NDB No. 14006
Alcoholic beverage, beer, light

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	95.20	0.168	7		1		28.08	337.01	
Energy	kcal	28		0	NC	4		8	99	
Energy	kj	117				4		35	415	
Protein (N x 6.25)	g	0.20		4		1		0.06	0.71	
Total lipid (fat)	g	0.00	0.005	4		1		0.00	0.00	
Ash	g	0.10	0.010	4		1		0.03	0.35	
Carbohydrate, by difference	g	1.30		0	NC	4		0.38	4.60	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5	0.532	14		1		1	18	
Iron, Fe	mg	0.04		4		1		0.01	0.14	
Magnesium, Mg	mg	5	0.149	14		1		1	18	
Phosphorus, P	mg	12		2		1		4	42	
Potassium, K	mg	18	1.060	4		1		5	64	
Sodium, Na	mg	3	0.358	11		1		1	11	
Zinc, Zn	mg	0.03	0.005	4		1		0.01	0.11	
Copper, Cu	mg	0.024	0.006	4		1		0.007	0.085	
Manganese, Mn	mg	0.016	0.001	4		1		0.005	0.057	
Selenium, Se	mcg	1.2		0	BFZN	4		0.4	4.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.009	0.001	4		1		0.003	0.032	
Riboflavin	mg	0.030		2		1		0.009	0.106	
Niacin	mg	0.392	0.035	4		1		0.116	1.388	
Pantothenic acid	mg	0.036	0.013	4		1		0.011	0.127	
Vitamin B-6	mg	0.034	0.003	4		1		0.010	0.120	
Folate, total	mcg	4	0.097	23		1		1	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4	0.097	23		1		1	15	
Folate, DFE	mcg_DFE	4		0	NC	4		1	15	
Vitamin B-12	mcg	0.01	0.001	12		1		0.00	0.04	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14006
Alcoholic beverage, beer, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.003		0		1		0.001	0.011	
Threonine ... g	0.004		0		1		0.001	0.014	
Isoleucine ... g	0.004		0		1		0.001	0.014	
Leucine ... g	0.005		0		1		0.001	0.018	
Lysine ... g	0.005		0		1		0.001	0.018	
Methionine ... g	0.001		0		1		0.000	0.004	
Cystine ... g	0.002		0		1		0.001	0.007	
Phenylalanine ... g	0.005		0		1		0.001	0.018	
Tyrosine ... g	0.012		0		1		0.004	0.042	
Valine ... g	0.007		0		1		0.002	0.025	
Arginine ... g	0.007		0		1		0.002	0.025	
Histidine ... g	0.004		0		1		0.001	0.014	
Alanine ... g	0.008		0		1		0.002	0.028	
Aspartic acid ... g	0.010		0		1		0.003	0.035	
Glutamic acid ... g	0.024		0		1		0.007	0.085	
Glycine ... g	0.007		0		1		0.002	0.025	
Proline ... g	0.023		0		1		0.007	0.081	
Serine ... g	0.004		0		1		0.001	0.014	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	3.2	0.311	12		1		0.9	11.3	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

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

Calories Factors: **Protein** 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14003
Alcoholic beverage, beer, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.30		21		1		27.41	328.59	
Energy	kcal	41		0	NC	4		12	146	
Energy	kj	172				4		51	611	
Protein (N x 6.25)	g	0.30		78		1		0.09	1.07	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
Ash	g	0.10		25		1		0.03	0.36	
Carbohydrate, by difference	g	3.70		0	NC	4		1.10	13.17	
Fiber, total dietary	g	0.2		0		1		0.1	0.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		317		1		1	18	
Iron, Fe	mg	0.03		229		1		0.01	0.11	
Magnesium, Mg	mg	6		361		1		2	21	
Phosphorus, P	mg	12		28		1		4	43	
Potassium, K	mg	25		268		1		7	89	
Sodium, Na	mg	5		248		1		1	18	
Zinc, Zn	mg	0.02		228		1		0.01	0.07	
Copper, Cu	mg	0.009		288		1		0.003	0.032	
Manganese, Mn	mg	0.012	0.001	80		1		0.004	0.043	
Selenium, Se	mcg	1.2	0.219	3	A	1		0.4	4.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0	0.0	
Thiamin	mg	0.006		13		1		0.002	0.021	
Riboflavin	mg	0.026		13		1		0.008	0.093	
Niacin	mg	0.453		13		1		0.135	1.613	
Pantothenic acid	mg	0.058		13		1		0.017	0.206	
Vitamin B-6	mg	0.050		10		1		0.015	0.178	
Folate, total	mcg	6		60		1		2	21	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		60		1		2	21	
Folate, DFE	mcg_DFE	6		0	NC	4		2	21	
Vitamin B-12	mcg	0.02	0.001	33		1		0.01	0.07	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14003
Alcoholic beverage, beer, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.003		0		1		0.001	0.011	
Threonine ... g	0.005		0		1		0.001	0.018	
Isoleucine ... g	0.005		0		1		0.001	0.018	
Leucine ... g	0.006		0		1		0.002	0.021	
Lysine ... g	0.007		0		1		0.002	0.025	
Methionine ... g	0.001		0		1		0.000	0.004	
Cystine ... g	0.003		0		1		0.001	0.011	
Phenylalanine ... g	0.006		0		1		0.002	0.021	
Tyrosine ... g	0.015		0		1		0.004	0.053	
Valine ... g	0.009		0		1		0.003	0.032	
Arginine ... g	0.009		0		1		0.003	0.032	
Histidine ... g	0.005		0		1		0.001	0.018	
Alanine ... g	0.011		0		1		0.003	0.039	
Aspartic acid ... g	0.012		0		1		0.004	0.043	
Glutamic acid ... g	0.031		0		1		0.009	0.110	
Glycine ... g	0.009		0		1		0.003	0.032	
Proline ... g	0.030		0		1		0.009	0.107	
Serine ... g	0.005		0		1		0.001	0.018	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	3.6	0.000	68		1		1.1	12.8	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.7g: 1 fl oz

Measure 2 = 356g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14034
Alcoholic beverage, creme de menthe, 72 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.30		1		1		9.51	14.15	
Energy	kcal	371		0	NC	4		125	186	
Energy	kj	1552				4		522	776	
Protein (N x 6.25)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	0.30		1		1		0.10	0.15	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	41.60		0	NC	4		13.98	20.80	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	
Iron, Fe	mg	0.07		1		1		0.02	0.04	
Magnesium, Mg	mg	0		1		1		0	0	
Phosphorus, P	mg	0		1		1		0	0	
Potassium, K	mg	0		1		1		0	0	
Sodium, Na	mg	5		1		1		2	3	
Zinc, Zn	mg	0.04		0		4		0.01	0.02	
Copper, Cu	mg	0.080		1		1		0.027	0.040	
Manganese, Mn	mg	0.040		1		1		0.013	0.020	
Selenium, Se	mcg	0.4		0	BFSN	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		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	0.003		1		1		0.001	0.002	
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	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.014		0		1		0.005	0.007	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.010		0		1		0.003	0.005	
17:0	g									
18:0	g	0.003		0		1		0.001	0.002	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.015		0		1		0.005	0.008	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14034
Alcoholic beverage, creme de menthe, 72 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.015		0		1		0.005	0.008	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.167		0		1		0.056	0.084	
18:2 undifferentiated ... g	0.058		0		1		0.019	0.029	
18:3 undifferentiated ... g	0.109		0		1		0.037	0.055	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
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	0.000		0		1		0.000	0.000	
Threonine ... g	0.000		0		1		0.000	0.000	
Isoleucine ... g	0.000		0		1		0.000	0.000	
Leucine ... g	0.000		0		1		0.000	0.000	
Lysine ... g	0.000		0		1		0.000	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.000		0		1		0.000	0.000	
Tyrosine ... g	0.000		0		1		0.000	0.000	
Valine ... g	0.000		0		1		0.000	0.000	
Arginine ... g	0.000		0		1		0.000	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.000		0		1		0.000	0.000	
Aspartic acid ... g	0.000		0		1		0.000	0.000	
Glutamic acid ... g	0.000		0		1		0.000	0.000	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.000		0		1		0.000	0.000	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	29.8		1		1		10.0	14.9	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 33.6g: 1 fl oz

Measure 2 = 50g: 1 jigger 1.5 fl oz

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14009
Alcoholic beverage, daiquiri, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.60		1		1		22.75	154.42	
Energy	kcal	125		0		4		38	259	
Energy	kj	523				4		160	1083	
Protein (N x 6.25)	g	0.00		0		4		0.00	0.00	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash	g	0.10		1		1		0.03	0.21	
Carbohydrate, by difference	g	15.70		0		4		4.79	32.50	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	
Iron, Fe	mg	0.01		1		1		0.00	0.02	
Magnesium, Mg	mg	1		0		4		0	2	
Phosphorus, P	mg	2		0		4		1	4	
Potassium, K	mg	11		1		1		3	23	
Sodium, Na	mg	40		1		1		12	83	
Zinc, Zn	mg	0.03		0		4		0.01	0.06	
Copper, Cu	mg	0.016		0		4		0.005	0.033	
Manganese, Mn	mg	0.005		0		4		0.002	0.010	
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0		4		0.4	2.7	
Thiamin	mg	0.001		0		4		0.000	0.002	
Riboflavin	mg	0.001		0		4		0.000	0.002	
Niacin	mg	0.014		0		4		0.004	0.029	
Pantothenic acid	mg	0.007		0		4		0.002	0.014	
Vitamin B-6	mg	0.003		0		4		0.001	0.006	
Folate, total	mcg	1		0		4		0	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		0	2	
Folate, DFE	mcg_DFE	1		0	NC	4		0	2	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	2		0		4		1	4	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.000		0		4		0.000	0.000	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.000		0		4		0.000	0.000	
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									

