6:0....g	0.004		1	1		0.010	0.001	0.005
8:0....g	0.001		2	1		0.003	0.000	0.001
10:0....g	0.003	0.001	11	1		0.008	0.001	0.004
11:0....g								
12:0....g	0.004	0.001	12	1		0.010	0.001	0.005
13:0....g								
14:0....g	0.019	0.002	12	1		0.049	0.006	0.024
15:0....g								
16:0....g	0.054	0.005	12	1		0.138	0.017	0.069
17:0....g								
18:0....g	0.024	0.002	12	1		0.061	0.008	0.031
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.062		0	1		0.159	0.020	0.079
14:1....g								
15:1....g								

NDB No. 01097
Milk, canned, evaporated, nonfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.004	0.001	12	1		0.010	0.001	0.005
17:1....g								
18:1 undifferentiated....g	0.056	0.005	12	1		0.143	0.018	0.072
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.006		0	1		0.015	0.002	0.008
18:2 undifferentiated....g	0.004	0.001	12	1		0.010	0.001	0.005
18:3 undifferentiated....g	0.002		2	1		0.005	0.001	0.003
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	4		0	1		9	1	5
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.107		0	1		0.274	0.034	0.137
Threonine....g	0.341		0	1		0.873	0.109	0.436
Isoleucine....g	0.457		0	1		1.170	0.146	0.585
Leucine....g	0.740		0	1		1.894	0.236	0.947
Lysine....g	0.599		0	1		1.533	0.191	0.767
Methionine....g	0.189		0	1		0.484	0.060	0.242
Cystine....g	0.070		0	1		0.179	0.022	0.090
Phenylalanine....g	0.364		0	1		0.932	0.116	0.466
Tyrosine....g	0.364		0	1		0.932	0.116	0.466
Valine....g	0.505		0	1		1.293	0.161	0.646
Arginine....g	0.273		0	1		0.699	0.087	0.349
Histidine....g	0.205		0	1		0.525	0.065	0.262
Alanine....g	0.260		0	1		0.666	0.083	0.333
Aspartic acid....g	0.573		0	1		1.467	0.183	0.733
Glutamic acid....g	1.581		0	1		4.047	0.504	2.024
Glycine....g	0.160		0	1		0.410	0.051	0.205
Proline....g	0.731		0	1		1.871	0.233	0.936
Serine....g	0.411		0	1		1.052	0.131	0.526
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 256.000g: 1 cup

Measure 2 = 31.900g: 1 fl oz

Measure 3 = 128.000g: .5 cup

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01102
Milk, chocolate, fluid, commercial,

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	82.30	0.231	8	1		205.75	25.68	823.00
Energy....kcal	83		0	4		208	26	834
Energy....kj	349			4		872	109	3487
Protein (N x 6.38)....g	3.17	0.041	11	1		7.93	0.99	31.70
Total lipid (fat)....g	3.39	0.037	10	1		8.48	1.06	33.90
Ash....g	0.80		0	1		2.00	0.25	8.00
Carbohydrate, by difference....g	10.34		0	4		25.85	3.23	103.40
Fiber, total dietary....g	0.8		0	1		2.0	0.2	8.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	112	3.987	8	1		280	35	1121
Iron, Fe....mg	0.24		0	1		0.60	0.07	2.40
Magnesium, Mg....mg	13	0.622	5	1		33	4	130
Phosphorus, P....mg	101	5.381	5	1		251	31	1005
Potassium, K....mg	167	7.479	5	1		417	52	1669
Sodium, Na....mg	60	5.193	5	1		149	19	596
Zinc, Zn....mg	0.41	0.022	5	1		1.03	0.13	4.10
Copper, Cu....mg	0.065		0	1		0.163	0.020	0.650
Manganese, Mn....mg	0.077		0	1		0.193	0.024	0.770
Selenium, Se....mcg	1.9		0	4		4.8	0.6	19.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	1		2.3	0.3	9.1
Thiamin....mg	0.037		0	1		0.093	0.012	0.370
Riboflavin....mg	0.162		0	1		0.405	0.051	1.620
Niacin....mg	0.125		0	1		0.313	0.039	1.250
Pantothenic acid....mg	0.295		0	1		0.738	0.092	2.950
Vitamin B-6....mg	0.040		0	1		0.100	0.012	0.400
Folate, total....mcg	5		0	1		12	1	47
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	5		0	1		12	1	47
Folate, DFE....mcg_DFE	5		0	4		12	1	47
Vitamin B-12....mcg	0.33		0	1		0.84	0.10	3.34
Vitamin A, IU....IU	121		0	1		303	38	1210
Vitamin A, RE....mcg_RE	29		0	1		73	9	290
Vitamin E....mg_ATE	0.091		0	4		0.228	0.028	0.910
Vitamin D....IU	40.000		0	4		100.000	12.480	400.000
Lipids:								
Fatty acids, total saturated....g	2.104		0	1		5.260	0.656	21.040
4:0....g	0.101		0	1		0.253	0.032	1.010
6:0....g	0.060		0	1		0.150	0.019	0.600
8:0....g	0.035		0	1		0.088	0.011	0.350
10:0....g	0.078		0	1		0.195	0.024	0.780
11:0....g								
12:0....g	0.088		0	1		0.220	0.027	0.880
13:0....g								
14:0....g	0.315		0	1		0.788	0.098	3.150
15:0....g								
16:0....g	0.889		0	1		2.223	0.277	8.890
17:0....g								
18:0....g	0.466		0	1		1.165	0.145	4.660
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.990		0	1		2.475	0.309	9.900
14:1....g								
15:1....g								

NDB No. 01102
Milk, chocolate, fluid, commercial,

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.071		0	1		0.178	0.022	0.710
17:1....g								
18:1 undifferentiated....g	0.872		0	1		2.180	0.272	8.720
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.124		0	1		0.310	0.039	1.240
18:2 undifferentiated....g	0.078		0	1		0.195	0.024	0.780
18:3 undifferentiated....g	0.046		0	1		0.115	0.014	0.460
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	12		0	1		31	4	122
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.045		0	1		0.113	0.014	0.450
Threonine....g	0.143		0	1		0.358	0.045	1.430
Isoleucine....g	0.192		0	1		0.480	0.060	1.920
Leucine....g	0.311		0	1		0.778	0.097	3.110
Lysine....g	0.251		0	1		0.628	0.078	2.510
Methionine....g	0.079		0	1		0.198	0.025	0.790
Cystine....g	0.029		0	1		0.073	0.009	0.290
Phenylalanine....g	0.153		0	1		0.383	0.048	1.530
Tyrosine....g	0.153		0	1		0.383	0.048	1.530
Valine....g	0.212		0	1		0.530	0.066	2.120
Arginine....g	0.115		0	1		0.288	0.036	1.150
Histidine....g	0.086		0	1		0.215	0.027	0.860
Alanine....g	0.109		0	1		0.273	0.034	1.090
Aspartic acid....g	0.240		0	1		0.600	0.075	2.400
Glutamic acid....g	0.664		0	1		1.660	0.207	6.640
Glycine....g	0.067		0	1		0.168	0.021	0.670
Proline....g	0.307		0	1		0.768	0.096	3.070
Serine....g	0.172		0	1		0.430	0.054	1.720
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	2		0	4		5	1	20
Theobromine....mg	23		0	4		58	7	230

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points 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 similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 31.200g: 1 fl oz

Measure 3 = 1000.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01103
Milk, chocolate, fluid, commercial, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	83.58		0	1		208.95	26.08	835.80
Energy....kcal	72		0	4		179	22	715
Energy....kj	299			4		748	93	2993
Protein (N x 6.38)....g	3.21		0	1		8.03	1.00	32.10
Total lipid (fat)....g	2.00	0.008	94	1		5.00	0.62	20.00
Ash....g	0.81		0	1		2.03	0.25	8.10
Carbohydrate, by difference....g	10.40		0	4		26.00	3.24	104.00
Fiber, total dietary....g	0.5		0	1		1.3	0.2	5.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	114		0	1		284	35	1136
Iron, Fe....mg	0.24		0	1		0.60	0.07	2.40
Magnesium, Mg....mg	13		0	1		33	4	132
Phosphorus, P....mg	102		0	1		254	32	1017
Potassium, K....mg	169		0	1		422	53	1688
Sodium, Na....mg	60		0	1		151	19	602
Zinc, Zn....mg	0.41		0	1		1.03	0.13	4.10
Copper, Cu....mg	0.063		0	1		0.158	0.020	0.630
Manganese, Mn....mg	0.075		0	1		0.188	0.023	0.750
Selenium, Se....mcg	1.9	0.335	12	1		4.8	0.6	19.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	1		2.3	0.3	9.2
Thiamin....mg	0.037		0	1		0.093	0.012	0.370
Riboflavin....mg	0.164		0	1		0.410	0.051	1.640
Niacin....mg	0.126		0	1		0.315	0.039	1.260
Pantothenic acid....mg	0.299		0	1		0.748	0.093	2.990
Vitamin B-6....mg	0.041		0	1		0.103	0.013	0.410
Folate, total....mcg	5		0	1		12	1	48
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	5		0	1		12	1	48
Folate, DFE....mcg_DFE	5		0	4		12	1	48
Vitamin B-12....mcg	0.34		0	1		0.85	0.11	3.39
Vitamin A, IU....IU	200		0	1		500	62	2000
Vitamin A, RE....mcg_RE	57		0	1		143	18	570
Vitamin E....mg_ATE	0.053		0	4		0.133	0.017	0.530
Vitamin D....IU	40.000		0	4		100.000	12.480	400.000
Lipids:								
Fatty acids, total saturated....g	1.239		0	1		3.098	0.387	12.390
4:0....g	0.056		0	1		0.140	0.017	0.560
6:0....g	0.033		0	1		0.083	0.010	0.330
8:0....g	0.019		0	1		0.048	0.006	0.190
10:0....g	0.044		0	1		0.110	0.014	0.440
11:0....g								
12:0....g	0.049		0	1		0.123	0.015	0.490
13:0....g								
14:0....g	0.175		0	1		0.438	0.055	1.750
15:0....g								
16:0....g	0.524		0	1		1.310	0.163	5.240
17:0....g								
18:0....g	0.297		0	1		0.743	0.093	2.970
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.588		0	1		1.470	0.183	5.880
14:1....g								
15:1....g								

NDB No. 01103
Milk, chocolate, fluid, commercial, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.040		0	1		0.100	0.012	0.400
17:1....g								
18:1 undifferentiated....g	0.523		0	1		1.308	0.163	5.230
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.072		0	1		0.180	0.022	0.720
18:2 undifferentiated....g	0.047		0	1		0.118	0.015	0.470
18:3 undifferentiated....g	0.026		0	1		0.065	0.008	0.260
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	7		0	1		17	2	68
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.045		0	1		0.113	0.014	0.450
Threonine....g	0.145		0	1		0.363	0.045	1.450
Isoleucine....g	0.194		0	1		0.485	0.061	1.940
Leucine....g	0.314		0	1		0.785	0.098	3.140
Lysine....g	0.255		0	1		0.638	0.080	2.550
Methionine....g	0.081		0	1		0.203	0.025	0.810
Cystine....g	0.030		0	1		0.075	0.009	0.300
Phenylalanine....g	0.155		0	1		0.388	0.048	1.550
Tyrosine....g	0.155		0	1		0.388	0.048	1.550
Valine....g	0.215		0	1		0.538	0.067	2.150
Arginine....g	0.116		0	1		0.290	0.036	1.160
Histidine....g	0.087		0	1		0.218	0.027	0.870
Alanine....g	0.111		0	1		0.278	0.035	1.110
Aspartic acid....g	0.244		0	1		0.610	0.076	2.440
Glutamic acid....g	0.672		0	1		1.680	0.210	6.720
Glycine....g	0.068		0	1		0.170	0.021	0.680
Proline....g	0.311		0	1		0.778	0.097	3.110
Serine....g	0.175		0	1		0.438	0.055	1.750
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	2		0	4		5	1	20
Theobromine....mg	23		0	4		58	7	230

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points 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 similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 31.200g: 1 fl oz

Measure 3 = 1000.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01104
Milk, chocolate, fluid, commercial, lowfat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	84.50		0	1		211.25	845.00	
Energy	kcal	63		0	4		158	630	
Energy	kj	264			4		659	2637	
Protein (N x 6.38)	g	3.24		0	1		8.10	32.40	
Total lipid (fat)	g	1.00		0	1		2.50	10.00	
Ash	g	0.82		0	1		2.05	8.20	
Carbohydrate, by difference	g	10.44		0	4		26.10	104.40	
Fiber, total dietary	g	0.5		0	4		1.3	5.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	115		0	1		287	1147	
Iron, Fe	mg	0.24		0	1		0.60	2.40	
Magnesium, Mg	mg	13		0	1		33	133	
Phosphorus, P	mg	103		0	1		257	1026	
Potassium, K	mg	170		0	1		426	1702	
Sodium, Na	mg	61		0	1		152	607	
Zinc, Zn	mg	0.41		0	1		1.03	4.10	
Copper, Cu	mg	0.065		0	1		0.163	0.650	
Manganese, Mn	mg	0.077		0	1		0.193	0.770	
Selenium, Se	mcg	1.9	0.335	12	1		4.8	19.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.9		0	1		2.3	9.3	
Thiamin	mg	0.038		0	1		0.095	0.380	
Riboflavin	mg	0.166		0	1		0.415	1.660	
Niacin	mg	0.127		0	1		0.318	1.270	
Pantothenic acid	mg	0.302		0	1		0.755	3.020	
Vitamin B-6	mg	0.041		0	1		0.103	0.410	
Folate, total	mcg	5		0	1		12	48	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	5		0	1		12	48	
Folate, DFE	mcg_DFE	5		0	4		12	48	
Vitamin B-12	mcg	0.34		0	1		0.86	3.42	
Vitamin A, IU	IU	200		0	1		500	2000	
Vitamin A, RE	mcg_RE	59		0	1		148	590	
Vitamin E	mg_ATE	0.026		0	4		0.065	0.260	
Vitamin D	IU	40.000		0	4		100.000	400.000	
Lipids:									
Fatty acids, total saturated	g	0.616		0	1		1.540	6.160	
4:0	g	0.024		0	1		0.060	0.240	
6:0	g	0.014		0	1		0.035	0.140	
8:0	g	0.008		0	1		0.020	0.080	
10:0	g	0.019		0	1		0.048	0.190	
11:0	g								
12:0	g	0.021		0	1		0.053	0.210	
13:0	g								
14:0	g	0.075		0	1		0.188	0.750	
15:0	g								
16:0	g	0.261		0	1		0.653	2.610	
17:0	g								
18:0	g	0.176		0	1		0.440	1.760	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.300		0	1		0.750	3.000	
14:1	g								
15:1	g								

NDB No. 01104
Milk, chocolate, fluid, commercial, lowfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.018		0	1		0.045	0.180	
17:1....g								
18:1 undifferentiated....g	0.271		0	1		0.678	2.710	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.035		0	1		0.088	0.350	
18:2 undifferentiated....g	0.024		0	1		0.060	0.240	
18:3 undifferentiated....g	0.011		0	1		0.028	0.110	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	3		0	1		7	29	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.046		0	1		0.115	0.460	
Threonine....g	0.146		0	1		0.365	1.460	
Isoleucine....g	0.196		0	1		0.490	1.960	
Leucine....g	0.317		0	1		0.793	3.170	
Lysine....g	0.257		0	1		0.643	2.570	
Methionine....g	0.081		0	1		0.203	0.810	
Cystine....g	0.030		0	1		0.075	0.300	
Phenylalanine....g	0.156		0	1		0.390	1.560	
Tyrosine....g	0.156		0	1		0.390	1.560	
Valine....g	0.217		0	1		0.543	2.170	
Arginine....g	0.117		0	1		0.293	1.170	
Histidine....g	0.088		0	1		0.220	0.880	
Alanine....g	0.112		0	1		0.280	1.120	
Aspartic acid....g	0.246		0	1		0.615	2.460	
Glutamic acid....g	0.678		0	1		1.695	6.780	
Glycine....g	0.069		0	1		0.173	0.690	
Proline....g	0.314		0	1		0.785	3.140	
Serine....g	0.176		0	1		0.440	1.760	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	2		0	4		5	20	
Theobromine....mg	23		0	4		58	230	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points 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 similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 1000.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01105
Milk, chocolate beverage, hot cocoa, homemade

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.95		0	1		202.38	25.26	
Energy....kcal	77		0	4		193	24	
Energy....kj	322			4		805	101	
Protein (N x 6.38)....g	3.91		0	1		9.78	1.22	
Total lipid (fat)....g	2.33		0	1		5.83	0.73	
Ash....g	0.91		0	1		2.28	0.28	
Carbohydrate, by difference....g	11.79		0	4		29.48	3.68	
Fiber, total dietary....g	0.8		0	4		2.0	0.2	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	126		0	1		315	39	
Iron, Fe....mg	0.46		0	1		1.15	0.14	
Magnesium, Mg....mg	28		0	1		70	9	
Phosphorus, P....mg	117		0	1		293	37	
Potassium, K....mg	200		0	1		500	62	
Sodium, Na....mg	51		0	1		128	16	
Zinc, Zn....mg	0.59		0	1		1.48	0.18	
Copper, Cu....mg	0.121		0	1		0.303	0.038	
Manganese, Mn....mg	0.114		0	1		0.285	0.036	
Selenium, Se....mcg	2.7		0	4		6.8	0.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	1		2.5	0.3	
Thiamin....mg	0.041		0	1		0.103	0.013	
Riboflavin....mg	0.174		0	1		0.435	0.054	
Niacin....mg	0.150		0	1		0.375	0.047	
Pantothenic acid....mg	0.329		0	1		0.823	0.103	
Vitamin B-6....mg	0.047		0	1		0.118	0.015	
Folate, total....mcg	6		0	1		15	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	1		15	2	
Folate, DFE....mcg_DFE	6		0	4		15	2	
Vitamin B-12....mcg	0.37		0	1		0.93	0.12	
Vitamin A, IU....IU	206		0	1		515	64	
Vitamin A, RE....mcg_RE	55		0	1		138	17	
Vitamin E....mg_ATE	0.103		0	4		0.258	0.032	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.438		0	1		3.595	0.449	
4:0....g	0.064		0	1		0.160	0.020	
6:0....g	0.038		0	1		0.095	0.012	
8:0....g	0.022		0	1		0.055	0.007	
10:0....g	0.050		0	1		0.125	0.016	
11:0....g								
12:0....g	0.056		0	1		0.140	0.017	
13:0....g								
14:0....g	0.201		0	1		0.503	0.063	
15:0....g								
16:0....g	0.632		0	1		1.580	0.197	
17:0....g								
18:0....g	0.366		0	1		0.915	0.114	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.683		0	1		1.708	0.213	
14:1....g								
15:1....g								

NDB No. 01105
Milk, chocolate beverage, hot cocoa, homemade

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.045		0	1		0.113	0.014	
17:1....g								
18:1 undifferentiated....g	0.635		0	1		1.588	0.198	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.086		0	1		0.215	0.027	
18:2 undifferentiated....g	0.057		0	1		0.143	0.018	
18:3 undifferentiated....g	0.029		0	1		0.073	0.009	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	8		0	1		20	2	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.053		0	1		0.133	0.017	
Threonine....g	0.166		0	1		0.415	0.052	
Isoleucine....g	0.215		0	1		0.538	0.067	
Leucine....g	0.346		0	1		0.865	0.108	
Lysine....g	0.281		0	1		0.703	0.088	
Methionine....g	0.086		0	1		0.215	0.027	
Cystine....g	0.036		0	1		0.090	0.011	
Phenylalanine....g	0.181		0	1		0.453	0.056	
Tyrosine....g	0.175		0	1		0.438	0.055	
Valine....g	0.248		0	1		0.620	0.077	
Arginine....g	0.148		0	1		0.370	0.046	
Histidine....g	0.096		0	1		0.240	0.030	
Alanine....g	0.136		0	1		0.340	0.042	
Aspartic acid....g	0.298		0	1		0.745	0.093	
Glutamic acid....g	0.752		0	1		1.880	0.235	
Glycine....g	0.093		0	1		0.233	0.029	
Proline....g	0.333		0	1		0.833	0.104	
Serine....g	0.198		0	1		0.495	0.062	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	2		0	4		5	1	
Theobromine....mg	23		0	4		58	7	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points 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 similar food.

Common Measures:

Measure 1 = 250.000g: 1 cup

Measure 2 = 31.200g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01106
Milk, goat, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.03	0.146	196	1		212.35	26.54	849.41
Energy....kcal	69		0	4		168	21	672
Energy....kj	288			4		703	88	2810
Protein (N x 6.38)....g	3.56	0.033	132	1		8.69	1.09	34.75
Total lipid (fat)....g	4.14	0.053	269	1		10.10	1.26	40.41
Ash....g	0.82	0.002	229	1		2.00	0.25	8.00
Carbohydrate, by difference....g	4.45		0	4		10.86	1.36	43.43
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	134	1.675	94	1		326	41	1303
Iron, Fe....mg	0.05	0.004	23	1		0.12	0.02	0.49
Magnesium, Mg....mg	14	1.224	63	1		34	4	136
Phosphorus, P....mg	111	2.054	60	1		270	34	1080
Potassium, K....mg	204	7.139	96	1		499	62	1995
Sodium, Na....mg	50	1.512	68	1		122	15	486
Zinc, Zn....mg	0.30		1	1		0.73	0.09	2.93
Copper, Cu....mg	0.046		0	1		0.112	0.014	0.449
Manganese, Mn....mg	0.018		0	1		0.044	0.005	0.176
Selenium, Se....mcg	1.4	0.410	5	1		3.4	0.4	13.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.3	0.108	57	1		3.1	0.4	12.6
Thiamin....mg	0.048	0.005	22	1		0.117	0.015	0.468
Riboflavin....mg	0.138	0.008	61	1		0.337	0.042	1.347
Niacin....mg	0.277	0.012	21	1		0.676	0.084	2.704
Pantothenic acid....mg	0.310	0.023	23	1		0.756	0.095	3.026
Vitamin B-6....mg	0.046		3	1		0.112	0.014	0.449
Folate, total....mcg	1		18	1		1	0	6
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	1		18	1		1	0	6
Folate, DFE....mcg_DFE	1		0	4		1	0	6
Vitamin B-12....mcg	0.07	0.005	45	1		0.16	0.02	0.63
Vitamin A, IU....IU	185		5	1		451	56	1806
Vitamin A, RE....mcg_RE	56		0	1		137	17	547
Vitamin E....mg_ATE	0.090		0	4		0.220	0.027	0.878
Vitamin D....IU	12.000		0	4		29.280	3.660	117.120
Lipids:								
Fatty acids, total saturated....g	2.667		0	1		6.507	0.813	26.030
4:0....g	0.128	0.010	14	1		0.312	0.039	1.249
6:0....g	0.094	0.007	14	1		0.229	0.029	0.917
8:0....g	0.096	0.009	15	1		0.234	0.029	0.937
10:0....g	0.260	0.031	15	1		0.634	0.079	2.538
11:0....g								
12:0....g	0.124	0.012	15	1		0.303	0.038	1.210
13:0....g								
14:0....g	0.325	0.020	17	1		0.793	0.099	3.172
15:0....g								
16:0....g	0.911	0.043	17	1		2.223	0.278	8.891
17:0....g								
18:0....g	0.441	0.037	17	1		1.076	0.135	4.304
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.109		0	1		2.706	0.338	10.824
14:1....g								
15:1....g								

NDB No. 01106
Milk, goat, fluid

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.082	0.014	7	1		0.200	0.025	0.800
17:1....g								
18:1 undifferentiated....g	0.977	0.047	17	1		2.384	0.298	9.536
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.149		0	1		0.364	0.045	1.454
18:2 undifferentiated....g	0.109	0.008	13	1		0.266	0.033	1.064
18:3 undifferentiated....g	0.040	0.008	10	1		0.098	0.012	0.390
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	11	0.801	36	1		28	3	111
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.044		0	1		0.107	0.013	0.429
Threonine....g	0.163		0	1		0.398	0.050	1.591
Isoleucine....g	0.207		0	1		0.505	0.063	2.020
Leucine....g	0.314		0	1		0.766	0.096	3.065
Lysine....g	0.290		0	1		0.708	0.088	2.830
Methionine....g	0.080		0	1		0.195	0.024	0.781
Cystine....g	0.046		0	1		0.112	0.014	0.449
Phenylalanine....g	0.155		0	1		0.378	0.047	1.513
Tyrosine....g	0.179		0	1		0.437	0.055	1.747
Valine....g	0.240		0	1		0.586	0.073	2.342
Arginine....g	0.119		0	1		0.290	0.036	1.161
Histidine....g	0.089		0	1		0.217	0.027	0.869
Alanine....g	0.118		0	1		0.288	0.036	1.152
Aspartic acid....g	0.210		0	1		0.512	0.064	2.050
Glutamic acid....g	0.626		0	1		1.527	0.191	6.110
Glycine....g	0.050		0	1		0.122	0.015	0.488
Proline....g	0.368		0	1		0.898	0.112	3.592
Serine....g	0.181		0	1		0.442	0.055	1.767
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 30.500g: 1 fl oz

Measure 3 = 976.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01107
Milk, human, mature, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.50	0.043	616	1		215.25	26.95	
Energy....kcal	70		0	4		171	21	
Energy....kj	291			4		716	90	
Protein (N x 6.38)....g	1.03	0.018	591	1		2.53	0.32	
Total lipid (fat)....g	4.38	0.048	415	1		10.77	1.35	
Ash....g	0.20	0.001	396	1		0.49	0.06	
Carbohydrate, by difference....g	6.89		0	4		16.95	2.12	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	32	0.248	755	1		79	10	
Iron, Fe....mg	0.03	0.002	277	1		0.07	0.01	
Magnesium, Mg....mg	3	0.039	303	1		8	1	
Phosphorus, P....mg	14	0.095	632	1		34	4	
Potassium, K....mg	51	0.610	172	1		126	16	
Sodium, Na....mg	17	0.252	342	1		42	5	
Zinc, Zn....mg	0.17	0.006	281	1		0.42	0.05	
Copper, Cu....mg	0.052		0	1		0.128	0.016	
Manganese, Mn....mg	0.026		0	1		0.064	0.008	
Selenium, Se....mcg	1.8	0.017	101	1		4.4	0.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	5.0	0.118	233	1		12.3	1.5	
Thiamin....mg	0.014	0.000	279	1		0.034	0.004	
Riboflavin....mg	0.036	0.001	275	1		0.089	0.011	
Niacin....mg	0.177	0.003	271	1		0.435	0.055	
Pantothenic acid....mg	0.223	0.003	416	1		0.549	0.069	
Vitamin B-6....mg	0.011	0.001	88	1		0.027	0.003	
Folate, total....mcg	5	0.346	7	1		13	2	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5	0.346	7	1		13	2	
Folate, DFE....mcg_DFE	5		0	4		13	2	
Vitamin B-12....mcg	0.05		32	1		0.11	0.01	
Vitamin A, IU....IU	241		309	1		593	74	
Vitamin A, RE....mcg_RE	64		309	1		157	20	
Vitamin E....mg_ATE	0.900		0	1		2.214	0.277	
Vitamin D....IU	4.000		0	4		9.840	1.232	
Lipids:								
Fatty acids, total saturated....g	2.009		0	1		4.942	0.619	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.063	0.006	16	1		0.155	0.019	
11:0....g								
12:0....g	0.256	0.023	18	1		0.630	0.079	
13:0....g								
14:0....g	0.321	0.019	20	1		0.790	0.099	
15:0....g								
16:0....g	0.919	0.023	20	1		2.261	0.283	
17:0....g								
18:0....g	0.293	0.018	20	1		0.721	0.090	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.658		0	1		4.079	0.511	
14:1....g								
15:1....g								

NDB No. 01107
Milk, human, mature, fluid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.129	0.012	17	1		0.317	0.040	
17:1....g								
18:1 undifferentiated....g	1.475	0.037	20	1		3.629	0.454	
20:1....g	0.040	0.003	12	1		0.098	0.012	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.497		0	1		1.223	0.153	
18:2 undifferentiated....g	0.374	0.030	20	1		0.920	0.115	
18:3 undifferentiated....g	0.052	0.013	15	1		0.128	0.016	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.026	0.004	14	1		0.064	0.008	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	14	0.366	54	1		34	4	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.017		0	1		0.042	0.005	
Threonine....g	0.046		0	1		0.113	0.014	
Isoleucine....g	0.056		0	1		0.138	0.017	
Leucine....g	0.095		0	1		0.234	0.029	
Lysine....g	0.068		0	1		0.167	0.021	
Methionine....g	0.021		0	1		0.052	0.006	
Cystine....g	0.019		0	1		0.047	0.006	
Phenylalanine....g	0.046		0	1		0.113	0.014	
Tyrosine....g	0.053		0	1		0.130	0.016	
Valine....g	0.063		0	1		0.155	0.019	
Arginine....g	0.043		0	1		0.106	0.013	
Histidine....g	0.023		0	1		0.057	0.007	
Alanine....g	0.036		0	1		0.089	0.011	
Aspartic acid....g	0.082		0	1		0.202	0.025	
Glutamic acid....g	0.168		0	1		0.413	0.052	
Glycine....g	0.026		0	1		0.064	0.008	
Proline....g	0.082		0	1		0.202	0.025	
Serine....g	0.043		0	1		0.106	0.013	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 30.800g: 1 fl oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01108
Milk, indian buffalo, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	83.39	0.546	8	1		203.47	813.89	
Energy....kcal	97		0	4		236	943	
Energy....kj	404			4		986	3946	
Protein (N x 6.38)....g	3.75	0.057	96	1		9.15	36.60	
Total lipid (fat)....g	6.89	0.130	113	1		16.81	67.25	
Ash....g	0.79	0.010	97	1		1.93	7.71	
Carbohydrate, by difference....g	5.18		0	4		12.64	50.56	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	169	1.899	164	1		412	1649	
Iron, Fe....mg	0.12	0.016	10	1		0.29	1.17	
Magnesium, Mg....mg	31	1.417	110	1		76	304	
Phosphorus, P....mg	117	1.580	113	1		286	1146	
Potassium, K....mg	178	3.024	101	1		434	1734	
Sodium, Na....mg	52	1.603	101	1		127	509	
Zinc, Zn....mg	0.22		1	1		0.54	2.15	
Copper, Cu....mg	0.046		0	1		0.112	0.449	
Manganese, Mn....mg	0.018		0	1		0.044	0.176	
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	2.3	0.627	3	1		5.5	22.0	
Thiamin....mg	0.052	0.005	14	1		0.127	0.508	
Riboflavin....mg	0.135	0.007	26	1		0.329	1.318	
Niacin....mg	0.091	0.006	4	1		0.222	0.888	
Pantothenic acid....mg	0.192	0.032	12	1		0.468	1.874	
Vitamin B-6....mg	0.023		2	1		0.056	0.224	
Folate, total....mcg	6		1	1		14	55	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		1	1		14	55	
Folate, DFE....mcg_DFE	6		0	4		14	55	
Vitamin B-12....mcg	0.36	0.032	4	1		0.89	3.54	
Vitamin A, IU....IU	178	9.423	32	1		434	1737	
Vitamin A, RE....mcg_RE	53		0	1		129	517	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.597		0	1		11.217	44.867	
4:0....g	0.276	0.013	23	1		0.673	2.694	
6:0....g	0.153	0.008	23	1		0.373	1.493	
8:0....g	0.071	0.004	24	1		0.173	0.693	
10:0....g	0.141	0.007	24	1		0.344	1.376	
11:0....g								
12:0....g	0.167	0.008	24	1		0.407	1.630	
13:0....g								
14:0....g	0.703	0.022	24	1		1.715	6.861	
15:0....g								
16:0....g	1.999	0.057	24	1		4.878	19.510	
17:0....g								
18:0....g	0.682	0.031	24	1		1.664	6.656	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.787		0	1		4.360	17.441	
14:1....g								
15:1....g								

NDB No. 01108
Milk, indian buffalo, fluid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.142	0.009	24	1		0.346	1.386	
17:1....g								
18:1 undifferentiated....g	1.566	0.053	24	1		3.821	15.284	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.146		0	1		0.356	1.425	
18:2 undifferentiated....g	0.070	0.007	23	1		0.171	0.683	
18:3 undifferentiated....g	0.076	0.008	23	1		0.185	0.742	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	19	0.204	25	1		46	185	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.053		0	1		0.129	0.517	
Threonine....g	0.182		0	1		0.444	1.776	
Isoleucine....g	0.203		0	1		0.495	1.981	
Leucine....g	0.366		0	1		0.893	3.572	
Lysine....g	0.280		0	1		0.683	2.733	
Methionine....g	0.097		0	1		0.237	0.947	
Cystine....g	0.048		0	1		0.117	0.468	
Phenylalanine....g	0.162		0	1		0.395	1.581	
Tyrosine....g	0.183		0	1		0.447	1.786	
Valine....g	0.219		0	1		0.534	2.137	
Arginine....g	0.114		0	1		0.278	1.113	
Histidine....g	0.078		0	1		0.190	0.761	
Alanine....g	0.132		0	1		0.322	1.288	
Aspartic acid....g	0.309		0	1		0.754	3.016	
Glutamic acid....g	0.477		0	1		1.164	4.656	
Glycine....g	0.080		0	4		0.195	0.781	
Proline....g	0.364		0	4		0.888	3.553	
Serine....g	0.227		0	1		0.554	2.216	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 244.000g: 1 cup

Measure 2 = 976.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01109
Milk, sheep, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	80.70		31	1		197.72	790.86	
Energy....kcal	108		0	4		264	1057	
Energy....kj	451			4		1105	4420	
Protein (N x 6.38)....g	5.98		112	1		14.65	58.60	
Total lipid (fat)....g	7.00		104	1		17.15	68.60	
Ash....g	0.96		74	1		2.35	9.41	
Carbohydrate, by difference....g	5.36		0	4		13.13	52.53	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	193		92	1		474	1895	
Iron, Fe....mg	0.10		1	1		0.25	0.98	
Magnesium, Mg....mg	18		62	1		45	180	
Phosphorus, P....mg	158		92	1		387	1548	
Potassium, K....mg	137		74	1		334	1338	
Sodium, Na....mg	44		74	1		108	432	
Zinc, Zn....mg	0.54		0	4		1.32	5.29	
Copper, Cu....mg	0.046		0	1		0.113	0.451	
Manganese, Mn....mg	0.018		0	1		0.044	0.176	
Selenium, Se....mcg	1.7		0	4		4.2	16.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	4.2		7	1		10.2	40.8	
Thiamin....mg	0.065		9	1		0.159	0.637	
Riboflavin....mg	0.355		11	1		0.870	3.479	
Niacin....mg	0.417		7	1		1.022	4.087	
Pantothenic acid....mg	0.407		5	1		0.997	3.989	
Vitamin B-6....mg	0.060		0	4		0.147	0.588	
Folate, total....mcg	7		0	4		17	69	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	7		0	4		17	69	
Folate, DFE....mcg_DFE	7		0	4		17	69	
Vitamin B-12....mcg	0.71		14	1		1.74	6.97	
Vitamin A, IU....IU	147		11	1		360	1441	
Vitamin A, RE....mcg_RE	42		1	1		103	412	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.603		0	1		11.277	45.109	
4:0....g	0.204		13	1		0.500	1.999	
6:0....g	0.145		13	1		0.355	1.421	
8:0....g	0.138		13	1		0.338	1.352	
10:0....g	0.400		14	1		0.980	3.920	
11:0....g								
12:0....g	0.239		14	1		0.586	2.342	
13:0....g								
14:0....g	0.660		14	1		1.617	6.468	
15:0....g								
16:0....g	1.622		14	1		3.974	15.896	
17:0....g								
18:0....g	0.899		14	1		2.203	8.810	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	1.724		0	1		4.224	16.895	
14:1....g								
15:1....g								

NDB No. 01109
Milk, sheep, fluid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.128		12	1		0.314	1.254	
17:1....g								
18:1 undifferentiated....g	1.558		14	1		3.817	15.268	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.308		0	1		0.755	3.018	
18:2 undifferentiated....g	0.181		14	1		0.443	1.774	
18:3 undifferentiated....g	0.127		12	1		0.311	1.245	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	27		0	4		66	265	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.084		0	1		0.206	0.823	
Threonine....g	0.268		0	1		0.657	2.626	
Isoleucine....g	0.338		0	1		0.828	3.312	
Leucine....g	0.587		0	1		1.438	5.753	
Lysine....g	0.513		0	1		1.257	5.027	
Methionine....g	0.155		0	1		0.380	1.519	
Cystine....g	0.035		0	1		0.086	0.343	
Phenylalanine....g	0.284		0	1		0.696	2.783	
Tyrosine....g	0.281		0	1		0.688	2.754	
Valine....g	0.448		0	1		1.098	4.390	
Arginine....g	0.198		0	1		0.485	1.940	
Histidine....g	0.167		0	1		0.409	1.637	
Alanine....g	0.269		0	1		0.659	2.636	
Aspartic acid....g	0.328		0	1		0.804	3.214	
Glutamic acid....g	1.019		0	1		2.497	9.986	
Glycine....g	0.041		0	1		0.100	0.402	
Proline....g	0.580		0	4		1.421	5.684	
Serine....g	0.492		0	1		1.205	4.822	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 980.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01110
Milk shakes, thick chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	72.20	0.950	7	1		20.47	216.60	
Energy....kcal	119		0	4		34	356	
Energy....kj	496			4		141	1489	
Protein (N x 6.38)....g	3.05	0.261	7	1		0.86	9.15	
Total lipid (fat)....g	2.70		1	1		0.77	8.10	
Ash....g	0.90	0.071	7	1		0.26	2.70	
Carbohydrate, by difference....g	21.15		0	4		6.00	63.45	
Fiber, total dietary....g	0.3		0	4		0.1	0.9	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	132		1	1		37	396	
Iron, Fe....mg	0.31		1	1		0.09	0.93	
Magnesium, Mg....mg	16		1	1		5	48	
Phosphorus, P....mg	126		1	1		36	378	
Potassium, K....mg	224		1	1		64	672	
Sodium, Na....mg	111		1	1		31	333	
Zinc, Zn....mg	0.48		1	1		0.14	1.44	
Copper, Cu....mg	0.065		0	1		0.018	0.195	
Manganese, Mn....mg	0.039		0	1		0.011	0.117	
Selenium, Se....mcg	1.9		0	4		0.5	5.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		6	1		0.0	0.0	
Thiamin....mg	0.047	0.005	7	1		0.013	0.141	
Riboflavin....mg	0.222	0.005	7	1		0.063	0.666	
Niacin....mg	0.124	0.009	7	1		0.035	0.372	
Pantothenic acid....mg	0.363	0.014	6	1		0.103	1.089	
Vitamin B-6....mg	0.025	0.005	7	1		0.007	0.075	
Folate, total....mcg	5	0.761	7	1		1	15	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5	0.761	7	1		1	15	
Folate, DFE....mcg_DFE	5		0	4		1	15	
Vitamin B-12....mcg	0.32	0.051	7	1		0.09	0.95	
Vitamin A, IU....IU	86	1.327	6	1		24	258	
Vitamin A, RE....mcg_RE	21		0	4		6	63	
Vitamin E....mg_ATE	0.100		0	1		0.028	0.300	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.681		0	1		0.477	5.043	
4:0....g	0.088		0	1		0.025	0.264	
6:0....g	0.052		0	1		0.015	0.156	
8:0....g	0.030		0	1		0.009	0.090	
10:0....g	0.068		0	1		0.019	0.204	
11:0....g								
12:0....g	0.076		0	1		0.022	0.228	
13:0....g								
14:0....g	0.272		0	1		0.077	0.816	
15:0....g								
16:0....g	0.710		0	1		0.201	2.130	
17:0....g								
18:0....g	0.327		0	1		0.093	0.981	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.780		0	1		0.221	2.340	
14:1....g								
15:1....g								

NDB No. 01110
Milk shakes, thick chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.060		0	1		0.017	0.180	
17:1....g								
18:1 undifferentiated....g	0.679		0	1		0.192	2.037	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.100		0	1		0.028	0.300	
18:2 undifferentiated....g	0.061		0	1		0.017	0.183	
18:3 undifferentiated....g	0.039		0	1		0.011	0.117	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	11		0	1		3	32	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.043		0	1		0.012	0.129	
Threonine....g	0.138		0	1		0.039	0.414	
Isoleucine....g	0.185		0	1		0.052	0.555	
Leucine....g	0.299		0	1		0.085	0.897	
Lysine....g	0.242		0	1		0.069	0.726	
Methionine....g	0.076		0	1		0.022	0.228	
Cystine....g	0.028		0	1		0.008	0.084	
Phenylalanine....g	0.147		0	1		0.042	0.441	
Tyrosine....g	0.147		0	1		0.042	0.441	
Valine....g	0.204		0	1		0.058	0.612	
Arginine....g	0.110		0	1		0.031	0.330	
Histidine....g	0.083		0	1		0.024	0.249	
Alanine....g	0.105		0	1		0.030	0.315	
Aspartic acid....g	0.231		0	1		0.065	0.693	
Glutamic acid....g	0.639		0	1		0.181	1.917	
Glycine....g	0.065		0	1		0.018	0.195	
Proline....g	0.295		0	1		0.084	0.885	
Serine....g	0.166		0	1		0.047	0.498	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	2		0	4		1	6	
Theobromine....mg	23		0	4		7	69	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points 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 similar food.

Common Measures:

Measure 1 = 28.350g: 1 fl oz

Measure 2 = 300.000g: 1 container (10.6 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01111
Milk shakes, thick vanilla

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.45	0.833	10	1		21.11	233.03	
Energy....kcal	112		0	4		32	350	
Energy....kj	468			4		133	1464	
Protein (N x 6.38)....g	3.86	0.098	10	1		1.09	12.08	
Total lipid (fat)....g	3.03	0.140	10	1		0.86	9.48	
Ash....g	0.91	0.022	10	1		0.26	2.85	
Carbohydrate, by difference....g	17.75		0	4		5.03	55.56	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	146	5.810	10	1		41	457	
Iron, Fe....mg	0.10	0.006	10	1		0.03	0.31	
Magnesium, Mg....mg	12	0.510	10	1		3	37	
Phosphorus, P....mg	115	4.081	10	1		33	361	
Potassium, K....mg	183	9.417	10	1		52	572	
Sodium, Na....mg	95	2.244	10	1		27	299	
Zinc, Zn....mg	0.39	0.045	10	1		0.11	1.22	
Copper, Cu....mg	0.051		0	1		0.014	0.160	
Manganese, Mn....mg	0.014		0	1		0.004	0.044	
Selenium, Se....mcg	2.3		0	4		0.7	7.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.030		1	1		0.009	0.094	
Riboflavin....mg	0.195		1	1		0.055	0.610	
Niacin....mg	0.146		1	1		0.041	0.457	
Pantothenic acid....mg	0.368		0	4		0.104	1.152	
Vitamin B-6....mg	0.042		1	1		0.012	0.131	
Folate, total....mcg	7		1	1		2	21	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	7		1	1		2	21	
Folate, DFE....mcg_DFE	7		0	4		2	21	
Vitamin B-12....mcg	0.52		1	1		0.15	1.63	
Vitamin A, IU....IU	114		0	1		32	357	
Vitamin A, RE....mcg_RE	28		0	1		8	88	
Vitamin E....mg_ATE	0.100		0	1		0.028	0.313	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.886		0	1		0.535	5.903	
4:0....g	0.098		0	1		0.028	0.307	
6:0....g	0.058		0	1		0.016	0.182	
8:0....g	0.034		0	1		0.010	0.106	
10:0....g	0.076		0	1		0.022	0.238	
11:0....g								
12:0....g	0.085		0	1		0.024	0.266	
13:0....g								
14:0....g	0.305		0	1		0.086	0.955	
15:0....g								
16:0....g	0.797		0	1		0.226	2.495	
17:0....g								
18:0....g	0.367		0	1		0.104	1.149	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.875		0	1		0.248	2.739	
14:1....g								
15:1....g								

NDB No. 01111
Milk shakes, thick vanilla

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.068		0	1		0.019	0.213	
17:1....g								
18:1 undifferentiated....g	0.762		0	1		0.216	2.385	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.113		0	1		0.032	0.354	
18:2 undifferentiated....g	0.068		0	1		0.019	0.213	
18:3 undifferentiated....g	0.044		0	1		0.012	0.138	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	12		0	1		3	37	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.054		0	1		0.015	0.169	
Threonine....g	0.174		0	1		0.049	0.545	
Isoleucine....g	0.234		0	1		0.066	0.732	
Leucine....g	0.378		0	1		0.107	1.183	
Lysine....g	0.306		0	1		0.087	0.958	
Methionine....g	0.097		0	1		0.027	0.304	
Cystine....g	0.036		0	1		0.010	0.113	
Phenylalanine....g	0.186		0	1		0.053	0.582	
Tyrosine....g	0.186		0	1		0.053	0.582	
Valine....g	0.258		0	1		0.073	0.808	
Arginine....g	0.140		0	1		0.040	0.438	
Histidine....g	0.105		0	1		0.030	0.329	
Alanine....g	0.133		0	1		0.038	0.416	
Aspartic acid....g	0.293		0	1		0.083	0.917	
Glutamic acid....g	0.808		0	1		0.229	2.529	
Glycine....g	0.082		0	1		0.023	0.257	
Proline....g	0.374		0	1		0.106	1.171	
Serine....g	0.210		0	1		0.060	0.657	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 28.350g: 1 fl oz

Measure 2 = 313.000g: 1 container (11 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01112
Whey, acid, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	93.42	0.098	10	1		229.81	919.25	
Energy....kcal	24		0	4		59	235	
Energy....kj	100			4		245	982	
Protein (N x 6.38)....g	0.76	0.028	21	1		1.87	7.48	
Total lipid (fat)....g	0.09	0.024	6	1		0.22	0.89	
Ash....g	0.61	0.038	9	1		1.50	6.00	
Carbohydrate, by difference....g	5.12		0	4		12.60	50.38	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	103	3.539	15	1		253	1011	
Iron, Fe....mg	0.08		0	1		0.20	0.79	
Magnesium, Mg....mg	10	0.452	15	1		24	96	
Phosphorus, P....mg	78	3.746	14	1		191	764	
Potassium, K....mg	143	5.269	5	1		352	1408	
Sodium, Na....mg	48	3.250	5	1		118	473	
Zinc, Zn....mg	0.43		0	1		1.06	4.23	
Copper, Cu....mg	0.003		0	1		0.007	0.030	
Manganese, Mn....mg	0.002		0	1		0.005	0.020	
Selenium, Se....mcg	1.8		0	4		4.4	17.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.1	0.6	
Thiamin....mg	0.042		0	1		0.103	0.413	
Riboflavin....mg	0.140		0	1		0.344	1.378	
Niacin....mg	0.079		0	1		0.194	0.777	
Pantothenic acid....mg	0.381		0	1		0.937	3.749	
Vitamin B-6....mg	0.042		0	1		0.103	0.413	
Folate, total....mcg	2		0	1		5	22	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	2		0	1		5	22	
Folate, DFE....mcg_DFE	2		0	4		5	22	
Vitamin B-12....mcg	0.18	0.017	14	1		0.44	1.76	
Vitamin A, IU....IU	7	0.403	4	1		17	69	
Vitamin A, RE....mcg_RE	1	0.160	4	1		2	10	
Vitamin E....mg_ATE	0.001		0	4		0.002	0.010	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.057		0	1		0.140	0.561	
4:0....g	0.004		2	1		0.010	0.039	
6:0....g	0.001		2	1		0.002	0.010	
8:0....g	0.001	0.000	4	1		0.002	0.010	
10:0....g	0.002	0.001	4	1		0.005	0.020	
11:0....g								
12:0....g	0.001	0.000	4	1		0.002	0.010	
13:0....g								
14:0....g	0.008	0.002	4	1		0.020	0.079	
15:0....g								
16:0....g	0.025	0.007	4	1		0.062	0.246	
17:0....g								
18:0....g	0.010	0.003	4	1		0.025	0.098	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.025		0	1		0.062	0.246	
14:1....g								
15:1....g								

NDB No. 01112
Whey, acid, fluid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.004	0.002	4	1		0.010	0.039	
17:1....g								
18:1 undifferentiated....g	0.019	0.005	4	1		0.047	0.187	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.004		0	1		0.010	0.039	
18:2 undifferentiated....g	0.003	0.001	4	1		0.007	0.030	
18:3 undifferentiated....g	0.000		2	1		0.000	0.000	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	1		0	4		1	5	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.016		0	1		0.039	0.157	
Threonine....g	0.038		0	1		0.093	0.374	
Isoleucine....g	0.038		0	1		0.093	0.374	
Leucine....g	0.072		0	1		0.177	0.708	
Lysine....g	0.065		0	1		0.160	0.640	
Methionine....g	0.014		0	1		0.034	0.138	
Cystine....g	0.014		0	1		0.034	0.138	
Phenylalanine....g	0.025		0	1		0.062	0.246	
Tyrosine....g	0.019		0	1		0.047	0.187	
Valine....g	0.038		0	1		0.093	0.374	
Arginine....g	0.021		0	1		0.052	0.207	
Histidine....g	0.015		0	1		0.037	0.148	
Alanine....g	0.033		0	1		0.081	0.325	
Aspartic acid....g	0.074		0	1		0.182	0.728	
Glutamic acid....g	0.136		0	1		0.335	1.338	
Glycine....g	0.014		0	1		0.034	0.138	
Proline....g	0.045		0	1		0.111	0.443	
Serine....g	0.035		0	1		0.086	0.344	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 984.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01113
Whey, acid, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.51	0.174	52	1		2.00	0.10	
Energy....kcal	339		0	4		193	10	
Energy....kj	1419			4		809	41	
Protein (N x 6.38)....g	11.73	0.182	57	1		6.69	0.34	
Total lipid (fat)....g	0.54	0.031	49	1		0.31	0.02	
Ash....g	10.77	0.223	48	1		6.14	0.31	
Carbohydrate, by difference....g	73.45		0	4		41.87	2.13	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	2054	105.458	23	1		1171	60	
Iron, Fe....mg	1.24	0.179	19	1		0.71	0.04	
Magnesium, Mg....mg	199	9.641	19	1		113	6	
Phosphorus, P....mg	1349	82.507	20	1		769	39	
Potassium, K....mg	2289	97.644	20	1		1304	66	
Sodium, Na....mg	968	85.329	18	1		552	28	
Zinc, Zn....mg	6.31	0.549	19	1		3.60	0.18	
Copper, Cu....mg	0.050		0	1		0.029	0.001	
Manganese, Mn....mg	0.015		0	1		0.009	0.000	
Selenium, Se....mcg	27.3		0	4		15.6	0.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9	0.332	13	1		0.5	0.0	
Thiamin....mg	0.622	0.072	13	1		0.355	0.018	
Riboflavin....mg	2.060	0.130	13	1		1.174	0.060	
Niacin....mg	1.160	0.195	10	1		0.661	0.034	
Pantothenic acid....mg	5.632		0	1		3.210	0.163	
Vitamin B-6....mg	0.620	0.051	10	1		0.353	0.018	
Folate, total....mcg	33	4.603	10	1		19	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	33	4.603	10	1		19	1	
Folate, DFE....mcg_DFE	33		0	4		19	1	
Vitamin B-12....mcg	2.50	0.175	10	1		1.43	0.07	
Vitamin A, IU....IU	58		0	1		33	2	
Vitamin A, RE....mcg_RE	9		0	1		5	0	
Vitamin E....mg_ATE	0.015		0	4		0.009	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.342		0	1		0.195	0.010	
4:0....g	0.023		2	1		0.013	0.001	
6:0....g	0.008		2	1		0.005	0.000	
8:0....g	0.005	0.001	4	1		0.003	0.000	
10:0....g	0.010	0.002	4	1		0.006	0.000	
11:0....g								
12:0....g	0.006	0.002	4	1		0.003	0.000	
13:0....g								
14:0....g	0.046	0.005	4	1		0.026	0.001	
15:0....g								
16:0....g	0.150	0.013	4	1		0.086	0.004	
17:0....g								
18:0....g	0.060	0.004	4	1		0.034	0.002	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.149		0	1		0.085	0.004	
14:1....g								
15:1....g								

NDB No. 01113
Whey, acid, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.026	0.007	4	1		0.015	0.001	
17:1....g								
18:1 undifferentiated....g	0.114	0.009	4	1		0.065	0.003	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.021		0	1		0.012	0.001	
18:2 undifferentiated....g	0.018	0.003	4	1		0.010	0.001	
18:3 undifferentiated....g	0.003		2	1		0.002	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	3		0	4		2	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.241		0	1		0.137	0.007	
Threonine....g	0.590		0	1		0.336	0.017	
Isoleucine....g	0.581		0	1		0.331	0.017	
Leucine....g	1.116		0	1		0.636	0.032	
Lysine....g	1.008		0	1		0.575	0.029	
Methionine....g	0.221		0	1		0.126	0.006	
Cystine....g	0.211		0	1		0.120	0.006	
Phenylalanine....g	0.386		0	1		0.220	0.011	
Tyrosine....g	0.300		0	1		0.171	0.009	
Valine....g	0.579		0	1		0.330	0.017	
Arginine....g	0.327		0	1		0.186	0.009	
Histidine....g	0.230		0	1		0.131	0.007	
Alanine....g	0.506		0	1		0.288	0.015	
Aspartic acid....g	1.149		0	1		0.655	0.033	
Glutamic acid....g	2.096		0	1		1.195	0.061	
Glycine....g	0.211		0	1		0.120	0.006	
Proline....g	0.699		0	1		0.398	0.020	
Serine....g	0.541		0	1		0.308	0.016	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 57.000g: 1 cup

Measure 2 = 2.900g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01114
Whey, sweet, fluid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	93.12	0.028	32	1		229.08	916.30	
Energy....kcal	27		0	4		66	263	
Energy....kj	112			4		275	1099	
Protein (N x 6.38)....g	0.85	0.017	16	1		2.09	8.36	
Total lipid (fat)....g	0.36	0.013	31	1		0.89	3.54	
Ash....g	0.53	0.017	7	1		1.30	5.22	
Carbohydrate, by difference....g	5.14		0	4		12.64	50.58	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	47	1.851	37	1		115	461	
Iron, Fe....mg	0.06		0	1		0.15	0.59	
Magnesium, Mg....mg	8	0.286	7	1		20	81	
Phosphorus, P....mg	46	0.845	37	1		112	449	
Potassium, K....mg	161	3.987	11	1		396	1584	
Sodium, Na....mg	54	4.221	9	1		132	526	
Zinc, Zn....mg	0.13		0	1		0.32	1.28	
Copper, Cu....mg	0.004		0	1		0.010	0.039	
Manganese, Mn....mg	0.001		0	1		0.002	0.010	
Selenium, Se....mcg	1.9		0	4		4.7	18.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	1		0.2	1.0	
Thiamin....mg	0.036	0.002	19	1		0.089	0.354	
Riboflavin....mg	0.158	0.004	26	1		0.389	1.555	
Niacin....mg	0.074	0.009	13	1		0.182	0.728	
Pantothenic acid....mg	0.383	0.008	8	1		0.942	3.769	
Vitamin B-6....mg	0.031	0.006	13	1		0.076	0.305	
Folate, total....mcg	1		0	1		2	8	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		0	1		2	8	
Folate, DFE....mcg_DFE	1		0	4		2	8	
Vitamin B-12....mcg	0.28	0.030	17	1		0.68	2.73	
Vitamin A, IU....IU	16	3.243	6	1		39	157	
Vitamin A, RE....mcg_RE	4	0.950	6	1		10	39	
Vitamin E....mg_ATE	0.010		0	4		0.025	0.098	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.230		0	1		0.566	2.263	
4:0....g	0.020	0.002	4	1		0.049	0.197	
6:0....g	0.003	0.000	4	1		0.007	0.030	
8:0....g	0.003	0.000	4	1		0.007	0.030	
10:0....g	0.006	0.001	4	1		0.015	0.059	
11:0....g								
12:0....g	0.004	0.000	4	1		0.010	0.039	
13:0....g								
14:0....g	0.035	0.002	4	1		0.086	0.344	
15:0....g								
16:0....g	0.110	0.006	4	1		0.271	1.082	
17:0....g								
18:0....g	0.033	0.002	4	1		0.081	0.325	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.100		0	1		0.246	0.984	
14:1....g								
15:1....g								

NDB No. 01114
Whey, sweet, fluid

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.011	0.001	4	1		0.027	0.108	
17:1....g								
18:1 undifferentiated....g	0.084	0.004	4	1		0.207	0.827	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.011		0	1		0.027	0.108	
18:2 undifferentiated....g	0.008	0.001	4	1		0.020	0.079	
18:3 undifferentiated....g	0.003	0.001	4	1		0.007	0.030	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	2		1	1		5	20	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.013		0	1		0.032	0.128	
Threonine....g	0.054		0	1		0.133	0.531	
Isoleucine....g	0.047		0	1		0.116	0.462	
Leucine....g	0.078		0	1		0.192	0.768	
Lysine....g	0.068		0	1		0.167	0.669	
Methionine....g	0.016		0	1		0.039	0.157	
Cystine....g	0.017		0	1		0.042	0.167	
Phenylalanine....g	0.027		0	1		0.066	0.266	
Tyrosine....g	0.024		0	1		0.059	0.236	
Valine....g	0.046		0	1		0.113	0.453	
Arginine....g	0.025		0	1		0.062	0.246	
Histidine....g	0.016		0	1		0.039	0.157	
Alanine....g	0.039		0	1		0.096	0.384	
Aspartic acid....g	0.083		0	1		0.204	0.817	
Glutamic acid....g	0.148		0	1		0.364	1.456	
Glycine....g	0.018		0	1		0.044	0.177	
Proline....g	0.052		0	1		0.128	0.512	
Serine....g	0.041		0	1		0.101	0.403	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 246.000g: 1 cup

Measure 2 = 984.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01115
Whey, sweet, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.19	0.089	151	1		4.63	0.24	
Energy....kcal	353		0	4		512	26	
Energy....kj	1476			4		2140	111	
Protein (N x 6.38)....g	12.93	0.087	165	1		18.75	0.97	
Total lipid (fat)....g	1.07	0.033	148	1		1.55	0.08	
Ash....g	8.35	0.061	147	1		12.11	0.63	
Carbohydrate, by difference....g	74.46		0	4		107.97	5.58	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	796	31.447	66	1		1154	60	
Iron, Fe....mg	0.88	0.033	41	1		1.28	0.07	
Magnesium, Mg....mg	176	5.179	41	1		255	13	
Phosphorus, P....mg	932	39.872	65	1		1351	70	
Potassium, K....mg	2080	50.040	60	1		3016	156	
Sodium, Na....mg	1079	67.132	62	1		1565	81	
Zinc, Zn....mg	1.97	0.156	43	1		2.86	0.15	
Copper, Cu....mg	0.070		0	1		0.102	0.005	
Manganese, Mn....mg	0.009		0	1		0.013	0.001	
Selenium, Se....mcg	27.2		0	4		39.4	2.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.5	0.335	41	1		2.2	0.1	
Thiamin....mg	0.519	0.014	44	1		0.753	0.039	
Riboflavin....mg	2.208	0.061	44	1		3.202	0.166	
Niacin....mg	1.258	0.051	43	1		1.824	0.094	
Pantothenic acid....mg	5.620		0	1		8.149	0.422	
Vitamin B-6....mg	0.584	0.016	41	1		0.847	0.044	
Folate, total....mcg	12	0.944	40	1		17	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	12	0.944	40	1		17	1	
Folate, DFE....mcg_DFE	12		0	4		17	1	
Vitamin B-12....mcg	2.37	0.097	48	1		3.44	0.18	
Vitamin A, IU....IU	44		0	1		64	3	
Vitamin A, RE....mcg_RE	10		0	1		15	1	
Vitamin E....mg_ATE	0.029		0	4		0.042	0.002	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.684		0	1		0.992	0.051	
4:0....g	0.059	0.006	4	1		0.086	0.004	
6:0....g	0.009	0.001	4	1		0.013	0.001	
8:0....g	0.010	0.001	4	1		0.015	0.001	
10:0....g	0.018	0.001	4	1		0.026	0.001	
11:0....g								
12:0....g	0.012	0.001	4	1		0.017	0.001	
13:0....g								
14:0....g	0.104	0.005	4	1		0.151	0.008	
15:0....g								
16:0....g	0.326	0.016	4	1		0.473	0.024	
17:0....g								
18:0....g	0.097	0.006	4	1		0.141	0.007	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.297		0	1		0.431	0.022	
14:1....g								
15:1....g								

NDB No. 01115
Whey, sweet, dried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.033	0.003	4	1		0.048	0.002	
17:1....g								
18:1 undifferentiated....g	0.251	0.010	4	1		0.364	0.019	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.034		0	1		0.049	0.003	
18:2 undifferentiated....g	0.025	0.003	4	1		0.036	0.002	
18:3 undifferentiated....g	0.009	0.002	4	1		0.013	0.001	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	6		0	1		9	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.205		0	1		0.297	0.015	
Threonine....g	0.817		0	1		1.185	0.061	
Isoleucine....g	0.719		0	1		1.043	0.054	
Leucine....g	1.186		0	1		1.720	0.089	
Lysine....g	1.030		0	1		1.494	0.077	
Methionine....g	0.241		0	1		0.349	0.018	
Cystine....g	0.253		0	1		0.367	0.019	
Phenylalanine....g	0.407		0	1		0.590	0.031	
Tyrosine....g	0.363		0	1		0.526	0.027	
Valine....g	0.697		0	1		1.011	0.052	
Arginine....g	0.375		0	1		0.544	0.028	
Histidine....g	0.237		0	1		0.344	0.018	
Alanine....g	0.598		0	1		0.867	0.045	
Aspartic acid....g	1.269		0	1		1.840	0.095	
Glutamic acid....g	2.248		0	1		3.260	0.169	
Glycine....g	0.280		0	1		0.406	0.021	
Proline....g	0.786		0	1		1.140	0.059	
Serine....g	0.622		0	1		0.902	0.047	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 145.000g: 1 cup

Measure 2 = 7.500g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01116
Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.90		0	1		215.36	199.53	99.33
Energy....kcal	61		0	4		150	139	69
Energy....kj	257			4		630	583	290
Protein (N x 6.38)....g	3.47		0	1		8.50	7.88	3.92
Total lipid (fat)....g	3.25		0	1		7.96	7.38	3.67
Ash....g	0.72		0	1		1.76	1.63	0.81
Carbohydrate, by difference....g	4.66		0	4		11.42	10.58	5.27
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	121		0	1		296	274	136
Iron, Fe....mg	0.05		0	1		0.12	0.11	0.06
Magnesium, Mg....mg	12		0	1		28	26	13
Phosphorus, P....mg	95		0	1		233	215	107
Potassium, K....mg	155		0	1		379	351	175
Sodium, Na....mg	46		0	1		114	105	52
Zinc, Zn....mg	0.59		0	1		1.45	1.34	0.67
Copper, Cu....mg	0.009		0	1		0.022	0.020	0.010
Manganese, Mn....mg	0.004		0	1		0.010	0.009	0.005
Selenium, Se....mcg	2.2		0	4		5.4	5.0	2.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	1		1.3	1.2	0.6
Thiamin....mg	0.029		0	1		0.071	0.066	0.033
Riboflavin....mg	0.142		0	1		0.348	0.322	0.160
Niacin....mg	0.075		0	1		0.184	0.170	0.085
Pantothenic acid....mg	0.389		0	1		0.953	0.883	0.440
Vitamin B-6....mg	0.032		0	1		0.078	0.073	0.036
Folate, total....mcg	7		0	1		18	17	8
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	7		0	1		18	17	8
Folate, DFE....mcg_DFE	7		0	4		18	17	8
Vitamin B-12....mcg	0.37		0	1		0.91	0.84	0.42
Vitamin A, IU....IU	123		0	1		301	279	139
Vitamin A, RE....mcg_RE	30		0	1		74	68	34
Vitamin E....mg_ATE	0.088		0	4		0.216	0.200	0.099
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	2.096		0	1		5.135	4.758	2.368
4:0....g	0.096		3	1		0.235	0.218	0.108
6:0....g	0.066		3	1		0.162	0.150	0.075
8:0....g	0.042		3	1		0.103	0.095	0.047
10:0....g	0.093		3	1		0.228	0.211	0.105
11:0....g								
12:0....g	0.111		3	1		0.272	0.252	0.125
13:0....g								
14:0....g	0.343		3	1		0.840	0.779	0.388
15:0....g								
16:0....g	0.886		3	1		2.171	2.011	1.001
17:0....g								
18:0....g	0.317		3	1		0.777	0.720	0.358
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.893		0	1		2.188	2.027	1.009
14:1....g								
15:1....g								

NDB No. 01116
Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.071		3	1		0.174	0.161	0.080
17:1....g								
18:1 undifferentiated....g	0.743		3	1		1.820	1.687	0.840
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.092		0	1		0.225	0.209	0.104
18:2 undifferentiated....g	0.065		3	1		0.159	0.148	0.073
18:3 undifferentiated....g	0.027		3	1		0.066	0.061	0.031
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	13		0	1		31	29	14
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.020		0	1		0.049	0.045	0.023
Threonine....g	0.142		0	1		0.348	0.322	0.160
Isoleucine....g	0.189		0	1		0.463	0.429	0.214
Leucine....g	0.350		0	1		0.858	0.795	0.396
Lysine....g	0.311		0	1		0.762	0.706	0.351
Methionine....g	0.102		0	1		0.250	0.232	0.115
Cystine....g	0.032		0	4		0.078	0.073	0.036
Phenylalanine....g	0.189		0	1		0.463	0.429	0.214
Tyrosine....g	0.175		0	1		0.429	0.397	0.198
Valine....g	0.287		0	1		0.703	0.651	0.324
Arginine....g	0.104		0	1		0.255	0.236	0.118
Histidine....g	0.086		0	1		0.211	0.195	0.097
Alanine....g	0.148		0	1		0.363	0.336	0.167
Aspartic acid....g	0.275		0	1		0.674	0.624	0.311
Glutamic acid....g	0.679		0	1		1.664	1.541	0.767
Glycine....g	0.084		0	1		0.206	0.191	0.095
Proline....g	0.411		0	1		1.007	0.933	0.464
Serine....g	0.215		0	1		0.527	0.488	0.243
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup (8 fl oz)

Measure 2 = 227.000g: 1 container (8 oz)

Measure 3 = 113.000g: .5 container (4 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01117
Yogurt, plain, low fat, 12 grams protein per 8 ounce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.07	0.304	28	1		208.42	193.11	96.13
Energy....kcal	63		0	4		155	144	72
Energy....kj	265			4		649	601	299
Protein (N x 6.38)....g	5.25	0.104	30	1		12.86	11.92	5.93
Total lipid (fat)....g	1.55	0.072	38	1		3.80	3.52	1.75
Ash....g	1.09	0.034	16	1		2.67	2.47	1.23
Carbohydrate, by difference....g	7.04		0	4		17.25	15.98	7.96
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	183	5.716	14	1		447	415	206
Iron, Fe....mg	0.08	0.008	4	1		0.20	0.18	0.09
Magnesium, Mg....mg	17	1.036	4	1		43	40	20
Phosphorus, P....mg	144	5.951	16	1		352	326	162
Potassium, K....mg	234		7	1		573	531	264
Sodium, Na....mg	70		9	1		172	159	79
Zinc, Zn....mg	0.89	0.102	12	1		2.18	2.02	1.01
Copper, Cu....mg	0.013		0	1		0.032	0.030	0.015
Manganese, Mn....mg	0.004		0	1		0.010	0.009	0.005
Selenium, Se....mcg	3.3	0.332	17	1		8.1	7.5	3.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8	0.199	8	1		2.0	1.8	0.9
Thiamin....mg	0.044	0.002	26	1		0.108	0.100	0.050
Riboflavin....mg	0.214	0.009	11	1		0.524	0.486	0.242
Niacin....mg	0.114		2	1		0.279	0.259	0.129
Pantothenic acid....mg	0.591	0.052	9	1		1.448	1.342	0.668
Vitamin B-6....mg	0.049	0.008	10	1		0.120	0.111	0.055
Folate, total....mcg	11	1.300	4	1		27	25	13
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	11	1.300	4	1		27	25	13
Folate, DFE....mcg_DFE	11		0	4		27	25	13
Vitamin B-12....mcg	0.56	0.054	8	1		1.38	1.28	0.64
Vitamin A, IU....IU	66		8	1		162	150	75
Vitamin A, RE....mcg_RE	16		0	1		39	36	18
Vitamin E....mg_ATE	0.042		0	4		0.103	0.095	0.047
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.000		0	1		2.450	2.270	1.130
4:0....g	0.046	0.002	3	1		0.113	0.104	0.052
6:0....g	0.032	0.002	3	1		0.078	0.073	0.036
8:0....g	0.020	0.001	3	1		0.049	0.045	0.023
10:0....g	0.044	0.002	3	1		0.108	0.100	0.050
11:0....g								
12:0....g	0.053	0.003	3	1		0.130	0.120	0.060
13:0....g								
14:0....g	0.163	0.008	3	1		0.399	0.370	0.184
15:0....g								
16:0....g	0.422	0.020	3	1		1.034	0.958	0.477
17:0....g								
18:0....g	0.151	0.007	3	1		0.370	0.343	0.171
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.426		0	1		1.044	0.967	0.481
14:1....g								
15:1....g								

NDB No. 01117
Yogurt, plain, low fat, 12 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.034	0.002	3	1		0.083	0.077	0.038
17:1....g								
18:1 undifferentiated....g	0.354	0.017	3	1		0.867	0.804	0.400
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.044		0	1		0.108	0.100	0.050
18:2 undifferentiated....g	0.031	0.001	3	1		0.076	0.070	0.035
18:3 undifferentiated....g	0.013	0.001	3	1		0.032	0.030	0.015
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	6	0.589	5	1		15	14	7
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.030		0	1		0.074	0.068	0.034
Threonine....g	0.216		0	1		0.529	0.490	0.244
Isoleucine....g	0.286		0	1		0.701	0.649	0.323
Leucine....g	0.529		0	1		1.296	1.201	0.598
Lysine....g	0.471		0	1		1.154	1.069	0.532
Methionine....g	0.155		0	1		0.380	0.352	0.175
Cystine....g	0.048		0	4		0.118	0.109	0.054
Phenylalanine....g	0.286		0	1		0.701	0.649	0.323
Tyrosine....g	0.265		0	1		0.649	0.602	0.299
Valine....g	0.434		0	1		1.063	0.985	0.490
Arginine....g	0.158		0	1		0.387	0.359	0.179
Histidine....g	0.130		0	1		0.319	0.295	0.147
Alanine....g	0.225		0	1		0.551	0.511	0.254
Aspartic acid....g	0.416		0	1		1.019	0.944	0.470
Glutamic acid....g	1.028		0	1		2.519	2.334	1.162
Glycine....g	0.127		0	1		0.311	0.288	0.144
Proline....g	0.622		0	1		1.524	1.412	0.703
Serine....g	0.325		0	1		0.796	0.738	0.367
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup (8 fl oz)

Measure 2 = 227.000g: 1 container (8 oz)

Measure 3 = 113.000g: .5 container (4 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01118
Yogurt, plain, skim milk, 13 grams protein per 8 ounce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	85.23		0	1		208.81	193.47	96.31
Energy....kcal	56		0	4		137	127	63
Energy....kj	233			4		572	530	264
Protein (N x 6.38)....g	5.73		0	1		14.04	13.01	6.47
Total lipid (fat)....g	0.18		0	1		0.44	0.41	0.20
Ash....g	1.18		0	1		2.89	2.68	1.33
Carbohydrate, by difference....g	7.68		0	4		18.82	17.43	8.68
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	199		0	1		488	452	225
Iron, Fe....mg	0.09		0	1		0.22	0.20	0.10
Magnesium, Mg....mg	19		0	1		47	43	22
Phosphorus, P....mg	157		0	1		383	355	177
Potassium, K....mg	255		0	1		625	579	288
Sodium, Na....mg	77		0	1		187	174	86
Zinc, Zn....mg	0.97		0	1		2.38	2.20	1.10
Copper, Cu....mg	0.015		0	1		0.037	0.034	0.017
Manganese, Mn....mg	0.005		0	1		0.012	0.011	0.006
Selenium, Se....mcg	3.6		0	4		8.8	8.2	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.9		0	1		2.1	2.0	1.0
Thiamin....mg	0.048		0	1		0.118	0.109	0.054
Riboflavin....mg	0.234		0	1		0.573	0.531	0.264
Niacin....mg	0.124		0	1		0.304	0.281	0.140
Pantothenic acid....mg	0.641		0	1		1.570	1.455	0.724
Vitamin B-6....mg	0.053		0	1		0.130	0.120	0.060
Folate, total....mcg	12		0	1		30	28	14
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	12		0	1		30	28	14
Folate, DFE....mcg_DFE	12		0	4		30	28	14
Vitamin B-12....mcg	0.61		0	1		1.50	1.39	0.69
Vitamin A, IU....IU	7		0	1		17	16	8
Vitamin A, RE....mcg_RE	2		0	1		5	5	2
Vitamin E....mg_ATE	0.005		0	4		0.012	0.011	0.006
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.116		0	1		0.284	0.263	0.131
4:0....g	0.005		3	1		0.012	0.011	0.006
6:0....g	0.004		3	1		0.010	0.009	0.005
8:0....g	0.002		3	1		0.005	0.005	0.002
10:0....g	0.005		3	1		0.012	0.011	0.006
11:0....g								
12:0....g	0.006		3	1		0.015	0.014	0.007
13:0....g								
14:0....g	0.019		3	1		0.047	0.043	0.021
15:0....g								
16:0....g	0.049		3	1		0.120	0.111	0.055
17:0....g								
18:0....g	0.018		3	1		0.044	0.041	0.020
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.049		0	1		0.120	0.111	0.055
14:1....g								
15:1....g								

NDB No. 01118
Yogurt, plain, skim milk, 13 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.004		3	1		0.010	0.009	0.005
17:1....g								
18:1 undifferentiated....g	0.041		3	1		0.100	0.093	0.046
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.005		0	1		0.012	0.011	0.006
18:2 undifferentiated....g	0.004		3	1		0.010	0.009	0.005
18:3 undifferentiated....g	0.001		3	1		0.002	0.002	0.001
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	2		0	1		4	4	2
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.032		0	1		0.078	0.073	0.036
Threonine....g	0.235		0	1		0.576	0.533	0.266
Isoleucine....g	0.313		0	1		0.767	0.711	0.354
Leucine....g	0.577		0	1		1.414	1.310	0.652
Lysine....g	0.514		0	1		1.259	1.167	0.581
Methionine....g	0.169		0	1		0.414	0.384	0.191
Cystine....g	0.052		0	4		0.127	0.118	0.059
Phenylalanine....g	0.313		0	1		0.767	0.711	0.354
Tyrosine....g	0.289		0	1		0.708	0.656	0.327
Valine....g	0.474		0	1		1.161	1.076	0.536
Arginine....g	0.172		0	1		0.421	0.390	0.194
Histidine....g	0.142		0	1		0.348	0.322	0.160
Alanine....g	0.245		0	1		0.600	0.556	0.277
Aspartic acid....g	0.454		0	1		1.112	1.031	0.513
Glutamic acid....g	1.122		0	1		2.749	2.547	1.268
Glycine....g	0.138		0	1		0.338	0.313	0.156
Proline....g	0.679		0	1		1.664	1.541	0.767
Serine....g	0.355		0	1		0.870	0.806	0.401
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup (8 fl oz)

Measure 2 = 227.000g: 1 container (8 oz)