NDB No. 14009
Alcoholic beverage, daiquiri, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		4		0	0	
Phytosterols ....mg									
Others:									
Alcohol, ethyl ....g	9.6		1		1		2.9	19.9	
Caffeine ....mg									
Theobromine ....mg									

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

Common Measures:

Measure 1 = 30.5g: 1 fl oz

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

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14010
Alcoholic beverage, daiquiri, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.80		0		1		21.08	41.88	
Energy	kcal	186		0	NC	4		56	112	
Energy	kj	778				4		235	467	
Protein (N x 0)	g	0.10		0		1		0.03	0.06	
Total lipid (fat)	g	0.10		0		1		0.03	0.06	
Ash	g	0.10		0		1		0.03	0.06	
Carbohydrate, by difference	g	6.80		0	NC	4		2.05	4.08	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		1	2	
Iron, Fe	mg	0.15		0		1		0.05	0.09	
Magnesium, Mg	mg	2		0		1		1	1	
Phosphorus, P	mg	6		0		1		2	4	
Potassium, K	mg	21		0		1		6	13	
Sodium, Na	mg	5		0		1		2	3	
Zinc, Zn	mg	0.06		0		1		0.02	0.04	
Copper, Cu	mg	0.043		0		1		0.013	0.026	
Manganese, Mn	mg	0.014		0		4		0.004	0.008	
Selenium, Se	mcg	0.1		0	RC	4		0.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		0.5	1.0	
Thiamin	mg	0.014		0		1		0.004	0.008	
Riboflavin	mg	0.001		0		1		0.000	0.001	
Niacin	mg	0.042		0		1		0.013	0.025	
Pantothenic acid	mg	0.017		0		1		0.005	0.010	
Vitamin B-6	mg	0.007		0		1		0.002	0.004	
Folate, total	mcg	2		0		1		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		1	1	
Folate, DFE	mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	4		0		1		1	2	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.007		0		1		0.002	0.004	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.006		0		1		0.002	0.004	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.006		0		1		0.002	0.004	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.000	0.001	

NDB No. 14010
Alcoholic beverage, daiquiri, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.005		0		1		0.002	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	0.016		0		1		0.005	0.010	
18:2 undifferentiated ... g	0.011		0		1		0.003	0.007	
18:3 undifferentiated ... g	0.006		0		1		0.002	0.004	
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	
22:5 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									
Others:									
Alcohol, ethyl ... g	23.2		0		1		7.0	13.9	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 30.2g: 1 fl oz

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14533
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.50		1		1		15.99	24.15	
Energy	kcal	295		0	NC	4		82	124	
Energy	kj	1234				4		343	518	
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash	g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		235		1		0	0	
Iron, Fe	mg	0.04		128		1		0.01	0.02	
Magnesium, Mg	mg	0		231		1		0	0	
Phosphorus, P	mg	4		13		1		1	2	
Potassium, K	mg	2		254		1		1	1	
Sodium, Na	mg	1		260		1		0	0	
Zinc, Zn	mg	0.04		66		1		0.01	0.02	
Copper, Cu	mg	0.021		136		1		0.006	0.009	
Manganese, Mn	mg	0.018		12		1		0.005	0.008	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.006		16		1		0.002	0.003	
Riboflavin	mg	0.004		16		1		0.001	0.002	
Niacin	mg	0.013		16		1		0.004	0.005	
Pantothenic acid	mg	0.000		8		1		0.000	0.000	
Vitamin B-6	mg	0.001		8		1		0.000	0.000	
Folate, total	mcg	0		14		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		14		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14533
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine ... g	0.000		0		1		0.000	0.000	
Isoleucine ... g	0.000		0		1		0.000	0.000	
Leucine ... g	0.000		0		1		0.000	0.000	
Lysine ... g	0.000		0		1		0.000	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.000		0		1		0.000	0.000	
Tyrosine ... g	0.000		0		1		0.000	0.000	
Valine ... g	0.000		0		1		0.000	0.000	
Arginine ... g	0.000		0		1		0.000	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.000		0		1		0.000	0.000	
Aspartic acid ... g	0.000		0		1		0.000	0.000	
Glutamic acid ... g	0.000		0		1		0.000	0.000	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.000		0		1		0.000	0.000	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	42.5		0		1		11.8	17.9	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein **Fat** **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14037
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.60		0		1		18.51	27.97	
Energy	kcal	231		0	NC	4		64	97	
Energy	kj	967				4		269	406	
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash	g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		4		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	0		235		1		0	0	
Iron, Fe	mg	0.04		128		1		0.01	0.02	
Magnesium, Mg	mg	0		231		1		0	0	
Phosphorus, P	mg	4		13		1		1	2	
Potassium, K	mg	2		254		1		1	1	
Sodium, Na	mg	1		260		1		0	0	
Zinc, Zn	mg	0.04		66		1		0.01	0.02	
Copper, Cu	mg	0.021		136		1		0.006	0.009	
Manganese, Mn	mg	0.018		12		1		0.005	0.008	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.006		16		1		0.002	0.003	
Riboflavin	mg	0.004		16		1		0.001	0.002	
Niacin	mg	0.013		16		1		0.004	0.005	
Pantothenic acid	mg	0.000		8		1		0.000	0.000	
Vitamin B-6	mg	0.001		8		1		0.000	0.000	
Folate, total	mcg	0		14		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		14		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14037

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine ... g	0.000		0		1		0.000	0.000	
Isoleucine ... g	0.000		0		1		0.000	0.000	
Leucine ... g	0.000		0		1		0.000	0.000	
Lysine ... g	0.000		0		1		0.000	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.000		0		1		0.000	0.000	
Tyrosine ... g	0.000		0		1		0.000	0.000	
Valine ... g	0.000		0		1		0.000	0.000	
Arginine ... g	0.000		0		1		0.000	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.000		0		1		0.000	0.000	
Aspartic acid ... g	0.000		0		1		0.000	0.000	
Glutamic acid ... g	0.000		0		1		0.000	0.000	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.000		0		1		0.000	0.000	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	33.4		0		1		9.3	14.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein **Fat** **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14550
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.90		1		1		17.76	26.84	
Energy	kcal	250		0	NC	4		70	105	
Energy	kj	1046				4		291	439	
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash	g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference	g	0.10		0	NC	4		0.03	0.04	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		235		1		0	0	
Iron, Fe	mg	0.04		128		1		0.01	0.02	
Magnesium, Mg	mg	0		231		1		0	0	
Phosphorus, P	mg	4		13		1		1	2	
Potassium, K	mg	2		254		1		1	1	
Sodium, Na	mg	1		260		1		0	0	
Zinc, Zn	mg	0.04		66		1		0.01	0.02	
Copper, Cu	mg	0.021		136		1		0.006	0.009	
Manganese, Mn	mg	0.018		12		1		0.005	0.008	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.006		16		1		0.002	0.003	
Riboflavin	mg	0.004		16		1		0.001	0.002	
Niacin	mg	0.013		16		1		0.004	0.005	
Pantothenic acid	mg	0.000		8		1		0.000	0.000	
Vitamin B-6	mg	0.001		8		1		0.000	0.000	
Folate, total	mcg	0		14		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		14		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14550

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine ... g	0.000		0		1		0.000	0.000	
Isoleucine ... g	0.000		0		1		0.000	0.000	
Leucine ... g	0.000		0		1		0.000	0.000	
Lysine ... g	0.000		0		1		0.000	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.000		0		1		0.000	0.000	
Tyrosine ... g	0.000		0		1		0.000	0.000	
Valine ... g	0.000		0		1		0.000	0.000	
Arginine ... g	0.000		0		1		0.000	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.000		0		1		0.000	0.000	
Aspartic acid ... g	0.000		0		1		0.000	0.000	
Glutamic acid ... g	0.000		0		1		0.000	0.000	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.000		0		1		0.000	0.000	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	36.0		0		1		10.0	15.1	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein **Fat** **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14551
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.10		1		1		17.26	26.08	
Energy	kcal	263		0	NC	4		73	110	
Energy	kj	1100				4		306	462	
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash	g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		235		1		0	0	
Iron, Fe	mg	0.04		128		1		0.01	0.02	
Magnesium, Mg	mg	0		231		1		0	0	
Phosphorus, P	mg	4		13		1		1	2	
Potassium, K	mg	2		254		1		1	1	
Sodium, Na	mg	1		260		1		0	0	
Zinc, Zn	mg	0.04		66		1		0.01	0.02	
Copper, Cu	mg	0.021		136		1		0.006	0.009	
Manganese, Mn	mg	0.018		12		1		0.005	0.008	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.006		16		1		0.002	0.003	
Riboflavin	mg	0.004		16		1		0.001	0.002	
Niacin	mg	0.013		16		1		0.004	0.005	
Pantothenic acid	mg	0.000		8		1		0.000	0.000	
Vitamin B-6	mg	0.001		8		1		0.000	0.000	
Folate, total	mcg	0		14		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		14		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14551
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine g	0.000		0		1		0.000	0.000	
Isoleucine g	0.000		0		1		0.000	0.000	
Leucine g	0.000		0		1		0.000	0.000	
Lysine g	0.000		0		1		0.000	0.000	
Methionine g	0.000		0		1		0.000	0.000	
Cystine g	0.000		0		1		0.000	0.000	
Phenylalanine g	0.000		0		1		0.000	0.000	
Tyrosine g	0.000		0		1		0.000	0.000	
Valine g	0.000		0		1		0.000	0.000	
Arginine g	0.000		0		1		0.000	0.000	
Histidine g	0.000		0		1		0.000	0.000	
Alanine g	0.000		0		1		0.000	0.000	
Aspartic acid g	0.000		0		1		0.000	0.000	
Glutamic acid g	0.000		0		1		0.000	0.000	
Glycine g	0.000		0		1		0.000	0.000	
Proline g	0.000		0		1		0.000	0.000	
Serine g	0.000		0		1		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	37.9		0		1		10.5	15.9	
Caffeine mg	0		0	z	7		0	0	
Theobromine mg	0		0	z	7		0	0	

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger

Calories Factors: Protein **Fat** **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14532
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.30		1		1		16.76	25.33	
Energy	kcal	275		0	NC	4		76	116	
Energy	kj	1151				4		320	483	
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash	g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		235		1		0	0	
Iron, Fe	mg	0.04		128		1		0.01	0.02	
Magnesium, Mg	mg	0		231		1		0	0	
Phosphorus, P	mg	4		13		1		1	2	
Potassium, K	mg	2		254		1		1	1	
Sodium, Na	mg	1		260		1		0	0	
Zinc, Zn	mg	0.04		66		1		0.01	0.02	
Copper, Cu	mg	0.021		136		1		0.006	0.009	
Manganese, Mn	mg	0.018		12		1		0.005	0.008	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.006		16		1		0.002	0.003	
Riboflavin	mg	0.004		16		1		0.001	0.002	
Niacin	mg	0.013		16		1		0.004	0.005	
Pantothenic acid	mg	0.000		8		1		0.000	0.000	
Vitamin B-6	mg	0.001		8		1		0.000	0.000	
Folate, total	mcg	0		14		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		14		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14532
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine ... g	0.000		0		1		0.000	0.000	
Isoleucine ... g	0.000		0		1		0.000	0.000	
Leucine ... g	0.000		0		1		0.000	0.000	
Lysine ... g	0.000		0		1		0.000	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.000		0		1		0.000	0.000	
Tyrosine ... g	0.000		0		1		0.000	0.000	
Valine ... g	0.000		0		1		0.000	0.000	
Arginine ... g	0.000		0		1		0.000	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.000		0		1		0.000	0.000	
Aspartic acid ... g	0.000		0		1		0.000	0.000	
Glutamic acid ... g	0.000		0		1		0.000	0.000	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.000		0		1		0.000	0.000	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	39.7		0		1		11.0	16.7	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein **Fat** **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14049
Alcoholic beverage, distilled, gin, 90 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.10		1		1		17.26	26.08	
Energy	kcal	263		0	NC	4		73	110	
Energy	kj	1100				4		306	462	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
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		7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		2		1		0	0	
Iron, Fe	mg	0.00	0.000	11		1		0.00	0.00	
Magnesium, Mg	mg	0		2		1		0	0	
Phosphorus, P	mg	0		0		1		0	0	
Potassium, K	mg	0		1		1		0	0	
Sodium, Na	mg	2		3		1		1	1	
Zinc, Zn	mg	0.00		0		1		0.00	0.00	
Copper, Cu	mg	0.004	0.003	16		1		0.001	0.002	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	0.000		0		1		0.000	0.000	
Niacin	mg	0.000		1		1		0.000	0.000	
Pantothenic acid	mg	0.000		1		1		0.000	0.000	
Vitamin B-6	mg	0.000		1		1		0.000	0.000	
Folate, total	mcg	0		1		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14049
Alcoholic beverage, distilled, gin, 90 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine ... g	0.000		0		1		0.000	0.000	
Isoleucine ... g	0.000		0		1		0.000	0.000	
Leucine ... g	0.000		0		1		0.000	0.000	
Lysine ... g	0.000		0		1		0.000	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.000		0		1		0.000	0.000	
Tyrosine ... g	0.000		0		1		0.000	0.000	
Valine ... g	0.000		0		1		0.000	0.000	
Arginine ... g	0.000		0		1		0.000	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.000		0		1		0.000	0.000	
Aspartic acid ... g	0.000		0		1		0.000	0.000	
Glutamic acid ... g	0.000		0		1		0.000	0.000	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.000		0		1		0.000	0.000	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	37.9		0		1		10.5	15.9	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein **Fat** **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14050
Alcoholic beverage, distilled, rum, 80 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.60		1		1		18.51	27.97	
Energy	kcal	231		0	NC	4		64	97	
Energy	kj	967				4		269	406	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
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	0		4		1		0	0	
Iron, Fe	mg	0.12		14		1		0.03	0.05	
Magnesium, Mg	mg	0		2		1		0	0	
Phosphorus, P	mg	5		1		1		1	2	
Potassium, K	mg	2		4		1		1	1	
Sodium, Na	mg	1		5		1		0	0	
Zinc, Zn	mg	0.07		1		1		0.02	0.03	
Copper, Cu	mg	0.050		19		1		0.014	0.021	
Manganese, Mn	mg	0.018		0		4		0.005	0.008	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.008		1		1		0.002	0.003	
Riboflavin	mg	0.000		0		1		0.000	0.000	
Niacin	mg	0.000		1		1		0.000	0.000	
Pantothenic acid	mg	0.000		1		1		0.000	0.000	
Vitamin B-6	mg	0.000		1		1		0.000	0.000	
Folate, total	mcg	0		1		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14050
Alcoholic beverage, distilled, rum, 80 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine g	0.000		0		1		0.000	0.000	
Isoleucine g	0.000		0		1		0.000	0.000	
Leucine g	0.000		0		1		0.000	0.000	
Lysine g	0.000		0		1		0.000	0.000	
Methionine g	0.000		0		1		0.000	0.000	
Cystine g	0.000		0		1		0.000	0.000	
Phenylalanine g	0.000		0		1		0.000	0.000	
Tyrosine g	0.000		0		1		0.000	0.000	
Valine g	0.000		0		1		0.000	0.000	
Arginine g	0.000		0		1		0.000	0.000	
Histidine g	0.000		0		1		0.000	0.000	
Alanine g	0.000		0		1		0.000	0.000	
Aspartic acid g	0.000		0		1		0.000	0.000	
Glutamic acid g	0.000		0		1		0.000	0.000	
Glycine g	0.000		0		1		0.000	0.000	
Proline g	0.000		0		1		0.000	0.000	
Serine g	0.000		0		1		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	33.4		0		1		9.3	14.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein **Fat** **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14051
Alcoholic beverage, distilled, vodka, 80 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.60		1		1		18.51	27.97	
Energy	kcal	231		0	NC	4		64	97	
Energy	kj	967				4		269	406	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
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	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		3		1		0	0	
Iron, Fe	mg	0.01		3		1		0.00	0.00	
Magnesium, Mg	mg	0		3		1		0	0	
Phosphorus, P	mg	5		1		1		1	2	
Potassium, K	mg	1		3		1		0	0	
Sodium, Na	mg	1		4		1		0	0	
Zinc, Zn	mg	0.00		0		1		0.00	0.00	
Copper, Cu	mg	0.010		1		1		0.003	0.004	
Manganese, Mn	mg	0.000		0		1		0.000	0.000	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.005		4		1		0.001	0.002	
Riboflavin	mg	0.007		4		1		0.002	0.003	
Niacin	mg	0.000		4		1		0.000	0.000	
Pantothenic acid	mg	0.000		2		1		0.000	0.000	
Vitamin B-6	mg	0.000		2		1		0.000	0.000	
Folate, total	mcg	0		2		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		2		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14051
Alcoholic beverage, distilled, vodka, 80 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine ... g	0.000		0		1		0.000	0.000	
Isoleucine ... g	0.000		0		1		0.000	0.000	
Leucine ... g	0.000		0		1		0.000	0.000	
Lysine ... g	0.000		0		1		0.000	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.000		0		1		0.000	0.000	
Tyrosine ... g	0.000		0		1		0.000	0.000	
Valine ... g	0.000		0		1		0.000	0.000	
Arginine ... g	0.000		0		1		0.000	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.000		0		1		0.000	0.000	
Aspartic acid ... g	0.000		0		1		0.000	0.000	
Glutamic acid ... g	0.000		0		1		0.000	0.000	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.000		0		1		0.000	0.000	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	33.4		0		1		9.3	14.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein **Fat** **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14052
Alcoholic beverage, distilled, whiskey, 86 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.90		1		1		17.76	26.84	
Energy	kcal	250		0	NC	4		70	105	
Energy	kj	1046				4		291	439	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
Ash	g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference	g	0.10		0	NC	4		0.03	0.04	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		226		1		0	0	
Iron, Fe	mg	0.03		99		1		0.01	0.01	
Magnesium, Mg	mg	0		224		1		0	0	
Phosphorus, P	mg	5		10		1		1	2	
Potassium, K	mg	2		240		1		1	1	
Sodium, Na	mg	1		243		1		0	0	
Zinc, Zn	mg	0.05		63		1		0.01	0.02	
Copper, Cu	mg	0.022		99		1		0.006	0.009	
Manganese, Mn	mg	0.015		9		1		0.004	0.006	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.008		10		1		0.002	0.003	
Riboflavin	mg	0.001	0.000	9		1		0.000	0.000	
Niacin	mg	0.050		10		1		0.014	0.021	
Pantothenic acid	mg	0.000		4		1		0.000	0.000	
Vitamin B-6	mg	0.000		4		1		0.000	0.000	
Folate, total	mcg	0		10		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		10		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14052
Alcoholic beverage, distilled, whiskey, 86 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine g	0.000		0		1		0.000	0.000	
Isoleucine g	0.000		0		1		0.000	0.000	
Leucine g	0.000		0		1		0.000	0.000	
Lysine g	0.000		0		1		0.000	0.000	
Methionine g	0.000		0		1		0.000	0.000	
Cystine g	0.000		0		1		0.000	0.000	
Phenylalanine g	0.000		0		1		0.000	0.000	
Tyrosine g	0.000		0		1		0.000	0.000	
Valine g	0.000		0		1		0.000	0.000	
Arginine g	0.000		0		1		0.000	0.000	
Histidine g	0.000		0		1		0.000	0.000	
Alanine g	0.000		0		1		0.000	0.000	
Aspartic acid g	0.000		0		1		0.000	0.000	
Glutamic acid g	0.000		0		1		0.000	0.000	
Glycine g	0.000		0		1		0.000	0.000	
Proline g	0.000		0		1		0.000	0.000	
Serine g	0.000		0		1		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	36.0		0		1		10.0	15.1	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein **Fat** **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14415
Alcoholic beverage, liqueur, coffee with cream, 34 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.50		1		1		14.46	21.86	
Energy	kcal	327		0	NC	4		102	154	
Energy	kj	1368				4		426	643	
Protein (N x 6.38)	g	2.80		1		1		0.87	1.32	
Total lipid (fat)	g	15.70		1		1		4.88	7.38	
Ash	g	0.40		1		1		0.12	0.19	
Carbohydrate, by difference	g	20.90		0	NC	4		6.50	9.82	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1		1		5	8	
Iron, Fe	mg	0.13		1		1		0.04	0.06	
Magnesium, Mg	mg	2		1		1		1	1	
Phosphorus, P	mg	50		1		1		16	24	
Potassium, K	mg	32		1		1		10	15	
Sodium, Na	mg	92		1		1		29	43	
Zinc, Zn	mg	0.16		1		1		0.05	0.08	
Copper, Cu	mg	0.040		1		1		0.012	0.019	
Manganese, Mn	mg	0.035		0		4		0.011	0.016	
Selenium, Se	mcg	0.2		0	FLA	4		0.1	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	0.057		1		1		0.018	0.027	
Niacin	mg	0.078		1		1		0.024	0.037	
Pantothenic acid	mg	0.087		1		1		0.027	0.041	
Vitamin B-6	mg	0.017		0		4		0.005	0.008	
Folate, total	mcg	0		0		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.13		0		4		0.04	0.06	
Vitamin A, IU	IU	174		0		4		54	82	
Vitamin A, RAE	mcg_RAE	44		0	NC	4		14	21	
Retinol	mcg	42		0	O	4		13	20	
Vitamin E	mg_ATE	0.264		0	FLA	4		0.082	0.124	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.664		0		1		3.006	4.542	
4:0	g	0.495		0		1		0.154	0.233	
6:0	g	0.294		0		1		0.091	0.138	
8:0	g	0.170		0		1		0.053	0.080	
10:0	g	0.387		0		1		0.120	0.182	
12:0	g	0.433		0		1		0.135	0.204	
13:0	g									
14:0	g	1.546		0		1		0.481	0.727	
15:0	g									
16:0	g	4.126		0		1		1.283	1.939	
17:0	g									
18:0	g	0.358		0		1		0.111	0.168	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.458		0		1		1.386	2.095	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.340		0		1		0.106	0.160	