Measure 3 = 113.000g: .5 container (4 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01119
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	79.00		0	1		193.55	179.33	89.27
Energy....kcal	85		0	4		209	194	97
Energy....kj	358			4		876	812	404
Protein (N x 6.38)....g	4.93		3	1		12.08	11.19	5.57
Total lipid (fat)....g	1.25		3	1		3.06	2.84	1.41
Ash....g	1.02		0	1		2.50	2.32	1.15
Carbohydrate, by difference....g	13.80		0	4		33.81	31.33	15.59
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	171		0	1		420	389	194
Iron, Fe....mg	0.07		0	1		0.17	0.16	0.08
Magnesium, Mg....mg	16		0	1		40	37	19
Phosphorus, P....mg	135		0	1		330	306	152
Potassium, K....mg	219		0	1		537	498	248
Sodium, Na....mg	66		0	1		161	149	74
Zinc, Zn....mg	0.83		0	1		2.03	1.88	0.94
Copper, Cu....mg	0.013		0	1		0.032	0.030	0.015
Manganese, Mn....mg	0.004		0	1		0.010	0.009	0.005
Selenium, Se....mcg	4.9		0	4		12.0	11.1	5.5
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		0	1		1.8	1.7	0.8
Thiamin....mg	0.042		0	1		0.103	0.095	0.047
Riboflavin....mg	0.201		0	1		0.492	0.456	0.227
Niacin....mg	0.107		0	1		0.262	0.243	0.121
Pantothenic acid....mg	0.552		0	1		1.352	1.253	0.624
Vitamin B-6....mg	0.045		0	1		0.110	0.102	0.051
Folate, total....mcg	11		0	1		26	24	12
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	11		0	1		26	24	12
Folate, DFE....mcg_DFE	11		0	4		26	24	12
Vitamin B-12....mcg	0.53		0	1		1.29	1.20	0.60
Vitamin A, IU....IU	54		0	1		132	123	61
Vitamin A, RE....mcg_RE	13		0	1		32	30	15
Vitamin E....mg_ATE	0.034		0	4		0.083	0.077	0.038
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.806		0	1		1.975	1.830	0.911
4:0....g	0.037		3	1		0.091	0.084	0.042
6:0....g	0.025		3	1		0.061	0.057	0.028
8:0....g	0.016		3	1		0.039	0.036	0.018
10:0....g	0.036		3	1		0.088	0.082	0.041
11:0....g								
12:0....g	0.043		3	1		0.105	0.098	0.049
13:0....g								
14:0....g	0.132		3	1		0.323	0.300	0.149
15:0....g								
16:0....g	0.341		3	1		0.835	0.774	0.385
17:0....g								
18:0....g	0.122		3	1		0.299	0.277	0.138
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.343		0	1		0.840	0.779	0.388
14:1....g								
15:1....g								

NDB No. 01119
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.027		3	1		0.066	0.061	0.031
17:1....g								
18:1 undifferentiated....g	0.286		3	1		0.701	0.649	0.323
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.036		0	1		0.088	0.082	0.041
18:2 undifferentiated....g	0.025		3	1		0.061	0.057	0.028
18:3 undifferentiated....g	0.010		3	1		0.025	0.023	0.011
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	5		0	1		12	11	6
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.028		0	1		0.069	0.064	0.032
Threonine....g	0.202		0	1		0.495	0.459	0.228
Isoleucine....g	0.269		0	1		0.659	0.611	0.304
Leucine....g	0.497		0	1		1.218	1.128	0.562
Lysine....g	0.442		0	1		1.083	1.003	0.499
Methionine....g	0.145		0	1		0.355	0.329	0.164
Cystine....g	0.045		0	4		0.110	0.102	0.051
Phenylalanine....g	0.269		0	1		0.659	0.611	0.304
Tyrosine....g	0.249		0	1		0.610	0.565	0.281
Valine....g	0.408		0	1		1.000	0.926	0.461
Arginine....g	0.148		0	1		0.363	0.336	0.167
Histidine....g	0.122		0	1		0.299	0.277	0.138
Alanine....g	0.211		0	1		0.517	0.479	0.238
Aspartic acid....g	0.391		0	1		0.958	0.888	0.442
Glutamic acid....g	0.965		0	1		2.364	2.191	1.090
Glycine....g	0.119		0	1		0.292	0.270	0.134
Proline....g	0.584		0	1		1.431	1.326	0.660
Serine....g	0.305		0	1		0.747	0.692	0.345
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup (8 fl oz)

Measure 2 = 227.000g: 1 container (8 oz)

Measure 3 = 113.000g: .5 container (4 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01120
Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	75.30	0.595	17	1		184.49	94.13	106.93
Energy....kcal	99		0	4		243	124	141
Energy....kj	415			4		1017	519	590
Protein (N x 6.38)....g	3.98	0.030	19	1		9.75	4.98	5.65
Total lipid (fat)....g	1.15	0.086	17	1		2.82	1.44	1.63
Ash....g	0.93	0.049	9	1		2.28	1.16	1.32
Carbohydrate, by difference....g	18.64		0	4		45.67	23.30	26.47
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	138		0	1		339	173	196
Iron, Fe....mg	0.06		0	1		0.15	0.08	0.09
Magnesium, Mg....mg	13		0	1		33	17	19
Phosphorus, P....mg	109		0	1		266	136	154
Potassium, K....mg	177		0	1		434	221	251
Sodium, Na....mg	53		0	1		130	67	76
Zinc, Zn....mg	0.67		0	1		1.64	0.84	0.95
Copper, Cu....mg	0.079		0	1		0.194	0.099	0.112
Manganese, Mn....mg	0.064		0	1		0.157	0.080	0.091
Selenium, Se....mcg	2.8		0	4		6.9	3.5	4.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	1		1.5	0.8	0.9
Thiamin....mg	0.034		0	1		0.083	0.043	0.048
Riboflavin....mg	0.162		0	1		0.397	0.203	0.230
Niacin....mg	0.086		0	1		0.211	0.108	0.122
Pantothenic acid....mg	0.446		0	1		1.093	0.558	0.633
Vitamin B-6....mg	0.037		0	1		0.091	0.046	0.053
Folate, total....mcg	9		0	1		21	11	12
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	9		0	1		21	11	12
Folate, DFE....mcg_DFE	9		0	4		21	11	12
Vitamin B-12....mcg	0.43		0	1		1.04	0.53	0.60
Vitamin A, IU....IU	49		0	1		120	61	70
Vitamin A, RE....mcg_RE	12		0	1		29	15	17
Vitamin E....mg_ATE	0.031		0	4		0.076	0.039	0.044
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.742		0	1		1.818	0.928	1.054
4:0....g	0.034	0.003	3	1		0.083	0.043	0.048
6:0....g	0.023	0.002	3	1		0.056	0.029	0.033
8:0....g	0.015	0.001	3	1		0.037	0.019	0.021
10:0....g	0.033	0.003	3	1		0.081	0.041	0.047
11:0....g								
12:0....g	0.039	0.003	3	1		0.096	0.049	0.055
13:0....g								
14:0....g	0.121	0.009	3	1		0.296	0.151	0.172
15:0....g								
16:0....g	0.313	0.024	3	1		0.767	0.391	0.444
17:0....g								
18:0....g	0.112	0.008	3	1		0.274	0.140	0.159
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.316		0	1		0.774	0.395	0.449
14:1....g								
15:1....g								

NDB No. 01120
Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.025	0.002	3	1		0.061	0.031	0.036
17:1....g								
18:1 undifferentiated....g	0.263	0.020	3	1		0.644	0.329	0.373
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.033		0	1		0.081	0.041	0.047
18:2 undifferentiated....g	0.023	0.002	3	1		0.056	0.029	0.033
18:3 undifferentiated....g	0.010	0.001	3	1		0.025	0.013	0.014
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	5		0	1		11	6	6
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.022		0	1		0.054	0.028	0.031
Threonine....g	0.163		0	1		0.399	0.204	0.231
Isoleucine....g	0.217		0	1		0.532	0.271	0.308
Leucine....g	0.401		0	1		0.982	0.501	0.569
Lysine....g	0.357		0	1		0.875	0.446	0.507
Methionine....g	0.117		0	1		0.287	0.146	0.166
Cystine....g	0.036		0	4		0.088	0.045	0.051
Phenylalanine....g	0.217		0	1		0.532	0.271	0.308
Tyrosine....g	0.201		0	1		0.492	0.251	0.285
Valine....g	0.329		0	1		0.806	0.411	0.467
Arginine....g	0.120		0	1		0.294	0.150	0.170
Histidine....g	0.099		0	1		0.243	0.124	0.141
Alanine....g	0.170		0	1		0.417	0.213	0.241
Aspartic acid....g	0.316		0	1		0.774	0.395	0.449
Glutamic acid....g	0.779		0	1		1.909	0.974	1.106
Glycine....g	0.096		0	1		0.235	0.120	0.136
Proline....g	0.472		0	1		1.156	0.590	0.670
Serine....g	0.246		0	1		0.603	0.308	0.349
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup (8 fl oz)

Measure 2 = 125.000g: 1 container (4.4 oz)

Measure 3 = 142.000g: 1 container (5 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01121
Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.48	0.610	26	1		182.48	126.62	169.07
Energy....kcal	102		0	4		250	173	231
Energy....kj	426			4		1044	725	968
Protein (N x 6.38)....g	4.37	0.026	26	1		10.71	7.43	9.92
Total lipid (fat)....g	1.08	0.052	26	1		2.65	1.84	2.45
Ash....g	1.02	0.027	12	1		2.50	1.73	2.32
Carbohydrate, by difference....g	19.05		0	4		46.67	32.39	43.24
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	152		0	1		372	258	345
Iron, Fe....mg	0.07		0	1		0.17	0.12	0.16
Magnesium, Mg....mg	15		0	1		36	25	33
Phosphorus, P....mg	119		0	1		293	203	271
Potassium, K....mg	195		0	1		477	331	442
Sodium, Na....mg	58		0	1		143	99	133
Zinc, Zn....mg	0.74		0	1		1.81	1.26	1.68
Copper, Cu....mg	0.080		0	1		0.196	0.136	0.182
Manganese, Mn....mg	0.065		0	1		0.159	0.111	0.148
Selenium, Se....mcg	3.1		0	4		7.6	5.3	7.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		1.6	1.1	1.5
Thiamin....mg	0.037		0	1		0.091	0.063	0.084
Riboflavin....mg	0.178		0	1		0.436	0.303	0.404
Niacin....mg	0.095		0	1		0.233	0.162	0.216
Pantothenic acid....mg	0.489		0	1		1.198	0.831	1.110
Vitamin B-6....mg	0.040		0	1		0.098	0.068	0.091
Folate, total....mcg	9		0	1		23	16	21
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	9		0	1		23	16	21
Folate, DFE....mcg_DFE	9		0	4		23	16	21
Vitamin B-12....mcg	0.47		0	1		1.14	0.79	1.06
Vitamin A, IU....IU	46		0	1		113	78	104
Vitamin A, RE....mcg_RE	11		0	1		27	19	25
Vitamin E....mg_ATE	0.029		0	4		0.071	0.049	0.066
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.697		0	1		1.708	1.185	1.582
4:0....g	0.032	0.002	3	1		0.078	0.054	0.073
6:0....g	0.022	0.001	3	1		0.054	0.037	0.050
8:0....g	0.014	0.001	3	1		0.034	0.024	0.032
10:0....g	0.031	0.002	3	1		0.076	0.053	0.070
11:0....g								
12:0....g	0.037	0.002	3	1		0.091	0.063	0.084
13:0....g								
14:0....g	0.114	0.006	3	1		0.279	0.194	0.259
15:0....g								
16:0....g	0.294	0.014	3	1		0.720	0.500	0.667
17:0....g								
18:0....g	0.105	0.005	3	1		0.257	0.179	0.238
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.297		0	1		0.728	0.505	0.674
14:1....g								
15:1....g								

NDB No. 01121
Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.024	0.001	3	1		0.059	0.041	0.054
17:1....g								
18:1 undifferentiated....g	0.247	0.012	3	1		0.605	0.420	0.561
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.031		0	1		0.076	0.053	0.070
18:2 undifferentiated....g	0.022	0.001	3	1		0.054	0.037	0.050
18:3 undifferentiated....g	0.009	0.001	3	1		0.022	0.015	0.020
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	4		0	1		10	7	10
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.025		0	1		0.061	0.043	0.057
Threonine....g	0.179		0	1		0.439	0.304	0.406
Isoleucine....g	0.238		0	1		0.583	0.405	0.540
Leucine....g	0.440		0	1		1.078	0.748	0.999
Lysine....g	0.392		0	1		0.960	0.666	0.890
Methionine....g	0.129		0	1		0.316	0.219	0.293
Cystine....g	0.040		0	4		0.098	0.068	0.091
Phenylalanine....g	0.238		0	1		0.583	0.405	0.540
Tyrosine....g	0.221		0	1		0.541	0.376	0.502
Valine....g	0.362		0	1		0.887	0.615	0.822
Arginine....g	0.132		0	1		0.323	0.224	0.300
Histidine....g	0.108		0	1		0.265	0.184	0.245
Alanine....g	0.187		0	1		0.458	0.318	0.424
Aspartic acid....g	0.347		0	1		0.850	0.590	0.788
Glutamic acid....g	0.856		0	1		2.097	1.455	1.943
Glycine....g	0.105		0	1		0.257	0.179	0.238
Proline....g	0.518		0	1		1.269	0.881	1.176
Serine....g	0.271		0	1		0.664	0.461	0.615
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup (8 fl oz)

Measure 2 = 170.000g: 1 container (6 oz)

Measure 3 = 227.000g: 1 container (8 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01122
Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.10	0.514	20	1		168.21	83.73	
Energy....kcal	105		0	4		239	119	
Energy....kj	440			4		998	497	
Protein (N x 6.38)....g	4.86	0.052	20	1		11.03	5.49	
Total lipid (fat)....g	1.41	0.106	17	1		3.20	1.59	
Ash....g	1.03	0.034	12	1		2.34	1.16	
Carbohydrate, by difference....g	18.60		0	4		42.22	21.02	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	169		0	1		383	191	
Iron, Fe....mg	0.07		0	1		0.16	0.08	
Magnesium, Mg....mg	16		0	1		37	18	
Phosphorus, P....mg	133		0	1		301	150	
Potassium, K....mg	216		0	1		491	244	
Sodium, Na....mg	65		0	1		147	73	
Zinc, Zn....mg	0.82		0	1		1.86	0.93	
Copper, Cu....mg	0.080		0	1		0.182	0.090	
Manganese, Mn....mg	0.065		0	1		0.148	0.073	
Selenium, Se....mcg	3.1		0	4		7.0	3.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.7		0	1		1.7	0.8	
Thiamin....mg	0.041		0	1		0.093	0.046	
Riboflavin....mg	0.198		0	1		0.449	0.224	
Niacin....mg	0.105		0	1		0.238	0.119	
Pantothenic acid....mg	0.544		0	1		1.235	0.615	
Vitamin B-6....mg	0.045		0	1		0.102	0.051	
Folate, total....mcg	10		0	1		24	12	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	10		0	1		24	12	
Folate, DFE....mcg_DFE	10		0	4		24	12	
Vitamin B-12....mcg	0.52		0	1		1.18	0.59	
Vitamin A, IU....IU	60		0	1		136	68	
Vitamin A, RE....mcg_RE	15		0	1		34	17	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.909		0	1		2.063	1.027	
4:0....g	0.042	0.003	3	1		0.095	0.047	
6:0....g	0.029	0.002	3	1		0.066	0.033	
8:0....g	0.018	0.001	3	1		0.041	0.020	
10:0....g	0.040	0.003	3	1		0.091	0.045	
11:0....g								
12:0....g	0.048	0.004	3	1		0.109	0.054	
13:0....g								
14:0....g	0.149	0.011	3	1		0.338	0.168	
15:0....g								
16:0....g	0.384	0.029	3	1		0.872	0.434	
17:0....g								
18:0....g	0.137	0.010	3	1		0.311	0.155	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.387		0	1		0.878	0.437	
14:1....g								
15:1....g								

NDB No. 01122
Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.031	0.002	3	1		0.070	0.035	
17:1....g								
18:1 undifferentiated....g	0.322	0.024	3	1		0.731	0.364	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.040		0	1		0.091	0.045	
18:2 undifferentiated....g	0.028	0.002	3	1		0.064	0.032	
18:3 undifferentiated....g	0.012	0.001	3	1		0.027	0.014	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	6		0	1		12	6	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.027		0	1		0.061	0.031	
Threonine....g	0.200		0	1		0.454	0.226	
Isoleucine....g	0.265		0	1		0.602	0.299	
Leucine....g	0.490		0	1		1.112	0.554	
Lysine....g	0.436		0	1		0.990	0.493	
Methionine....g	0.143		0	1		0.325	0.162	
Cystine....g	0.044		0	4		0.100	0.050	
Phenylalanine....g	0.265		0	1		0.602	0.299	
Tyrosine....g	0.245		0	1		0.556	0.277	
Valine....g	0.402		0	1		0.913	0.454	
Arginine....g	0.146		0	1		0.331	0.165	
Histidine....g	0.120		0	1		0.272	0.136	
Alanine....g	0.208		0	1		0.472	0.235	
Aspartic acid....g	0.385		0	1		0.874	0.435	
Glutamic acid....g	0.951		0	1		2.159	1.075	
Glycine....g	0.117		0	1		0.266	0.132	
Proline....g	0.576		0	1		1.308	0.651	
Serine....g	0.301		0	1		0.683	0.340	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 227.000g: 1 container (8 oz)

Measure 2 = 113.000g: .5 container (4 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01123
Egg, whole, raw, fresh

Refuse: 12% Shell

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	75.33	0.069	20	1		183.05	43.69	48.96
Energy....kcal	149		0	4		362	86	97
Energy....kj	623			4		1515	362	405
Protein (N x 6.25)....g	12.49	0.036	20	1		30.35	7.24	8.12
Total lipid (fat)....g	10.02	0.031	33	1		24.35	5.81	6.51
Ash....g	0.94	0.019	20	1		2.28	0.55	0.61
Carbohydrate, by difference....g	1.22		0	4		2.96	0.71	0.79
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	49	0.548	20	1		119	28	32
Iron, Fe....mg	1.44	0.028	20	1		3.50	0.84	0.94
Magnesium, Mg....mg	10	0.183	20	1		24	6	7
Phosphorus, P....mg	178	2.084	20	1		433	103	116
Potassium, K....mg	121	2.762	20	1		294	70	79
Sodium, Na....mg	126	1.303	20	1		306	73	82
Zinc, Zn....mg	1.10	0.027	20	1		2.67	0.64	0.72
Copper, Cu....mg	0.014	0.001	20	1		0.034	0.008	0.009
Manganese, Mn....mg	0.024	0.001	20	1		0.058	0.014	0.016
Selenium, Se....mcg	30.8	1.156	69	1		74.8	17.9	20.0
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	0.0
Thiamin....mg	0.062	0.002	20	1		0.151	0.036	0.040
Riboflavin....mg	0.508	0.013	20	1		1.234	0.295	0.330
Niacin....mg	0.073	0.002	20	1		0.177	0.042	0.047
Pantothenic acid....mg	1.255	0.019	20	1		3.050	0.728	0.816
Vitamin B-6....mg	0.139	0.002	20	1		0.338	0.081	0.090
Folate, total....mcg	47	1.364	20	1		114	27	31
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	47	1.364	20	1		114	27	31
Folate, DFE....mcg_DFE	47		0	4		114	27	31
Vitamin B-12....mcg	1.00	0.047	20	1		2.43	0.58	0.65
Vitamin A, IU....IU	635	8.614	20	1		1543	368	413
Vitamin A, RE....mcg_RE	191		0	1		464	111	124
Vitamin E....mg_ATE	1.050		0	4		2.552	0.609	0.683
Vitamin D....IU	52.000		0	4		126.360	30.160	33.800
Lipids:								
Fatty acids, total saturated....g	3.100		0	1		7.533	1.798	2.015
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.003		33	1		0.007	0.002	0.002
10:0....g	0.003		33	1		0.007	0.002	0.002
11:0....g								
12:0....g	0.003		33	1		0.007	0.002	0.002
13:0....g								
14:0....g	0.034		33	1		0.083	0.020	0.022
15:0....g	0.004		1	1		0.010	0.002	0.003
16:0....g	2.226		33	1		5.409	1.291	1.447
17:0....g	0.017		1	1		0.041	0.010	0.011
18:0....g	0.784		33	1		1.905	0.455	0.510
19:0....g								
20:0....g	0.010		1	1		0.024	0.006	0.007
22:0....g	0.012		1	1		0.029	0.007	0.008
24:0....g	0.003		1	1		0.007	0.002	0.002
Fatty acids, total monounsaturated....g	3.809		0	1		9.256	2.209	2.476
14:1....g	0.008		1	1		0.019	0.005	0.005
15:1....g								

NDB No. 01123
Egg, whole, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.298		33	1		0.724	0.173	0.194
17:1....g								
18:1 undifferentiated....g	3.473		33	1		8.439	2.014	2.257
20:1....g	0.028		33	1		0.068	0.016	0.018
22:1 undifferentiated....g	0.003		33	1		0.007	0.002	0.002
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.364		0	1		3.315	0.791	0.887
18:2 undifferentiated....g	1.148		33	1		2.790	0.666	0.746
18:3 undifferentiated....g	0.033		33	1		0.080	0.019	0.021
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.142		33	1		0.345	0.082	0.092
20:5 n-3....g	0.004		33	1		0.010	0.002	0.003
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.037		33	1		0.090	0.021	0.024
Fatty acids, total trans....g								
Cholesterol....mg	425	2.373	33	1		1033	247	276
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.152		0	1		0.369	0.088	0.099
Threonine....g	0.600		0	1		1.458	0.348	0.390
Isoleucine....g	0.682		0	1		1.657	0.396	0.443
Leucine....g	1.067		0	1		2.593	0.619	0.694
Lysine....g	0.897		0	1		2.180	0.520	0.583
Methionine....g	0.390		0	1		0.948	0.226	0.254
Cystine....g	0.290		0	1		0.705	0.168	0.189
Phenylalanine....g	0.664		0	1		1.614	0.385	0.432
Tyrosine....g	0.510		0	1		1.239	0.296	0.332
Valine....g	0.761		0	1		1.849	0.441	0.495
Arginine....g	0.749		0	1		1.820	0.434	0.487
Histidine....g	0.296		0	1		0.719	0.172	0.192
Alanine....g	0.696		0	1		1.691	0.404	0.452
Aspartic acid....g	1.255		0	1		3.050	0.728	0.816
Glutamic acid....g	1.633		0	1		3.968	0.947	1.061
Glycine....g	0.420		0	1		1.021	0.244	0.273
Proline....g	0.498		0	1		1.210	0.289	0.324
Serine....g	0.929		0	1		2.257	0.539	0.604
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg	0		0	7		0	0	0
Theobromine....mg	0		0	7		0	0	0

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

Common Measures:

Measure 1 = 243.000g: 1 cup (4.86 large eggs)

Measure 2 = 58.000g: 1 extra large

Measure 3 = 65.000g: 1 jumbo

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01124
Egg, white, raw, fresh

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	87.81	0.098	7	1		213.38	29.33	
Energy....kcal	50		0	4		122	17	
Energy....kj	209			4		508	70	
Protein (N x 6.25)....g	10.52	0.075	7	1		25.56	3.51	
Total lipid (fat)....g	0.00		0	1		0.00	0.00	
Ash....g	0.64	0.028	7	1		1.56	0.21	
Carbohydrate, by difference....g	1.03		0	4		2.50	0.34	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	6	0.140	7	1		15	2	
Iron, Fe....mg	0.03	0.007	7	1		0.07	0.01	
Magnesium, Mg....mg	11	0.120	7	1		27	4	
Phosphorus, P....mg	13	0.429	7	1		32	4	
Potassium, K....mg	143	2.877	7	1		347	48	
Sodium, Na....mg	164	2.664	7	1		399	55	
Zinc, Zn....mg	0.01	0.000	7	1		0.02	0.00	
Copper, Cu....mg	0.006	0.000	7	1		0.015	0.002	
Manganese, Mn....mg	0.004	0.000	7	1		0.010	0.001	
Selenium, Se....mcg	17.6	2.375	10	1		42.8	5.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		7	1		0.0	0.0	
Thiamin....mg	0.006	0.001	7	1		0.015	0.002	
Riboflavin....mg	0.452	0.020	7	1		1.098	0.151	
Niacin....mg	0.092	0.004	7	1		0.224	0.031	
Pantothenic acid....mg	0.119	0.007	7	1		0.289	0.040	
Vitamin B-6....mg	0.004	0.000	7	1		0.010	0.001	
Folate, total....mcg	3	0.000	7	1		7	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	3	0.000	7	1		7	1	
Folate, DFE....mcg_DFE	3		0	4		7	1	
Vitamin B-12....mcg	0.20	0.000	7	1		0.49	0.07	
Vitamin A, IU....IU	0		0	4		0	0	
Vitamin A, RE....mcg_RE	0		0	4		0	0	
Vitamin E....mg_ATE	0.000		0	1		0.000	0.000	
Vitamin D....IU	0.000		0	4		0.000	0.000	
Lipids:								
Fatty acids, total saturated....g	0.000		0	1		0.000	0.000	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.000		0	4		0.000	0.000	
15:0....g								
16:0....g	0.000		0	4		0.000	0.000	
17:0....g								
18:0....g	0.000		0	4		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	1		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 01124
Egg, white, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	4		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.000		0	4		0.000	0.000	
20:1....g	0.000		0	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	1		0.000	0.000	
18:2 undifferentiated....g	0.000		0	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	4		0.000	0.000	
18:4....g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g	0.000		0	4		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	
22:6 n-3....g	0.000		0	4		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.130		0	1		0.316	0.043	
Threonine....g	0.478		0	1		1.162	0.160	
Isoleucine....g	0.594		0	1		1.443	0.198	
Leucine....g	0.887		0	1		2.155	0.296	
Lysine....g	0.716		0	1		1.740	0.239	
Methionine....g	0.362		0	1		0.880	0.121	
Cystine....g	0.273		0	1		0.663	0.091	
Phenylalanine....g	0.615		0	1		1.494	0.205	
Tyrosine....g	0.409		0	1		0.994	0.137	
Valine....g	0.670		0	1		1.628	0.224	
Arginine....g	0.573		0	1		1.392	0.191	
Histidine....g	0.237		0	1		0.576	0.079	
Alanine....g	0.608		0	1		1.477	0.203	
Aspartic acid....g	1.071		0	1		2.603	0.358	
Glutamic acid....g	1.398		0	1		3.397	0.467	
Glycine....g	0.369		0	1		0.897	0.123	
Proline....g	0.409		0	1		0.994	0.137	
Serine....g	0.726		0	1		1.764	0.242	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 243.000g: 1 cup

Measure 2 = 33.400g: 1 large

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01125
Egg, yolk, raw, fresh

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	48.81	0.170	7	1		118.61	8.10	
Energy....kcal	358		0	4		870	59	
Energy....kj	1498			4		3640	249	
Protein (N x 6.25)....g	16.76	0.058	7	1		40.73	2.78	
Total lipid (fat)....g	30.87	0.092	33	1		75.01	5.12	
Ash....g	1.77	0.026	7	1		4.30	0.29	
Carbohydrate, by difference....g	1.78		0	4		4.33	0.30	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	137	1.938	7	1		333	23	
Iron, Fe....mg	3.53	0.140	7	1		8.58	0.59	
Magnesium, Mg....mg	9	0.791	7	1		22	1	
Phosphorus, P....mg	488	10.661	7	1		1186	81	
Potassium, K....mg	94	3.392	7	1		228	16	
Sodium, Na....mg	43	1.470	7	1		104	7	
Zinc, Zn....mg	3.11	0.141	7	1		7.56	0.52	
Copper, Cu....mg	0.025	0.000	7	1		0.061	0.004	
Manganese, Mn....mg	0.069	0.004	7	1		0.168	0.011	
Selenium, Se....mcg	45.2	3.374	10	1		109.8	7.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.170	0.006	7	1		0.413	0.028	
Riboflavin....mg	0.639	0.035	7	1		1.553	0.106	
Niacin....mg	0.015	0.000	7	1		0.036	0.002	
Pantothenic acid....mg	3.807	0.090	7	1		9.251	0.632	
Vitamin B-6....mg	0.392	0.008	7	1		0.953	0.065	
Folate, total....mcg	146	6.989	7	1		355	24	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	146	6.989	7	1		355	24	
Folate, DFE....mcg_DFE	146		0	4		355	24	
Vitamin B-12....mcg	3.11	0.193	7	1		7.56	0.52	
Vitamin A, IU....IU	1945	38.068	7	1		4726	323	
Vitamin A, RE....mcg_RE	584		0	1		1419	97	
Vitamin E....mg_ATE	3.160		0	4		7.679	0.525	
Vitamin D....IU	148.000		0	4		359.640	24.568	
Lipids:								
Fatty acids, total saturated....g	9.552		0	1		23.211	1.586	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.009		33	1		0.022	0.001	
10:0....g	0.009		33	1		0.022	0.001	
11:0....g								
12:0....g	0.009		33	1		0.022	0.001	
13:0....g								
14:0....g	0.104		33	1		0.253	0.017	
15:0....g	0.013		1	1		0.032	0.002	
16:0....g	6.860		33	1		16.670	1.139	
17:0....g	0.051		1	1		0.124	0.008	
18:0....g	2.417		33	1		5.873	0.401	
19:0....g								
20:0....g	0.032		1	1		0.078	0.005	
22:0....g	0.038		1	1		0.092	0.006	
24:0....g	0.009		1	1		0.022	0.001	
Fatty acids, total monounsaturated....g	11.739		0	1		28.526	1.949	
14:1....g	0.024		1	1		0.058	0.004	
15:1....g								

NDB No. 01125
Egg, yolk, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.918		33	1		2.231	0.152	
17:1....g								
18:1 undifferentiated....g	10.701		33	1		26.003	1.776	
20:1....g	0.086		33	1		0.209	0.014	
22:1 undifferentiated....g	0.009		33	1		0.022	0.001	
24:1 c....g								
Fatty acids, total polyunsaturated....g	4.203		0	1		10.213	0.698	
18:2 undifferentiated....g	3.538		33	1		8.597	0.587	
18:3 undifferentiated....g	0.103		33	1		0.250	0.017	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.438		33	1		1.064	0.073	
20:5 n-3....g	0.011		33	1		0.027	0.002	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.114		33	1		0.277	0.019	
Fatty acids, total trans....g								
Cholesterol....mg	1281	7.183	33	1		3113	213	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.196		0	1		0.476	0.033	
Threonine....g	0.890		0	1		2.163	0.148	
Isoleucine....g	0.848		0	1		2.061	0.141	
Leucine....g	1.472		0	1		3.577	0.244	
Lysine....g	1.330		0	1		3.232	0.221	
Methionine....g	0.416		0	1		1.011	0.069	
Cystine....g	0.300		0	1		0.729	0.050	
Phenylalanine....g	0.716		0	1		1.740	0.119	
Tyrosine....g	0.746		0	1		1.813	0.124	
Valine....g	0.933		0	1		2.267	0.155	
Arginine....g	1.196		0	1		2.906	0.199	
Histidine....g	0.434		0	1		1.055	0.072	
Alanine....g	0.861		0	1		2.092	0.143	
Aspartic acid....g	1.639		0	1		3.983	0.272	
Glutamic acid....g	2.124		0	1		5.161	0.353	
Glycine....g	0.518		0	1		1.259	0.086	
Proline....g	0.700		0	1		1.701	0.116	
Serine....g	1.432		0	1		3.480	0.238	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 243.000g: 1 cup

Measure 2 = 16.600g: 1 large

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01126
Egg, yolk, raw, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	56.20		2	1		127.57		
Energy....kcal	303		0	4		688		
Energy....kj	1268			4		2878		
Protein (N x 6.25)....g	15.50		2	1		35.19		
Total lipid (fat)....g	25.60		2	1		58.11		
Ash....g	1.55		2	1		3.52		
Carbohydrate, by difference....g	1.15		0	4		2.61		
Fiber, total dietary....g	0.0		0	7		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	138		2	1		313		
Iron, Fe....mg	3.34		2	1		7.58		
Magnesium, Mg....mg	9		2	1		20		
Phosphorus, P....mg	417		2	1		947		
Potassium, K....mg	118		2	1		268		
Sodium, Na....mg	67		2	1		152		
Zinc, Zn....mg	2.88		2	1		6.54		
Copper, Cu....mg	0.024		2	1		0.054		
Manganese, Mn....mg	0.062		2	1		0.141		
Selenium, Se....mcg	41.8		0	1		94.9		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	7		0.0		
Thiamin....mg	0.155		2	1		0.352		
Riboflavin....mg	0.520		2	1		1.180		
Niacin....mg	0.045		2	1		0.102		
Pantothenic acid....mg	3.530		2	1		8.013		
Vitamin B-6....mg	0.345		2	1		0.783		
Folate, total....mcg	116		2	1		263		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	116		2	1		263		
Folate, DFE....mcg_DFE	116		0	4		263		
Vitamin B-12....mcg	1.82		2	1		4.13		
Vitamin A, IU....IU	1410		2	1		3201		
Vitamin A, RE....mcg_RE	423		0	4		960		
Vitamin E....mg_ATE	2.500		0	4		5.675		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.820		0	1		17.751		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.085		2	1		0.193		
15:0....g	0.000		0	1		0.000		
16:0....g	5.678		2	1		12.889		
17:0....g	0.000		0	1		0.000		
18:0....g	2.017		2	1		4.579		
19:0....g								
20:0....g	0.000		0	1		0.000		
22:0....g	0.000		0	1		0.000		
24:0....g	0.000		0	1		0.000		
Fatty acids, total monounsaturated....g	9.747		0	1		22.126		
14:1....g	0.000		0	1		0.000		
15:1....g								

NDB No. 01126
Egg, yolk, raw, frozen

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.641		2	1		1.455		
17:1....g								
18:1 undifferentiated....g	9.007		2	1		20.446		
20:1....g	0.063		2	1		0.143		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.628		0	1		8.236		
18:2 undifferentiated....g	2.944		2	1		6.683		
18:3 undifferentiated....g	0.063		2	1		0.143		
18:4....g	0.036		2	1		0.082		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.426		2	1		0.967		
20:5 n-3....g	0.034		2	1		0.077		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.125		2	1		0.284		
Fatty acids, total trans....g								
Cholesterol....mg	1075		2	1		2440		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.181		0	1		0.411		
Threonine....g	0.823		0	1		1.868		
Isoleucine....g	0.784		0	1		1.780		
Leucine....g	1.362		0	1		3.092		
Lysine....g	1.230		0	1		2.792		
Methionine....g	0.384		0	1		0.872		
Cystine....g	0.278		0	1		0.631		
Phenylalanine....g	0.662		0	1		1.503		
Tyrosine....g	0.689		0	1		1.564		
Valine....g	0.863		0	1		1.959		
Arginine....g	1.106		0	1		2.511		
Histidine....g	0.402		0	1		0.913		
Alanine....g	0.796		0	1		1.807		
Aspartic acid....g	1.515		0	1		3.439		
Glutamic acid....g	1.964		0	1		4.458		
Glycine....g	0.479		0	1		1.087		
Proline....g	0.647		0	1		1.469		
Serine....g	1.324		0	1		3.005		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 227.000g: .5 lb

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01127
Egg, yolk, raw, frozen, sugared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	51.25		2	1		116.34		
Energy....kcal	307		0	4		697		
Energy....kj	1284			4		2916		
Protein (N x 6.25)....g	13.80		2	1		31.33		
Total lipid (fat)....g	22.75		2	1		51.64		
Ash....g	1.40		2	1		3.18		
Carbohydrate, by difference....g	10.80		0	4		24.52		
Fiber, total dietary....g	0.0		0	7		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	123		2	1		279		
Iron, Fe....mg	3.14		2	1		7.13		
Magnesium, Mg....mg	10		2	1		23		
Phosphorus, P....mg	384		2	1		872		
Potassium, K....mg	103		2	1		234		
Sodium, Na....mg	67		2	1		152		
Zinc, Zn....mg	2.81		2	1		6.38		
Copper, Cu....mg	0.012		2	1		0.027		
Manganese, Mn....mg	0.059		2	1		0.134		
Selenium, Se....mcg	37.7		0	4		85.6		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	7		0.0		
Thiamin....mg	0.135		2	1		0.306		
Riboflavin....mg	0.530		2	1		1.203		
Niacin....mg	0.023		2	1		0.052		
Pantothenic acid....mg	3.200		2	1		7.264		
Vitamin B-6....mg	0.284		2	1		0.645		
Folate, total....mcg	139		2	1		316		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	139		2	1		316		
Folate, DFE....mcg_DFE	139		0	4		316		
Vitamin B-12....mcg	1.77		2	1		4.02		
Vitamin A, IU....IU	1315		2	1		2985		
Vitamin A, RE....mcg_RE	395		0	4		897		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	6.970		0	1		15.822		
4:0....g								
6:0....g								
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.073		2	1		0.166		
15:0....g								
16:0....g	5.066		2	1		11.500		
17:0....g								
18:0....g	1.795		2	1		4.075		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.614		0	1		19.554		
14:1....g								
15:1....g								