NDB No. 14415
Alcoholic beverage, liqueur, coffee with cream, 34 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.886		0		1		1.209	1.826	
20:1 ... g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.669		0		1		0.208	0.314	
18:2 undifferentiated ... g	0.439		0		1		0.137	0.206	
18:3 undifferentiated ... g	0.232		0		1		0.072	0.109	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	15		0		4		5	7	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.040		0		1		0.012	0.019	
Threonine ... g	0.127		0		1		0.039	0.060	
Isoleucine ... g	0.170		0		1		0.053	0.080	
Leucine ... g	0.275		0		1		0.086	0.129	
Lysine ... g	0.223		0		1		0.069	0.105	
Methionine ... g	0.070		0		1		0.022	0.033	
Cystine ... g	0.026		0		1		0.008	0.012	
Phenylalanine ... g	0.136		0		1		0.042	0.064	
Tyrosine ... g	0.136		0		1		0.042	0.064	
Valine ... g	0.188		0		1		0.058	0.088	
Arginine ... g	0.102		0		1		0.032	0.048	
Histidine ... g	0.076		0		1		0.024	0.036	
Alanine ... g	0.097		0		1		0.030	0.046	
Aspartic acid ... g	0.213		0		1		0.066	0.100	
Glutamic acid ... g	0.588		0		1		0.183	0.276	
Glycine ... g	0.059		0		1		0.018	0.028	
Proline ... g	0.272		0		1		0.085	0.128	
Serine ... g	0.153		0		1		0.048	0.072	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	13.8		0		1		4.3	6.5	
Caffeine ... mg	15		0	FLA	4		5	7	
Theobromine ... mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 31.1g: 1 fl oz

Measure 2 = 47g: 1 jigger 1.5 fl oz

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14414
Alcoholic beverage, liqueur, coffee, 53 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	31.00		1		1		10.79	16.12	
Energy	kcal	336		0	NC	4		117	175	
Energy	kj	1406				4		489	731	
Protein (N x 6.25)	g	0.10		2		1		0.03	0.05	
Total lipid (fat)	g	0.30		2		1		0.10	0.16	
Ash	g	0.10		2		1		0.03	0.05	
Carbohydrate, by difference	g	46.80		0	NC	4		16.29	24.34	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		2		1		0	1	
Iron, Fe	mg	0.06		2		1		0.02	0.03	
Magnesium, Mg	mg	3		2		1		1	2	
Phosphorus, P	mg	6		2		1		2	3	
Potassium, K	mg	30		2		1		10	16	
Sodium, Na	mg	8		2		1		3	4	
Zinc, Zn	mg	0.03		2		1		0.01	0.02	
Copper, Cu	mg	0.040		2		1		0.014	0.021	
Manganese, Mn	mg	0.017		0		4		0.006	0.009	
Selenium, Se	mcg	0.4		0	FLA	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.004		2		1		0.001	0.002	
Riboflavin	mg	0.012		2		1		0.004	0.006	
Niacin	mg	0.144		2		1		0.050	0.075	
Pantothenic acid	mg	0.000		2		1		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.106		0		1		0.037	0.055	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.078		0		1		0.027	0.041	
17:0	g									
18:0	g	0.019		0		1		0.007	0.010	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.022		0		1		0.008	0.011	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14414
Alcoholic beverage, liqueur, coffee, 53 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.021		0		1		0.007	0.011	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.105		0		1		0.037	0.055	
18:2 undifferentiated ... g	0.097		0		1		0.034	0.050	
18:3 undifferentiated ... g	0.008		0		1		0.003	0.004	
18:4 ... g	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	
22:5 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									
Others:									
Alcohol, ethyl ... g	21.7		0		1		7.6	11.3	
Caffeine ... mg	26		0	FLA	4		9	14	
Theobromine ... mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 jigger 1.5 fl oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14534
Alcoholic beverage, liqueur, coffee, 63 proof

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	41.40		1		1		14.41	21.53	
Energy	kcal	308		0	NC	4		107	160	
Energy	kj	1289				4		448	670	
Protein (N x 6.25)	g	0.10		2		1		0.03	0.05	
Total lipid (fat)	g	0.30		2		1		0.10	0.16	
Ash	g	0.10		2		1		0.03	0.05	
Carbohydrate, by difference	g	32.20		0	NC	4		11.21	16.74	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		2		1		0	1	
Iron, Fe	mg	0.06		2		1		0.02	0.03	
Magnesium, Mg	mg	3		2		1		1	2	
Phosphorus, P	mg	6		2		1		2	3	
Potassium, K	mg	30		2		1		10	16	
Sodium, Na	mg	8		2		1		3	4	
Zinc, Zn	mg	0.03		2		1		0.01	0.02	
Copper, Cu	mg	0.040		2		1		0.014	0.021	
Manganese, Mn	mg	0.017		0		4		0.006	0.009	
Selenium, Se	mcg	0.3		0	FLA	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.004		2		1		0.001	0.002	
Riboflavin	mg	0.012		2		1		0.004	0.006	
Niacin	mg	0.144		2		1		0.050	0.075	
Pantothenic acid	mg	0.000		2		1		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.106		0		1		0.037	0.055	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.078		0		1		0.027	0.041	
17:0	g									
18:0	g	0.019		0		1		0.007	0.010	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.022		0		1		0.008	0.011	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 14534
Alcoholic beverage, liqueur, coffee, 63 proof

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.021		0		1		0.007	0.011	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.105		0		1		0.037	0.055	
18:2 undifferentiated ... g	0.097		0		1		0.034	0.050	
18:3 undifferentiated ... g	0.008		0		1		0.003	0.004	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... 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									
Others:									
Alcohol, ethyl ... g	26.0		0		1		9.0	13.5	
Caffeine ... mg	26		0	FLA	4		9	14	
Theobromine ... mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 jigger 1.5 fl oz

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14015
Alcoholic beverage, pina colada, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.90		1		1		17.90	121.88	
Energy	kcal	237		0	NC	4		77	526	
Energy	kj	992				4		323	2201	
Protein (N x 6.25)	g	0.60		1		1		0.20	1.33	
Total lipid (fat)	g	7.60		1		1		2.48	16.87	
Ash	g	0.30		1		1		0.10	0.67	
Carbohydrate, by difference	g	27.60		0	NC	4		9.00	61.27	
Fiber, total dietary	g	0.1		0		4		0.0	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1		1		0	2	
Iron, Fe	mg	0.03		1		1		0.01	0.07	
Magnesium, Mg	mg	6		0		4		2	13	
Phosphorus, P	mg	36		0		4		12	80	
Potassium, K	mg	83		1		1		27	184	
Sodium, Na	mg	71		1		1		23	158	
Zinc, Zn	mg	0.20		0		4		0.07	0.44	
Copper, Cu	mg	0.087		0		4		0.028	0.193	
Manganese, Mn	mg	0.319		0		4		0.104	0.708	
Selenium, Se	mcg	0.7		0	BFZN	4		0.2	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		4		0.5	3.3	
Thiamin	mg	0.017		0		4		0.006	0.038	
Riboflavin	mg	0.005		0		4		0.002	0.011	
Niacin	mg	0.104		0		4		0.034	0.231	
Pantothenic acid	mg	0.054		0		4		0.018	0.120	
Vitamin B-6	mg	0.017		0		4		0.006	0.038	
Folate, total	mcg	6		0		4		2	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		2	13	
Folate, DFE	mcg_DFE	6		0	NC	4		2	13	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	24		0		4		8	53	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	3	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.571		0		1		2.142	14.588	
4:0	g									
6:0	g	0.044		0		1		0.014	0.098	
8:0	g	0.570		0		1		0.186	1.265	
10:0	g	0.459		0		1		0.150	1.019	
12:0	g	3.391		0		1		1.105	7.528	
13:0	g									
14:0	g	1.275		0		1		0.416	2.831	
15:0	g									
16:0	g	0.622		0		1		0.203	1.381	
17:0	g									
18:0	g	0.211		0		1		0.069	0.468	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.442		0		1		0.144	0.981	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 14015
Alcoholic beverage, pina colada, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.442		0		1		0.144	0.981	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.137		0		1		0.045	0.304	
18:2 undifferentiated ... g	0.137		0		1		0.045	0.304	
18:3 undifferentiated ... g									
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	9.0		1		1		2.9	20.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 32.6g: 1 fl oz

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

Calories Factors: **Protein** 3.4 **Fat** 8.5 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14017
Alcoholic beverage, pina colada, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.99			RC	4		20.41	91.63	
Energy	kcal	179			RC	4		56	252	
Energy	kj	747			RC	4		235	1054	
Protein (N x 0)	g	0.42			RC	4		0.13	0.59	
Total lipid (fat)	g	1.88			RC	4		0.59	2.65	
Ash	g	0.14			RC	4		0.04	0.19	
Carbohydrate, by difference	g	22.64			RC	4		7.11	31.93	
Fiber, total dietary	g	0.3			RC	4		0.1	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8			RC	4		2	11	
Iron, Fe	mg	0.21			RC	4		0.07	0.30	
Magnesium, Mg	mg	8			RC	4		2	11	
Phosphorus, P	mg	8			RC	4		2	11	
Potassium, K	mg	71			RC	4		22	100	
Sodium, Na	mg	6			RC	4		2	9	
Zinc, Zn	mg	0.14			RC	4		0.04	0.19	
Copper, Cu	mg	0.086			RC	4		0.027	0.121	
Manganese, Mn	mg	0.529			RC	4		0.166	0.746	
Selenium, Se	mcg	0.7			RC	4		0.2	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.9			RC	4		1.5	6.9	
Thiamin	mg	0.029			RC	4		0.009	0.041	
Riboflavin	mg	0.017			RC	4		0.005	0.024	
Niacin	mg	0.118			RC	4		0.037	0.166	
Pantothenic acid	mg	0.061			RC	4		0.019	0.086	
Vitamin B-6	mg	0.045			RC	4		0.014	0.064	
Folate, total	mcg	12			RC	4		4	16	
Folic acid	mcg	0			Z	7		0	0	
Folate, food	mcg	12			RC	4		4	16	
Folate, DFE	mcg_DFE	12		0	NC	4		4	16	
Vitamin B-12	mcg	0.00			RC	4		0.00	0.00	
Vitamin A, IU	IU	2			RC	4		1	3	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.085			RC	4		0.027	0.120	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.636			RC	4		0.514	2.307	
4:0	g	0.000			RC	4		0.000	0.000	
6:0	g	0.011			RC	4		0.003	0.015	
8:0	g	0.129			RC	4		0.041	0.182	
10:0	g	0.103			RC	4		0.032	0.145	
12:0	g	0.818			RC	4		0.257	1.153	
13:0	g									
14:0	g	0.323			RC	4		0.101	0.455	
15:0	g									
16:0	g	0.158			RC	4		0.049	0.222	
17:0	g									
18:0	g	0.096			RC	4		0.030	0.136	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.082			RC	4		0.026	0.116	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000			RC	4		0.000	0.001	

NDB No. 14017
Alcoholic beverage, pina colada, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.082			RC	4		0.026	0.116	
20:1 ... g	0.000			RC	4		0.000	0.000	
22:1 undifferentiated ... g	0.000			RC	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.033			RC	4		0.010	0.046	
18:2 undifferentiated ... g	0.027			RC	4		0.009	0.038	
18:3 undifferentiated ... g	0.005			RC	4		0.002	0.007	
18:4 ... g	0.000			RC	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000			RC	4		0.000	0.000	
20:5 n-3 ... g	0.000			RC	4		0.000	0.000	
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.003			RC	4		0.001	0.005	
Threonine ... g	0.010			RC	4		0.003	0.014	
Isoleucine ... g	0.011			RC	4		0.003	0.016	
Leucine ... g	0.021			RC	4		0.007	0.029	
Lysine ... g	0.012			RC	4		0.004	0.017	
Methionine ... g	0.005			RC	4		0.002	0.007	
Cystine ... g	0.006			RC	4		0.002	0.008	
Phenylalanine ... g	0.014			RC	4		0.004	0.020	
Tyrosine ... g	0.009			RC	4		0.003	0.012	
Valine ... g	0.017			RC	4		0.005	0.024	
Arginine ... g	0.046			RC	4		0.014	0.065	
Histidine ... g	0.006			RC	4		0.002	0.009	
Alanine ... g	0.014			RC	4		0.005	0.020	
Aspartic acid ... g	0.027			RC	4		0.009	0.039	
Glutamic acid ... g	0.064			RC	4		0.020	0.090	
Glycine ... g	0.013			RC	4		0.004	0.019	
Proline ... g	0.012			RC	4		0.004	0.016	
Serine ... g	0.014			RC	4		0.005	0.020	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	9.9			RC	4		3.1	14.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 31.4g: 1 fl oz

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14019
Alcoholic beverage, tequila sunrise, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.80		1		1		24.51	166.27	
Energy	kcal	110		0		4		34	232	
Energy	kj	460				4		143	971	
Protein (N x 6.25)	g	0.30		0		4		0.09	0.63	
Total lipid (fat)	g	0.10		0		4		0.03	0.21	
Ash	g	0.10		1		1		0.03	0.21	
Carbohydrate, by difference	g	11.30		0		4		3.51	23.84	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	
Iron, Fe	mg	0.02		1		1		0.01	0.04	
Magnesium, Mg	mg	7		0		4		2	15	
Phosphorus, P	mg	10		0		4		3	21	
Potassium, K	mg	10		1		1		3	21	
Sodium, Na	mg	57		1		1		18	120	
Zinc, Zn	mg	0.60		0		4		0.19	1.27	
Copper, Cu	mg	0.042		0		4		0.013	0.089	
Manganese, Mn	mg	0.014		0		4		0.004	0.030	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	19.3		0		4		6.0	40.7	
Thiamin	mg	0.038		0		4		0.012	0.080	
Riboflavin	mg	0.016		0		4		0.005	0.034	
Niacin	mg	0.190		0		4		0.059	0.401	
Pantothenic acid	mg	0.088		0		4		0.027	0.186	
Vitamin B-6	mg	0.050		0		4		0.016	0.106	
Folate, total	mcg	11		0		4		3	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		4		3	22	
Folate, DFE	mcg_DFE	11		0	NC	4		3	22	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	97		0		4		30	205	
Vitamin A, RAE	mcg_RAE	5		0	NC	4		2	10	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.013		0		4		0.004	0.027	
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.003		0		4		0.001	0.006	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.021		0		4		0.007	0.044	
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									

NDB No. 14019
Alcoholic beverage, tequila sunrise, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		4		0	0	
Phytosterols ....mg									
Others:									
Alcohol, ethyl ....g	9.4		1		1		2.9	19.8	
Caffeine ....mg									
Theobromine ....mg									

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

Common Measures:

Measure 1 = 31.1g: 1 fl oz

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

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14024
Alcoholic beverage, whiskey sour mix, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.60		1		1		0.10		
Energy	kcal	383		0	NC	4		65		
Energy	kj	1602				4		272		
Protein (N x 6.25)	g	0.60		1		1		0.10		
Total lipid (fat)	g	0.10		1		1		0.02		
Ash	g	1.40		1		1		0.24		
Carbohydrate, by difference	g	97.30		0	NC	4		16.54		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	272		1		1		46		
Iron, Fe	mg	0.39		1		1		0.07		
Magnesium, Mg	mg	19		1		1		3		
Phosphorus, P	mg	13		1		1		2		
Potassium, K	mg	19		1		1		3		
Sodium, Na	mg	274		1		1		47		
Zinc, Zn	mg	0.14		1		1		0.02		
Copper, Cu	mg	0.130		1		1		0.022		
Manganese, Mn	mg	0.000		0		1		0.000		
Selenium, Se	mcg	0.6		0	FLA	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		1		1		0.5		
Thiamin	mg	0.005		1		1		0.001		
Riboflavin	mg	0.000		0		1		0.000		
Niacin	mg	0.000		0		1		0.000		
Pantothenic acid	mg	0.060		1		1		0.010		
Vitamin B-6	mg	0.000		0		1		0.000		
Folate, total	mcg	0		0		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		1		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.01		0		4		0.00		
Vitamin A, IU	IU	30		1		1		5		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.019		0		1		0.003		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.012		0		1		0.002		
17:0	g									
18:0	g	0.000		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.006		0		1		0.001		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 14024
Alcoholic beverage, whiskey sour mix, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.006		0		1		0.001		
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.037		0		1		0.006		
18:2 undifferentiated ....g	0.025		0		1		0.004		
18:3 undifferentiated ....g	0.012		0		1		0.002		
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		1		0		
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 17g: 1 packet