NDB No. 01127
Egg, yolk, raw, frozen, sugared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.550		2	1		1.249		
17:1....g								
18:1 undifferentiated....g	7.983		2	1		18.121		
20:1....g	0.055		2	1		0.125		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.244		0	1		7.364		
18:2 undifferentiated....g	2.599		2	1		5.900		
18:3 undifferentiated....g	0.055		2	1		0.125		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.363		2	1		0.824		
20:5 n-3....g	0.100		2	1		0.227		
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.104		2	1		0.236		
Fatty acids, total trans....g								
Cholesterol....mg	959		2	1		2177		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.161		0	1		0.365		
Threonine....g	0.733		0	1		1.664		
Isoleucine....g	0.698		0	1		1.584		
Leucine....g	1.212		0	1		2.751		
Lysine....g	1.095		0	1		2.486		
Methionine....g	0.342		0	1		0.776		
Cystine....g	0.247		0	1		0.561		
Phenylalanine....g	0.590		0	1		1.339		
Tyrosine....g	0.614		0	1		1.394		
Valine....g	0.768		0	1		1.743		
Arginine....g	0.985		0	1		2.236		
Histidine....g	0.358		0	1		0.813		
Alanine....g	0.709		0	1		1.609		
Aspartic acid....g	1.349		0	1		3.062		
Glutamic acid....g	1.749		0	1		3.970		
Glycine....g	0.426		0	1		0.967		
Proline....g	0.576		0	1		1.308		
Serine....g	1.179		0	1		2.676		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 227.000g: .5 lb

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01128
Egg, whole, cooked, fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	68.55		0	1		31.53		
Energy....kcal	199		0	4		92		
Energy....kj	833			4		383		
Protein (N x 6.25)....g	13.54		0	1		6.23		
Total lipid (fat)....g	15.00		0	1		6.90		
Ash....g	1.55		0	1		0.71		
Carbohydrate, by difference....g	1.36		0	4		0.63		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	55		0	1		25		
Iron, Fe....mg	1.56		0	1		0.72		
Magnesium, Mg....mg	11		0	1		5		
Phosphorus, P....mg	194		0	1		89		
Potassium, K....mg	132		0	1		61		
Sodium, Na....mg	353		0	1		162		
Zinc, Zn....mg	1.19		0	1		0.55		
Copper, Cu....mg	0.015		0	1		0.007		
Manganese, Mn....mg	0.028		0	1		0.013		
Selenium, Se....mcg	26.9	1.353	28	1		12.4		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.057		0	1		0.026		
Riboflavin....mg	0.523		0	1		0.241		
Niacin....mg	0.077		0	1		0.035		
Pantothenic acid....mg	1.224		0	1		0.563		
Vitamin B-6....mg	0.143		0	1		0.066		
Folate, total....mcg	38		0	1		17		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	38		0	1		17		
Folate, DFE....mcg_DFE	38		0	4		17		
Vitamin B-12....mcg	0.92		0	1		0.42		
Vitamin A, IU....IU	857		0	1		394		
Vitamin A, RE....mcg_RE	248		0	1		114		
Vitamin E....mg_ATE	1.640		0	4		0.754		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.167		0	1		1.917		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.003		0	1		0.001		
10:0....g	0.003		0	1		0.001		
11:0....g								
12:0....g	0.003		0	1		0.001		
13:0....g								
14:0....g	0.047		0	1		0.022		
15:0....g	0.005		1	1		0.002		
16:0....g	2.907		0	1		1.337		
17:0....g	0.018		1	1		0.008		
18:0....g	1.153		0	1		0.530		
19:0....g								
20:0....g	0.012		1	1		0.006		
22:0....g	0.014		1	1		0.006		
24:0....g	0.004		1	1		0.002		
Fatty acids, total monounsaturated....g	5.970		0	1		2.746		
14:1....g	0.021		1	1		0.010		
15:1....g								

NDB No. 01128
Egg, whole, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.322		0	1		0.148		
17:1....g								
18:1 undifferentiated....g	5.606		0	1		2.579		
20:1....g	0.030		0	1		0.014		
22:1 undifferentiated....g	0.003		0	1		0.001		
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.789		0	1		1.283		
18:2 undifferentiated....g	2.499		0	1		1.150		
18:3 undifferentiated....g	0.093		0	1		0.043		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.153		0	1		0.070		
20:5 n-3....g	0.004		0	1		0.002		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.040		0	1		0.018		
Fatty acids, total trans....g								
Cholesterol....mg	459		0	1		211		
Phytosterols....mg	14		0	1		6		
Amino Acids:								
Tryptophan....g	0.165		0	1		0.076		
Threonine....g	0.650		0	1		0.299		
Isoleucine....g	0.739		0	1		0.340		
Leucine....g	1.157		0	1		0.532		
Lysine....g	0.973		0	1		0.448		
Methionine....g	0.422		0	1		0.194		
Cystine....g	0.313		0	1		0.144		
Phenylalanine....g	0.719		0	1		0.331		
Tyrosine....g	0.553		0	1		0.254		
Valine....g	0.825		0	1		0.380		
Arginine....g	0.811		0	1		0.373		
Histidine....g	0.321		0	1		0.148		
Alanine....g	0.753		0	1		0.346		
Aspartic acid....g	1.359		0	1		0.625		
Glutamic acid....g	1.773		0	1		0.816		
Glycine....g	0.454		0	1		0.209		
Proline....g	0.542		0	1		0.249		
Serine....g	1.006		0	1		0.463		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 46.000g: 1 large

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01129
Egg, whole, cooked, hard-boiled

Refuse: 12% Shell

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.62	0.140	14	1		101.48	6.34	37.31
Energy....kcal	155		0	4		211	13	78
Energy....kj	649			4		882	55	324
Protein (N x 6.25)....g	12.58	0.180	14	1		17.11	1.07	6.29
Total lipid (fat)....g	10.61	0.050	7	1		14.43	0.90	5.31
Ash....g	1.08	0.022	14	1		1.47	0.09	0.54
Carbohydrate, by difference....g	1.12		0	4		1.52	0.10	0.56
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	50	0.650	14	1		68	4	25
Iron, Fe....mg	1.19	0.047	14	1		1.62	0.10	0.60
Magnesium, Mg....mg	10	0.275	14	1		14	1	5
Phosphorus, P....mg	172	3.551	14	1		234	15	86
Potassium, K....mg	126	2.228	14	1		171	11	63
Sodium, Na....mg	124	1.845	14	1		169	11	62
Zinc, Zn....mg	1.05	0.047	14	1		1.43	0.09	0.53
Copper, Cu....mg	0.013	0.000	14	1		0.018	0.001	0.007
Manganese, Mn....mg	0.026	0.001	14	1		0.035	0.002	0.013
Selenium, Se....mcg	30.8	1.160	69	1		41.9	2.6	15.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		2	1		0.0	0.0	0.0
Thiamin....mg	0.066	0.003	14	1		0.090	0.006	0.033
Riboflavin....mg	0.513	0.010	14	1		0.698	0.044	0.257
Niacin....mg	0.064	0.002	14	1		0.087	0.005	0.032
Pantothenic acid....mg	1.398	0.028	14	1		1.901	0.119	0.699
Vitamin B-6....mg	0.121	0.003	14	1		0.165	0.010	0.061
Folate, total....mcg	44	2.248	14	1		60	4	22
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	44	2.248	14	1		60	4	22
Folate, DFE....mcg_DFE	44		0	4		60	4	22
Vitamin B-12....mcg	1.11	0.060	14	1		1.51	0.09	0.56
Vitamin A, IU....IU	560	9.602	7	1		762	48	280
Vitamin A, RE....mcg_RE	168		0	1		228	14	84
Vitamin E....mg_ATE	1.050		0	4		1.428	0.089	0.525
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.267		0	1		4.443	0.278	1.634
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.003		37	1		0.004	0.000	0.002
10:0....g	0.003		37	1		0.004	0.000	0.002
11:0....g								
12:0....g	0.003		37	1		0.004	0.000	0.002
13:0....g								
14:0....g	0.035		37	1		0.048	0.003	0.018
15:0....g								
16:0....g	2.349		37	1		3.195	0.200	1.175
17:0....g								
18:0....g	0.828		37	1		1.126	0.070	0.414
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.077		0	1		5.545	0.347	2.039
14:1....g								
15:1....g								

NDB No. 01129
Egg, whole, cooked, hard-boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.310		37	1		0.422	0.026	0.155
17:1....g								
18:1 undifferentiated....g	3.725		37	1		5.066	0.317	1.863
20:1....g	0.030		37	1		0.041	0.003	0.015
22:1 undifferentiated....g	0.003		37	1		0.004	0.000	0.002
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.414		0	1		1.923	0.120	0.707
18:2 undifferentiated....g	1.188		37	1		1.616	0.101	0.594
18:3 undifferentiated....g	0.035		37	1		0.048	0.003	0.018
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.149		37	1		0.203	0.013	0.075
20:5 n-3....g	0.005		37	1		0.007	0.000	0.003
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.038		37	1		0.052	0.003	0.019
Fatty acids, total trans....g								
Cholesterol....mg	424	4.337	7	1		577	36	212
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.153		0	1		0.208	0.013	0.077
Threonine....g	0.604		0	1		0.821	0.051	0.302
Isoleucine....g	0.686		0	1		0.933	0.058	0.343
Leucine....g	1.075		0	1		1.462	0.091	0.538
Lysine....g	0.904		0	1		1.229	0.077	0.452
Methionine....g	0.392		0	1		0.533	0.033	0.196
Cystine....g	0.292		0	1		0.397	0.025	0.146
Phenylalanine....g	0.668		0	1		0.908	0.057	0.334
Tyrosine....g	0.513		0	1		0.698	0.044	0.257
Valine....g	0.767		0	1		1.043	0.065	0.384
Arginine....g	0.755		0	1		1.027	0.064	0.378
Histidine....g	0.298		0	1		0.405	0.025	0.149
Alanine....g	0.700		0	1		0.952	0.060	0.350
Aspartic acid....g	1.264		0	1		1.719	0.107	0.632
Glutamic acid....g	1.644		0	1		2.236	0.140	0.822
Glycine....g	0.423		0	1		0.575	0.036	0.212
Proline....g	0.501		0	1		0.681	0.043	0.251
Serine....g	0.936		0	1		1.273	0.080	0.468
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 136.000g: 1 cup, chopped

Measure 2 = 8.500g: 1 tbsp

Measure 3 = 50.000g: 1 large

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01130
Egg, whole, cooked, omelet

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	75.98		0	1		11.55	46.35	
Energy....kcal	152		0	4		23	93	
Energy....kj	636			4		97	388	
Protein (N x 6.25)....g	10.33		0	1		1.57	6.30	
Total lipid (fat)....g	11.44		0	1		1.74	6.98	
Ash....g	1.21		0	1		0.18	0.74	
Carbohydrate, by difference....g	1.04		0	4		0.16	0.63	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	42		0	1		6	26	
Iron, Fe....mg	1.19		0	1		0.18	0.73	
Magnesium, Mg....mg	9		0	1		1	5	
Phosphorus, P....mg	148		0	1		22	90	
Potassium, K....mg	101		0	1		15	62	
Sodium, Na....mg	270		0	1		41	165	
Zinc, Zn....mg	0.92		0	1		0.14	0.56	
Copper, Cu....mg	0.013		0	1		0.002	0.008	
Manganese, Mn....mg	0.022		0	1		0.003	0.013	
Selenium, Se....mcg	22.5		0	4		3.4	13.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.044		0	1		0.007	0.027	
Riboflavin....mg	0.399		0	1		0.061	0.243	
Niacin....mg	0.058		0	1		0.009	0.035	
Pantothenic acid....mg	0.934		0	1		0.142	0.570	
Vitamin B-6....mg	0.109		0	1		0.017	0.066	
Folate, total....mcg	29		0	1		4	18	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	29		0	1		4	18	
Folate, DFE....mcg_DFE	29		0	4		4	18	
Vitamin B-12....mcg	0.70		0	1		0.11	0.43	
Vitamin A, IU....IU	654		0	1		99	399	
Vitamin A, RE....mcg_RE	187		0	1		28	114	
Vitamin E....mg_ATE	1.290		0	4		0.196	0.787	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.180		0	1		0.483	1.940	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.003		0	1		0.000	0.002	
10:0....g	0.003		0	1		0.000	0.002	
11:0....g								
12:0....g	0.003		0	1		0.000	0.002	
13:0....g								
14:0....g	0.036		0	1		0.005	0.022	
15:0....g	0.004		1	1		0.001	0.002	
16:0....g	2.218		0	1		0.337	1.353	
17:0....g	0.014		1	1		0.002	0.009	
18:0....g	0.880		0	1		0.134	0.537	
19:0....g								
20:0....g	0.009		1	1		0.001	0.005	
22:0....g	0.011		1	1		0.002	0.007	
24:0....g	0.003		1	1		0.000	0.002	
Fatty acids, total monounsaturated....g	4.556		0	1		0.693	2.779	
14:1....g	0.007		1	1		0.001	0.004	
15:1....g								

NDB No. 01130
Egg, whole, cooked, omelet

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.245		0	1		0.037	0.149	
17:1....g								
18:1 undifferentiated....g	4.278		0	1		0.650	2.610	
20:1....g	0.023		0	1		0.003	0.014	
22:1 undifferentiated....g	0.003		0	1		0.000	0.002	
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.129		0	1		0.324	1.299	
18:2 undifferentiated....g	1.907		0	1		0.290	1.163	
18:3 undifferentiated....g	0.071		0	1		0.011	0.043	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.117		0	1		0.018	0.071	
20:5 n-3....g	0.003		0	1		0.000	0.002	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.030		0	1		0.005	0.018	
Fatty acids, total trans....g								
Cholesterol....mg	350		0	1		53	214	
Phytosterols....mg	10		0	1		2	6	
Amino Acids:								
Tryptophan....g	0.126		0	1		0.019	0.077	
Threonine....g	0.496		0	1		0.075	0.303	
Isoleucine....g	0.564		0	1		0.086	0.344	
Leucine....g	0.883		0	1		0.134	0.539	
Lysine....g	0.742		0	1		0.113	0.453	
Methionine....g	0.322		0	1		0.049	0.196	
Cystine....g	0.239		0	1		0.036	0.146	
Phenylalanine....g	0.549		0	1		0.083	0.335	
Tyrosine....g	0.422		0	1		0.064	0.257	
Valine....g	0.630		0	1		0.096	0.384	
Arginine....g	0.619		0	1		0.094	0.378	
Histidine....g	0.245		0	1		0.037	0.149	
Alanine....g	0.574		0	1		0.087	0.350	
Aspartic acid....g	1.037		0	1		0.158	0.633	
Glutamic acid....g	1.353		0	1		0.206	0.825	
Glycine....g	0.347		0	1		0.053	0.212	
Proline....g	0.413		0	1		0.063	0.252	
Serine....g	0.768		0	1		0.117	0.468	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 15.200g: 1 tbsp

Measure 2 = 61.000g: 1 large

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01131
Egg, whole, cooked, poached

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	75.03		0	1		37.52		
Energy....kcal	149		0	4		75		
Energy....kj	623			4		312		
Protein (N x 6.25)....g	12.44		0	1		6.22		
Total lipid (fat)....g	9.98		0	1		4.99		
Ash....g	1.34		0	1		0.67		
Carbohydrate, by difference....g	1.22		0	4		0.61		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	49		0	1		25		
Iron, Fe....mg	1.44		0	1		0.72		
Magnesium, Mg....mg	10		0	1		5		
Phosphorus, P....mg	177		0	1		89		
Potassium, K....mg	120		0	1		60		
Sodium, Na....mg	280		0	1		140		
Zinc, Zn....mg	1.10		0	1		0.55		
Copper, Cu....mg	0.014		0	1		0.007		
Manganese, Mn....mg	0.026		0	1		0.013		
Selenium, Se....mcg	30.8	1.160	69	1		15.4		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.049		0	1		0.025		
Riboflavin....mg	0.430		0	1		0.215		
Niacin....mg	0.062		0	1		0.031		
Pantothenic acid....mg	1.125		0	1		0.563		
Vitamin B-6....mg	0.118		0	1		0.059		
Folate, total....mcg	35		0	1		18		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	35		0	1		18		
Folate, DFE....mcg_DFE	35		0	4		18		
Vitamin B-12....mcg	0.80		0	1		0.40		
Vitamin A, IU....IU	632		0	1		316		
Vitamin A, RE....mcg_RE	190		0	1		95		
Vitamin E....mg_ATE	1.050		0	4		0.525		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.087		0	1		1.544		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.003		0	1		0.002		
10:0....g	0.003		0	1		0.002		
11:0....g								
12:0....g	0.003		0	1		0.002		
13:0....g								
14:0....g	0.034		0	1		0.017		
15:0....g	0.005		1	1		0.003		
16:0....g	2.217		0	1		1.109		
17:0....g	0.017		1	1		0.009		
18:0....g	0.781		0	1		0.391		
19:0....g								
20:0....g	0.011		1	1		0.006		
22:0....g	0.013		1	1		0.007		
24:0....g	0.004		1	1		0.002		
Fatty acids, total monounsaturated....g	3.794		0	1		1.897		
14:1....g	0.008		1	1		0.004		
15:1....g								

NDB No. 01131
Egg, whole, cooked, poached

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.297		0	1		0.149		
17:1....g								
18:1 undifferentiated....g	3.459		0	1		1.730		
20:1....g	0.028		0	1		0.014		
22:1 undifferentiated....g	0.003		0	1		0.002		
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.358		0	1		0.679		
18:2 undifferentiated....g	1.143		0	1		0.572		
18:3 undifferentiated....g	0.033		0	1		0.017		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.142		0	1		0.071		
20:5 n-3....g	0.004		0	1		0.002		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.037		0	1		0.019		
Fatty acids, total trans....g								
Cholesterol....mg	423		0	1		212		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.151		0	1		0.076		
Threonine....g	0.597		0	1		0.299		
Isoleucine....g	0.679		0	1		0.340		
Leucine....g	1.063		0	1		0.532		
Lysine....g	0.894		0	1		0.447		
Methionine....g	0.388		0	1		0.194		
Cystine....g	0.289		0	1		0.145		
Phenylalanine....g	0.661		0	1		0.331		
Tyrosine....g	0.508		0	1		0.254		
Valine....g	0.758		0	1		0.379		
Arginine....g	0.746		0	1		0.373		
Histidine....g	0.295		0	1		0.148		
Alanine....g	0.693		0	1		0.347		
Aspartic acid....g	1.250		0	1		0.625		
Glutamic acid....g	1.626		0	1		0.813		
Glycine....g	0.418		0	1		0.209		
Proline....g	0.496		0	1		0.248		
Serine....g	0.926		0	1		0.463		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 50.000g: 1 large

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01132
Egg, whole, cooked, scrambled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	73.15		0	1		160.93	10.02	44.62
Energy....kcal	166		0	4		365	23	101
Energy....kj	695			4		1528	95	424
Protein (N x 6.25)....g	11.09		0	1		24.40	1.52	6.76
Total lipid (fat)....g	12.21		0	1		26.86	1.67	7.45
Ash....g	1.36		0	1		2.99	0.19	0.83
Carbohydrate, by difference....g	2.20		0	4		4.84	0.30	1.34
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	71		0	1		156	10	43
Iron, Fe....mg	1.20		0	1		2.64	0.16	0.73
Magnesium, Mg....mg	12		0	1		26	2	7
Phosphorus, P....mg	170		0	1		374	23	104
Potassium, K....mg	138		0	1		304	19	84
Sodium, Na....mg	280		0	1		616	38	171
Zinc, Zn....mg	1.00		0	1		2.20	0.14	0.61
Copper, Cu....mg	0.014		0	1		0.031	0.002	0.009
Manganese, Mn....mg	0.022		0	1		0.048	0.003	0.013
Selenium, Se....mcg	22.5	1.102	33	1		49.5	3.1	13.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	1		0.4	0.0	0.1
Thiamin....mg	0.052		0	1		0.114	0.007	0.032
Riboflavin....mg	0.437		0	1		0.961	0.060	0.267
Niacin....mg	0.079		0	1		0.174	0.011	0.048
Pantothenic acid....mg	1.007		0	1		2.215	0.138	0.614
Vitamin B-6....mg	0.118		0	1		0.260	0.016	0.072
Folate, total....mcg	30		0	1		66	4	18
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	30		0	1		66	4	18
Folate, DFE....mcg_DFE	30		0	4		66	4	18
Vitamin B-12....mcg	0.77		0	1		1.69	0.11	0.47
Vitamin A, IU....IU	682		0	1		1500	93	416
Vitamin A, RE....mcg_RE	195		0	1		429	27	119
Vitamin E....mg_ATE	1.310		0	4		2.882	0.179	0.799
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.679		0	1		8.094	0.504	2.244
4:0....g	0.026		0	1		0.057	0.004	0.016
6:0....g	0.016		0	1		0.035	0.002	0.010
8:0....g	0.012		0	1		0.026	0.002	0.007
10:0....g	0.024		0	1		0.053	0.003	0.015
11:0....g								
12:0....g	0.027		0	1		0.059	0.004	0.016
13:0....g								
14:0....g	0.122		0	1		0.268	0.017	0.074
15:0....g								
16:0....g	2.434		0	1		5.355	0.333	1.485
17:0....g								
18:0....g	0.981		0	1		2.158	0.134	0.598
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.768		0	1		10.490	0.653	2.908
14:1....g								
15:1....g								

NDB No. 01132
Egg, whole, cooked, scrambled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.263		0	1		0.579	0.036	0.160
17:1....g								
18:1 undifferentiated....g	4.473		0	1		9.841	0.613	2.729
20:1....g	0.023		0	1		0.051	0.003	0.014
22:1 undifferentiated....g	0.002		0	1		0.004	0.000	0.001
24:1 c....g								
Fatty acids, total polyunsaturated....g	2.148		0	1		4.726	0.294	1.310
18:2 undifferentiated....g	1.916		0	1		4.215	0.262	1.169
18:3 undifferentiated....g	0.083		0	1		0.183	0.011	0.051
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.116		0	1		0.255	0.016	0.071
20:5 n-3....g	0.003		0	1		0.007	0.000	0.002
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.030		0	1		0.066	0.004	0.018
Fatty acids, total trans....g								
Cholesterol....mg	352		0	1		774	48	215
Phytosterols....mg	10		0	1		22	1	6
Amino Acids:								
Tryptophan....g	0.136		0	1		0.299	0.019	0.083
Threonine....g	0.528		0	1		1.162	0.072	0.322
Isoleucine....g	0.608		0	1		1.338	0.083	0.371
Leucine....g	0.954		0	1		2.099	0.131	0.582
Lysine....g	0.800		0	1		1.760	0.110	0.488
Methionine....g	0.340		0	1		0.748	0.047	0.207
Cystine....g	0.245		0	1		0.539	0.034	0.149
Phenylalanine....g	0.583		0	1		1.283	0.080	0.356
Tyrosine....g	0.457		0	1		1.005	0.063	0.279
Valine....g	0.678		0	1		1.492	0.093	0.414
Arginine....g	0.644		0	1		1.417	0.088	0.393
Histidine....g	0.264		0	1		0.581	0.036	0.161
Alanine....g	0.598		0	1		1.316	0.082	0.365
Aspartic acid....g	1.090		0	1		2.398	0.149	0.665
Glutamic acid....g	1.508		0	1		3.318	0.207	0.920
Glycine....g	0.361		0	1		0.794	0.049	0.220
Proline....g	0.487		0	1		1.071	0.067	0.297
Serine....g	0.806		0	1		1.773	0.110	0.492
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 220.000g: 1 cup

Measure 2 = 13.700g: 1 tbsp

Measure 3 = 61.000g: 1 large

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01133
Egg, whole, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.10		2	1		2.64	0.16	
Energy....kcal	594		0	4		505	30	
Energy....kj	2485			4		2113	124	
Protein (N x 6.25)....g	47.35		2	1		40.25	2.37	
Total lipid (fat)....g	40.95		2	1		34.81	2.05	
Ash....g	3.65		2	1		3.10	0.18	
Carbohydrate, by difference....g	4.95		0	4		4.21	0.25	
Fiber, total dietary....g	0.0		0	7		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	231		2	1		196	12	
Iron, Fe....mg	6.79		2	1		5.77	0.34	
Magnesium, Mg....mg	42		2	1		36	2	
Phosphorus, P....mg	831		2	1		706	42	
Potassium, K....mg	493		2	1		419	25	
Sodium, Na....mg	523		2	1		445	26	
Zinc, Zn....mg	5.28		2	1		4.49	0.26	
Copper, Cu....mg	0.196		2	1		0.167	0.010	
Manganese, Mn....mg	0.125		2	1		0.106	0.006	
Selenium, Se....mcg	119.6		0	4		101.7	6.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	7		0.0	0.0	
Thiamin....mg	0.195		2	1		0.166	0.010	
Riboflavin....mg	1.540		2	1		1.309	0.077	
Niacin....mg	0.305		2	1		0.259	0.015	
Pantothenic acid....mg	5.905		2	1		5.019	0.295	
Vitamin B-6....mg	0.388		2	1		0.330	0.019	
Folate, total....mcg	171		2	1		145	9	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	171		2	1		145	9	
Folate, DFE....mcg_DFE	171		0	4		145	9	
Vitamin B-12....mcg	3.95		2	1		3.36	0.20	
Vitamin A, IU....IU	900		2	1		765	45	
Vitamin A, RE....mcg_RE	270		0	4		230	14	
Vitamin E....mg_ATE	4.380		0	4		3.723	0.219	
Vitamin D....IU	188.000		0	4		159.800	9.400	
Lipids:								
Fatty acids, total saturated....g	12.727		0	1		10.818	0.636	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.139		2	1		0.118	0.007	
15:0....g								
16:0....g	9.233		2	1		7.848	0.462	
17:0....g								
18:0....g	3.291		2	1		2.797	0.165	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	15.337		0	1		13.036	0.767	
14:1....g								
15:1....g								

NDB No. 01133
Egg, whole, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.009		2	1		0.858	0.050	
17:1....g								
18:1 undifferentiated....g	14.162		2	1		12.038	0.708	
20:1....g	0.116		2	1		0.099	0.006	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.804		0	1		4.933	0.290	
18:2 undifferentiated....g	4.614		2	1		3.922	0.231	
18:3 undifferentiated....g	0.111		2	1		0.094	0.006	
18:4....g	0.056		2	1		0.048	0.003	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.569		2	1		0.484	0.028	
20:5 n-3....g	0.278		2	1		0.236	0.014	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.176		2	1		0.150	0.009	
Fatty acids, total trans....g								
Cholesterol....mg	1715		2	1		1458	86	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.576		0	1		0.490	0.029	
Threonine....g	2.273		0	1		1.932	0.114	
Isoleucine....g	2.583		0	1		2.196	0.129	
Leucine....g	4.046		0	1		3.439	0.202	
Lysine....g	3.402		0	1		2.892	0.170	
Methionine....g	1.477		0	1		1.255	0.074	
Cystine....g	1.099		0	1		0.934	0.055	
Phenylalanine....g	2.515		0	1		2.138	0.126	
Tyrosine....g	1.932		0	1		1.642	0.097	
Valine....g	2.886		0	1		2.453	0.144	
Arginine....g	2.841		0	1		2.415	0.142	
Histidine....g	1.121		0	1		0.953	0.056	
Alanine....g	2.636		0	1		2.241	0.132	
Aspartic acid....g	4.758		0	1		4.044	0.238	
Glutamic acid....g	6.190		0	1		5.262	0.310	
Glycine....g	1.591		0	1		1.352	0.080	
Proline....g	1.886		0	1		1.603	0.094	
Serine....g	3.523		0	1		2.995	0.176	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg	0		0	7		0	0	
Theobromine....mg	0		0	7		0	0	

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

Common Measures:

Measure 1 = 85.000g: 1 cup, sifted

Measure 2 = 5.000g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01134
Egg, whole, dried, stabilized, glucose reduced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	1.87	0.099	14	1		1.59	0.09	
Energy....kcal	615		0	4		523	31	
Energy....kj	2574			4		2188	129	
Protein (N x 6.25)....g	48.17		0	1		40.94	2.41	
Total lipid (fat)....g	43.95		0	1		37.36	2.20	
Ash....g	3.63		0	1		3.09	0.18	
Carbohydrate, by difference....g	2.38		0	4		2.02	0.12	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	222		0	1		189	11	
Iron, Fe....mg	8.28		0	1		7.04	0.41	
Magnesium, Mg....mg	49		0	1		41	2	
Phosphorus, P....mg	715		0	1		607	36	
Potassium, K....mg	515		0	1		438	26	
Sodium, Na....mg	548		0	1		466	27	
Zinc, Zn....mg	5.71		0	1		4.85	0.29	
Copper, Cu....mg	0.270		0	1		0.230	0.014	
Manganese, Mn....mg	0.150		0	1		0.128	0.008	
Selenium, Se....mcg	121.1		0	4		102.9	6.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.325		0	1		0.276	0.016	
Riboflavin....mg	1.232		0	1		1.047	0.062	
Niacin....mg	0.259		0	1		0.220	0.013	
Pantothenic acid....mg	6.710		0	1		5.704	0.336	
Vitamin B-6....mg	0.420		0	1		0.357	0.021	
Folate, total....mcg	193		0	1		164	10	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	193		0	1		164	10	
Folate, DFE....mcg_DFE	193		0	4		164	10	
Vitamin B-12....mcg	10.51		0	1		8.94	0.53	
Vitamin A, IU....IU	2050		0	1		1743	103	
Vitamin A, RE....mcg_RE	616		0	1		524	31	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.198		0	1		11.218	0.660	
4:0....g	0.000		0	4		0.000	0.000	
6:0....g	0.000		0	4		0.000	0.000	
8:0....g	0.000		0	4		0.000	0.000	
10:0....g	0.000		0	4		0.000	0.000	
11:0....g								
12:0....g	0.000		0	4		0.000	0.000	
13:0....g								
14:0....g	0.120		42	1		0.102	0.006	
15:0....g								
16:0....g	9.703		69	1		8.248	0.485	
17:0....g								
18:0....g	3.374		69	1		2.868	0.169	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	17.564		0	1		14.929	0.878	
14:1....g								
15:1....g								

NDB No. 01134
Egg, whole, dried, stabilized, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.463		69	1		1.244	0.073	
17:1....g								
18:1 undifferentiated....g	16.102		69	1		13.687	0.805	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	5.713		0	1		4.856	0.286	
18:2 undifferentiated....g	4.881		69	1		4.149	0.244	
18:3 undifferentiated....g	0.124		32	1		0.105	0.006	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.368		47	1		0.313	0.018	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	2017		0	1		1714	101	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.771		0	1		0.655	0.039	
Threonine....g	2.366		0	1		2.011	0.118	
Isoleucine....g	3.014		0	1		2.562	0.151	
Leucine....g	4.231		0	1		3.596	0.212	
Lysine....g	3.252		0	1		2.764	0.163	
Methionine....g	1.557		0	1		1.323	0.078	
Cystine....g	1.148		0	1		0.976	0.057	
Phenylalanine....g	2.721		0	1		2.313	0.136	
Tyrosine....g	2.004		0	1		1.703	0.100	
Valine....g	3.468		0	1		2.948	0.173	
Arginine....g	3.083		0	1		2.621	0.154	
Histidine....g	1.164		0	1		0.989	0.058	
Alanine....g	2.813		0	1		2.391	0.141	
Aspartic acid....g	4.778		0	1		4.061	0.239	
Glutamic acid....g	6.135		0	1		5.215	0.307	
Glycine....g	1.603		0	1		1.363	0.080	
Proline....g	1.911		0	1		1.624	0.096	
Serine....g	3.661		0	1		3.112	0.183	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 85.000g: 1 cup, sifted

Measure 2 = 5.000g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01135
Egg, white, dried, flakes, glucose reduced

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	14.62	0.545	5	1		33.19		
Energy	kcal	351		0	4		797		
Energy	kj	1469			4		3334		
Protein (N x 6.25)	g	76.92		0	1		174.61		
Total lipid (fat)	g	0.04		0	1		0.09		
Ash	g	4.25		0	1		9.65		
Carbohydrate, by difference	g	4.17		0	4		9.47		
Fiber, total dietary	g	0.0		0	4		0.0		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	83		0	1		189		
Iron, Fe	mg	0.23		0	1		0.52		
Magnesium, Mg	mg	67		0	1		152		
Phosphorus, P	mg	83		0	1		189		
Potassium, K	mg	1042		0	1		2364		
Sodium, Na	mg	1156		0	1		2624		
Zinc, Zn	mg	0.15		0	1		0.34		
Copper, Cu	mg	0.230		0	1		0.522		
Manganese, Mn	mg	0.070		0	1		0.159		
Selenium, Se	mcg	116.8		0	4		265.1		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	1		0.0		
Thiamin	mg	0.035		0	1		0.079		
Riboflavin	mg	2.162		0	1		4.908		
Niacin	mg	0.675		0	1		1.532		
Pantothenic acid	mg	1.829		0	1		4.152		
Vitamin B-6	mg	0.023		0	1		0.052		
Folate, total	mcg	89		0	1		203		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	89		0	1		203		
Folate, DFE	mcg_DFE	89		0	4		203		
Vitamin B-12	mcg	0.49		0	1		1.12		
Vitamin A, IU	IU	0		0	1		0		
Vitamin A, RE	mcg_RE	0		0	1		0		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.000		0	1		0.000		
4:0	g	0.000		0	4		0.000		
6:0	g	0.000		0	4		0.000		
8:0	g	0.000		0	4		0.000		
10:0	g	0.000		0	4		0.000		
11:0	g								
12:0	g	0.000		0	4		0.000		
13:0	g								
14:0	g	0.000		0	1		0.000		
15:0	g								
16:0	g	0.000		0	1		0.000		
17:0	g								
18:0	g	0.000		0	1		0.000		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.000		0	1		0.000		
14:1	g								
15:1	g								

NDB No. 01135
Egg, white, dried, flakes, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000		
17:1....g								
18:1 undifferentiated....g	0.000		0	1		0.000		
20:1....g	0.000		0	4		0.000		
22:1 undifferentiated....g	0.000		0	4		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	1		0.000		
18:2 undifferentiated....g	0.000		0	1		0.000		
18:3 undifferentiated....g	0.000		0	1		0.000		
18:4....g	0.000		0	4		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	4		0.000		
22:2....g								
22:5 n-3....g	0.000		0	4		0.000		
22:6 n-3....g	0.000		0	4		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	1.181		0	1		2.681		
Threonine....g	3.421		0	1		7.766		
Isoleucine....g	4.689		0	1		10.644		
Leucine....g	6.695		0	1		15.198		
Lysine....g	4.738		0	1		10.755		
Methionine....g	2.991		0	1		6.790		
Cystine....g	1.908		0	1		4.331		
Phenylalanine....g	4.837		0	1		10.980		
Tyrosine....g	3.089		0	1		7.012		
Valine....g	5.760		0	1		13.075		
Arginine....g	4.492		0	1		10.197		
Histidine....g	1.748		0	1		3.968		
Alanine....g	4.960		0	1		11.259		
Aspartic acid....g	6.806		0	1		15.450		
Glutamic acid....g	10.732		0	1		24.362		
Glycine....g	2.880		0	1		6.538		
Proline....g	2.892		0	1		6.565		
Serine....g	5.674		0	1		12.880		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 227.000g: .5 lb

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01136
Egg, white, dried, powder, glucose reduced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	8.54	0.538	5	1		9.14	1.20	
Energy....kcal	376		0	4		402	53	
Energy....kj	1573			4		1684	220	
Protein (N x 6.25)....g	82.40		0	1		88.17	11.54	
Total lipid (fat)....g	0.04		0	1		0.04	0.01	
Ash....g	4.55		0	1		4.87	0.64	
Carbohydrate, by difference....g	4.47		0	4		4.78	0.63	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	89		0	1		96	13	
Iron, Fe....mg	0.24		0	1		0.26	0.03	
Magnesium, Mg....mg	72		0	1		77	10	
Phosphorus, P....mg	89		0	1		96	13	
Potassium, K....mg	1116		0	1		1194	156	
Sodium, Na....mg	1238		0	1		1325	173	
Zinc, Zn....mg	0.16		0	1		0.17	0.02	
Copper, Cu....mg	0.170		0	1		0.182	0.024	
Manganese, Mn....mg	0.050		0	1		0.054	0.007	
Selenium, Se....mcg	125.1		0	4		133.9	17.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.037		0	1		0.040	0.005	
Riboflavin....mg	2.316		0	1		2.478	0.324	
Niacin....mg	0.723		0	1		0.774	0.101	
Pantothenic acid....mg	1.958		0	1		2.095	0.274	
Vitamin B-6....mg	0.024		0	1		0.026	0.003	
Folate, total....mcg	96		0	1		102	13	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	96		0	1		102	13	
Folate, DFE....mcg_DFE	96		0	4		102	13	
Vitamin B-12....mcg	0.53		0	1		0.56	0.07	
Vitamin A, IU....IU	0		0	1		0	0	
Vitamin A, RE....mcg_RE	0		0	1		0	0	
Vitamin E....mg_ATE	0.000		0	4		0.000	0.000	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	1		0.000	0.000	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.000		0	1		0.000	0.000	
15:0....g								
16:0....g	0.000		0	1		0.000	0.000	
17:0....g								
18:0....g	0.000		0	1		0.000	0.000	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	1		0.000	0.000	
14:1....g								
15:1....g								

NDB No. 01136
Egg, white, dried, powder, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	0.000		0	1		0.000	0.000	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	1		0.000	0.000	
18:2 undifferentiated....g	0.000		0	1		0.000	0.000	
18:3 undifferentiated....g	0.000		0	1		0.000	0.000	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	0		0	1		0	0	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	1.266		0	1		1.355	0.177	
Threonine....g	3.665		0	1		3.922	0.513	
Isoleucine....g	5.023		0	1		5.375	0.703	
Leucine....g	7.172		0	1		7.674	1.004	
Lysine....g	5.076		0	1		5.431	0.711	
Methionine....g	3.204		0	1		3.428	0.449	
Cystine....g	2.044		0	1		2.187	0.286	
Phenylalanine....g	5.181		0	1		5.544	0.725	
Tyrosine....g	3.309		0	1		3.541	0.463	
Valine....g	6.170		0	1		6.602	0.864	
Arginine....g	4.812		0	1		5.149	0.674	
Histidine....g	1.872		0	1		2.003	0.262	
Alanine....g	5.313		0	1		5.685	0.744	
Aspartic acid....g	7.291		0	1		7.801	1.021	
Glutamic acid....g	11.496		0	1		12.301	1.609	
Glycine....g	3.085		0	1		3.301	0.432	
Proline....g	3.098		0	1		3.315	0.434	
Serine....g	6.078		0	1		6.503	0.851	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 107.000g: 1 cup, sifted