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14027
Alcoholic beverage, whiskey sour, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.90		1		1		23.69	160.72	
Energy	kcal	119		0		4		37	249	
Energy	kj	498				4		153	1041	
Protein (N x 6.25)	g	0.00		0		4		0.00	0.00	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash	g	0.10		1		1		0.03	0.21	
Carbohydrate, by difference	g	13.40		0		4		4.13	28.01	
Fiber, total dietary	g	0.1		0		4		0.0	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	
Iron, Fe	mg	0.01		1		1		0.00	0.02	
Magnesium, Mg	mg	1		0		4		0	2	
Phosphorus, P	mg	6		0		4		2	13	
Potassium, K	mg	11		1		1		3	23	
Sodium, Na	mg	44		1		1		14	92	
Zinc, Zn	mg	0.06		0		4		0.02	0.13	
Copper, Cu	mg	0.009		0		4		0.003	0.019	
Manganese, Mn	mg	0.006		0		4		0.002	0.013	
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		4		0.5	3.3	
Thiamin	mg	0.011		0		4		0.003	0.023	
Riboflavin	mg	0.006		0		4		0.002	0.013	
Niacin	mg	0.020		0		4		0.006	0.042	
Pantothenic acid	mg	0.008		0		4		0.002	0.017	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	13		0		4		4	27	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.000		0		4		0.000	0.000	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.000		0		4		0.000	0.000	
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									

NDB No. 14027
Alcoholic beverage, whiskey sour, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		4		0	0	
Phytosterols ....mg									
Others:									
Alcohol, ethyl ....g	9.5		1		1		2.9	19.9	
Caffeine ....mg									
Theobromine ....mg									

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

Common Measures:

Measure 1 = 30.8g: 1 fl oz

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

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14029
Alcoholic beverage, whiskey sour, prepared from item 14028

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.60		0		1		22.07	76.96	
Energy	kcal	149		0	NC	4		45	158	
Energy	kj	623				4		190	661	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.10		0		1		0.03	0.11	
Carbohydrate, by difference	g	13.10		0	NC	4		3.98	13.89	
Fiber, total dietary	g	0.0		0	RP	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0		1		0	1	
Iron, Fe	mg	0.08		0		1		0.02	0.08	
Magnesium, Mg	mg	1		0		1		0	1	
Phosphorus, P	mg	6		0		1		2	6	
Potassium, K	mg	18		0		1		5	19	
Sodium, Na	mg	62		0		1		19	66	
Zinc, Zn	mg	0.06		0		1		0.02	0.06	
Copper, Cu	mg	0.009		0		1		0.003	0.010	
Manganese, Mn	mg	0.006		0		1		0.002	0.006	
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		0.5	1.7	
Thiamin	mg	0.011		0		1		0.003	0.012	
Riboflavin	mg	0.006		0		1		0.002	0.006	
Niacin	mg	0.020		0		1		0.006	0.021	
Pantothenic acid	mg	0.008		0		1		0.002	0.008	
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	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	13		0		1		4	14	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.005		0		1		0.002	0.005	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.005		0		1		0.002	0.005	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.000	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14029
Alcoholic beverage, whiskey sour, prepared from item 14028

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0		1		0.000	0.001	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.012		0		1		0.004	0.013	
18:2 undifferentiated ... g	0.008		0		1		0.002	0.008	
18:3 undifferentiated ... g	0.003		0		1		0.001	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	
22:5 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									
Others:									
Alcohol, ethyl ... g	14.1		0		1		4.3	14.9	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 30.4g: 1 fl oz

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14531
Alcoholic beverage, whiskey sour, prepared from item 14530

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.60		0		1		22.07	47.19	76.96
Energy	kcal	149		0	NC	4		45	97	158
Energy	kj	623				4		190	405	661
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		1		0.00	0.00	0.00
Ash	g	0.10		0		1		0.03	0.07	0.11
Carbohydrate, by difference	g	13.10		0	NC	4		3.98	8.52	13.89
Fiber, total dietary	g	0.0		0	RP	4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0		1		0	1	1
Iron, Fe	mg	0.08		0		1		0.02	0.05	0.08
Magnesium, Mg	mg	1		0		1		0	1	1
Phosphorus, P	mg	6		0		1		2	4	6
Potassium, K	mg	5		0		1		2	3	5
Sodium, Na	mg	20		0		1		6	13	21
Zinc, Zn	mg	0.06		0		1		0.02	0.04	0.06
Copper, Cu	mg	0.009		0		1		0.003	0.006	0.010
Manganese, Mn	mg	0.006		0		1		0.002	0.004	0.006
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.1	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		0.5	1.0	1.7
Thiamin	mg	0.011		0		1		0.003	0.007	0.012
Riboflavin	mg	0.006		0		1		0.002	0.004	0.006
Niacin	mg	0.020		0		1		0.006	0.013	0.021
Pantothenic acid	mg	0.008		0		1		0.002	0.005	0.008
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	Z	7		0	0	0
Folate, food	mcg	0		0		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	13		0		1		4	8	14
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	1
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.005		0		1		0.002	0.003	0.005
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.005		0		1		0.002	0.003	0.005
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.000	0.001	0.001
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14531
Alcoholic beverage, whiskey sour, prepared from item 14530

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0		1		0.000	0.001	0.001
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.012		0		1		0.004	0.008	0.013
18:2 undifferentiated ... g	0.008		0		1		0.002	0.005	0.008
18:3 undifferentiated ... g	0.003		0		1		0.001	0.002	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
22:5 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									
Others:									
Alcohol, ethyl ... g	14.1		0		1		4.3	9.2	14.9
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 30.4g: 1 fl oz

Measure 2 = 65g: 2 fl oz

Measure 3 = 106g: 1 portion (2 oz mix + 1.5 oz whiskey)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14025

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.10		0		1		20.32	71.17	
Energy	kcal	164		0	NC	4		48	169	
Energy	kj	686				4		202	707	
Protein (N x 0)	g	0.10		0		1		0.03	0.10	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.30		0		1		0.09	0.31	
Carbohydrate, by difference	g	15.90		0	NC	4		4.67	16.38	
Fiber, total dietary	g	0.0		0	RP	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0		1		13	46	
Iron, Fe	mg	0.08		0		1		0.02	0.08	
Magnesium, Mg	mg	4		0		1		1	4	
Phosphorus, P	mg	4		0		1		1	4	
Potassium, K	mg	4		0		1		1	4	
Sodium, Na	mg	46		0		1		14	47	
Zinc, Zn	mg	0.05		0		1		0.01	0.05	
Copper, Cu	mg	0.033		0		1		0.010	0.034	
Manganese, Mn	mg	0.006		0		1		0.002	0.006	
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.1	0.4	
Thiamin	mg	0.004		0		1		0.001	0.004	
Riboflavin	mg	0.000		0		1		0.000	0.000	
Niacin	mg	0.020		0		1		0.006	0.021	
Pantothenic acid	mg	0.010		0		1		0.003	0.010	
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	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	5		0		1		1	5	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.003		0		1		0.001	0.003	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.003		0		1		0.001	0.003	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.000	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14025

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0		1		0.000	0.001	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.006		0		1		0.002	0.006	
18:2 undifferentiated ... g	0.004		0		1		0.001	0.004	
18:3 undifferentiated ... g	0.002		0		1		0.001	0.002	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... 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									
Others:									
Alcohol, ethyl ... g	14.6		0		1		4.3	15.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 103g: 1 packet, prepared

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.10		0		1		23.63	82.50	
Energy	kcal	126		0	NC	4		37	130	
Energy	kj	527				4		156	543	
Protein (N x 6.25)	g	0.20		7		1		0.06	0.21	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.30		2		1		0.09	0.31	
Carbohydrate, by difference	g	4.10		0	NC	4		1.21	4.22	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.801	26		1		2	8	
Iron, Fe	mg	0.24	0.033	32		1		0.07	0.25	
Magnesium, Mg	mg	9	0.752	19		1		3	9	
Phosphorus, P	mg	9		2		1		3	9	
Potassium, K	mg	92	8.026	81		1		27	95	
Sodium, Na	mg	9	1.406	89		1		3	9	
Zinc, Zn	mg	0.07	0.011	55		1		0.02	0.07	
Copper, Cu	mg	0.045	0.015	74		1		0.013	0.046	
Manganese, Mn	mg	0.119	0.063	7		1		0.035	0.123	
Selenium, Se	mcg	0.4		0	BFSN	4		0.1	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.018	0.002	33		1		0.005	0.019	
Riboflavin	mg	0.018	0.002	33		1		0.005	0.019	
Niacin	mg	0.213	0.015	33		1		0.063	0.219	
Pantothenic acid	mg	0.032	0.002	3		1		0.009	0.033	
Vitamin B-6	mg	0.000		1		1		0.000	0.000	
Folate, total	mcg	0	0.046	3		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0	0.046	3		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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									
Others:									
Alcohol, ethyl ... g	15.3		0		1		4.5	15.8	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

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

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14057
Alcoholic beverage, wine, dessert, sweet