Measure 2 = 14.000g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01137
Egg, yolk, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	2.95		2	1		1.98	0.12	
Energy....kcal	666		0	4		446	27	
Energy....kj	2787			4		1867	111	
Protein (N x 6.25)....g	34.25		2	1		22.95	1.37	
Total lipid (fat)....g	55.80		2	1		37.39	2.23	
Ash....g	3.40		2	1		2.28	0.14	
Carbohydrate, by difference....g	3.60		0	4		2.41	0.14	
Fiber, total dietary....g	0.0		0	7		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	284		2	1		190	11	
Iron, Fe....mg	5.42		2	1		3.63	0.22	
Magnesium, Mg....mg	13		2	1		9	1	
Phosphorus, P....mg	920		2	1		616	37	
Potassium, K....mg	244		2	1		163	10	
Sodium, Na....mg	135		2	1		90	5	
Zinc, Zn....mg	4.93		2	1		3.30	0.20	
Copper, Cu....mg	0.012		2	1		0.008	0.000	
Manganese, Mn....mg	0.119		2	1		0.080	0.005	
Selenium, Se....mcg	86.8		0	4		58.2	3.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	7		0.0	0.0	
Thiamin....mg	0.290		2	1		0.194	0.012	
Riboflavin....mg	1.880		2	1		1.260	0.075	
Niacin....mg	0.095		2	1		0.064	0.004	
Pantothenic acid....mg	7.765		2	1		5.203	0.311	
Vitamin B-6....mg	0.660		2	1		0.442	0.026	
Folate, total....mcg	244		2	1		163	10	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	244		2	1		163	10	
Folate, DFE....mcg_DFE	244		0	4		163	10	
Vitamin B-12....mcg	5.33		2	1		3.57	0.21	
Vitamin A, IU....IU	1315		2	1		881	53	
Vitamin A, RE....mcg_RE	395		0	4		265	16	
Vitamin E....mg_ATE	6.420		0	4		4.301	0.257	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	17.154		0	1		11.493	0.686	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.180		2	1		0.121	0.007	
15:0....g								
16:0....g	12.559		2	1		8.415	0.502	
17:0....g								
18:0....g	4.326		2	1		2.898	0.173	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	21.129		0	1		14.156	0.845	
14:1....g								
15:1....g								

NDB No. 01137
Egg, yolk, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.373		2	1		0.920	0.055	
17:1....g								
18:1 undifferentiated....g	19.536		2	1		13.089	0.781	
20:1....g	0.149		2	1		0.100	0.006	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	7.895		0	1		5.290	0.316	
18:2 undifferentiated....g	6.423		2	1		4.303	0.257	
18:3 undifferentiated....g	0.126		2	1		0.084	0.005	
18:4....g	0.068		2	1		0.046	0.003	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.837		2	1		0.561	0.033	
20:5 n-3....g	0.203		2	1		0.136	0.008	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.239		2	1		0.160	0.010	
Fatty acids, total trans....g								
Cholesterol....mg	2335		2	1		1564	93	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.400		0	1		0.268	0.016	
Threonine....g	1.819		0	1		1.219	0.073	
Isoleucine....g	1.732		0	1		1.160	0.069	
Leucine....g	3.009		0	1		2.016	0.120	
Lysine....g	2.718		0	1		1.821	0.109	
Methionine....g	0.849		0	1		0.569	0.034	
Cystine....g	0.614		0	1		0.411	0.025	
Phenylalanine....g	1.463		0	1		0.980	0.059	
Tyrosine....g	1.523		0	1		1.020	0.061	
Valine....g	1.907		0	1		1.278	0.076	
Arginine....g	2.444		0	1		1.637	0.098	
Histidine....g	0.888		0	1		0.595	0.036	
Alanine....g	1.759		0	1		1.179	0.070	
Aspartic acid....g	3.348		0	1		2.243	0.134	
Glutamic acid....g	4.340		0	1		2.908	0.174	
Glycine....g	1.058		0	1		0.709	0.042	
Proline....g	1.430		0	1		0.958	0.057	
Serine....g	2.926		0	1		1.960	0.117	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 67.000g: 1 cup, sifted

Measure 2 = 4.000g: 1 tbsp

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01138
Egg, duck, whole, fresh, raw

Refuse: 12% Shell

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	70.83	0.467	13	1		49.58		
Energy....kcal	185		0	4		130		
Energy....kj	776			4		543		
Protein (N x 6.25)....g	12.81	0.240	13	1		8.97		
Total lipid (fat)....g	13.77	0.217	18	1		9.64		
Ash....g	1.14	0.077	17	1		0.80		
Carbohydrate, by difference....g	1.45		0	4		1.02		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	64	4.333	6	1		45		
Iron, Fe....mg	3.85	0.475	7	1		2.70		
Magnesium, Mg....mg	17		1	1		12		
Phosphorus, P....mg	220	12.345	7	1		154		
Potassium, K....mg	222	79.951	3	1		156		
Sodium, Na....mg	146		2	1		102		
Zinc, Zn....mg	1.41		1	1		0.99		
Copper, Cu....mg	0.062		0	1		0.043		
Manganese, Mn....mg	0.038		0	1		0.027		
Selenium, Se....mcg	36.4		0	4		25.5		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.156	0.023	7	1		0.109		
Riboflavin....mg	0.404	0.036	7	1		0.283		
Niacin....mg	0.200	0.100	5	1		0.140		
Pantothenic acid....mg	1.862		0	4		1.303		
Vitamin B-6....mg	0.250		2	1		0.175		
Folate, total....mcg	80		1	1		56		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	80		1	1		56		
Folate, DFE....mcg_DFE	80		0	4		56		
Vitamin B-12....mcg	5.40		2	1		3.78		
Vitamin A, IU....IU	1328	69.687	4	1		930		
Vitamin A, RE....mcg_RE	399		0	4		279		
Vitamin E....mg_ATE	0.740		0	4		0.518		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.681		0	1		2.577		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.054	0.009	4	1		0.038		
15:0....g								
16:0....g	2.996	0.122	4	1		2.097		
17:0....g								
18:0....g	0.632	0.075	4	1		0.442		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.525		0	1		4.568		
14:1....g								
15:1....g								

NDB No. 01138
Egg, duck, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.441	0.032	4	1		0.309		
17:1....g								
18:1 undifferentiated....g	6.084	0.239	4	1		4.259		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.223		0	1		0.856		
18:2 undifferentiated....g	0.558	0.168	4	1		0.391		
18:3 undifferentiated....g	0.102	0.068	4	1		0.071		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.319	0.058	4	1		0.223		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	884		3	1		619		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.260		0	1		0.182		
Threonine....g	0.736		0	1		0.515		
Isoleucine....g	0.598		0	1		0.419		
Leucine....g	1.097		0	1		0.768		
Lysine....g	0.951		0	1		0.666		
Methionine....g	0.576		0	1		0.403		
Cystine....g	0.285		0	1		0.200		
Phenylalanine....g	0.840		0	1		0.588		
Tyrosine....g	0.613		0	1		0.429		
Valine....g	0.885		0	1		0.620		
Arginine....g	0.765		0	1		0.536		
Histidine....g	0.320		0	1		0.224		
Alanine....g	0.631		0	1		0.442		
Aspartic acid....g	0.777		0	1		0.544		
Glutamic acid....g	1.789		0	1		1.252		
Glycine....g	0.422		0	1		0.295		
Proline....g	0.480		0	1		0.336		
Serine....g	0.963		0	1		0.674		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 70.000g: 1 egg

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01139
Egg, goose, whole, fresh, raw

Refuse: 13% Shell

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	70.43	0.498	3	1		101.42		
Energy....kcal	185		0	4		267		
Energy....kj	775			4		1115		
Protein (N x 6.25)....g	13.87	0.120	3	1		19.97		
Total lipid (fat)....g	13.27	0.636	3	1		19.11		
Ash....g	1.08	0.049	3	1		1.56		
Carbohydrate, by difference....g	1.35		0	4		1.94		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	60		0	4		87		
Iron, Fe....mg	3.64		0	4		5.24		
Magnesium, Mg....mg	16		0	4		22		
Phosphorus, P....mg	208		0	4		299		
Potassium, K....mg	210		0	4		302		
Sodium, Na....mg	138		0	4		199		
Zinc, Zn....mg	1.33		0	4		1.92		
Copper, Cu....mg	0.062		0	1		0.089		
Manganese, Mn....mg	0.038		0	1		0.055		
Selenium, Se....mcg	36.9		0	4		53.1		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.147		0	4		0.212		
Riboflavin....mg	0.382		0	4		0.550		
Niacin....mg	0.189		0	4		0.272		
Pantothenic acid....mg	1.759		0	4		2.533		
Vitamin B-6....mg	0.236		0	4		0.340		
Folate, total....mcg	76		0	4		109		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	76		0	4		109		
Folate, DFE....mcg_DFE	76		0	4		109		
Vitamin B-12....mcg	5.10		0	4		7.34		
Vitamin A, IU....IU	1280		0	4		1843		
Vitamin A, RE....mcg_RE	384		0	4		553		
Vitamin E....mg_ATE	0.740		0	4		1.066		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.595		0	1		5.177		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.050		2	1		0.072		
15:0....g								
16:0....g	2.849		2	1		4.103		
17:0....g								
18:0....g	0.696		2	1		1.002		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.747		0	1		8.276		
14:1....g								
15:1....g								

NDB No. 01139
Egg, goose, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.394		2	1		0.567		
17:1....g								
18:1 undifferentiated....g	5.353		2	1		7.708		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.672		0	1		2.408		
18:2 undifferentiated....g	0.680		2	1		0.979		
18:3 undifferentiated....g	0.554		2	1		0.798		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.279		2	1		0.402		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	852		0	4		1227		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.282		0	4		0.406		
Threonine....g	0.797		0	4		1.148		
Isoleucine....g	0.647		0	4		0.932		
Leucine....g	1.188		0	4		1.711		
Lysine....g	1.030		0	4		1.483		
Methionine....g	0.624		0	4		0.899		
Cystine....g	0.309		0	4		0.445		
Phenylalanine....g	0.910		0	4		1.310		
Tyrosine....g	0.664		0	4		0.956		
Valine....g	0.958		0	4		1.380		
Arginine....g	0.828		0	4		1.192		
Histidine....g	0.346		0	4		0.498		
Alanine....g	0.683		0	4		0.984		
Aspartic acid....g	0.841		0	4		1.211		
Glutamic acid....g	1.937		0	4		2.789		
Glycine....g	0.457		0	4		0.658		
Proline....g	0.520		0	4		0.749		
Serine....g	1.043		0	4		1.502		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 144.000g: 1 egg

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01140
Egg, quail, whole, fresh, raw

Refuse: 8% Shell

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.35		2	1		6.69		
Energy....kcal	158		0	4		14		
Energy....kj	663			4		60		
Protein (N x 6.25)....g	13.05		2	1		1.17		
Total lipid (fat)....g	11.09	0.243	6	1		1.00		
Ash....g	1.10		2	1		0.10		
Carbohydrate, by difference....g	0.41		0	4		0.04		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	64		2	1		6		
Iron, Fe....mg	3.65		2	1		0.33		
Magnesium, Mg....mg	13		0	4		1		
Phosphorus, P....mg	226		2	1		20		
Potassium, K....mg	132		0	4		12		
Sodium, Na....mg	141		0	4		13		
Zinc, Zn....mg	1.47		0	4		0.13		
Copper, Cu....mg	0.062		0	1		0.006		
Manganese, Mn....mg	0.038		0	1		0.003		
Selenium, Se....mcg	32.0		0	4		2.9		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.130		2	1		0.012		
Riboflavin....mg	0.790		2	1		0.071		
Niacin....mg	0.150		2	1		0.014		
Pantothenic acid....mg	1.761		0	4		0.158		
Vitamin B-6....mg	0.150		1	1		0.014		
Folate, total....mcg	66		0	4		6		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	66		0	4		6		
Folate, DFE....mcg_DFE	66		0	4		6		
Vitamin B-12....mcg	1.58		0	4		0.14		
Vitamin A, IU....IU	300		1	1		27		
Vitamin A, RE....mcg_RE	90		0	4		8		
Vitamin E....mg_ATE	0.740		0	4		0.067		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.557		0	1		0.320		
4:0....g	0.000		0	1		0.000		
6:0....g	0.000		0	1		0.000		
8:0....g	0.000		0	1		0.000		
10:0....g	0.000		0	1		0.000		
11:0....g								
12:0....g	0.000		0	1		0.000		
13:0....g								
14:0....g	0.053	0.007	6	1		0.005		
15:0....g								
16:0....g	2.666	0.076	8	1		0.240		
17:0....g								
18:0....g	0.838	0.053	8	1		0.075		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.324		0	1		0.389		
14:1....g								
15:1....g								

NDB No. 01140
Egg, quail, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.473	0.051	8	1		0.043		
17:1....g								
18:1 undifferentiated....g	3.851	0.156	8	1		0.347		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.324		0	1		0.119		
18:2 undifferentiated....g	0.940	0.081	8	1		0.085		
18:3 undifferentiated....g	0.044	0.020	6	1		0.004		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.122	0.016	8	1		0.011		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	844		12	1		76		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.209		0	4		0.019		
Threonine....g	0.641		0	4		0.058		
Isoleucine....g	0.816		0	4		0.073		
Leucine....g	1.146		0	4		0.103		
Lysine....g	0.881		0	4		0.079		
Methionine....g	0.421		0	4		0.038		
Cystine....g	0.311		0	4		0.028		
Phenylalanine....g	0.737		0	4		0.066		
Tyrosine....g	0.543		0	4		0.049		
Valine....g	0.940		0	4		0.085		
Arginine....g	0.835		0	4		0.075		
Histidine....g	0.315		0	4		0.028		
Alanine....g	0.762		0	4		0.069		
Aspartic acid....g	1.294		0	4		0.116		
Glutamic acid....g	1.662		0	4		0.150		
Glycine....g	0.434		0	4		0.039		
Proline....g	0.518		0	4		0.047		
Serine....g	0.992		0	4		0.089		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 9.000g: 1 egg

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01141
Egg, turkey, whole, fresh, raw

Refuse: 12% Shell

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	72.50	0.372	5	1		57.28		
Energy....kcal	171		0	4		135		
Energy....kj	716			4		565		
Protein (N x 6.25)....g	13.68	0.613	5	1		10.81		
Total lipid (fat)....g	11.88	0.188	5	1		9.39		
Ash....g	0.79	0.049	4	1		0.62		
Carbohydrate, by difference....g	1.15		0	4		0.91		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	99		1	1		78		
Iron, Fe....mg	4.10		1	1		3.24		
Magnesium, Mg....mg	13		0	4		11		
Phosphorus, P....mg	170		1	1		134		
Potassium, K....mg	142		0	4		112		
Sodium, Na....mg	151		0	4		120		
Zinc, Zn....mg	1.58		0	4		1.25		
Copper, Cu....mg	0.062		0	1		0.049		
Manganese, Mn....mg	0.038		0	1		0.030		
Selenium, Se....mcg	34.3		0	4		27.1		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.110		1	1		0.087		
Riboflavin....mg	0.470		1	1		0.371		
Niacin....mg	0.024		2	1		0.019		
Pantothenic acid....mg	1.889		0	4		1.492		
Vitamin B-6....mg	0.131		0	4		0.103		
Folate, total....mcg	71		0	4		56		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	71		0	4		56		
Folate, DFE....mcg_DFE	71		0	4		56		
Vitamin B-12....mcg	1.69		0	4		1.34		
Vitamin A, IU....IU	554		0	4		438		
Vitamin A, RE....mcg_RE	166		0	4		131		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.632		0	1		2.869		
4:0....g	0.000		0	4		0.000		
6:0....g	0.000		0	4		0.000		
8:0....g	0.000		0	4		0.000		
10:0....g	0.000		0	4		0.000		
11:0....g								
12:0....g	0.000		0	4		0.000		
13:0....g								
14:0....g	0.036	0.007	3	1		0.028		
15:0....g								
16:0....g	2.719	0.075	4	1		2.148		
17:0....g								
18:0....g	0.877	0.053	4	1		0.693		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.571		0	1		3.611		
14:1....g								
15:1....g								

NDB No. 01141
Egg, turkey, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.672	0.099	4	1		0.531		
17:1....g								
18:1 undifferentiated....g	3.899	0.137	4	1		3.080		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.658		0	1		1.310		
18:2 undifferentiated....g	1.166	0.121	4	1		0.921		
18:3 undifferentiated....g	0.079	0.024	4	1		0.062		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.127	0.009	4	1		0.100		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	933		10	1		737		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.219		0	4		0.173		
Threonine....g	0.672		0	4		0.531		
Isoleucine....g	0.855		0	4		0.675		
Leucine....g	1.201		0	4		0.949		
Lysine....g	0.924		0	4		0.730		
Methionine....g	0.442		0	4		0.349		
Cystine....g	0.326		0	4		0.258		
Phenylalanine....g	0.773		0	4		0.611		
Tyrosine....g	0.569		0	4		0.450		
Valine....g	0.985		0	4		0.778		
Arginine....g	0.876		0	4		0.692		
Histidine....g	0.330		0	4		0.261		
Alanine....g	0.799		0	4		0.631		
Aspartic acid....g	1.357		0	4		1.072		
Glutamic acid....g	1.742		0	4		1.376		
Glycine....g	0.455		0	4		0.359		
Proline....g	0.543		0	4		0.429		
Serine....g	1.040		0	4		0.822		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 79.000g: 1 egg

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01142
Egg substitute, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	73.10		1	1		175.44	43.86	
Energy....kcal	160		0	4		384	96	
Energy....kj	669			4		1605	401	
Protein (N x 6.25)....g	11.29	0.195	3	1		27.10	6.77	
Total lipid (fat)....g	11.11	0.793	4	1		26.66	6.67	
Ash....g	1.30		1	1		3.12	0.78	
Carbohydrate, by difference....g	3.20		0	4		7.68	1.92	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	73		2	1		175	44	
Iron, Fe....mg	1.98		2	1		4.75	1.19	
Magnesium, Mg....mg	15		0	4		36	9	
Phosphorus, P....mg	72		1	1		172	43	
Potassium, K....mg	213		1	1		512	128	
Sodium, Na....mg	199		2	1		479	120	
Zinc, Zn....mg	0.98		1	1		2.35	0.59	
Copper, Cu....mg	0.022		0	1		0.053	0.013	
Manganese, Mn....mg	0.006		0	1		0.014	0.004	
Selenium, Se....mcg	41.3		0	4		99.1	24.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.5		0	4		1.1	0.3	
Thiamin....mg	0.120		2	1		0.288	0.072	
Riboflavin....mg	0.386		2	1		0.926	0.232	
Niacin....mg	0.140		0	4		0.336	0.084	
Pantothenic acid....mg	1.660		1	1		3.984	0.996	
Vitamin B-6....mg	0.133		1	1		0.319	0.080	
Folate, total....mcg	16		0	4		39	10	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	16		0	4		39	10	
Folate, DFE....mcg_DFE	16		0	4		39	10	
Vitamin B-12....mcg	0.34		0	4		0.81	0.20	
Vitamin A, IU....IU	1350		1	1		3240	810	
Vitamin A, RE....mcg_RE	135		0	1		324	81	
Vitamin E....mg_ATE	2.112		0	4		5.069	1.267	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	1.930		0	1		4.632	1.158	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.011		1	1		0.026	0.007	
15:0....g								
16:0....g	1.503		1	1		3.607	0.902	
17:0....g								
18:0....g	0.436		1	1		1.046	0.262	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.435		0	1		5.844	1.461	
14:1....g								
15:1....g								

NDB No. 01142
Egg substitute, frozen

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	
17:1....g								
18:1 undifferentiated....g	2.437		1	1		5.849	1.462	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	6.241		0	1		14.978	3.745	
18:2 undifferentiated....g	6.177		1	1		14.825	3.706	
18:3 undifferentiated....g	0.064		1	1		0.154	0.038	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	2		2	1		5	1	
Phytosterols....mg	95		0	4		228	57	
Amino Acids:								
Tryptophan....g	0.164		0	4		0.394	0.098	
Threonine....g	0.484		0	4		1.162	0.290	
Isoleucine....g	0.660		0	4		1.584	0.396	
Leucine....g	0.972		0	4		2.333	0.583	
Lysine....g	0.713		0	4		1.711	0.428	
Methionine....g	0.387		0	4		0.929	0.232	
Cystine....g	0.229		0	4		0.550	0.137	
Phenylalanine....g	0.645		0	4		1.548	0.387	
Tyrosine....g	0.456		0	4		1.094	0.274	
Valine....g	0.792		0	4		1.901	0.475	
Arginine....g	0.577		0	4		1.385	0.346	
Histidine....g	0.257		0	4		0.617	0.154	
Alanine....g	0.624		0	4		1.498	0.374	
Aspartic acid....g	0.928		0	4		2.227	0.557	
Glutamic acid....g	1.690		0	4		4.056	1.014	
Glycine....g	0.365		0	4		0.876	0.219	
Proline....g	0.558		0	4		1.339	0.335	
Serine....g	0.751		0	4		1.802	0.451	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 240.000g: 1 cup

Measure 2 = 60.000g: .25 cup

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01143
Egg substitute, liquid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	82.75		0	1		207.70	12.99	38.89
Energy....kcal	84		0	4		211	13	40
Energy....kj	352			4		883	55	165
Protein (N x 6.25)....g	12.00		1	1		30.12	1.88	5.64
Total lipid (fat)....g	3.31	0.042	4	1		8.31	0.52	1.56
Ash....g	1.30		0	1		3.26	0.20	0.61
Carbohydrate, by difference....g	0.64		0	4		1.61	0.10	0.30
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	53		1	1		133	8	25
Iron, Fe....mg	2.10		1	1		5.27	0.33	0.99
Magnesium, Mg....mg	9		0	4		22	1	4
Phosphorus, P....mg	121		1	1		304	19	57
Potassium, K....mg	330		1	1		828	52	155
Sodium, Na....mg	177		1	1		444	28	83
Zinc, Zn....mg	1.30		1	1		3.26	0.20	0.61
Copper, Cu....mg	0.023		0	1		0.058	0.004	0.011
Manganese, Mn....mg	0.007		0	1		0.018	0.001	0.003
Selenium, Se....mcg	24.9		0	4		62.5	3.9	11.7
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.110		1	1		0.276	0.017	0.052
Riboflavin....mg	0.300		1	1		0.753	0.047	0.141
Niacin....mg	0.110		1	1		0.276	0.017	0.052
Pantothenic acid....mg	2.700		1	1		6.777	0.424	1.269
Vitamin B-6....mg	0.003		0	4		0.008	0.000	0.001
Folate, total....mcg	15		0	4		37	2	7
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	15		0	4		37	2	7
Folate, DFE....mcg_DFE	15		0	4		37	2	7
Vitamin B-12....mcg	0.30		1	1		0.75	0.05	0.14
Vitamin A, IU....IU	2160		1	1		5422	339	1015
Vitamin A, RE....mcg_RE	216		0	1		542	34	102
Vitamin E....mg_ATE	0.486		0	4		1.220	0.076	0.228
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.659		0	1		1.654	0.103	0.310
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.000		0	1		0.000	0.000	0.000
10:0....g	0.000		0	1		0.000	0.000	0.000
11:0....g								
12:0....g	0.003		1	1		0.008	0.000	0.001
13:0....g								
14:0....g	0.006		1	1		0.015	0.001	0.003
15:0....g								
16:0....g	0.350		1	1		0.879	0.055	0.165
17:0....g								
18:0....g	0.308		1	1		0.773	0.048	0.145
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.896		0	1		2.249	0.141	0.421
14:1....g								
15:1....g								

NDB No. 01143
Egg substitute, liquid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.003		1	1		0.008	0.000	0.001
17:1....g								
18:1 undifferentiated....g	0.894		1	1		2.244	0.140	0.420
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.603		0	1		4.024	0.252	0.753
18:2 undifferentiated....g	1.406		1	1		3.529	0.221	0.661
18:3 undifferentiated....g	0.184		1	1		0.462	0.029	0.086
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	1		1	1		3	0	0
Phytosterols....mg	4		0	4		10	1	2
Amino Acids:								
Tryptophan....g	0.191		0	4		0.479	0.030	0.090
Threonine....g	0.553		0	4		1.388	0.087	0.260
Isoleucine....g	0.748		0	4		1.877	0.117	0.352
Leucine....g	1.082		0	4		2.716	0.170	0.509
Lysine....g	0.788		0	4		1.978	0.124	0.370
Methionine....g	0.425		0	4		1.067	0.067	0.200
Cystine....g	0.292		0	4		0.733	0.046	0.137
Phenylalanine....g	0.766		0	4		1.923	0.120	0.360
Tyrosine....g	0.495		0	4		1.242	0.078	0.233
Valine....g	0.887		0	4		2.226	0.139	0.417
Arginine....g	0.784		0	4		1.968	0.123	0.368
Histidine....g	0.296		0	4		0.743	0.046	0.139
Alanine....g	0.762		0	4		1.913	0.120	0.358
Aspartic acid....g	1.197		0	4		3.004	0.188	0.563
Glutamic acid....g	1.897		0	4		4.761	0.298	0.892
Glycine....g	0.492		0	4		1.235	0.077	0.231
Proline....g	0.525		0	4		1.318	0.082	0.247
Serine....g	0.881		0	4		2.211	0.138	0.414
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 251.000g: 1 cup

Measure 2 = 15.700g: 1 tbsp

Measure 3 = 47.000g: 1.5 fl oz

Calories Factors: **Protein** 4.36 **Fat** 8.84 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01144
Egg substitute, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.86		1	1		0.38	0.76	
Energy....kcal	444		0	4		44	88	
Energy....kj	1856			4		184	367	
Protein (N x 6.25)....g	55.50		1	1		5.49	10.99	
Total lipid (fat)....g	13.00		1	1		1.29	2.57	
Ash....g	5.84		1	1		0.58	1.16	
Carbohydrate, by difference....g	21.80		0	4		2.16	4.32	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	326		1	1		32	65	
Iron, Fe....mg	3.16		1	1		0.31	0.63	
Magnesium, Mg....mg	65		0	4		6	13	
Phosphorus, P....mg	478		1	1		47	95	
Potassium, K....mg	744		1	1		74	147	
Sodium, Na....mg	800		1	1		79	158	
Zinc, Zn....mg	1.82		0	4		0.18	0.36	
Copper, Cu....mg	0.207		0	1		0.020	0.041	
Manganese, Mn....mg	0.080		0	1		0.008	0.016	
Selenium, Se....mcg	127.7		0	4		12.6	25.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.8		1	1		0.1	0.1	
Thiamin....mg	0.226		1	1		0.022	0.045	
Riboflavin....mg	1.760		1	1		0.174	0.348	
Niacin....mg	0.577		1	1		0.057	0.114	
Pantothenic acid....mg	3.384		0	4		0.335	0.670	
Vitamin B-6....mg	0.143		0	4		0.014	0.028	
Folate, total....mcg	125		0	4		12	25	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	125		0	4		12	25	
Folate, DFE....mcg_DFE	125		0	4		12	25	
Vitamin B-12....mcg	3.52		0	4		0.35	0.70	
Vitamin A, IU....IU	1228		1	1		122	243	
Vitamin A, RE....mcg_RE	369		0	4		37	73	
Vitamin E....mg_ATE	1.638		0	4		0.162	0.324	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.766		0	1		0.373	0.746	
4:0....g	0.000		0	1		0.000	0.000	
6:0....g	0.000		0	1		0.000	0.000	
8:0....g	0.000		0	1		0.000	0.000	
10:0....g	0.000		0	1		0.000	0.000	
11:0....g								
12:0....g	0.000		0	1		0.000	0.000	
13:0....g								
14:0....g	0.065		1	1		0.006	0.013	
15:0....g								
16:0....g	2.687		1	1		0.266	0.532	
17:0....g								
18:0....g	0.993		1	1		0.098	0.197	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	5.341		0	1		0.529	1.058	
14:1....g								
15:1....g								

NDB No. 01144
Egg substitute, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.496		1	1		0.049	0.098	
17:1....g								
18:1 undifferentiated....g	4.845		1	1		0.480	0.959	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.683		0	1		0.167	0.333	
18:2 undifferentiated....g	1.413		1	1		0.140	0.280	
18:3 undifferentiated....g	0.086		1	1		0.009	0.017	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.109		0	4		0.011	0.022	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	572		1	1		57	113	
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 9.900g: .35 oz

Measure 2 = 19.800g: .7 oz

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01145
Butter, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	17.94		0	1		40.72	2.55	0.90
Energy....kcal	717		0	4		1628	102	36
Energy....kj	3000			4		6810	426	150
Protein (N x 6.38)....g	0.85		0	1		1.93	0.12	0.04
Total lipid (fat)....g	81.11		0	1		184.12	11.52	4.06
Ash....g	0.04		0	1		0.09	0.01	0.00
Carbohydrate, by difference....g	0.06		0	4		0.14	0.01	0.00
Fiber, total dietary....g	0.0		0	7		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	24		0	1		53	3	1
Iron, Fe....mg	0.16		0	1		0.36	0.02	0.01
Magnesium, Mg....mg	2		0	1		5	0	0
Phosphorus, P....mg	23		0	1		52	3	1
Potassium, K....mg	26		0	1		59	4	1
Sodium, Na....mg	11		0	1		25	2	1
Zinc, Zn....mg	0.05		0	1		0.11	0.01	0.00
Copper, Cu....mg	0.016		0	1		0.036	0.002	0.001
Manganese, Mn....mg	0.004		0	1		0.009	0.001	0.000
Selenium, Se....mcg	1.0	0.820	37	1		2.3	0.1	0.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.005		0	1		0.011	0.001	0.000
Riboflavin....mg	0.034		0	1		0.077	0.005	0.002
Niacin....mg	0.042		0	1		0.095	0.006	0.002
Pantothenic acid....mg	0.110		0	4		0.250	0.016	0.006
Vitamin B-6....mg	0.003		0	1		0.007	0.000	0.000
Folate, total....mcg	3		0	1		6	0	0
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	3		0	1		6	0	0
Folate, DFE....mcg_DFE	3		0	4		6	0	0
Vitamin B-12....mcg	0.13		0	4		0.30	0.02	0.01
Vitamin A, IU....IU	3058		0	1		6942	434	153
Vitamin A, RE....mcg_RE	754		0	1		1712	107	38
Vitamin E....mg_ATE	1.580		0	1		3.587	0.224	0.079
Tocopherol, alpha....mg	1.58		0	4		3.59	0.22	0.08
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	50.489		0	1		114.610	7.169	2.524
4:0....g	2.630		0	1		5.970	0.373	0.132
6:0....g	1.560		0	1		3.541	0.222	0.078
8:0....g	0.906		0	1		2.057	0.129	0.045
10:0....g	2.030		0	1		4.608	0.288	0.102
11:0....g								
12:0....g	2.280		0	1		5.176	0.324	0.114
13:0....g								
14:0....g	8.160		0	1		18.523	1.159	0.408
15:0....g								
16:0....g	21.300		0	1		48.351	3.025	1.065
17:0....g								

NDB No. 01145
Butter, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	9.830		0	1		22.314	1.396	0.492
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	23.430		0	1		53.186	3.327	1.172
14:1 g								
15:1 g								
16:1 undifferentiated g	1.820		0	1		4.131	0.258	0.091
17:1 g								
18:1 undifferentiated g	20.400		0	1		46.308	2.897	1.020
20:1 g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	1		0.000	0.000	0.000
24:1 c g								
Fatty acids, total polyunsaturated g	3.010		0	1		6.833	0.427	0.151
18:2 undifferentiated g	1.830		0	1		4.154	0.260	0.092
18:3 undifferentiated g	1.180		0	1		2.679	0.168	0.059
18:4 g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	0.000
20:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	0.000
22:6 n-3 g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans g								
Cholesterol mg	219		0	1		497	31	11
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.012		0	1		0.027	0.002	0.001
Threonine g	0.038		0	1		0.086	0.005	0.002
Isoleucine g	0.051		0	1		0.116	0.007	0.003
Leucine g	0.083		0	1		0.188	0.012	0.004
Lysine g	0.067		0	1		0.152	0.010	0.003
Methionine g	0.021		0	1		0.048	0.003	0.001
Cystine g	0.008		0	1		0.018	0.001	0.000
Phenylalanine g	0.041		0	1		0.093	0.006	0.002
Tyrosine g	0.041		0	1		0.093	0.006	0.002
Valine g	0.057		0	1		0.129	0.008	0.003
Arginine g	0.031		0	1		0.070	0.004	0.002
Histidine g	0.023		0	1		0.052	0.003	0.001
Alanine g	0.029		0	1		0.066	0.004	0.001
Aspartic acid g	0.064		0	1		0.145	0.009	0.003
Glutamic acid g	0.178		0	1		0.404	0.025	0.009
Glycine g	0.018		0	1		0.041	0.003	0.001
Proline g	0.082		0	1		0.186	0.012	0.004
Serine g	0.046		0	1		0.104	0.007	0.002
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 227.000g: 1 cup

Measure 2 = 14.200g: 1 tbsp

Measure 3 = 5.000g: 1 pat (1" sq, 1/3" high)

NDB No. 01145
Butter, without salt

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01146
Cheese, parmesan, shredded

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	25.00		0	1		1.25		
Energy....kcal	415		0	4		21		
Energy....kj	1736			4		87		
Protein (N x 6.38)....g	37.86		0	1		1.89		
Total lipid (fat)....g	27.34		0	1		1.37		
Ash....g	6.39		0	1		0.32		
Carbohydrate, by difference....g	3.41		0	4		0.17		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1253		0	1		63		
Iron, Fe....mg	0.87		0	1		0.04		
Magnesium, Mg....mg	51	1.014	4	1		3		
Phosphorus, P....mg	735		0	1		37		
Potassium, K....mg	97		0	1		5		
Sodium, Na....mg	1696		0	1		85		
Zinc, Zn....mg	3.19	0.050	4	1		0.16		
Copper, Cu....mg	0.037		0	1		0.002		
Manganese, Mn....mg	0.023		0	1		0.001		
Selenium, Se....mcg	23.9		0	4		1.2		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.041		0	1		0.002		
Riboflavin....mg	0.352		0	1		0.018		
Niacin....mg	0.287		0	1		0.014		
Pantothenic acid....mg	0.527		1	1		0.026		
Vitamin B-6....mg	0.105	0.004	15	1		0.005		
Folate, total....mcg	8	0.856	20	1		0		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	8	0.856	20	1		0		
Folate, DFE....mcg_DFE	8		0	4		0		
Vitamin B-12....mcg	1.40		0	4		0.07		
Vitamin A, IU....IU	639		0	1		32		
Vitamin A, RE....mcg_RE	173		0	4		9		
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	17.370		0	1		0.869		
4:0....g	1.375		1	1		0.069		
6:0....g	0.515		1	1		0.026		
8:0....g	0.275		1	1		0.014		
10:0....g	0.686		1	1		0.034		
11:0....g								
12:0....g	0.920		1	1		0.046		
13:0....g								
14:0....g	3.079		1	1		0.154		
15:0....g								
16:0....g	7.378		1	1		0.369		
17:0....g								
18:0....g	2.432		1	1		0.122		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.734		0	1		0.437		
14:1....g								
15:1....g								

NDB No. 01146
Cheese, parmesan, shredded

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.458		1	1		0.023		
17:1....g								
18:1 undifferentiated....g	7.050		0	1		0.353		
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.661		0	1		0.033		
18:2 undifferentiated....g	0.290		0	1		0.015		
18:3 undifferentiated....g	0.345		1	1		0.017		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000		
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	72		0	1		4		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.560		0	1		0.028		
Threonine....g	1.531		0	1		0.077		
Isoleucine....g	2.202		0	1		0.110		
Leucine....g	4.013		0	1		0.201		
Lysine....g	3.843		0	1		0.192		
Methionine....g	1.114		0	1		0.056		
Cystine....g	0.274		0	1		0.014		
Phenylalanine....g	2.234		0	1		0.112		
Tyrosine....g	2.319		0	1		0.116		
Valine....g	2.853		0	1		0.143		
Arginine....g	1.531		0	1		0.077		
Histidine....g	1.609		0	1		0.080		
Alanine....g	1.218		0	1		0.061		
Aspartic acid....g	2.599		0	1		0.130		
Glutamic acid....g	9.543		0	1		0.477		
Glycine....g	0.723		0	1		0.036		
Proline....g	4.860		0	1		0.243		
Serine....g	2.404		0	1		0.120		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 5.000g: 1 tbsp

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01147
Cheese, pasteurized process, american, without di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	39.16		0	1		11.10	6.85	
Energy....kcal	375		0	4		106	66	
Energy....kj	1571			4		445	275	
Protein (N x 6.38)....g	22.15		0	1		6.28	3.88	
Total lipid (fat)....g	31.25		0	1		8.86	5.47	
Ash....g	5.84		0	1		1.66	1.02	
Carbohydrate, by difference....g	1.60		0	4		0.45	0.28	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	616		0	1		174	108	
Iron, Fe....mg	0.39		0	1		0.11	0.07	
Magnesium, Mg....mg	22	0.839	11	1		6	4	
Phosphorus, P....mg	444		0	1		126	78	
Potassium, K....mg	162		0	1		46	28	
Sodium, Na....mg	650		0	1		184	114	
Zinc, Zn....mg	2.99	0.297	6	1		0.85	0.52	
Copper, Cu....mg	0.030		0	1		0.009	0.005	
Manganese, Mn....mg	0.015		0	1		0.004	0.003	
Selenium, Se....mcg	14.4	0.560	57	1		4.1	2.5	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.027		0	1		0.008	0.005	
Riboflavin....mg	0.353		0	1		0.100	0.062	
Niacin....mg	0.069		0	1		0.020	0.012	
Pantothenic acid....mg	0.482		1	1		0.137	0.084	
Vitamin B-6....mg	0.071	0.005	23	1		0.020	0.012	
Folate, total....mcg	8	0.235	26	1		2	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8	0.235	26	1		2	1	
Folate, DFE....mcg_DFE	8		0	4		2	1	
Vitamin B-12....mcg	0.70	0.081	9	1		0.20	0.12	
Vitamin A, IU....IU	1210		0	1		343	212	
Vitamin A, RE....mcg_RE	290	15.084	18	1		82	51	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.694		0	1		5.583	3.446	
4:0....g	1.043		1	1		0.296	0.183	
6:0....g	0.356		1	1		0.101	0.062	
8:0....g	0.375	0.025	6	1		0.106	0.066	
10:0....g	0.642	0.084	6	1		0.182	0.112	
11:0....g								
12:0....g	0.484	0.051	7	1		0.137	0.085	
13:0....g								
14:0....g	3.211	0.134	7	1		0.910	0.562	
15:0....g								
16:0....g	9.104	0.121	7	1		2.581	1.593	
17:0....g								
18:0....g	3.796	0.132	7	1		1.076	0.664	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.951		0	1		2.538	1.566	
14:1....g								
15:1....g								