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.50		2		1		21.39	74.68	
Energy	kcal	153		0	NC	4		45	158	
Energy	kj	640				4		189	659	
Protein (N x 6.25)	g	0.20		7		1		0.06	0.21	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.30		2		1		0.09	0.31	
Carbohydrate, by difference	g	11.80		0	NC	4		3.48	12.15	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.801	26		1		2	8	
Iron, Fe	mg	0.24	0.033	32		1		0.07	0.25	
Magnesium, Mg	mg	9	0.752	19		1		3	9	
Phosphorus, P	mg	9		2		1		3	9	
Potassium, K	mg	92	8.026	81		1		27	95	
Sodium, Na	mg	9	1.406	89		1		3	9	
Zinc, Zn	mg	0.07	0.011	55		1		0.02	0.07	
Copper, Cu	mg	0.045	0.015	74		1		0.013	0.046	
Manganese, Mn	mg	0.119	0.063	7		1		0.035	0.123	
Selenium, Se	mcg	0.5		0	BFSN	4		0.1	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.018	0.002	33		1		0.005	0.019	
Riboflavin	mg	0.018	0.002	33		1		0.005	0.019	
Niacin	mg	0.213	0.015	33		1		0.063	0.219	
Pantothenic acid	mg	0.032	0.002	3		1		0.009	0.033	
Vitamin B-6	mg	0.000		1		1		0.000	0.000	
Folate, total	mcg	0	0.046	3		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0	0.046	3		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14057
Alcoholic beverage, wine, dessert, sweet

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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									
Others:									
Alcohol, ethyl ... g	15.3		0		1		4.5	15.8	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

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

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.90		294		1		26.23	91.57	
Energy	kcal	70		0	NC	4		21	72	
Energy	kj	293				4		86	302	
Protein (N x 6.25)	g	0.20		268		1		0.06	0.21	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.20		856		1		0.06	0.21	
Carbohydrate, by difference	g	1.40		0	NC	4		0.41	1.44	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.344	1742		1		2	8	
Iron, Fe	mg	0.41		1550		1		0.12	0.42	
Magnesium, Mg	mg	10		1821		1		3	10	
Phosphorus, P	mg	14		369		1		4	14	
Potassium, K	mg	89		2881		1		26	92	
Sodium, Na	mg	8	1.899	2846		1		2	8	
Zinc, Zn	mg	0.07		1551		1		0.02	0.07	
Copper, Cu	mg	0.014		1449		1		0.004	0.014	
Manganese, Mn	mg	0.145	0.011	882		1		0.043	0.149	
Selenium, Se	mcg	0.2		0	BFZN	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	19		1		0.0	0.0	
Thiamin	mg	0.004	0.001	21		1		0.001	0.004	
Riboflavin	mg	0.016	0.001	19		1		0.005	0.016	
Niacin	mg	0.074	0.005	18		1		0.022	0.076	
Pantothenic acid	mg	0.028	0.001	19		1		0.008	0.029	
Vitamin B-6	mg	0.024	0.004	19		1		0.007	0.025	
Folate, total	mcg	1	0.056	25		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1	0.056	25		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.01	0.001	16		1		0.00	0.01	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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									
Others:									
Alcohol, ethyl ... g	9.3		0		1		2.7	9.6	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

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

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14096
Alcoholic beverage, wine, table, red

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.50	0.037	45		1		26.11	91.16	
Energy	kcal	72		0	NC	4		21	74	
Energy	kj	301				4		89	310	
Protein (N x 6.25)	g	0.20	0.033	46		1		0.06	0.21	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.30	0.006	116		1		0.09	0.31	
Carbohydrate, by difference	g	1.70		0	NC	4		0.50	1.75	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.293	711		1		2	8	
Iron, Fe	mg	0.43	0.015	560		1		0.13	0.44	
Magnesium, Mg	mg	13	0.229	734		1		4	13	
Phosphorus, P	mg	14	0.123	86		1		4	14	
Potassium, K	mg	112	2.830	1390		1		33	115	
Sodium, Na	mg	5	0.374	1351		1		1	5	
Zinc, Zn	mg	0.09	0.006	458		1		0.03	0.09	
Copper, Cu	mg	0.020	0.001	354		1		0.006	0.021	
Manganese, Mn	mg	0.597	0.157	497		1		0.176	0.615	
Selenium, Se	mcg	0.2		0	BFZN	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	11		1		0.0	0.0	
Thiamin	mg	0.005	0.002	13		1		0.001	0.005	
Riboflavin	mg	0.028	0.002	11		1		0.008	0.029	
Niacin	mg	0.081	0.008	10		1		0.024	0.083	
Pantothenic acid	mg	0.035	0.002	11		1		0.010	0.036	
Vitamin B-6	mg	0.034	0.007	11		1		0.010	0.035	
Folate, total	mcg	2	0.109	14		1		1	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2	0.109	14		1		1	2	
Folate, DFE	mcg_DFE	2		0	NC	4		1	2	
Vitamin B-12	mcg	0.01	0.001	11		1		0.00	0.01	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14096
Alcoholic beverage, wine, table, red

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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									
Others:									
Alcohol, ethyl ... g	9.3		0		1		2.7	9.6	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

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

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14104
Alcoholic beverage, wine, table, rose

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.90		0		4		26.23	91.57	
Energy	kcal	71		0	NC	4		21	73	
Energy	kj	297				4		88	306	
Protein (N x 6.25)	g	0.20		2		1		0.06	0.21	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash	g	0.20		0		4		0.06	0.21	
Carbohydrate, by difference	g	1.40		0	NC	4		0.41	1.44	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.614	23		1		2	8	
Iron, Fe	mg	0.38	0.056	19		1		0.11	0.39	
Magnesium, Mg	mg	10	0.711	17		1		3	10	
Phosphorus, P	mg	15		0		4		4	15	
Potassium, K	mg	99	14.767	124		1		29	102	
Sodium, Na	mg	5	0.800	132		1		1	5	
Zinc, Zn	mg	0.06	0.008	27		1		0.02	0.06	
Copper, Cu	mg	0.052	0.010	21		1		0.015	0.054	
Manganese, Mn	mg	0.105	0.029	7		1		0.031	0.108	
Selenium, Se	mcg	0.2		0	BFZN	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.004		0		4		0.001	0.004	
Riboflavin	mg	0.016		0		4		0.005	0.016	
Niacin	mg	0.074		0		4		0.022	0.076	
Pantothenic acid	mg	0.028		0		4		0.008	0.029	
Vitamin B-6	mg	0.024		0		4		0.007	0.025	
Folate, total	mcg	1		0		4		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.01		0		4		0.00	0.01	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14104
Alcoholic beverage, wine, table, rose

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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									
Others:									
Alcohol, ethyl ... g	9.3		0		1		2.7	9.6	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

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

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14106
Alcoholic beverage, wine, table, white

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.60		170		1		26.43	92.29	
Energy	kcal	68		0	NC	4		20	70	
Energy	kj	285				4		84	293	
Protein (N x 6.25)	g	0.10	0.012	180		1		0.03	0.10	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.20		364		1		0.06	0.21	
Carbohydrate, by difference	g	0.80		0	NC	4		0.24	0.82	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9	0.210	666		1		3	9	
Iron, Fe	mg	0.32		666		1		0.09	0.33	
Magnesium, Mg	mg	10		738		1		3	10	
Phosphorus, P	mg	14	0.108	98		1		4	14	
Potassium, K	mg	80		1018		1		24	82	
Sodium, Na	mg	5	0.322	1015		1		1	5	
Zinc, Zn	mg	0.07		531		1		0.02	0.07	
Copper, Cu	mg	0.021		523		1		0.006	0.022	
Manganese, Mn	mg	0.459	0.085	255		1		0.135	0.473	
Selenium, Se	mcg	0.2		2	A	1		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	8		1		0.0	0.0	
Thiamin	mg	0.004	0.002	8		1		0.001	0.004	
Riboflavin	mg	0.005	0.001	8		1		0.001	0.005	
Niacin	mg	0.067	0.007	8		1		0.020	0.069	
Pantothenic acid	mg	0.021	0.002	8		1		0.006	0.022	
Vitamin B-6	mg	0.014	0.001	8		1		0.004	0.014	
Folate, total	mcg	0	0.043	11		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0	0.043	11		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00	0.001	5		1		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14106
Alcoholic beverage, wine, table, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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									
Others:									
Alcohol, ethyl ... g	9.3		0		1		2.7	9.6	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

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

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.92

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14114
Beef broth and tomato juice, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.90		1		1		27.42	151.03	
Energy	kcal	37		0	NC	4		11	62	
Energy	kj	155				4		47	260	
Protein (N x 6.25)	g	0.60		1		1		0.18	1.01	
Total lipid (fat)	g	0.10		1		1		0.03	0.17	
Ash	g	0.90		1		1		0.27	1.51	
Carbohydrate, by difference	g	8.50		0	NC	4		2.59	14.28	
Fiber, total dietary	g	0.1		0	RA	4		0.0	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1		1		3	18	
Iron, Fe	mg	0.58		1		1		0.18	0.97	
Magnesium, Mg	mg	3		0		4		1	5	
Phosphorus, P	mg	13		0		4		4	22	
Potassium, K	mg	96		1		1		29	161	
Sodium, Na	mg	131		1		1		40	220	
Zinc, Zn	mg	0.02		0		4		0.01	0.03	
Copper, Cu	mg	0.017		0		4		0.005	0.029	
Manganese, Mn	mg	0.028		0		4		0.009	0.047	
Selenium, Se	mcg	0.7		0	FLA	4		0.2	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1		1		0.3	1.5	
Thiamin	mg	0.001		1		1		0.000	0.002	
Riboflavin	mg	0.029		1		1		0.009	0.049	
Niacin	mg	0.164		1		1		0.050	0.276	
Pantothenic acid	mg	0.036		0		4		0.011	0.060	
Vitamin B-6	mg	0.024		0		4		0.007	0.040	
Folate, total	mcg	4		0		4		1	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		1	7	
Folate, DFE	mcg_DFE	4		0	NC	4		1	7	
Vitamin B-12	mcg	0.05		0		4		0.02	0.08	
Vitamin A, IU	IU	128		1		1		39	215	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		2	11	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.032		0		1		0.010	0.054	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.001		0		1		0.000	0.002	
13:0	g									
14:0	g	0.002		0		1		0.001	0.003	
15:0	g									
16:0	g	0.018		0		1		0.005	0.030	
17:0	g									
18:0	g	0.011		0		1		0.003	0.018	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.029		0		1		0.009	0.049	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0		1		0.001	0.003	