NDB No. 01147

Cheese, pasteurized process, american, without di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.027	0.044	7	1		0.291	0.180	
17:1....g								
18:1 undifferentiated....g	7.511		0	1		2.129	1.314	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.990		0	1		0.281	0.173	
18:2 undifferentiated....g	0.607		0	1		0.172	0.106	
18:3 undifferentiated....g	0.383	0.027	6	1		0.109	0.067	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	94		0	1		27	17	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.323		0	1		0.092	0.057	
Threonine....g	0.719		0	1		0.204	0.126	
Isoleucine....g	1.024		0	1		0.290	0.179	
Leucine....g	1.958		0	1		0.555	0.343	
Lysine....g	2.198		0	1		0.623	0.385	
Methionine....g	0.573		0	1		0.162	0.100	
Cystine....g	0.142		0	1		0.040	0.025	
Phenylalanine....g	1.125		0	1		0.319	0.197	
Tyrosine....g	1.212		0	1		0.344	0.212	
Valine....g	1.326		0	1		0.376	0.232	
Arginine....g	0.927		0	1		0.263	0.162	
Histidine....g	0.903		0	1		0.256	0.158	
Alanine....g	0.555		0	1		0.157	0.097	
Aspartic acid....g	1.361		0	1		0.386	0.238	
Glutamic acid....g	4.597		0	1		1.303	0.804	
Glycine....g	0.365		0	1		0.103	0.064	
Proline....g	2.253		0	1		0.639	0.394	
Serine....g	1.069		0	1		0.303	0.187	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 17.500g: 1 cubic inch

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01148
Cheese, pasteurized process, swiss, without di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	42.31		0	1		11.99	7.57	
Energy....kcal	334		0	4		95	60	
Energy....kj	1396			4		396	250	
Protein (N x 6.38)....g	24.73		0	1		7.01	4.43	
Total lipid (fat)....g	25.01		0	1		7.09	4.48	
Ash....g	5.85		0	1		1.66	1.05	
Carbohydrate, by difference....g	2.10		0	4		0.60	0.38	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	772		0	1		219	138	
Iron, Fe....mg	0.61		0	1		0.17	0.11	
Magnesium, Mg....mg	29	0.929	6	1		8	5	
Phosphorus, P....mg	540		0	1		153	97	
Potassium, K....mg	216		0	1		61	39	
Sodium, Na....mg	681		0	1		193	122	
Zinc, Zn....mg	3.61		0	1		1.02	0.65	
Copper, Cu....mg	0.027		0	1		0.008	0.005	
Manganese, Mn....mg	0.014		0	1		0.004	0.003	
Selenium, Se....mcg	15.9		0	4		4.5	2.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.014		0	1		0.004	0.003	
Riboflavin....mg	0.276		0	1		0.078	0.049	
Niacin....mg	0.038		0	1		0.011	0.007	
Pantothenic acid....mg	0.260		1	1		0.074	0.047	
Vitamin B-6....mg	0.036	0.004	7	1		0.010	0.006	
Folate, total....mcg	6		0	4		2	1	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	6		0	4		2	1	
Folate, DFE....mcg_DFE	6		0	4		2	1	
Vitamin B-12....mcg	1.23	0.238	7	1		0.35	0.22	
Vitamin A, IU....IU	808		0	1		229	145	
Vitamin A, RE....mcg_RE	229	5.640	6	1		65	41	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	16.045		0	1		4.549	2.872	
4:0....g	0.815	0.020	5	1		0.231	0.146	
6:0....g	0.489	0.014	5	1		0.139	0.088	
8:0....g	0.275	0.014	11	1		0.078	0.049	
10:0....g	0.572	0.032	12	1		0.162	0.102	
11:0....g								
12:0....g	0.566	0.072	12	1		0.160	0.101	
13:0....g								
14:0....g	2.792	0.058	12	1		0.792	0.500	
15:0....g								
16:0....g	7.188	0.210	12	1		2.038	1.287	
17:0....g								
18:0....g	2.602	0.085	12	1		0.738	0.466	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.046		0	1		1.998	1.261	
14:1....g								
15:1....g								

NDB No. 01148

Cheese, pasteurized process, swiss, without di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.677	0.064	12	1		0.192	0.121	
17:1....g								
18:1 undifferentiated....g	5.896		0	1		1.672	1.055	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.622		0	1		0.176	0.111	
18:2 undifferentiated....g	0.342		0	1		0.097	0.061	
18:3 undifferentiated....g	0.280	0.027	11	1		0.079	0.050	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	85		0	1		24	15	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.360		0	1		0.102	0.064	
Threonine....g	0.802		0	1		0.227	0.144	
Isoleucine....g	1.143		0	1		0.324	0.205	
Leucine....g	2.186		0	1		0.620	0.391	
Lysine....g	2.454		0	1		0.696	0.439	
Methionine....g	0.640		0	1		0.181	0.115	
Cystine....g	0.159		0	1		0.045	0.028	
Phenylalanine....g	1.256		0	1		0.356	0.225	
Tyrosine....g	1.353		0	1		0.384	0.242	
Valine....g	1.481		0	1		0.420	0.265	
Arginine....g	1.035		0	1		0.293	0.185	
Histidine....g	1.008		0	1		0.286	0.180	
Alanine....g	0.620		0	1		0.176	0.111	
Aspartic acid....g	1.519		0	1		0.431	0.272	
Glutamic acid....g	5.132		0	1		1.455	0.919	
Glycine....g	0.407		0	1		0.115	0.073	
Proline....g	2.516		0	1		0.713	0.450	
Serine....g	1.194		0	1		0.338	0.214	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 17.900g: 1 cubic inch

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01149

Cheese food, pasteurized process, american, with di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	43.15		0	1		12.23	97.95	
Energy....kcal	328		0	4		93	745	
Energy....kj	1373			4		389	3117	
Protein (N x 6.38)....g	19.61		0	1		5.56	44.51	
Total lipid (fat)....g	24.60		0	1		6.97	55.84	
Ash....g	5.35		0	1		1.52	12.14	
Carbohydrate, by difference....g	7.29		0	4		2.07	16.55	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	574		0	1		163	1303	
Iron, Fe....mg	0.84		0	1		0.24	1.91	
Magnesium, Mg....mg	31	2.515	9	1		9	69	
Phosphorus, P....mg	754		0	1		214	1712	
Potassium, K....mg	279		0	1		79	633	
Sodium, Na....mg	1596		0	1		452	3623	
Zinc, Zn....mg	2.99	0.340	4	1		0.85	6.79	
Copper, Cu....mg	0.030		0	1		0.009	0.068	
Manganese, Mn....mg	0.010		0	1		0.003	0.023	
Selenium, Se....mcg	16.0	2.960	4	1		4.5	36.3	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.029		0	1		0.008	0.066	
Riboflavin....mg	0.442		0	1		0.125	1.003	
Niacin....mg	0.140		0	1		0.040	0.318	
Pantothenic acid....mg	0.558	0.124	6	1		0.158	1.267	
Vitamin B-6....mg	0.141		0	4		0.040	0.320	
Folate, total....mcg	7		0	4		2	17	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	7		0	4		2	17	
Folate, DFE....mcg_DFE	7		0	4		2	17	
Vitamin B-12....mcg	1.12	0.109	5	1		0.32	2.54	
Vitamin A, IU....IU	913		0	1		259	2073	
Vitamin A, RE....mcg_RE	219		0	4		62	497	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	15.443		0	1		4.378	35.056	
4:0....g	0.798		0	1		0.226	1.811	
6:0....g	0.472		0	1		0.134	1.071	
8:0....g	0.361		0	1		0.102	0.819	
10:0....g	0.594		0	1		0.168	1.348	
11:0....g								
12:0....g	0.732		0	1		0.208	1.662	
13:0....g								
14:0....g	2.528		0	1		0.717	5.739	
15:0....g								
16:0....g	6.846		0	1		1.941	15.540	
17:0....g								
18:0....g	2.821		0	1		0.800	6.404	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	7.206		0	1		2.043	16.358	
14:1....g								
15:1....g								

NDB No. 01149

Cheese food, pasteurized process, american, with di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.649		0	1		0.184	1.473	
17:1....g								
18:1 undifferentiated....g	6.050		0	1		1.715	13.734	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.723		0	1		0.205	1.641	
18:2 undifferentiated....g	0.464		0	1		0.132	1.053	
18:3 undifferentiated....g	0.259		0	1		0.073	0.588	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	64		0	1		18	145	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.286		0	4		0.081	0.649	
Threonine....g	0.637		0	4		0.181	1.446	
Isoleucine....g	0.907		0	4		0.257	2.059	
Leucine....g	1.733		0	4		0.491	3.934	
Lysine....g	1.946		0	4		0.552	4.417	
Methionine....g	0.507		0	4		0.144	1.151	
Cystine....g	0.126		0	4		0.036	0.286	
Phenylalanine....g	0.996		0	4		0.282	2.261	
Tyrosine....g	1.073		0	4		0.304	2.436	
Valine....g	1.174		0	4		0.333	2.665	
Arginine....g	0.821		0	4		0.233	1.864	
Histidine....g	0.799		0	4		0.227	1.814	
Alanine....g	0.491		0	4		0.139	1.115	
Aspartic acid....g	1.205		0	4		0.342	2.735	
Glutamic acid....g	4.070		0	4		1.154	9.239	
Glycine....g	0.323		0	4		0.092	0.733	
Proline....g	1.995		0	4		0.566	4.529	
Serine....g	0.946		0	4		0.268	2.147	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 227.000g: 1 package (8 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01150
Cheese spread, pasteurized process, american, with di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	47.65		0	1		13.51	67.66	
Energy....kcal	290		0	4		82	412	
Energy....kj	1215			4		345	1726	
Protein (N x 6.38)....g	16.41		0	1		4.65	23.30	
Total lipid (fat)....g	21.23		0	1		6.02	30.15	
Ash....g	5.98		0	1		1.70	8.49	
Carbohydrate, by difference....g	8.73		0	4		2.47	12.40	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	562		0	1		159	798	
Iron, Fe....mg	0.33		0	1		0.09	0.47	
Magnesium, Mg....mg	29	2.799	4	1		8	40	
Phosphorus, P....mg	875		0	1		248	1243	
Potassium, K....mg	242		0	1		69	343	
Sodium, Na....mg	1625		0	1		461	2308	
Zinc, Zn....mg	2.59	0.170	5	1		0.73	3.68	
Copper, Cu....mg	0.033		0	1		0.009	0.047	
Manganese, Mn....mg	0.020		0	1		0.006	0.028	
Selenium, Se....mcg	11.3	1.070	9	1		3.2	16.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.048		0	1		0.014	0.068	
Riboflavin....mg	0.431		0	1		0.122	0.612	
Niacin....mg	0.131		0	1		0.037	0.186	
Pantothenic acid....mg	0.686		15	1		0.194	0.974	
Vitamin B-6....mg	0.117	0.004	24	1		0.033	0.166	
Folate, total....mcg	7	0.585	3	1		2	10	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	7	0.585	3	1		2	10	
Folate, DFE....mcg_DFE	7		0	4		2	10	
Vitamin B-12....mcg	0.40		1	1		0.11	0.57	
Vitamin A, IU....IU	788		0	1		223	1119	
Vitamin A, RE....mcg_RE	189		0	4		54	268	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.327		0	1		3.778	18.924	
4:0....g	0.688		0	1		0.195	0.977	
6:0....g	0.408		0	1		0.116	0.579	
8:0....g	0.311		1	1		0.088	0.442	
10:0....g	0.513		2	1		0.145	0.728	
11:0....g								
12:0....g	0.632	0.044	4	1		0.179	0.897	
13:0....g								
14:0....g	2.181	0.077	4	1		0.618	3.097	
15:0....g								
16:0....g	5.908	0.137	4	1		1.675	8.389	
17:0....g								
18:0....g	2.434	0.108	4	1		0.690	3.456	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.219		0	1		1.763	8.831	
14:1....g								
15:1....g								

NDB No. 01150

Cheese spread, pasteurized process, american, with di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.560	0.044	4	1		0.159	0.795	
17:1....g								
18:1 undifferentiated....g	5.221		0	1		1.480	7.414	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.624		0	1		0.177	0.886	
18:2 undifferentiated....g	0.400		0	1		0.113	0.568	
18:3 undifferentiated....g	0.223	0.027	3	1		0.063	0.317	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	55		0	1		16	78	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.239		0	4		0.068	0.339	
Threonine....g	0.628		0	1		0.178	0.892	
Isoleucine....g	0.833		0	1		0.236	1.183	
Leucine....g	1.780		0	1		0.505	2.528	
Lysine....g	1.507		0	1		0.427	2.140	
Methionine....g	0.538		0	1		0.153	0.764	
Cystine....g	0.105		0	4		0.030	0.149	
Phenylalanine....g	0.931		0	1		0.264	1.322	
Tyrosine....g	0.890		0	1		0.252	1.264	
Valine....g	1.366		0	1		0.387	1.940	
Arginine....g	0.545		0	1		0.155	0.774	
Histidine....g	0.509		0	1		0.144	0.723	
Alanine....g	0.602		0	1		0.171	0.855	
Aspartic acid....g	1.103		0	1		0.313	1.566	
Glutamic acid....g	3.475		0	1		0.985	4.935	
Glycine....g	0.311		0	1		0.088	0.442	
Proline....g	2.320		0	1		0.658	3.294	
Serine....g	1.037		0	1		0.294	1.473	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Measure 2 = 142.000g: 1 jar (5 oz)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01151
Milk, nonfat, fluid, without added vitamin A (fat free or skim)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	90.80		0	1		222.46	889.84	
Energy....kcal	35		0	4		86	343	
Energy....kj	146			4		359	1435	
Protein (N x 6.38)....g	3.41		0	1		8.35	33.42	
Total lipid (fat)....g	0.18		0	1		0.44	1.76	
Ash....g	0.76		0	1		1.86	7.45	
Carbohydrate, by difference....g	4.85		0	4		11.88	47.53	
Fiber, total dietary....g	0.0		0	7		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	123		0	1		301	1205	
Iron, Fe....mg	0.04		0	1		0.10	0.39	
Magnesium, Mg....mg	11		0	1		27	108	
Phosphorus, P....mg	101		0	1		247	990	
Potassium, K....mg	166		0	1		407	1627	
Sodium, Na....mg	52		0	1		127	510	
Zinc, Zn....mg	0.40		0	1		0.98	3.92	
Copper, Cu....mg	0.011		0	4		0.027	0.108	
Manganese, Mn....mg	0.002		0	4		0.005	0.020	
Selenium, Se....mcg	2.1	0.190	25	1		5.1	20.6	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.0		0	4		2.4	9.6	
Thiamin....mg	0.036		0	1		0.088	0.353	
Riboflavin....mg	0.140		0	1		0.343	1.372	
Niacin....mg	0.088		0	1		0.216	0.862	
Pantothenic acid....mg	0.329		0	4		0.806	3.224	
Vitamin B-6....mg	0.040		0	1		0.098	0.392	
Folate, total....mcg	5		0	4		12	49	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	5		0	4		12	49	
Folate, DFE....mcg_DFE	5		0	4		12	49	
Vitamin B-12....mcg	0.38		0	1		0.93	3.70	
Vitamin A, IU....IU	7		0	4		17	69	
Vitamin A, RE....mcg_RE	1		0	4		2	10	
Vitamin E....mg_ATE	0.040		0	4		0.098	0.392	
Tocopherol, alpha....mg	0.04		0	4		0.10	0.39	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.117		0	1		0.287	1.147	
4:0....g	0.009		0	1		0.022	0.088	
6:0....g	0.001		0	1		0.002	0.010	
8:0....g	0.002		0	1		0.005	0.020	
10:0....g	0.004		0	1		0.010	0.039	
11:0....g								
12:0....g	0.003		0	1		0.007	0.029	
13:0....g								
14:0....g	0.017		0	1		0.042	0.167	
15:0....g								
16:0....g	0.053		0	1		0.130	0.519	
17:0....g								

NDB No. 01151
Milk, nonfat, fluid, without added vitamin A (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.019		0	1		0.047	0.186	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.047		0	1		0.115	0.461	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.007		0	1		0.017	0.069	
17:1 g								
18:1 undifferentiated g	0.038		0	1		0.093	0.372	
20:1 g	0.000		0	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	1		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	0.007		0	1		0.017	0.069	
18:2 undifferentiated g	0.005		0	1		0.012	0.049	
18:3 undifferentiated g	0.002		0	1		0.005	0.020	
18:4 g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	1		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	1		0.000	0.000	
22:6 n-3 g	0.000		0	1		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	2		0	1		5	20	
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.048		0	1		0.118	0.470	
Threonine g	0.154		0	1		0.377	1.509	
Isoleucine g	0.206		0	1		0.505	2.019	
Leucine g	0.334		0	1		0.818	3.273	
Lysine g	0.270		0	1		0.662	2.646	
Methionine g	0.086		0	1		0.211	0.843	
Cystine g	0.032		0	1		0.078	0.314	
Phenylalanine g	0.165		0	1		0.404	1.617	
Tyrosine g	0.165		0	1		0.404	1.617	
Valine g	0.228		0	1		0.559	2.234	
Arginine g	0.123		0	1		0.301	1.205	
Histidine g	0.092		0	1		0.225	0.902	
Alanine g	0.118		0	1		0.289	1.156	
Aspartic acid g	0.259		0	1		0.635	2.538	
Glutamic acid g	0.714		0	1		1.749	6.997	
Glycine g	0.072		0	1		0.176	0.706	
Proline g	0.330		0	1		0.809	3.234	
Serine g	0.185		0	1		0.453	1.813	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 980.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

NDB No. 01151
Milk, nonfat, fluid, without added vitamin A (fat free or skim)

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	87.71		0	1		214.89	859.56	
Energy	kcal	56		0	4		136	544	
Energy	kj	232			4		569	2276	
Protein (N x 6.38)	g	3.95		0	1		9.68	38.71	
Total lipid (fat)	g	1.98		0	1		4.85	19.40	
Ash	g	0.87		0	1		2.13	8.53	
Carbohydrate, by difference	g	5.49		0	4		13.45	53.80	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	143		0	1		351	1402	
Iron, Fe	mg	0.06		0	1		0.15	0.59	
Magnesium, Mg	mg	15		0	1		36	142	
Phosphorus, P	mg	112		0	1		274	1098	
Potassium, K	mg	182		0	1		445	1781	
Sodium, Na	mg	59		0	1		144	576	
Zinc, Zn	mg	0.41		0	1		1.00	4.02	
Copper, Cu	mg	0.011		0	1		0.027	0.108	
Manganese, Mn	mg	0.002		0	1		0.005	0.020	
Selenium, Se	mcg	2.6		0	4		6.4	25.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.1		0	1		2.7	11.0	
Thiamin	mg	0.045		0	1		0.110	0.441	
Riboflavin	mg	0.194		0	1		0.475	1.901	
Niacin	mg	0.101		0	1		0.247	0.990	
Pantothenic acid	mg	0.339		0	1		0.831	3.322	
Vitamin B-6	mg	0.046		0	1		0.113	0.451	
Folate, total	mcg	5		0	1		13	53	
Folic acid	mcg	0		0	7		0	0	
Folate, food	mcg	5		0	1		13	53	
Folate, DFE	mcg_DFE	5		0	4		13	53	
Vitamin B-12	mcg	0.39		0	1		0.95	3.78	
Vitamin A, IU	IU	75		0	1		184	735	
Vitamin A, RE	mcg_RE	61		0	1		149	598	
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	1.232		0	1		3.018	12.074	
4:0	g	0.013	0.001	8	1		0.032	0.127	
6:0	g	0.002	0.000	12	1		0.005	0.020	
8:0	g	0.003	0.000	12	1		0.007	0.029	
10:0	g	0.005	0.001	12	1		0.012	0.049	
11:0	g								
12:0	g	0.003	0.000	12	1		0.007	0.029	
13:0	g								
14:0	g	0.024	0.001	12	1		0.059	0.235	
15:0	g								
16:0	g	0.073	0.004	12	1		0.179	0.715	
17:0	g								
18:0	g	0.026	0.001	12	1		0.064	0.255	
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	0.065		0	1		0.159	0.637	
14:1	g								
15:1	g								

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.009	0.001	12	1		0.022	0.088	
17:1....g								
18:1 undifferentiated....g	0.498		0	1		1.220	4.880	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.009		0	1		0.022	0.088	
18:2 undifferentiated....g	0.045		0	1		0.110	0.441	
18:3 undifferentiated....g	0.003	0.000	11	1		0.007	0.029	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	8		0	1		19	75	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.050		0	1		0.123	0.490	
Threonine....g	0.161		0	1		0.394	1.578	
Isoleucine....g	0.216		0	1		0.529	2.117	
Leucine....g	0.350		0	1		0.858	3.430	
Lysine....g	0.283		0	1		0.693	2.773	
Methionine....g	0.090		0	1		0.221	0.882	
Cystine....g	0.033		0	1		0.081	0.323	
Phenylalanine....g	0.172		0	1		0.421	1.686	
Tyrosine....g	0.172		0	1		0.421	1.686	
Valine....g	0.239		0	1		0.586	2.342	
Arginine....g	0.129		0	1		0.316	1.264	
Histidine....g	0.097		0	1		0.238	0.951	
Alanine....g	0.123		0	1		0.301	1.205	
Aspartic acid....g	0.271		0	1		0.664	2.656	
Glutamic acid....g	0.748		0	1		1.833	7.330	
Glycine....g	0.076		0	1		0.186	0.745	
Proline....g	0.346		0	1		0.848	3.391	
Serine....g	0.194		0	1		0.475	1.901	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 245.000g: 1 cup

Measure 2 = 980.000g: 1 quart

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01153
Milk, canned, evaporated, with added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	74.04		0	1		23.32	93.29	
Energy....kcal	134		0	4		42	169	
Energy....kj	562			4		177	708	
Protein (N x 6.38)....g	6.81		0	1		2.15	8.58	
Total lipid (fat)....g	7.56		0	1		2.38	9.53	
Ash....g	1.55		0	1		0.49	1.95	
Carbohydrate, by difference....g	10.04		0	4		3.16	12.65	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	261		0	1		82	329	
Iron, Fe....mg	0.19		0	1		0.06	0.24	
Magnesium, Mg....mg	24	0.716	6	1		8	30	
Phosphorus, P....mg	203		0	1		64	255	
Potassium, K....mg	303		0	1		95	382	
Sodium, Na....mg	106		0	1		33	133	
Zinc, Zn....mg	0.77	0.027	26	1		0.24	0.97	
Copper, Cu....mg	0.016		0	1		0.005	0.020	
Manganese, Mn....mg	0.006		0	1		0.002	0.008	
Selenium, Se....mcg	2.3	0.280	13	1		0.7	2.9	
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.9		0	1		0.6	2.4	
Thiamin....mg	0.047		0	1		0.015	0.059	
Riboflavin....mg	0.316		0	1		0.100	0.398	
Niacin....mg	0.194		0	1		0.061	0.244	
Pantothenic acid....mg	0.638	0.032	5	1		0.201	0.804	
Vitamin B-6....mg	0.050	0.002	21	1		0.016	0.063	
Folate, total....mcg	8		1	1		2	10	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	8		1	1		2	10	
Folate, DFE....mcg_DFE	8		0	4		2	10	
Vitamin B-12....mcg	0.16	0.015	9	1		0.05	0.21	
Vitamin A, IU....IU	397		0	1		125	500	
Vitamin A, RE....mcg_RE	54	7.621	4	1		17	68	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.591		0	1		1.446	5.785	
4:0....g	0.195		1	1		0.061	0.246	
6:0....g	0.134		1	1		0.042	0.169	
8:0....g	0.054		2	1		0.017	0.068	
10:0....g	0.110	0.017	11	1		0.035	0.139	
11:0....g								
12:0....g	0.161	0.015	12	1		0.051	0.203	
13:0....g								
14:0....g	0.733	0.035	12	1		0.231	0.924	
15:0....g								
16:0....g	2.027	0.060	12	1		0.639	2.554	
17:0....g								
18:0....g	0.921	0.027	12	1		0.290	1.160	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.335		0	1		0.736	2.942	
14:1....g								
15:1....g								

NDB No. 01153
Milk, canned, evaporated, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.159	0.012	12	1		0.050	0.200	
17:1....g								
18:1 undifferentiated....g	2.101		0	1		0.662	2.647	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.245		0	1		0.077	0.309	
18:2 undifferentiated....g	0.167		0	1		0.053	0.210	
18:3 undifferentiated....g	0.078		2	1		0.025	0.098	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	29		0	1		9	37	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.096		0	1		0.030	0.121	
Threonine....g	0.307		0	1		0.097	0.387	
Isoleucine....g	0.412		0	1		0.130	0.519	
Leucine....g	0.667		0	1		0.210	0.840	
Lysine....g	0.540		0	1		0.170	0.680	
Methionine....g	0.171		0	1		0.054	0.215	
Cystine....g	0.063		0	1		0.020	0.079	
Phenylalanine....g	0.329		0	1		0.104	0.415	
Tyrosine....g	0.329		0	1		0.104	0.415	
Valine....g	0.456		0	1		0.144	0.575	
Arginine....g	0.247		0	1		0.078	0.311	
Histidine....g	0.185		0	1		0.058	0.233	
Alanine....g	0.235		0	1		0.074	0.296	
Aspartic acid....g	0.517		0	1		0.163	0.651	
Glutamic acid....g	1.426		0	1		0.449	1.797	
Glycine....g	0.144		0	1		0.045	0.181	
Proline....g	0.660		0	1		0.208	0.832	
Serine....g	0.370		0	1		0.117	0.466	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 31.500g: 1 fl oz

Measure 2 = 126.000g: .5 cup

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01154
Milk, dry, nonfat, regular, with added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.16		0	1		3.79	0.95	
Energy....kcal	362		0	4		435	109	
Energy....kj	1516			4		1819	455	
Protein (N x 6.38)....g	36.16		0	1		43.39	10.85	
Total lipid (fat)....g	0.77		0	1		0.92	0.23	
Ash....g	7.93		0	1		9.52	2.38	
Carbohydrate, by difference....g	51.98		0	4		62.38	15.59	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1257		0	1		1508	377	
Iron, Fe....mg	0.32		0	1		0.38	0.10	
Magnesium, Mg....mg	110	3.072	9	1		132	33	
Phosphorus, P....mg	968		0	1		1162	290	
Potassium, K....mg	1794		0	1		2153	538	
Sodium, Na....mg	535		0	1		642	161	
Zinc, Zn....mg	4.08	0.108	7	1		4.90	1.22	
Copper, Cu....mg	0.041		0	1		0.049	0.012	
Manganese, Mn....mg	0.020		0	1		0.024	0.006	
Selenium, Se....mcg	27.3	2.950	9	1		32.8	8.2	
Vitamins:								
Vitamin C, total ascorbic acid....mg	6.8		0	1		8.1	2.0	
Thiamin....mg	0.415		0	1		0.498	0.125	
Riboflavin....mg	1.550		0	1		1.860	0.465	
Niacin....mg	0.951		0	1		1.141	0.285	
Pantothenic acid....mg	3.568	0.075	16	1		4.282	1.070	
Vitamin B-6....mg	0.361	0.015	28	1		0.433	0.108	
Folate, total....mcg	50		0	1		60	15	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	50		0	1		60	15	
Folate, DFE....mcg_DFE	50		0	4		60	15	
Vitamin B-12....mcg	4.03	0.348	15	1		4.84	1.21	
Vitamin A, IU....IU	2198		0	1		2638	659	
Vitamin A, RE....mcg_RE	660		0	4		792	198	
Vitamin E....mg_ATE	0.021		0	4		0.025	0.006	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.499		0	1		0.599	0.150	
4:0....g	0.028	0.005	4	1		0.034	0.008	
6:0....g	0.006	0.001	4	1		0.007	0.002	
8:0....g	0.007	0.001	5	1		0.008	0.002	
10:0....g	0.018	0.003	5	1		0.022	0.005	
11:0....g								
12:0....g	0.014	0.005	5	1		0.017	0.004	
13:0....g								
14:0....g	0.083	0.005	5	1		0.100	0.025	
15:0....g								
16:0....g	0.235	0.010	5	1		0.282	0.071	
17:0....g								
18:0....g	0.085	0.003	5	1		0.102	0.026	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.200		0	1		0.240	0.060	
14:1....g								
15:1....g								

NDB No. 01154
Milk, dry, nonfat, regular, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.022	0.002	5	1		0.026	0.007	
17:1....g								
18:1 undifferentiated....g	0.167		0	1		0.200	0.050	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.030		0	1		0.036	0.009	
18:2 undifferentiated....g	0.019		0	1		0.023	0.006	
18:3 undifferentiated....g	0.011	0.003	5	1		0.013	0.003	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	20		0	1		24	6	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.510		0	1		0.612	0.153	
Threonine....g	1.632		0	1		1.958	0.490	
Isoleucine....g	2.188		0	1		2.626	0.656	
Leucine....g	3.542		0	1		4.250	1.063	
Lysine....g	2.868		0	1		3.442	0.860	
Methionine....g	0.907		0	1		1.088	0.272	
Cystine....g	0.334		0	1		0.401	0.100	
Phenylalanine....g	1.746		0	1		2.095	0.524	
Tyrosine....g	1.746		0	1		2.095	0.524	
Valine....g	2.420		0	1		2.904	0.726	
Arginine....g	1.309		0	1		1.571	0.393	
Histidine....g	0.981		0	1		1.177	0.294	
Alanine....g	1.247		0	1		1.496	0.374	
Aspartic acid....g	2.743		0	1		3.292	0.823	
Glutamic acid....g	7.572		0	1		9.086	2.272	
Glycine....g	0.765		0	1		0.918	0.230	
Proline....g	3.503		0	1		4.204	1.051	
Serine....g	1.967		0	1		2.360	0.590	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 120.000g: 1 cup

Measure 2 = 30.000g: .25 cup

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01155
Milk, dry, nonfat, instant, without added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	3.96		0	1		2.69	3.60	
Energy....kcal	358		0	4		243	326	
Energy....kj	1498			4		1019	1363	
Protein (N x 6.38)....g	35.10		0	1		23.87	31.94	
Total lipid (fat)....g	0.72		0	1		0.49	0.66	
Ash....g	8.03		0	1		5.46	7.31	
Carbohydrate, by difference....g	52.19		0	4		35.49	47.49	
Fiber, total dietary....g	0.0		0	7		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	1231		0	1		837	1120	
Iron, Fe....mg	0.31		0	1		0.21	0.28	
Magnesium, Mg....mg	117	11.071	14	1		80	106	
Phosphorus, P....mg	985		0	1		670	896	
Potassium, K....mg	1705		0	1		1159	1552	
Sodium, Na....mg	549		0	1		373	500	
Zinc, Zn....mg	4.41	0.124	10	1		3.00	4.01	
Copper, Cu....mg	0.041		0	4		0.028	0.037	
Manganese, Mn....mg	0.020		0	4		0.014	0.018	
Selenium, Se....mcg	27.3	2.950	9	1		18.6	24.8	
Vitamins:								
Vitamin C, total ascorbic acid....mg	5.6		0	1		3.8	5.1	
Thiamin....mg	0.413		0	1		0.281	0.376	
Riboflavin....mg	1.744		0	1		1.186	1.587	
Niacin....mg	0.891		0	1		0.606	0.811	
Pantothenic acid....mg	3.230	0.068	34	1		2.196	2.939	
Vitamin B-6....mg	0.345	0.007	31	1		0.235	0.314	
Folate, total....mcg	50		0	4		34	46	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	50		0	4		34	46	
Folate, DFE....mcg_DFE	50		0	4		34	46	
Vitamin B-12....mcg	3.99	0.327	17	1		2.72	3.63	
Vitamin A, IU....IU	27		0	4		18	25	
Vitamin A, RE....mcg_RE	5		0	4		3	5	
Vitamin E....mg_ATE	0.019		0	4		0.013	0.017	
Tocopherol, alpha....mg	0.00		0	4		0.00	0.00	
Tocopherol, beta....mg								
Tocopherol, gamma....mg								
Tocopherol, delta....mg								
Tocotrienol, alpha....mg								
Tocotrienol, beta....mg								
Tocotrienol, gamma....mg								
Tocotrienol, delta....mg								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.470		0	1		0.320	0.428	
4:0....g	0.026	0.005	4	1		0.018	0.024	
6:0....g	0.006	0.001	4	1		0.004	0.005	
8:0....g	0.007	0.001	5	1		0.005	0.006	
10:0....g	0.017	0.003	5	1		0.012	0.015	
11:0....g								
12:0....g	0.013	0.005	5	1		0.009	0.012	
13:0....g								
14:0....g	0.078	0.005	5	1		0.053	0.071	
15:0....g								
16:0....g	0.220	0.010	5	1		0.150	0.200	
17:0....g								

NDB No. 01155
Milk, dry, nonfat, instant, without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0 g	0.080	0.003	5	1		0.054	0.073	
19:0 g								
20:0 g								
22:0 g								
24:0 g								
Fatty acids, total monounsaturated g	0.190		0	1		0.129	0.173	
14:1 g								
15:1 g								
16:1 undifferentiated g	0.021	0.002	5	1		0.014	0.019	
17:1 g								
18:1 undifferentiated g	0.156	0.004	5	1		0.106	0.142	
20:1 g	0.000		0	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	4		0.000	0.000	
24:1 c g								
Fatty acids, total polyunsaturated g	0.030		0	1		0.020	0.027	
18:2 undifferentiated g	0.018	0.004	5	1		0.012	0.016	
18:3 undifferentiated g	0.011	0.003	5	1		0.007	0.010	
18:4 g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c g								
20:3 undifferentiated g								
20:4 undifferentiated g	0.000		0	1		0.000	0.000	
20:5 n-3 g	0.000		0	4		0.000	0.000	
22:2 g								
22:5 n-3 g	0.000		0	4		0.000	0.000	
22:6 n-3 g	0.000		0	4		0.000	0.000	
Fatty acids, total trans g								
Cholesterol mg	18		0	1		12	16	
Phytosterols mg								
Amino Acids:								
Tryptophan g	0.495		0	1		0.337	0.450	
Threonine g	1.584		0	1		1.077	1.441	
Isoleucine g	2.124		0	1		1.444	1.933	
Leucine g	3.438		0	1		2.338	3.129	
Lysine g	2.784		0	1		1.893	2.533	
Methionine g	0.880		0	1		0.598	0.801	
Cystine g	0.325		0	1		0.221	0.296	
Phenylalanine g	1.694		0	1		1.152	1.542	
Tyrosine g	1.694		0	1		1.152	1.542	
Valine g	2.349		0	1		1.597	2.138	
Arginine g	1.271		0	1		0.864	1.157	
Histidine g	0.952		0	1		0.647	0.866	
Alanine g	1.210		0	1		0.823	1.101	
Aspartic acid g	2.663		0	1		1.811	2.423	
Glutamic acid g	7.350		0	1		4.998	6.689	
Glycine g	0.743		0	1		0.505	0.676	
Proline g	3.400		0	1		2.312	3.094	
Serine g	1.909		0	1		1.298	1.737	
Hydroxyproline g								
Others:								
Alcohol, ethyl g	0.0		0	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

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

Common Measures:

Measure 1 = 68.000g: 1 cup

Measure 2 = 91.000g: 1 envelope (1-1/3 cup)

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

NDB No. 01155
Milk, dry, nonfat, instant, without added vitamin A

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01156
Cheese, goat, hard type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	29.01	1.211	7	1		8.22		
Energy....kcal	452		0	4		128		
Energy....kj	1891			4		536		
Protein (N x 6.38)....g	30.52	0.771	7	1		8.65		
Total lipid (fat)....g	35.59	1.008	7	1		10.09		
Ash....g	3.72	0.099	6	1		1.05		
Carbohydrate, by difference....g	2.17		0	4		0.62		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	895	117.856	7	1		254		
Iron, Fe....mg	1.88	0.709	6	1		0.53		
Magnesium, Mg....mg	54	4.849	7	1		15		
Phosphorus, P....mg	729	5.713	6	1		207		
Potassium, K....mg	48	15.479	6	1		14		
Sodium, Na....mg	346	74.739	7	1		98		
Zinc, Zn....mg	1.59	0.562	4	1		0.45		
Copper, Cu....mg	0.627	0.035	6	1		0.178		
Manganese, Mn....mg	0.252	0.148	6	1		0.071		
Selenium, Se....mcg	5.5		0	4		1.6		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.140		1	1		0.040		
Riboflavin....mg	1.190		1	1		0.337		
Niacin....mg	2.400		1	1		0.680		
Pantothenic acid....mg	0.410		0	1		0.116		
Vitamin B-6....mg	0.080		0	1		0.023		
Folate, total....mcg	4		0	1		1		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	4		0	1		1		
Folate, DFE....mcg_DFE	4		0	4		1		
Vitamin B-12....mcg	0.12		0	1		0.03		
Vitamin A, IU....IU	1591		0	4		451		
Vitamin A, RE....mcg_RE	477		0	4		135		
Vitamin E....mg_ATE	0.772		0	4		0.219		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	24.609		0	1		6.977		
4:0....g	1.784		20	1		0.506		
6:0....g	0.782		20	1		0.222		
8:0....g	0.961		20	1		0.272		
10:0....g	3.432		20	1		0.973		
11:0....g								
12:0....g	1.572		20	1		0.446		
13:0....g								
14:0....g	3.609		20	1		1.023		
15:0....g								
16:0....g	9.312		20	1		2.640		
17:0....g								
18:0....g	3.158		20	1		0.895		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.117		0	1		2.301		
14:1....g								
15:1....g								

NDB No. 01156
Cheese, goat, hard type

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.846		20	1		0.240		
17:1....g								
18:1 undifferentiated....g	7.272		20	1		2.062		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.845		0	1		0.240		
18:2 undifferentiated....g	0.845		20	1		0.240		
18:3 undifferentiated....g	0.000		0	1		0.000		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	105		1	1		30		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.321		0	1		0.091		
Threonine....g	1.139		0	1		0.323		
Isoleucine....g	1.263		0	1		0.358		
Leucine....g	2.631		0	1		0.746		
Lysine....g	2.191		0	1		0.621		
Methionine....g	0.813		0	1		0.230		
Cystine....g	0.139		0	1		0.039		
Phenylalanine....g	1.215		0	1		0.344		
Tyrosine....g	1.191		0	1		0.338		
Valine....g	2.100		0	1		0.595		
Arginine....g	0.904		0	1		0.256		
Histidine....g	0.832		0	1		0.236		
Alanine....g	0.526		0	1		0.149		
Aspartic acid....g	1.517		0	1		0.430		
Glutamic acid....g	5.688		0	1		1.613		
Glycine....g	0.344		0	1		0.098		
Proline....g	3.693		0	1		1.047		
Serine....g	1.172		0	1		0.332		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01157
Cheese, goat, semisoft type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	45.52	0.438	464	1		12.90		
Energy....kcal	364		0	4		103		
Energy....kj	1523			4		432		
Protein (N x 6.38)....g	21.58	0.920	26	1		6.12		
Total lipid (fat)....g	29.84	0.419	464	1		8.46		
Ash....g	2.94	0.157	11	1		0.83		
Carbohydrate, by difference....g	2.54		0	4		0.72		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	298	54.499	29	1		84		
Iron, Fe....mg	1.62	0.616	6	1		0.46		
Magnesium, Mg....mg	29	3.355	24	1		8		
Phosphorus, P....mg	375	27.884	16	1		106		
Potassium, K....mg	158	13.493	11	1		45		
Sodium, Na....mg	515	64.410	25	1		146		
Zinc, Zn....mg	0.66	0.088	21	1		0.19		
Copper, Cu....mg	0.564	0.026	9	1		0.160		
Manganese, Mn....mg	0.093	0.004	9	1		0.026		
Selenium, Se....mcg	3.8		0	4		1.1		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.072	0.009	14	1		0.020		
Riboflavin....mg	0.676	0.049	14	1		0.192		
Niacin....mg	1.148	0.126	14	1		0.325		
Pantothenic acid....mg	0.190		0	1		0.054		
Vitamin B-6....mg	0.060		0	1		0.017		
Folate, total....mcg	2		0	1		1		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	2		0	1		1		
Folate, DFE....mcg_DFE	2		0	4		1		
Vitamin B-12....mcg	0.22		0	1		0.06		
Vitamin A, IU....IU	1334		0	4		378		
Vitamin A, RE....mcg_RE	400		0	4		113		
Vitamin E....mg_ATE	0.648		0	4		0.184		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	20.639		0	1		5.851		
4:0....g	1.496		20	1		0.424		
6:0....g	0.656		20	1		0.186		
8:0....g	0.806		20	1		0.229		
10:0....g	2.879		20	1		0.816		
11:0....g								
12:0....g	1.318		20	1		0.374		
13:0....g								
14:0....g	3.026		20	1		0.858		
15:0....g								
16:0....g	7.809		20	1		2.214		
17:0....g								
18:0....g	2.648		20	1		0.751		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.808		0	1		1.930		
14:1....g								
15:1....g								

NDB No. 01157
Cheese, goat, semisoft type

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.709		20	1		0.201		
17:1....g								
18:1 undifferentiated....g	6.099		20	1		1.729		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.709		0	1		0.201		
18:2 undifferentiated....g	0.709		20	1		0.201		
18:3 undifferentiated....g	0.000		0	1		0.000		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	79	2.040	7	1		22		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.227		0	1		0.064		
Threonine....g	0.805		0	1		0.228		
Isoleucine....g	0.893		0	1		0.253		
Leucine....g	1.861		0	1		0.528		
Lysine....g	1.549		0	1		0.439		
Methionine....g	0.575		0	1		0.163		
Cystine....g	0.098		0	1		0.028		
Phenylalanine....g	0.859		0	1		0.244		
Tyrosine....g	0.842		0	1		0.239		
Valine....g	1.485		0	1		0.421		
Arginine....g	0.639		0	1		0.181		
Histidine....g	0.589		0	1		0.167		
Alanine....g	0.372		0	1		0.105		
Aspartic acid....g	1.072		0	1		0.304		
Glutamic acid....g	4.022		0	1		1.140		
Glycine....g	0.244		0	1		0.069		
Proline....g	2.612		0	1		0.741		
Serine....g	0.829		0	1		0.235		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01159
Cheese, goat, soft type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	60.75	0.738	83	1		17.22		
Energy....kcal	268		0	4		76		
Energy....kj	1121			4		318		
Protein (N x 6.38)....g	18.52	0.614	69	1		5.25		
Total lipid (fat)....g	21.08	0.527	83	1		5.98		
Ash....g	1.58	0.093	65	1		0.45		
Carbohydrate, by difference....g	0.89		0	4		0.25		
Fiber, total dietary....g	0.0		0	4		0.0		
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	140	15.343	69	1		40		
Iron, Fe....mg	1.90	0.245	65	1		0.54		
Magnesium, Mg....mg	16	0.584	69	1		5		
Phosphorus, P....mg	256	10.853	65	1		73		
Potassium, K....mg	26	3.238	65	1		7		
Sodium, Na....mg	368	18.572	69	1		104		
Zinc, Zn....mg	0.92	0.086	69	1		0.26		
Copper, Cu....mg	0.732	0.041	65	1		0.208		
Manganese, Mn....mg	0.100	0.003	65	1		0.028		
Selenium, Se....mcg	2.8		0	4		0.8		
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0		
Thiamin....mg	0.070	0.005	4	1		0.020		
Riboflavin....mg	0.380	3.400	4	1		0.108		
Niacin....mg	0.430	0.163	4	1		0.122		
Pantothenic acid....mg	0.680		0	1		0.193		
Vitamin B-6....mg	0.250		0	1		0.071		
Folate, total....mcg	12		0	1		3		
Folic acid....mcg	0		0	7		0		
Folate, food....mcg	12		0	1		3		
Folate, DFE....mcg_DFE	12		0	4		3		
Vitamin B-12....mcg	0.19		0	1		0.05		
Vitamin A, IU....IU	942		0	4		267		
Vitamin A, RE....mcg_RE	283		0	1		80		
Vitamin E....mg_ATE	0.457		0	4		0.130		
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.575		0	1		4.132		
4:0....g	1.057		20	1		0.300		
6:0....g	0.463		20	1		0.131		
8:0....g	0.569		20	1		0.161		
10:0....g	2.033		20	1		0.576		
11:0....g								
12:0....g	0.931		20	1		0.264		
13:0....g								
14:0....g	2.137		20	1		0.606		
15:0....g								
16:0....g	5.515		20	1		1.564		
17:0....g								
18:0....g	1.870		20	1		0.530		
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.807		0	1		1.363		
14:1....g								
15:1....g								

NDB No. 01159
Cheese, goat, soft type

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.501		20	1		0.142		
17:1....g								
18:1 undifferentiated....g	4.307		20	1		1.221		
20:1....g	0.000		0	1		0.000		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.501		0	1		0.142		
18:2 undifferentiated....g	0.501		20	1		0.142		
18:3 undifferentiated....g	0.000		0	1		0.000		
18:4....g	0.000		0	1		0.000		
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000		
20:5 n-3....g	0.000		0	1		0.000		
22:2....g								
22:5 n-3....g	0.000		0	1		0.000		
22:6 n-3....g	0.000		0	1		0.000		
Fatty acids, total trans....g								
Cholesterol....mg	46		1	1		13		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.195		0	1		0.055		
Threonine....g	0.691		0	1		0.196		
Isoleucine....g	0.766		0	1		0.217		
Leucine....g	1.597		0	1		0.453		
Lysine....g	1.330		0	1		0.377		
Methionine....g	0.494		0	1		0.140		
Cystine....g	0.084		0	1		0.024		
Phenylalanine....g	0.737		0	1		0.209		
Tyrosine....g	0.723		0	1		0.205		
Valine....g	1.274		0	1		0.361		
Arginine....g	0.549		0	1		0.156		
Histidine....g	0.505		0	1		0.143		
Alanine....g	0.319		0	1		0.090		
Aspartic acid....g	0.920		0	1		0.261		
Glutamic acid....g	3.452		0	1		0.979		
Glycine....g	0.209		0	1		0.059		
Proline....g	2.241		0	1		0.635		
Serine....g	0.711		0	1		0.202		
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0		
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01160
Egg, yolk, raw, frozen, salted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	50.80		1	1		115.32		
Energy	kcal	274		0	4		622		
Energy	kj	1146			4		2602		
Protein (N x 6.25)	g	14.00		1	1		31.78		
Total lipid (fat)	g	23.00		1	1		52.21		
Ash	g	10.60		1	1		24.06		
Carbohydrate, by difference	g	1.60		0	4		3.63		
Fiber, total dietary	g	0.0		0	7		0.0		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	114		1	1		259		
Iron, Fe	mg	3.75		1	1		8.51		
Magnesium, Mg	mg	10		1	1		23		
Phosphorus, P	mg	431		1	1		978		
Potassium, K	mg	117		1	1		266		
Sodium, Na	mg	3780		1	1		8581		
Zinc, Zn	mg	2.84		1	1		6.45		
Copper, Cu	mg	0.109		1	1		0.247		
Manganese, Mn	mg	0.062		1	1		0.141		
Selenium, Se	mcg	37.7		0	4		85.6		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	7		0.0		
Thiamin	mg	0.130		1	1		0.295		
Riboflavin	mg	0.430		1	1		0.976		
Niacin	mg	0.040		1	1		0.091		
Pantothenic acid	mg	3.230		1	1		7.332		
Vitamin B-6	mg	0.261		1	1		0.592		
Folate, total	mcg	107		1	1		243		
Folic acid	mcg	0		0	7		0		
Folate, food	mcg	107		1	1		243		
Folate, DFE	mcg_DFE	107		0	4		243		
Vitamin B-12	mcg	2.52		1	1		5.72		
Vitamin A, IU	IU	1190		1	1		2701		
Vitamin A, RE	mcg_RE	357		0	4		810		
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	7.028		0	1		15.954		
4:0	g								
6:0	g								
8:0	g	0.000		0	1		0.000		
10:0	g	0.000		0	1		0.000		
11:0	g								
12:0	g	0.000		0	1		0.000		
13:0	g								
14:0	g	0.073		1	1		0.166		
15:0	g								
16:0	g	5.098		1	1		11.572		
17:0	g								
18:0	g	1.821		1	1		4.134		
19:0	g								
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g	8.849		0	1		20.087		
14:1	g								
15:1	g								

NDB No. 01160
Egg, yolk, raw, frozen, salted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.574		1	1		1.303		
17:1....g								
18:1 undifferentiated....g	8.175		1	1		18.557		
20:1....g	0.064		1	1		0.145		
22:1 undifferentiated....g	0.000		0	1		0.000		
24:1 c....g								
Fatty acids, total polyunsaturated....g	3.150		0	1		7.151		
18:2 undifferentiated....g	2.513		1	1		5.705		
18:3 undifferentiated....g	0.064		1	1		0.145		
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.355		1	1		0.806		
20:5 n-3....g	0.109		1	1		0.247		
22:2....g								
22:5 n-3....g								
22:6 n-3....g	0.109		1	1		0.247		
Fatty acids, total trans....g								
Cholesterol....mg	955		1	1		2168		
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.164		0	1		0.372		
Threonine....g	0.744		0	1		1.689		
Isoleucine....g	0.708		0	1		1.607		
Leucine....g	1.230		0	1		2.792		
Lysine....g	1.111		0	1		2.522		
Methionine....g	0.347		0	1		0.788		
Cystine....g	0.251		0	1		0.570		
Phenylalanine....g	0.598		0	1		1.357		
Tyrosine....g	0.623		0	1		1.414		
Valine....g	0.780		0	1		1.771		
Arginine....g	0.999		0	1		2.268		
Histidine....g	0.363		0	1		0.824		
Alanine....g	0.719		0	1		1.632		
Aspartic acid....g	1.369		0	1		3.108		
Glutamic acid....g	1.774		0	1		4.027		
Glycine....g	0.432		0	1		0.981		
Proline....g	0.585		0	1		1.328		
Serine....g	1.196		0	1		2.715		
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 227.000g: .5 lb

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01161
Cheese substitute, mozzarella

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	47.36	0.718	4	1		53.52	13.43	8.34
Energy....kcal	248		0	4		280	70	44
Energy....kj	1038			4		1173	294	183
Protein (N x 6.38)....g	11.47	0.589	4	1		12.96	3.25	2.02
Total lipid (fat)....g	12.22	0.422	4	1		13.81	3.46	2.15
Ash....g	5.27	0.085	4	1		5.96	1.49	0.93
Carbohydrate, by difference....g	23.67		0	4		26.75	6.71	4.17
Fiber, total dietary....g	0.0		0	4		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	610	182.345	4	1		689	173	107
Iron, Fe....mg	0.40		0	1		0.45	0.11	0.07
Magnesium, Mg....mg	41	6.332	4	1		46	12	7
Phosphorus, P....mg	583	155.892	4	1		659	165	103
Potassium, K....mg	455	233.722	4	1		514	129	80
Sodium, Na....mg	685	272.760	4	1		774	194	121
Zinc, Zn....mg	1.92	0.932	4	1		2.17	0.54	0.34
Copper, Cu....mg	0.110	0.063	4	1		0.124	0.031	0.019
Manganese, Mn....mg	0.028	0.009	4	1		0.032	0.008	0.005
Selenium, Se....mcg	19.2		0	4		21.7	5.4	3.4
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1	0.039	4	1		0.1	0.0	0.0
Thiamin....mg	0.026	0.001	4	1		0.029	0.007	0.005
Riboflavin....mg	0.444	0.026	4	1		0.502	0.126	0.078
Niacin....mg	0.317	0.026	4	1		0.358	0.090	0.056
Pantothenic acid....mg	0.083	0.002	4	1		0.094	0.024	0.015
Vitamin B-6....mg	0.051	0.018	4	1		0.058	0.014	0.009
Folate, total....mcg	11	6.394	4	1		12	3	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	11	6.394	4	1		12	3	2
Folate, DFE....mcg_DFE	11		0	4		12	3	2
Vitamin B-12....mcg	0.81	0.042	4	1		0.92	0.23	0.14
Vitamin A, IU....IU	1456	275.002	4	1		1645	413	256
Vitamin A, RE....mcg_RE	437		0	1		494	124	77
Vitamin E....mg_ATE	1.976		0	4		2.233	0.560	0.348
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.711		0	1		4.193	1.052	0.653
4:0....g	0.000		0	1		0.000	0.000	0.000
6:0....g	0.000		0	1		0.000	0.000	0.000
8:0....g	0.012		1	1		0.014	0.003	0.002
10:0....g	0.012		1	1		0.014	0.003	0.002
11:0....g								
12:0....g	0.048		1	1		0.054	0.014	0.008
13:0....g								
14:0....g	0.049		1	1		0.055	0.014	0.009
15:0....g								
16:0....g	2.369		1	1		2.677	0.672	0.417
17:0....g								
18:0....g	1.222		1	1		1.381	0.346	0.215
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	6.243		0	1		7.055	1.770	1.099
14:1....g								
15:1....g								

NDB No. 01161
Cheese substitute, mozzarella

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
17:1....g								
18:1 undifferentiated....g	6.243		1	1		7.055	1.770	1.099
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.738		0	1		1.964	0.493	0.306
18:2 undifferentiated....g	1.664		1	1		1.880	0.472	0.293
18:3 undifferentiated....g	0.074		1	1		0.084	0.021	0.013
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	0	0.000	4	1		0	0	0
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.151		0	1		0.171	0.043	0.027
Threonine....g	0.397		0	1		0.449	0.113	0.070
Isoleucine....g	0.570		0	1		0.644	0.162	0.100
Leucine....g	0.924		0	1		1.044	0.262	0.163
Lysine....g	0.793		0	1		0.896	0.225	0.140
Methionine....g	0.282		0	1		0.319	0.080	0.050
Cystine....g	0.050		0	1		0.057	0.014	0.009
Phenylalanine....g	0.525		0	1		0.593	0.149	0.092
Tyrosine....g	0.572		0	1		0.646	0.162	0.101
Valine....g	0.680		0	1		0.768	0.193	0.120
Arginine....g	0.388		0	1		0.438	0.110	0.068
Histidine....g	0.286		0	1		0.323	0.081	0.050
Alanine....g	0.273		0	1		0.308	0.077	0.048
Aspartic acid....g	0.682		0	1		0.771	0.193	0.120
Glutamic acid....g	2.172		0	1		2.454	0.616	0.382
Glycine....g	0.167		0	1		0.189	0.047	0.029
Proline....g	1.036		0	1		1.171	0.294	0.182
Serine....g	0.532		0	1		0.601	0.151	0.094
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 113.000g: 1 cup, shredded

Measure 2 = 28.350g: 1 oz

Measure 3 = 17.600g: 1 cubic inch

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01163
Cheese fondue

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	61.61		0	4		132.46	66.54	
Energy....kcal	229		0	4		492	247	
Energy....kj	958			4		2060	1035	
Protein (N x 6.38)....g	14.23		0	4		30.59	15.37	
Total lipid (fat)....g	13.47		0	4		28.96	14.55	
Ash....g	1.85		0	4		3.98	2.00	
Carbohydrate, by difference....g	3.77		0	4		8.11	4.07	
Fiber, total dietary....g	0.0		0	4		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	476		0	4		1023	514	
Iron, Fe....mg	0.39		0	4		0.84	0.42	
Magnesium, Mg....mg	23		0	4		49	25	
Phosphorus, P....mg	306		0	4		658	330	
Potassium, K....mg	105		0	4		226	113	
Sodium, Na....mg	132		0	4		284	143	
Zinc, Zn....mg	1.96		0	4		4.21	2.12	
Copper, Cu....mg	0.026		0	4		0.056	0.028	
Manganese, Mn....mg	0.099		0	4		0.213	0.107	
Selenium, Se....mcg	9.0		0	4		19.4	9.7	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	4		0.0	0.0	
Thiamin....mg	0.027		0	4		0.058	0.029	
Riboflavin....mg	0.196		0	4		0.421	0.212	
Niacin....mg	0.190		0	4		0.409	0.205	
Pantothenic acid....mg	0.233		0	4		0.501	0.252	
Vitamin B-6....mg	0.055		0	4		0.118	0.059	
Folate, total....mcg	8		0	4		17	9	
Folic acid....mcg	4		0	4		9	4	
Folate, food....mcg	4		0	4		9	4	
Folate, DFE....mcg_DFE	11		0	4		23	12	
Vitamin B-12....mcg	0.83		0	4		1.78	0.90	
Vitamin A, IU....IU	414		0	4		890	447	
Vitamin A, RE....mcg_RE	114		0	4		245	123	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.721		0	4		18.750	9.419	
4:0....g	0.540		0	4		1.161	0.583	
6:0....g	0.239		0	4		0.514	0.258	
8:0....g	0.142		0	4		0.305	0.153	
10:0....g	0.306		0	4		0.658	0.330	
11:0....g								
12:0....g	0.255		0	4		0.548	0.275	
13:0....g								
14:0....g	1.501		0	4		3.227	1.621	
15:0....g								
16:0....g	3.821		0	4		8.215	4.127	
17:0....g								
18:0....g	1.592		0	4		3.423	1.719	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.563		0	4		7.660	3.848	
14:1....g								
15:1....g								

NDB No. 01163
Cheese fondue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.431		0	4		0.927	0.465	
17:1....g								
18:1 undifferentiated....g	2.951		0	4		6.345	3.187	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.484		0	4		1.041	0.523	
18:2 undifferentiated....g	0.311		0	4		0.669	0.336	
18:3 undifferentiated....g	0.173		0	4		0.372	0.187	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	45		0	4		97	49	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.179		0	4		0.385	0.193	
Threonine....g	0.466		0	4		1.002	0.503	
Isoleucine....g	0.689		0	4		1.481	0.744	
Leucine....g	1.328		0	4		2.855	1.434	
Lysine....g	1.160		0	4		2.494	1.253	
Methionine....g	0.352		0	4		0.757	0.380	
Cystine....g	0.129		0	4		0.277	0.139	
Phenylalanine....g	0.746		0	4		1.604	0.806	
Tyrosine....g	0.759		0	4		1.632	0.820	
Valine....g	0.961		0	4		2.066	1.038	
Arginine....g	0.416		0	4		0.894	0.449	
Histidine....g	0.477		0	4		1.026	0.515	
Alanine....g	0.409		0	4		0.879	0.442	
Aspartic acid....g	0.705		0	4		1.516	0.761	
Glutamic acid....g	2.562		0	4		5.508	2.767	
Glycine....g	0.228		0	4		0.490	0.246	
Proline....g	1.656		0	4		3.560	1.788	
Serine....g	0.735		0	4		1.580	0.794	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.3		0	4		0.6	0.3	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 215.000g: 1 cup

Measure 2 = 108.000g: .5 cup

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01164
Cheese sauce, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	66.86		0	1		162.47	20.06	
Energy....kcal	197		0	4		479	59	
Energy....kj	824			4		2003	247	
Protein (N x 6.38)....g	10.33		0	1		25.10	3.10	
Total lipid (fat)....g	14.92		0	1		36.26	4.48	
Ash....g	2.41		0	1		5.86	0.72	
Carbohydrate, by difference....g	5.48		0	4		13.32	1.64	
Fiber, total dietary....g	0.1		0	4		0.2	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	311		0	1		756	93	
Iron, Fe....mg	0.35		0	1		0.85	0.11	
Magnesium, Mg....mg	19		0	1		46	6	
Phosphorus, P....mg	229		0	1		556	69	
Potassium, K....mg	142		0	1		345	43	
Sodium, Na....mg	493		0	1		1198	148	
Zinc, Zn....mg	1.26		0	1		3.06	0.38	
Copper, Cu....mg	0.019		0	1		0.046	0.006	
Manganese, Mn....mg	0.040		0	1		0.097	0.012	
Selenium, Se....mcg	6.6		0	4		16.0	2.0	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	1		1.5	0.2	
Thiamin....mg	0.044		0	1		0.107	0.013	
Riboflavin....mg	0.243		0	1		0.590	0.073	
Niacin....mg	0.204		0	1		0.496	0.061	
Pantothenic acid....mg	0.233		0	1		0.566	0.070	
Vitamin B-6....mg	0.045		0	1		0.109	0.014	
Folate, total....mcg	10		0	4		24	3	
Folic acid....mcg	2		0	4		5	1	
Folate, food....mcg	8		0	1		19	2	
Folate, DFE....mcg_DFE	11		0	4		28	3	
Vitamin B-12....mcg	0.35		0	1		0.85	0.11	
Vitamin A, IU....IU	606		0	1		1473	182	
Vitamin A, RE....mcg_RE	160		0	1		389	48	
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	8.034		0	1		19.523	2.410	
4:0....g	0.385		0	1		0.936	0.116	
6:0....g	0.199		0	1		0.484	0.060	
8:0....g	0.106		0	1		0.258	0.032	
10:0....g	0.230		0	1		0.559	0.069	
11:0....g								
12:0....g	0.215		0	1		0.522	0.065	
13:0....g								
14:0....g	1.231		0	1		2.991	0.369	
15:0....g								
16:0....g	3.952		0	1		9.603	1.186	
17:0....g								
18:0....g	1.712		0	1		4.160	0.514	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	4.735		0	1		11.506	1.421	
14:1....g								
15:1....g								

NDB No. 01164
Cheese sauce, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.358		0	1		0.870	0.107	
17:1....g								
18:1 undifferentiated....g	4.375		0	1		10.631	1.313	
20:1....g								
22:1 undifferentiated....g								
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.397		0	1		3.395	0.419	
18:2 undifferentiated....g	1.213		0	1		2.948	0.364	
18:3 undifferentiated....g	0.184		0	1		0.447	0.055	
18:4....g								
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g								
20:5 n-3....g								
22:2....g								
22:5 n-3....g								
22:6 n-3....g								
Fatty acids, total trans....g								
Cholesterol....mg	38		0	1		92	11	
Phytosterols....mg	11		0	1		27	3	
Amino Acids:								
Tryptophan....g	0.123		0	1		0.299	0.037	
Threonine....g	0.355		0	1		0.863	0.107	
Isoleucine....g	0.578		0	1		1.405	0.173	
Leucine....g	0.902		0	1		2.192	0.271	
Lysine....g	0.772		0	1		1.876	0.232	
Methionine....g	0.243		0	1		0.590	0.073	
Cystine....g	0.056		0	1		0.136	0.017	
Phenylalanine....g	0.484		0	1		1.176	0.145	
Tyrosine....g	0.452		0	1		1.098	0.136	
Valine....g	0.627		0	1		1.524	0.188	
Arginine....g	0.351		0	1		0.853	0.105	
Histidine....g	0.311		0	1		0.756	0.093	
Alanine....g	0.279		0	1		0.678	0.084	
Aspartic acid....g	0.628		0	1		1.526	0.188	
Glutamic acid....g	2.214		0	1		5.380	0.664	
Glycine....g	0.170		0	1		0.413	0.051	
Proline....g	1.021		0	1		2.481	0.306	
Serine....g	0.539		0	1		1.310	0.162	
Hydroxyproline....g								

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

Common Measures:

Measure 1 = 243.000g: 1 cup

Measure 2 = 30.000g: 2 tbsp

Calories Factors: **Protein** 4.08 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01165
Cheese, mexican, queso anejo

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	38.06		2	1		50.24	10.79	
Energy....kcal	373		0	4		492	106	
Energy....kj	1561			4		2060	442	
Protein (N x 6.38)....g	21.44		2	1		28.30	6.08	
Total lipid (fat)....g	29.98		2	1		39.57	8.50	
Ash....g	5.89		2	1		7.77	1.67	
Carbohydrate, by difference....g	4.63		0	4		6.11	1.31	
Fiber, total dietary....g	0.0		0	7		0.0	0.0	
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	680		2	1		898	193	
Iron, Fe....mg	0.47		2	1		0.62	0.13	
Magnesium, Mg....mg	28		2	1		37	8	
Phosphorus, P....mg	444		2	1		586	126	
Potassium, K....mg	87		2	1		115	25	
Sodium, Na....mg	1131	13.589	4	1		1493	321	
Zinc, Zn....mg	2.94		2	1		3.88	0.83	
Copper, Cu....mg	0.008		2	1		0.011	0.002	
Manganese, Mn....mg	0.037		2	1		0.049	0.010	
Selenium, Se....mcg	14.5		0	4		19.1	4.1	
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	
Thiamin....mg	0.020		2	1		0.026	0.006	
Riboflavin....mg	0.209		2	1		0.276	0.059	
Niacin....mg	0.032		2	1		0.042	0.009	
Pantothenic acid....mg	0.252		2	1		0.333	0.071	
Vitamin B-6....mg	0.047		2	1		0.062	0.013	
Folate, total....mcg	1		2	1		1	0	
Folic acid....mcg	0		0	7		0	0	
Folate, food....mcg	1		2	1		1	0	
Folate, DFE....mcg_DFE	1		0	4		1	0	
Vitamin B-12....mcg	1.38		2	1		1.82	0.39	
Vitamin A, IU....IU	221		2	1		292	63	
Vitamin A, RE....mcg_RE	63		0	1		83	18	
Vitamin E....mg_ATE	0.100		0	4		0.132	0.028	
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	19.033		0	1		25.124	5.396	
4:0....g	0.907		0	1		1.197	0.257	
6:0....g	0.474		0	1		0.626	0.134	
8:0....g	0.256		0	1		0.338	0.073	
10:0....g	0.557		0	1		0.735	0.158	
11:0....g								
12:0....g	0.508		0	1		0.671	0.144	
13:0....g								
14:0....g	3.153		0	1		4.162	0.894	
15:0....g								
16:0....g	9.340		0	1		12.329	2.648	
17:0....g								
18:0....g	3.838		0	1		5.066	1.088	
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.528		0	1		11.257	2.418	
14:1....g								
15:1....g								

NDB No. 01165
Cheese, mexican, queso anejo

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.957		0	1		1.263	0.271	
17:1....g								
18:1 undifferentiated....g	7.571		0	1		9.994	2.146	
20:1....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.901		0	1		1.189	0.255	
18:2 undifferentiated....g	0.552		0	1		0.729	0.156	
18:3 undifferentiated....g	0.349		0	1		0.461	0.099	
18:4....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	
20:5 n-3....g	0.000		0	1		0.000	0.000	
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	
22:6 n-3....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans....g								
Cholesterol....mg	105		1	1		139	30	
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.215		0	1		0.284	0.061	
Threonine....g	0.731		0	1		0.965	0.207	
Isoleucine....g	1.054		0	1		1.391	0.299	
Leucine....g	2.017		0	1		2.662	0.572	
Lysine....g	1.452		0	1		1.917	0.412	
Methionine....g	0.541		0	1		0.714	0.153	
Cystine....g	0.084		0	1		0.111	0.024	
Phenylalanine....g	1.119		0	1		1.477	0.317	
Tyrosine....g	1.190		0	1		1.571	0.337	
Valine....g	1.338		0	1		1.766	0.379	
Arginine....g	0.699		0	1		0.923	0.198	
Histidine....g	0.679		0	1		0.896	0.192	
Alanine....g	0.618		0	1		0.816	0.175	
Aspartic acid....g	1.334		0	1		1.761	0.378	
Glutamic acid....g	4.769		0	1		6.295	1.352	
Glycine....g	0.296		0	1		0.391	0.084	
Proline....g	2.151		0	1		2.839	0.610	
Serine....g	1.160		0	1		1.531	0.329	
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, crumbled

Measure 2 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01166
Cheese, mexican, queso asadero

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	42.16		2	1		55.65	47.64	11.95
Energy....kcal	356		0	4		470	402	101
Energy....kj	1490			4		1966	1683	422
Protein (N x 6.38)....g	22.60		2	1		29.83	25.54	6.41
Total lipid (fat)....g	28.26		2	1		37.30	31.93	8.01
Ash....g	4.11		2	1		5.43	4.64	1.17
Carbohydrate, by difference....g	2.87		0	4		3.79	3.24	0.81
Fiber, total dietary....g	0.0		0	7		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	661		2	1		873	747	187
Iron, Fe....mg	0.51		2	1		0.67	0.58	0.14
Magnesium, Mg....mg	26		2	1		34	29	7
Phosphorus, P....mg	443		2	1		585	501	126
Potassium, K....mg	86		2	1		114	97	24
Sodium, Na....mg	655	9.476	4	1		865	740	186
Zinc, Zn....mg	3.02		2	1		3.99	3.41	0.86
Copper, Cu....mg	0.026		2	1		0.034	0.029	0.007
Manganese, Mn....mg	0.036		2	1		0.048	0.041	0.010
Selenium, Se....mcg	14.5		0	4		19.1	16.4	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.021		2	1		0.028	0.024	0.006
Riboflavin....mg	0.223		2	1		0.294	0.252	0.063
Niacin....mg	0.181		2	1		0.239	0.205	0.051
Pantothenic acid....mg	0.231		2	1		0.305	0.261	0.065
Vitamin B-6....mg	0.053		2	1		0.070	0.060	0.015
Folate, total....mcg	8		2	1		11	9	2
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	8		2	1		11	9	2
Folate, DFE....mcg_DFE	8		0	4		11	9	2
Vitamin B-12....mcg	1.00		2	1		1.32	1.13	0.28
Vitamin A, IU....IU	223		2	1		294	252	63
Vitamin A, RE....mcg_RE	64		0	1		84	72	18
Vitamin E....mg_ATE	0.100		0	4		0.132	0.113	0.028
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	17.939		0	1		23.679	20.271	5.086
4:0....g	0.855		0	1		1.129	0.966	0.242
6:0....g	0.447		0	1		0.590	0.505	0.127
8:0....g	0.241		0	1		0.318	0.272	0.068
10:0....g	0.525		0	1		0.693	0.593	0.149
11:0....g								
12:0....g	0.479		0	1		0.632	0.541	0.136
13:0....g								
14:0....g	2.972		0	1		3.923	3.358	0.843
15:0....g								
16:0....g	8.804		0	1		11.621	9.949	2.496
17:0....g								
18:0....g	3.617		0	1		4.774	4.087	1.025
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.038		0	1		10.610	9.083	2.279
14:1....g								
15:1....g								

NDB No. 01166
Cheese, mexican, queso asadero

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.902		0	1		1.191	1.019	0.256
17:1....g								
18:1 undifferentiated....g	7.136		0	1		9.420	8.064	2.023
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.850		0	1		1.122	0.961	0.241
18:2 undifferentiated....g	0.520		0	1		0.686	0.588	0.147
18:3 undifferentiated....g	0.329		0	1		0.434	0.372	0.093
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	105		1	1		139	119	30
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.269		0	1		0.355	0.304	0.076
Threonine....g	0.737		0	1		0.973	0.833	0.209
Isoleucine....g	1.225		0	1		1.617	1.384	0.347
Leucine....g	2.123		0	1		2.802	2.399	0.602
Lysine....g	1.548		0	1		2.043	1.749	0.439
Methionine....g	0.593		0	1		0.783	0.670	0.168
Cystine....g	0.103		0	1		0.136	0.116	0.029
Phenylalanine....g	1.190		0	1		1.571	1.345	0.337
Tyrosine....g	1.061		0	1		1.401	1.199	0.301
Valine....g	1.426		0	1		1.882	1.611	0.404
Arginine....g	0.760		0	1		1.003	0.859	0.215
Histidine....g	0.694		0	1		0.916	0.784	0.197
Alanine....g	0.501		0	1		0.661	0.566	0.142
Aspartic acid....g	1.475		0	1		1.947	1.667	0.418
Glutamic acid....g	5.072		0	1		6.695	5.731	1.438
Glycine....g	0.246		0	1		0.325	0.278	0.070
Proline....g	2.403		0	1		3.172	2.715	0.681
Serine....g	1.169		0	1		1.543	1.321	0.331
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 113.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01167
Cheese, mexican, queso chihuahua

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	39.13		2	1		51.65	44.22	11.09
Energy....kcal	374		0	4		494	423	106
Energy....kj	1565			4		2066	1768	444
Protein (N x 6.38)....g	21.56		2	1		28.46	24.36	6.11
Total lipid (fat)....g	29.68		2	1		39.18	33.54	8.41
Ash....g	4.06		2	1		5.36	4.59	1.15
Carbohydrate, by difference....g	5.56		0	4		7.34	6.28	1.58
Fiber, total dietary....g	0.0		0	7		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	651		2	1		859	736	185
Iron, Fe....mg	0.47		2	1		0.62	0.53	0.13
Magnesium, Mg....mg	23		2	1		30	26	7
Phosphorus, P....mg	442		2	1		583	499	125
Potassium, K....mg	52		2	1		69	59	15
Sodium, Na....mg	617	6.112	4	1		814	697	175
Zinc, Zn....mg	3.50		2	1		4.62	3.96	0.99
Copper, Cu....mg	0.024		1	1		0.032	0.027	0.007
Manganese, Mn....mg	0.071		2	1		0.094	0.080	0.020
Selenium, Se....mcg	14.5		0	4		19.1	16.4	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.018		2	1		0.024	0.020	0.005
Riboflavin....mg	0.225		2	1		0.297	0.254	0.064
Niacin....mg	0.150		2	1		0.198	0.170	0.043
Pantothenic acid....mg	0.279		2	1		0.368	0.315	0.079
Vitamin B-6....mg	0.055		2	1		0.073	0.062	0.016
Folate, total....mcg	2		2	1		3	2	1
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	2		2	1		3	2	1
Folate, DFE....mcg_DFE	2		0	4		3	2	1
Vitamin B-12....mcg	1.03		2	1		1.36	1.16	0.29
Vitamin A, IU....IU	227		2	1		300	257	64
Vitamin A, RE....mcg_RE	65		0	1		86	73	18
Vitamin E....mg_ATE	0.200		0	4		0.264	0.226	0.057
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	18.843		0	1		24.873	21.293	5.342
4:0....g	0.898		0	1		1.185	1.015	0.255
6:0....g	0.470		0	1		0.620	0.531	0.133
8:0....g	0.253		0	1		0.334	0.286	0.072
10:0....g	0.552		0	1		0.729	0.624	0.156
11:0....g								
12:0....g	0.503		0	1		0.664	0.568	0.143
13:0....g								
14:0....g	3.121		0	1		4.120	3.527	0.885
15:0....g								
16:0....g	9.247		0	1		12.206	10.449	2.622
17:0....g								
18:0....g	3.800		0	1		5.016	4.294	1.077
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	8.443		0	1		11.145	9.541	2.394
14:1....g								
15:1....g								

NDB No. 01167
Cheese, mexican, queso chihuahua

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.947		0	1		1.250	1.070	0.268
17:1....g								
18:1 undifferentiated....g	7.496		0	1		9.895	8.470	2.125
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.892		0	1		1.177	1.008	0.253
18:2 undifferentiated....g	0.547		0	1		0.722	0.618	0.155
18:3 undifferentiated....g	0.346		0	1		0.457	0.391	0.098
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	105		1	1		139	119	30
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.198		0	1		0.261	0.224	0.056
Threonine....g	0.818		0	1		1.080	0.924	0.232
Isoleucine....g	1.076		0	1		1.420	1.216	0.305
Leucine....g	2.017		0	1		2.662	2.279	0.572
Lysine....g	1.536		0	1		2.028	1.736	0.435
Methionine....g	0.608		0	1		0.803	0.687	0.172
Cystine....g	0.144		0	1		0.190	0.163	0.041
Phenylalanine....g	1.037		0	1		1.369	1.172	0.294
Tyrosine....g	1.019		0	1		1.345	1.151	0.289
Valine....g	1.266		0	1		1.671	1.431	0.359
Arginine....g	0.777		0	1		1.026	0.878	0.220
Histidine....g	0.598		0	1		0.789	0.676	0.170
Alanine....g	0.821		0	1		1.084	0.928	0.233
Aspartic acid....g	1.397		0	1		1.844	1.579	0.396
Glutamic acid....g	4.503		0	1		5.944	5.088	1.277
Glycine....g	0.384		0	1		0.507	0.434	0.109
Proline....g	2.249		0	1		2.969	2.541	0.638
Serine....g	1.115		0	1		1.472	1.260	0.316
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 113.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01168
Cheese, low fat, cheddar or colby

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	63.10		0	1		83.29	71.30	17.89
Energy....kcal	173		0	4		228	195	49
Energy....kj	724			4		955	818	205
Protein (N x 6.38)....g	24.35	0.256	62	1		32.14	27.52	6.90
Total lipid (fat)....g	7.00		0	1		9.24	7.91	1.98
Ash....g	3.64	0.111	95	1		4.80	4.11	1.03
Carbohydrate, by difference....g	1.91		0	4		2.52	2.16	0.54
Fiber, total dietary....g	0.0		0	7		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	415		0	1		548	469	118
Iron, Fe....mg	0.42		0	1		0.55	0.47	0.12
Magnesium, Mg....mg	16		0	1		21	18	5
Phosphorus, P....mg	484	9.869	35	1		639	547	137
Potassium, K....mg	66		0	1		87	75	19
Sodium, Na....mg	612	16.858	36	1		808	692	174
Zinc, Zn....mg	1.82		0	1		2.40	2.06	0.52
Copper, Cu....mg	0.021		0	1		0.028	0.024	0.006
Manganese, Mn....mg	0.006		0	1		0.008	0.007	0.002
Selenium, Se....mcg	14.5		0	4		19.1	16.4	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.012		0	1		0.016	0.014	0.003
Riboflavin....mg	0.221		0	1		0.292	0.250	0.063
Niacin....mg	0.051		0	1		0.067	0.058	0.014
Pantothenic acid....mg	0.183		0	1		0.242	0.207	0.052
Vitamin B-6....mg	0.045		0	1		0.059	0.051	0.013
Folate, total....mcg	11		0	1		15	12	3
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	11		0	1		15	12	3
Folate, DFE....mcg_DFE	11		0	4		15	12	3
Vitamin B-12....mcg	0.49		0	1		0.65	0.55	0.14
Vitamin A, IU....IU	233		0	1		308	263	66
Vitamin A, RE....mcg_RE	64		0	1		84	72	18
Vitamin E....mg_ATE	0.079		0	4		0.104	0.089	0.022
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	4.342		0	1		5.731	4.906	1.231
4:0....g	0.222		0	1		0.293	0.251	0.063
6:0....g	0.063		0	1		0.083	0.071	0.018
8:0....g	0.072		0	1		0.095	0.081	0.020
10:0....g	0.137		0	1		0.181	0.155	0.039
11:0....g								
12:0....g	0.101		0	1		0.133	0.114	0.029
13:0....g								
14:0....g	0.889		0	1		1.173	1.005	0.252
15:0....g								
16:0....g	1.984		0	1		2.619	2.242	0.562
17:0....g								
18:0....g	0.873		0	1		1.152	0.986	0.247
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	2.082		0	1		2.748	2.353	0.590
14:1....g								
15:1....g								

NDB No. 01168
Cheese, low fat, cheddar or colby

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.231		0	1		0.305	0.261	0.065
17:1....g								
18:1 undifferentiated....g	1.851		0	1		2.443	2.092	0.525
20:1....g	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.222		0	1		0.293	0.251	0.063
18:2 undifferentiated....g	0.156		0	1		0.206	0.176	0.044
18:3 undifferentiated....g	0.067		0	1		0.088	0.076	0.019
18:4....g	0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	21		0	1		28	24	6
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.286		0	1		0.378	0.323	0.081
Threonine....g	0.798		0	1		1.053	0.902	0.226
Isoleucine....g	1.389		0	1		1.833	1.570	0.394
Leucine....g	2.145		0	1		2.831	2.424	0.608
Lysine....g	1.866		0	1		2.463	2.109	0.529
Methionine....g	0.588		0	1		0.776	0.664	0.167
Cystine....g	0.111		0	1		0.147	0.125	0.031
Phenylalanine....g	1.179		0	1		1.556	1.332	0.334
Tyrosine....g	1.080		0	1		1.426	1.220	0.306
Valine....g	1.496		0	1		1.975	1.690	0.424
Arginine....g	0.847		0	1		1.118	0.957	0.240
Histidine....g	0.786		0	1		1.038	0.888	0.223
Alanine....g	0.633		0	1		0.836	0.715	0.179
Aspartic acid....g	1.439		0	1		1.899	1.626	0.408
Glutamic acid....g	5.480		0	1		7.234	6.192	1.554
Glycine....g	0.385		0	1		0.508	0.435	0.109
Proline....g	2.526		0	1		3.334	2.854	0.716
Serine....g	1.309		0	1		1.728	1.479	0.371
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 113.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01169
Cheese, low-sodium, cheddar or colby

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	38.98		0	4		51.45	44.05	11.05
Energy....kcal	398		0	4		525	450	113
Energy....kj	1665			4		2198	1882	472
Protein (N x 6.38)....g	24.35	0.256	62	1		32.14	27.52	6.90
Total lipid (fat)....g	32.62	0.207	138	1		43.06	36.86	9.25
Ash....g	2.13		0	4		2.81	2.41	0.60
Carbohydrate, by difference....g	1.91		0	4		2.52	2.16	0.54
Fiber, total dietary....g	0.0		0	7		0.0	0.0	0.0
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	703	9.478	49	1		928	794	199
Iron, Fe....mg	0.72	0.036	14	1		0.95	0.81	0.20
Magnesium, Mg....mg	27	0.873	37	1		36	31	8
Phosphorus, P....mg	484	9.869	35	1		639	547	137
Potassium, K....mg	112	8.332	76	1		148	127	32
Sodium, Na....mg	21		0	1		28	24	6
Zinc, Zn....mg	3.09	0.101	15	1		4.08	3.49	0.88
Copper, Cu....mg	0.036		0	1		0.048	0.041	0.010
Manganese, Mn....mg	0.011		0	1		0.015	0.012	0.003
Selenium, Se....mcg	14.5		0	4		19.1	16.4	4.1
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	1		0.0	0.0	0.0
Thiamin....mg	0.021	0.002	26	1		0.028	0.024	0.006
Riboflavin....mg	0.375	0.013	38	1		0.495	0.424	0.106
Niacin....mg	0.086	0.012	61	1		0.114	0.097	0.024
Pantothenic acid....mg	0.311	0.019	39	1		0.411	0.351	0.088
Vitamin B-6....mg	0.076	0.012	88	1		0.100	0.086	0.022
Folate, total....mcg	18	1.459	13	1		24	20	5
Folic acid....mcg	0		0	7		0	0	0
Folate, food....mcg	18	1.459	13	1		24	20	5
Folate, DFE....mcg_DFE	18		0	4		24	20	5
Vitamin B-12....mcg	0.83	0.047	28	1		1.10	0.94	0.24
Vitamin A, IU....IU	1047	39.819	37	1		1382	1183	297
Vitamin A, RE....mcg_RE	288		0	1		380	325	82
Vitamin E....mg_ATE	0.355		0	1		0.469	0.401	0.101
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	20.768		0	1		27.414	23.468	5.888
4:0....g	1.079		0	1		1.424	1.219	0.306
6:0....g	0.546		0	1		0.721	0.617	0.155
8:0....g	0.288		0	1		0.380	0.325	0.082
10:0....g	0.619		0	1		0.817	0.699	0.175
11:0....g								
12:0....g	0.558		0	1		0.737	0.631	0.158
13:0....g								
14:0....g	3.435		0	1		4.534	3.882	0.974
15:0....g								
16:0....g	10.111		0	1		13.347	11.425	2.866
17:0....g								
18:0....g	4.133		0	1		5.456	4.670	1.172
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	9.189		0	1		12.129	10.384	2.605
14:1....g								
15:1....g								

NDB No. 01169
Cheese, low-sodium, cheddar or colby

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	1.036		0	1		1.368	1.171	0.294
17:1....g								
18:1 undifferentiated....g	8.153		0	1		10.762	9.213	2.311
20:1....g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.972		0	1		1.283	1.098	0.276
18:2 undifferentiated....g	0.595		0	1		0.785	0.672	0.169
18:3 undifferentiated....g	0.376		0	1		0.496	0.425	0.107
18:4....g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	1		0.000	0.000	0.000
20:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:2....g								
22:5 n-3....g	0.000		0	1		0.000	0.000	0.000
22:6 n-3....g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans....g								
Cholesterol....mg	100	1.687	13	1		132	113	28
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.286		0	1		0.378	0.323	0.081
Threonine....g	0.798		0	1		1.053	0.902	0.226
Isoleucine....g	1.389		0	1		1.833	1.570	0.394
Leucine....g	2.145		0	1		2.831	2.424	0.608
Lysine....g	1.866		0	1		2.463	2.109	0.529
Methionine....g	0.588		0	1		0.776	0.664	0.167
Cystine....g	0.111		0	1		0.147	0.125	0.031
Phenylalanine....g	1.179		0	1		1.556	1.332	0.334
Tyrosine....g	1.080		0	1		1.426	1.220	0.306
Valine....g	1.496		0	1		1.975	1.690	0.424
Arginine....g	0.847		0	1		1.118	0.957	0.240
Histidine....g	0.786		0	1		1.038	0.888	0.223
Alanine....g	0.633		0	1		0.836	0.715	0.179
Aspartic acid....g	1.439		0	1		1.899	1.626	0.408
Glutamic acid....g	5.480		0	1		7.234	6.192	1.554
Glycine....g	0.385		0	1		0.508	0.435	0.109
Proline....g	2.526		0	1		3.334	2.854	0.716
Serine....g	1.309		0	1		1.728	1.479	0.371
Hydroxyproline....g								
Others:								
Alcohol, ethyl....g	0.0		0	7		0.0	0.0	0.0
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Measure 1 = 132.000g: 1 cup, diced

Measure 2 = 113.000g: 1 cup, shredded

Measure 3 = 28.350g: 1 oz

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01171
Egg, whole, raw, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	75.85		2	1				
Energy....kcal	148		0	4				
Energy....kj	619			4				
Protein (N x 6.25)....g	11.95		2	1				
Total lipid (fat)....g	10.20		2	1				
Ash....g	0.95		2	1				
Carbohydrate, by difference....g	1.05		0	4				
Fiber, total dietary....g	0.0		0	7				
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	59		2	1				
Iron, Fe....mg	1.85		2	1				
Magnesium, Mg....mg	11		2	1				
Phosphorus, P....mg	202		2	1				
Potassium, K....mg	130		2	1				
Sodium, Na....mg	133		2	1				
Zinc, Zn....mg	1.38		2	1				
Copper, Cu....mg	0.053		2	1				
Manganese, Mn....mg	0.034		2	1				
Selenium, Se....mcg	30.8	1.610	69	1				
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	7				
Thiamin....mg	0.060		2	1				
Riboflavin....mg	0.460		2	1				
Niacin....mg	0.075		2	1				
Pantothenic acid....mg	1.480		2	1				
Vitamin B-6....mg	0.162		2	1				
Folate, total....mcg	73		2	1				
Folic acid....mcg	0		0	7				
Folate, food....mcg	73		2	1				
Folate, DFE....mcg_DFE	73		0	4				
Vitamin B-12....mcg	1.07		2	1				
Vitamin A, IU....IU	525		2	1				
Vitamin A, RE....mcg_RE	158		0	1				
Vitamin E....mg_ATE	1.070		0	4				
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	3.147		0	1				
4:0....g	0.000		0	1				
6:0....g	0.000		0	1				
8:0....g	0.000		0	1				
10:0....g	0.000		0	1				
11:0....g								
12:0....g	0.000		0	1				
13:0....g								
14:0....g	0.037		2	1				
15:0....g								
16:0....g	2.280		2	1				
17:0....g								
18:0....g	0.812		2	1				
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	3.886		0	1				
14:1....g								
15:1....g								

NDB No. 01171
Egg, whole, raw, frozen

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.258		2	1				
17:1....g								
18:1 undifferentiated....g	3.581		2	1				
20:1....g	0.028		2	1				
22:1 undifferentiated....g	0.000		0	1				
24:1 c....g								
Fatty acids, total polyunsaturated....g	1.412		0	1				
18:2 undifferentiated....g	1.098		2	1				
18:3 undifferentiated....g	0.028		2	1				
18:4....g	0.009		2	1				
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.143		2	1				
20:5 n-3....g	0.088		2	1				
22:2....g								
22:5 n-3....g	0.000		0	1				
22:6 n-3....g	0.046		2	1				
Fatty acids, total trans....g								
Cholesterol....mg	432		2	1				
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.145		0	1				
Threonine....g	0.574		0	1				
Isoleucine....g	0.652		0	1				
Leucine....g	1.021		0	1				
Lysine....g	0.858		0	1				
Methionine....g	0.373		0	1				
Cystine....g	0.277		0	1				
Phenylalanine....g	0.635		0	1				
Tyrosine....g	0.488		0	1				
Valine....g	0.728		0	1				
Arginine....g	0.717		0	1				
Histidine....g	0.283		0	1				
Alanine....g	0.665		0	1				
Aspartic acid....g	1.201		0	1				
Glutamic acid....g	1.562		0	1				
Glycine....g	0.402		0	1				
Proline....g	0.476		0	1				
Serine....g	0.889		0	1				
Hydroxyproline....g								

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

Common Measures:

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01172
Egg, white, raw, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	88.55		2	1				
Energy....kcal	47		0	4				
Energy....kj	197			4				
Protein (N x 6.25)....g	9.80		2	1				
Total lipid (fat)....g	0.00		0	7				
Ash....g	0.60		2	1				
Carbohydrate, by difference....g	1.05		0	4				
Fiber, total dietary....g	0.0		0	7				
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	7		2	1				
Iron, Fe....mg	0.05		2	1				
Magnesium, Mg....mg	10		2	1				
Phosphorus, P....mg	13		2	1				
Potassium, K....mg	136		2	1				
Sodium, Na....mg	158		2	1				
Zinc, Zn....mg	0.02		2	1				
Copper, Cu....mg	0.012		2	1				
Manganese, Mn....mg	0.007		2	1				
Selenium, Se....mcg	17.6	2.370	10	1				
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	7				
Thiamin....mg	0.005		2	1				
Riboflavin....mg	0.400		2	1				
Niacin....mg	0.100		2	1				
Pantothenic acid....mg	0.155		2	1				
Vitamin B-6....mg	0.004		2	1				
Folate, total....mcg	3		2	1				
Folic acid....mcg	0		0	7				
Folate, food....mcg	3		2	1				
Folate, DFE....mcg_DFE	3		0	4				
Vitamin B-12....mcg	0.06		2	1				
Vitamin A, IU....IU	0		0	7				
Vitamin A, RE....mcg_RE	0		0	7				
Vitamin E....mg_ATE	0.000		0	7				
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7				
4:0....g	0.000		0	7				
6:0....g	0.000		0	7				
8:0....g	0.000		0	7				
10:0....g	0.000		0	7				
11:0....g								
12:0....g	0.000		0	7				
13:0....g								
14:0....g	0.000		0	7				
15:0....g								
16:0....g	0.000		0	7				
17:0....g								
18:0....g	0.000		0	7				
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	7				
14:1....g								
15:1....g								

NDB No. 01172
Egg, white, raw, frozen

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	7				
17:1....g								
18:1 undifferentiated....g	0.000		0	7				
20:1....g	0.000		0	7				
22:1 undifferentiated....g	0.000		0	7				
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	7				
18:2 undifferentiated....g	0.000		0	7				
18:3 undifferentiated....g	0.000		0	7				
18:4....g	0.000		0	7				
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	7				
20:5 n-3....g	0.000		0	7				
22:2....g								
22:5 n-3....g	0.000		0	7				
22:6 n-3....g	0.000		0	7				
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7				
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.121		0	1				
Threonine....g	0.445		0	1				
Isoleucine....g	0.554		0	1				
Leucine....g	0.826		0	1				
Lysine....g	0.666		0	1				
Methionine....g	0.337		0	1				
Cystine....g	0.254		0	1				
Phenylalanine....g	0.572		0	1				
Tyrosine....g	0.381		0	1				
Valine....g	0.624		0	1				
Arginine....g	0.533		0	1				
Histidine....g	0.221		0	1				
Alanine....g	0.566		0	1				
Aspartic acid....g	0.997		0	1				
Glutamic acid....g	1.301		0	1				
Glycine....g	0.343		0	1				
Proline....g	0.381		0	1				
Serine....g	0.676		0	1				
Hydroxyproline....g								

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

Common Measures:

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01173
Egg, white, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	5.80		2	1				
Energy....kcal	382		0	4				
Energy....kj	1598			4				
Protein (N x 6.25)....g	81.10		2	1				
Total lipid (fat)....g	0.00		0	7				
Ash....g	5.30		2	1				
Carbohydrate, by difference....g	7.80		0	4				
Fiber, total dietary....g	0.0		0	7				
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	62		2	1				
Iron, Fe....mg	0.15		2	1				
Magnesium, Mg....mg	88		2	1				
Phosphorus, P....mg	111		2	1				
Potassium, K....mg	1125		2	1				
Sodium, Na....mg	1280		2	1				
Zinc, Zn....mg	0.10		2	1				
Copper, Cu....mg	0.114		2	1				
Manganese, Mn....mg	0.007		2	1				
Selenium, Se....mcg	125.1		0	4				
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	7				
Thiamin....mg	0.005		2	1				
Riboflavin....mg	2.530		2	1				
Niacin....mg	0.865		2	1				
Pantothenic acid....mg	0.775		2	1				
Vitamin B-6....mg	0.036		2	1				
Folate, total....mcg	18		2	1				
Folic acid....mcg	0		0	7				
Folate, food....mcg	18		2	1				
Folate, DFE....mcg_DFE	18		0	4				
Vitamin B-12....mcg	0.18		2	1				
Vitamin A, IU....IU	0		0	7				
Vitamin A, RE....mcg_RE	0		0	7				
Vitamin E....mg_ATE	0.000		0	7				
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.000		0	7				
4:0....g	0.000		0	7				
6:0....g	0.000		0	7				
8:0....g	0.000		0	7				
10:0....g	0.000		0	7				
11:0....g								
12:0....g	0.000		0	7				
13:0....g								
14:0....g	0.000		0	7				
15:0....g								
16:0....g	0.000		0	7				
17:0....g								
18:0....g	0.000		0	7				
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.000		0	7				
14:1....g								
15:1....g								

NDB No. 01173
Egg, white, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.000		0	7				
17:1....g								
18:1 undifferentiated....g	0.000		0	7				
20:1....g	0.000		0	7				
22:1 undifferentiated....g	0.000		0	7				
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.000		0	7				
18:2 undifferentiated....g	0.000		0	7				
18:3 undifferentiated....g	0.000		0	7				
18:4....g	0.000		0	7				
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.000		0	7				
20:5 n-3....g	0.000		0	7				
22:2....g								
22:5 n-3....g	0.000		0	7				
22:6 n-3....g	0.000		0	7				
Fatty acids, total trans....g								
Cholesterol....mg	0		0	7				
Phytosterols....mg								
Amino Acids:								
Tryptophan....g	0.999		0	1				
Threonine....g	3.685		0	1				
Isoleucine....g	4.581		0	1				
Leucine....g	6.838		0	1				
Lysine....g	5.515		0	1				
Methionine....g	2.790		0	1				
Cystine....g	2.102		0	1				
Phenylalanine....g	4.736		0	1				
Tyrosine....g	3.153		0	1				
Valine....g	5.164		0	1				
Arginine....g	4.412		0	1				
Histidine....g	1.830		0	1				
Alanine....g	4.684		0	1				
Aspartic acid....g	8.253		0	1				
Glutamic acid....g	10.770		0	1				
Glycine....g	2.842		0	1				
Proline....g	3.153		0	1				
Serine....g	5.593		0	1				
Hydroxyproline....g								

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

Common Measures:

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01186
Cheese, cream, fat free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	75.53		2	1				
Energy....kcal	96		0	4				
Energy....kj	402			4				
Protein (N x 6.38)....g	14.41		2	1				
Total lipid (fat)....g	1.36		2	1				
Ash....g	2.57		2	1				
Carbohydrate, by difference....g	5.80		0	4				
Fiber, total dietary....g	0.0		0	7				
Sugars, total....g								
Starch....g								
Minerals:								
Calcium, Ca....mg	185		2	1				
Iron, Fe....mg	0.18		2	1				
Magnesium, Mg....mg	14		2	1				
Phosphorus, P....mg	434		2	1				
Potassium, K....mg	163		2	1				
Sodium, Na....mg	545		2	1				
Zinc, Zn....mg	0.88		2	1				
Copper, Cu....mg	0.050		2	1				
Manganese, Mn....mg	0.050		2	1				
Selenium, Se....mcg	4.9		0	4				
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	7				
Thiamin....mg	0.050		2	1				
Riboflavin....mg	0.172		2	1				
Niacin....mg	0.160		2	1				
Pantothenic acid....mg	0.194		2	1				
Vitamin B-6....mg	0.050		2	1				
Folate, total....mcg	37		2	1				
Folic acid....mcg	0		0	7				
Folate, food....mcg	37		2	1				
Folate, DFE....mcg_DFE	37		0	4				
Vitamin B-12....mcg	0.55		2	1				
Vitamin A, IU....IU	930		2	1				
Vitamin A, RE....mcg_RE	279		2	1				
Vitamin E....mg_ATE	0.030		0	4				
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.899		2	1				
4:0....g	0.069		2	1				
6:0....g	0.036		2	1				
8:0....g	0.021		2	1				
10:0....g	0.049		2	1				
11:0....g								
12:0....g	0.053		2	1				
13:0....g								
14:0....g	0.155		2	1				
15:0....g								
16:0....g	0.377		2	1				
17:0....g								
18:0....g	0.111		2	1				
19:0....g								
20:0....g								
22:0....g								
24:0....g								
Fatty acids, total monounsaturated....g	0.333		2	1				
14:1....g								
15:1....g								

NDB No. 01186
Cheese, cream, fat free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.021		2	1				
17:1....g								
18:1 undifferentiated....g	0.293		2	1				
20:1....g	0.004		2	1				
22:1 undifferentiated....g	0.000		2	1				
24:1 c....g								
Fatty acids, total polyunsaturated....g	0.059		2	1				
18:2 undifferentiated....g	0.045		2	1				
18:3 undifferentiated....g	0.009		2	1				
18:4....g	0.000		2	1				
20:2 n-6 c,c....g								
20:3 undifferentiated....g								
20:4 undifferentiated....g	0.003		2	1				
20:5 n-3....g	0.000		2	1				
22:2....g								
22:5 n-3....g	0.001		2	1				
22:6 n-3....g	0.000		2	1				
Fatty acids, total trans....g								
Cholesterol....mg	8		2	1				
Phytosterols....mg								
Others:								
Alcohol, ethyl....g	0.0		0	7				
Caffeine....mg								
Theobromine....mg								

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

Common Measures:

Calories Factors: **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01188
KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	51.50		0	9		17.00		
Energy....kcal	276		0	9		91		
Energy....kj	1155			9		381		
Protein....g	12.00		0	9		3.96		
Total lipid (fat)....g	21.00		0	4		6.93		
Ash....g	5.80		0	9		1.91		
Carbohydrate, by difference....g	9.20		0	9		3.04		
Fiber, total dietary....g	0.3		0	9		0.1		
Sugars, total....g	6.70		0	9		2.21		
Starch....g								
Minerals:								
Calcium, Ca....mg	359		0	9		118		
Iron, Fe....mg	0.19		0	9		0.06		
Magnesium, Mg....mg								
Phosphorus, P....mg	806		0	9		266		
Potassium, K....mg	240		0	9		79		
Sodium, Na....mg	1638		0	9		541		
Zinc, Zn....mg	1.64		0	9		0.54		
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.4		0	9		0.1		
Thiamin....mg								
Riboflavin....mg	0.240		0	9		0.079		
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	649		0	9		214		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	13.100		0	9		4.323		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	75		0	9		25		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 33.000g: 2 tbsp

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01189
KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	51.50		0	9		18.03		
Energy	kcal	215		0	9		75		
Energy	kj	900			9		315		
Protein	g	16.30		0	9		5.71		
Total lipid (fat)	g	9.50		0	4		3.33		
Ash	g	6.40		0	9		2.24		
Carbohydrate, by difference	g	16.20		0	9		5.67		
Fiber, total dietary	g	0.2		0	9		0.1		
Sugars, total	g	8.20		0	9		2.87		
Starch	g								
Minerals:									
Calcium, Ca	mg	418		0	9		146		
Iron, Fe	mg	0.16		0	9		0.06		
Magnesium, Mg	mg								
Phosphorus, P	mg	943		0	9		330		
Potassium, K	mg	297		0	9		104		
Sodium, Na	mg	1705		0	9		597		
Zinc, Zn	mg	2.36		0	9		0.83		
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.4		0	9		0.1		
Thiamin	mg								
Riboflavin	mg	0.330		0	9		0.116		
Niacin	mg								
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	628		0	9		220		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	6.400		0	9		2.240		
Fatty acids, total monounsaturated	g								
Fatty acids, total polyunsaturated	g								
Fatty acids, total trans	g								
Cholesterol	mg	35		0	9		12		
Phytosterols	mg								

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

Common Measures:

Measure 1 = 35.000g: 2 tbsp

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01190
KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	58.00		0	9		12.18		
Energy....kcal	148		0	9		31		
Energy....kj	619			9		130		
Protein....g	22.70		0	9		4.77		
Total lipid (fat)....g	1.00		0	4		0.21		
Ash....g	6.10		0	9		1.28		
Carbohydrate, by difference....g	11.70		0	9		2.46		
Fiber, total dietary....g	0.2		0	9		0.0		
Sugars, total....g	6.70		0	9		1.41		
Starch....g								
Minerals:								
Calcium, Ca....mg	712		0	9		150		
Iron, Fe....mg	0.05		0	9		0.01		
Magnesium, Mg....mg								
Phosphorus, P....mg	923		0	9		194		
Potassium, K....mg	236		0	9		50		
Sodium, Na....mg	1298		0	9		273		
Zinc, Zn....mg	2.50		0	9		0.53		
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	9		0.0		
Thiamin....mg								
Riboflavin....mg	0.280		0	9		0.059		
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	2166		0	9		455		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.700		0	9		0.147		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	16		0	9		3		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 21.000g: 1 slice

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01191
KRAFT VELVEETA Pasteurized Process Cheese Spread

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	45.80		0	9		12.82		
Energy....kcal	303		0	9		85		
Energy....kj	1268			9		355		
Protein....g	16.30		0	9		4.56		
Total lipid (fat)....g	22.00		0	4		6.16		
Ash....g	6.00		0	9		1.68		
Carbohydrate, by difference....g	9.80		0	9		2.74		
Fiber, total dietary....g	0.0		0	9		0.0		
Sugars, total....g	8.10		0	9		2.27		
Starch....g								
Minerals:								
Calcium, Ca....mg	466		0	9		130		
Iron, Fe....mg	0.18		0	9		0.05		
Magnesium, Mg....mg								
Phosphorus, P....mg	863		0	9		242		
Potassium, K....mg	335		0	9		94		
Sodium, Na....mg	1499		0	9		420		
Zinc, Zn....mg	1.84		0	9		0.52		
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.2		0	9		0.1		
Thiamin....mg								
Riboflavin....mg	0.350		0	9		0.098		
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	1107		0	9		310		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	14.400		0	9		4.032		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	80		0	9		22		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 28.000g: 1 oz

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01192
KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	51.30		0	9		14.36		
Energy....kcal	222		0	9		62		
Energy....kj	929			9		260		
Protein....g	19.60		0	9		5.49		
Total lipid (fat)....g	10.60		0	4		2.97		
Ash....g	6.60		0	9		1.85		
Carbohydrate, by difference....g	11.80		0	9		3.30		
Fiber, total dietary....g	0.0		0	9		0.0		
Sugars, total....g	8.50		0	9		2.38		
Starch....g								
Minerals:								
Calcium, Ca....mg	574		0	9		161		
Iron, Fe....mg	0.14		0	9		0.04		
Magnesium, Mg....mg								
Phosphorus, P....mg	1024		0	9		287		
Potassium, K....mg	345		0	9		97		
Sodium, Na....mg	1586		0	9		444		
Zinc, Zn....mg	2.49		0	9		0.70		
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.1		0	9		0.0		
Thiamin....mg								
Riboflavin....mg	0.650		0	9		0.182		
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	982		0	9		275		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	7.100		0	9		1.988		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	42		0	9		12		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 28.000g: 1 oz

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01193
KRAFT BREAKSTONE'S Reduced Fat Sour Cream

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	76.20		0	9		23.62		
Energy	kcal	152		0	9		47		
Energy	kj	636			9		197		
Protein	g	4.50		0	9		1.40		
Total lipid (fat)	g	12.00		0	4		3.72		
Ash	g	0.80		0	9		0.25		
Carbohydrate, by difference	g	6.50		0	9		2.02		
Fiber, total dietary	g	0.1		0	9		0.0		
Sugars, total	g	6.40		0	9		1.98		
Starch	g								
Minerals:									
Calcium, Ca	mg	161		0	9		50		
Iron, Fe	mg	0.06		0	9		0.02		
Magnesium, Mg	mg								
Phosphorus, P	mg	110		0	9		34		
Potassium, K	mg	210		0	9		65		
Sodium, Na	mg	59		0	9		18		
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.1		0	9		0.3		
Thiamin	mg								
Riboflavin	mg								
Niacin	mg								
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg								
Vitamin A, IU	IU	1053		0	9		326		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	7.600		0	9		2.356		
Fatty acids, total monounsaturated	g								
Fatty acids, total polyunsaturated	g								
Fatty acids, total trans	g								
Cholesterol	mg	50		0	9		16		
Phytosterols	mg								

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

Common Measures:

Measure 1 = 31.000g: 2 tbsp

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01194
KRAFT BREAKSTONE'S FREE Fat Free Sour Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	77.70		0	9		24.86		
Energy....kcal	91		0	9		29		
Energy....kj	381			9		122		
Protein....g	4.70		0	9		1.50		
Total lipid (fat)....g	1.30		0	4		0.42		
Ash....g	1.20		0	9		0.38		
Carbohydrate, by difference....g	15.10		0	9		4.83		
Fiber, total dietary....g	0.0		0	9		0.0		
Sugars, total....g	7.20		0	9		2.30		
Starch....g								
Minerals:								
Calcium, Ca....mg	141		0	9		45		
Iron, Fe....mg	0.05		0	9		0.02		
Magnesium, Mg....mg								
Phosphorus, P....mg	116		0	9		37		
Potassium, K....mg	219		0	9		70		
Sodium, Na....mg	72		0	9		23		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	1.2		0	9		0.4		
Thiamin....mg								
Riboflavin....mg								
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg								
Vitamin A, IU....IU	679		0	9		217		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.800		0	9		0.256		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	9		0	9		3		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 32.000g: 2 tbsp

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01195
KRAFT BREYERS Lowfat Strawberry Yogurt (1% Milkfat)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	76.50		0	9		173.66		
Energy....kcal	96		0	9		218		
Energy....kj	402			9		912		
Protein....g	3.80		0	9		8.63		
Total lipid (fat)....g	0.80		0	4		1.82		
Ash....g	0.70		0	9		1.59		
Carbohydrate, by difference....g	18.20		0	9		41.31		
Fiber, total dietary....g	0.2		0	9		0.5		
Sugars, total....g	17.40		0	9		39.50		
Starch....g								
Minerals:								
Calcium, Ca....mg	125		0	9		284		
Iron, Fe....mg	0.10		0	9		0.23		
Magnesium, Mg....mg								
Phosphorus, P....mg	89		0	9		202		
Potassium, K....mg	192		0	9		436		
Sodium, Na....mg	52		0	9		118		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg								
Riboflavin....mg	0.190		0	9		0.431		
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.53		0	9		1.20		
Vitamin A, IU....IU	34		0	9		77		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.500		0	9		1.135		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	9		0	9		20		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 227.000g: 1 container (8 oz)

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01196
KRAFT BREYERS LIGHT N' LIVELY Lowfat Strawberry Yogurt (1% Milkfat)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	73.30		0	9		91.63		
Energy....kcal	108		0	9		135		
Energy....kj	452			9		565		
Protein....g	3.20		0	9		4.00		
Total lipid (fat)....g	0.80		0	4		1.00		
Ash....g	0.60		0	9		0.75		
Carbohydrate, by difference....g	21.90		0	9		27.38		
Fiber, total dietary....g	0.2		0	9		0.3		
Sugars, total....g	19.60		0	9		24.50		
Starch....g								
Minerals:								
Calcium, Ca....mg	91		0	9		114		
Iron, Fe....mg	0.11		0	9		0.14		
Magnesium, Mg....mg								
Phosphorus, P....mg	67		0	9		84		
Potassium, K....mg	151		0	9		189		
Sodium, Na....mg	45		0	9		56		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.0		0	9		0.0		
Thiamin....mg								
Riboflavin....mg	0.140		0	9		0.175		
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.46		0	9		0.58		
Vitamin A, IU....IU	30		0	9		38		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.500		0	9		0.625		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	9		0	9		11		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 125.000g: 1 container (4.4 oz)

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01197
KRAFT BREYERS Smooth & Creamy Lowfat Strawberry Yogurt (1% Milkfat)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	74.80		0	9		169.80		
Energy	kcal	102		0	9		232		
Energy	kj	427			9		969		
Protein	g	3.80		0	9		8.63		
Total lipid (fat)	g	0.90		0	4		2.04		
Ash	g	0.70		0	9		1.59		
Carbohydrate, by difference	g	19.90		0	9		45.17		
Fiber, total dietary	g	0.3		0	9		0.7		
Sugars, total	g	17.20		0	9		39.04		
Starch	g								
Minerals:									
Calcium, Ca	mg	108		0	9		245		
Iron, Fe	mg	0.13		0	9		0.30		
Magnesium, Mg	mg								
Phosphorus, P	mg	78		0	9		177		
Potassium, K	mg	177		0	9		402		
Sodium, Na	mg	55		0	9		125		
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	9		0.0		
Thiamin	mg								
Riboflavin	mg	0.180		0	9		0.409		
Niacin	mg								
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12	mcg	0.52		0	9		1.18		
Vitamin A, IU	IU	31		0	9		70		
Vitamin A, RE	mcg_RE								
Vitamin E	mg_ATE								
Vitamin D	IU								
Lipids:									
Fatty acids, total saturated	g	0.500		0	9		1.135		
Fatty acids, total monounsaturated	g								
Fatty acids, total polyunsaturated	g								
Fatty acids, total trans	g								
Cholesterol	mg	9		0	9		20		
Phytosterols	mg								

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

Common Measures:

Measure 1 = 227.000g: 1 container (8 oz)

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)

NDB No. 01198

KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:								
Water....g	86.00		0	9		195.22		
Energy....kcal	55		0	9		125		
Energy....kj	230			9		522		
Protein....g	3.40		0	9		7.72		
Total lipid (fat)....g	0.20		0	4		0.45		
Ash....g	0.60		0	9		1.36		
Carbohydrate, by difference....g	9.90		0	9		22.47		
Fiber, total dietary....g	0.0		0	9		0.0		
Sugars, total....g	7.70		0	9		17.48		
Starch....g								
Minerals:								
Calcium, Ca....mg	95		0	9		216		
Iron, Fe....mg	0.11		0	9		0.25		
Magnesium, Mg....mg								
Phosphorus, P....mg	68		0	9		154		
Potassium, K....mg	146		0	9		331		
Sodium, Na....mg	45		0	9		102		
Zinc, Zn....mg								
Copper, Cu....mg								
Manganese, Mn....mg								
Selenium, Se....mcg								
Vitamins:								
Vitamin C, total ascorbic acid....mg	0.6		0	9		1.4		
Thiamin....mg								
Riboflavin....mg	0.140		0	9		0.318		
Niacin....mg								
Pantothenic acid....mg								
Vitamin B-6....mg								
Folate, total....mcg								
Folate, DFE....mcg_DFE								
Vitamin B-12....mcg	0.41		0	9		0.93		
Vitamin A, IU....IU	4		0	9		9		
Vitamin A, RE....mcg_RE								
Vitamin E....mg_ATE								
Vitamin D....IU								
Lipids:								
Fatty acids, total saturated....g	0.100		0	9		0.227		
Fatty acids, total monounsaturated....g								
Fatty acids, total polyunsaturated....g								
Fatty acids, total trans....g								
Cholesterol....mg	5		0	9		11		
Phytosterols....mg								

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

Common Measures:

Measure 1 = 227.000g: 1 container (8 oz)

Calories Factors: **Protein** **Fat** **Carbohydrate**

Food Group: 01 Dairy and Egg Products

USDA Nutrient Database for Standard Reference, Release 14 (2001)