NDB No. 14114
Beef broth and tomato juice, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.026		0		1		0.008	0.044	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.022		0		1		0.007	0.037	
18:2 undifferentiated ... g	0.021		0		1		0.006	0.035	
18:3 undifferentiated ... g	0.001		0		1		0.000	0.002	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.001		0		1		0.000	0.002	
Threonine ... g	0.011		0		1		0.003	0.018	
Isoleucine ... g	0.009		0		1		0.003	0.015	
Leucine ... g	0.018		0		1		0.005	0.030	
Lysine ... g	0.022		0		1		0.007	0.037	
Methionine ... g	0.004		0		1		0.001	0.007	
Cystine ... g	0.001		0		1		0.000	0.002	
Phenylalanine ... g	0.013		0		1		0.004	0.022	
Tyrosine ... g	0.003		0		1		0.001	0.005	
Valine ... g	0.015		0		1		0.005	0.025	
Arginine ... g	0.041		0		1		0.013	0.069	
Histidine ... g	0.006		0		1		0.002	0.010	
Alanine ... g	0.052		0		1		0.016	0.087	
Aspartic acid ... g	0.044		0		1		0.013	0.074	
Glutamic acid ... g	0.090		0		1		0.027	0.151	
Glycine ... g	0.128		0		1		0.039	0.215	
Proline ... g	0.075		0		1		0.023	0.126	
Serine ... g	0.018		0		1		0.005	0.030	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 168g: 1 can (5.5 oz)

Calories Factors: Protein 4 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14115

CONTINENTAL MILLS, ALPINE SPICED CIDER Instant Apple Flavor Drink Mix, powder

Continental Mills, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.30		1	A	1		0.06		
Energy....kcal	395		0	NC	4		83		
Energy....kj	1654				4		347		
Protein....g	0.00		1	A	1		0.00		
Total lipid (fat)....g	0.00		1	A	1		0.00		
Ash....g	0.90		1	A	1		0.19		
Carbohydrate, by difference....g	98.80		0	NC	4		20.75		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	1		1	A	1		0		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	363.0		1	A	1		76.2		
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									
Vitamin A, RAE....mcg_RAE									
Vitamin E....mg_ATE									
Vitamin D....IU									

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

Common Measures:

Measure 1 = 21g: 1 pouch

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14552
Carbonated beverage, chocolate-flavored soda

soft drink, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.20				1		27.65	438.86	329.15
Energy	kcal	42				4		13	207	155
Energy	kj	176				4		54	865	648
Protein	g	0.00				1		0.00	0.00	0.00
Total lipid (fat)	g	0.00				1		0.00	0.00	0.00
Ash	g	0.10			BFSN	4		0.03	0.50	0.38
Carbohydrate, by difference	g	10.70		0		4		3.32	52.64	39.48
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	10.70		0	NR	4		3.32	52.64	39.48
Starch	g									
Minerals:										
Calcium, Ca	mg	4				1		1	20	15
Iron, Fe	mg	0.10				1		0.03	0.49	0.37
Magnesium, Mg	mg	1				1		0	5	4
Phosphorus, P	mg	1				1		0	5	4
Potassium, K	mg	50				1		16	246	185
Sodium, Na	mg	88				1		27	433	325
Zinc, Zn	mg	0.16				1		0.05	0.79	0.59
Copper, Cu	mg	0.013				1		0.004	0.064	0.048
Manganese, Mn	mg	0.036		0	BFSN	4		0.011	0.175	0.132
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0	0.0	0.0
Thiamin	mg	0.000				1		0.000	0.000	0.000
Riboflavin	mg	0.000				1		0.000	0.000	0.000
Niacin	mg	0.000				7		0.000	0.000	0.000
Pantothenic acid	mg	0.000			BFSN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000				1		0.000	0.000	0.000
Folate, total	mcg	0				7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	Z	7		0	0	0
Vitamin B-12	mcg	0.00				7		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	Z	7		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000				7		0.000	0.000	0.000
Vitamin D	IU	0.000		0	Z	7		0.000	0.000	0.000
Lipids:										
Fatty acids, total saturated	g	0.000				7		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000				7		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 14552
Carbonated beverage, chocolate-flavored soda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000				7		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
18:4 ... g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		4		0.000	0.000	0.000
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	0		0		7		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	2		0	BFZN	4		1	10	7
Theobromine ... mg	63		0	BFZN	4		20	310	232

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

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 492g: 1 can or bottle (16 fl oz)

Measure 3 = 369g: 1 can (12 fl oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14121
Carbonated beverage, club soda

soft drink
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.90		1		1		29.57	473.53	354.65
Energy	kcal	0		0	NC	4		0	0	0
Energy	kj	0			NC	4		0	0	0
Protein (N x 6.25)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		1		0.00	0.00	0.00
Ash	g	0.10		1		1		0.03	0.47	0.36
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		1		1		1	24	18
Iron, Fe	mg	0.01		0	BFZN	4		0.00	0.05	0.04
Magnesium, Mg	mg	1		2		1		0	5	4
Phosphorus, P	mg	0	0.020	5		1		0	0	0
Potassium, K	mg	2	1.360	5		1		1	9	7
Sodium, Na	mg	21	5.841	6		1		6	100	75
Zinc, Zn	mg	0.10		2		1		0.03	0.47	0.36
Copper, Cu	mg	0.006		0	BFZN	4		0.002	0.028	0.021
Manganese, Mn	mg	0.001		0	BFZN	4		0.000	0.005	0.004
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	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	0.000		0		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	Z	7		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	Z	7		0.000	0.000	0.000
Folate, total	mcg	0		0	Z	7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	O	4		0	0	0
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	0			AS	1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14121
Carbonated beverage, club soda

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
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									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	0.000
Threonine ... g	0.000		0		1		0.000	0.000	0.000
Isoleucine ... g	0.000		0		1		0.000	0.000	0.000
Leucine ... g	0.000		0		1		0.000	0.000	0.000
Lysine ... g	0.000		0		1		0.000	0.000	0.000
Methionine ... g	0.000		0		1		0.000	0.000	0.000
Cystine ... g	0.000		0		1		0.000	0.000	0.000
Phenylalanine ... g	0.000		0		1		0.000	0.000	0.000
Tyrosine ... g	0.000		0		1		0.000	0.000	0.000
Valine ... g	0.000		0		1		0.000	0.000	0.000
Arginine ... g	0.000		0		1		0.000	0.000	0.000
Histidine ... g	0.000		0		1		0.000	0.000	0.000
Alanine ... g	0.000		0		1		0.000	0.000	0.000
Aspartic acid ... g	0.000		0		1		0.000	0.000	0.000
Glutamic acid ... g	0.000		0		1		0.000	0.000	0.000
Glycine ... g	0.000		0		1		0.000	0.000	0.000
Proline ... g	0.000		0		1		0.000	0.000	0.000
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
* Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 can or bottle (16 fl oz)

Measure 3 = 355g: 1 can or bottle (12 fl oz)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14400
Carbonated beverage, cola, contains caffeine

soft drink, soda, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.40		16		1		27.71	439.85	330.78
Energy	kcal	41		0	NC	4		13	202	152
Energy	kj	172				4		53	844	635
Protein (N x 6.25)	g	0.00		13		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		11		1		0.00	0.00	0.00
Ash	g	0.10		10		1		0.03	0.49	0.37
Carbohydrate, by difference	g	10.40		0	NC	4		3.22	51.17	38.48
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		24		1		1	15	11
Iron, Fe	mg	0.03		30		1		0.01	0.15	0.11
Magnesium, Mg	mg	1		23		1		0	5	4
Phosphorus, P	mg	12		35		1		4	59	44
Potassium, K	mg	1		66		1		0	5	4
Sodium, Na	mg	4		81		1		1	20	15
Zinc, Zn	mg	0.01	0.004	31		1		0.00	0.05	0.04
Copper, Cu	mg	0.011		22		1		0.003	0.054	0.041
Manganese, Mn	mg	0.035		5		1		0.011	0.172	0.130
Selenium, Se	mcg	0.1		2	A	1		0.0	0.5	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.000		1		1		0.000	0.000	0.000
Riboflavin	mg	0.000		1		1		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		1		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		4		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 14400
Carbonated beverage, cola, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
18:4 ... g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		4		0.000	0.000	0.000
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	0		0		1		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	10	0.826	13		1		3	49	37
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 492g: 1 can or bottle (16 fl oz)

Measure 3 = 370g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14148
Carbonated beverage, cola, with higher caffeine

soft drink, soda, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.40		0	BFZN	4		27.71	439.85	330.78
Energy	kcal	41		0	BFZN	4		13	202	152
Energy	kj	172				4		53	844	635
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash	g	0.10		0	BFZN	4		0.03	0.49	0.37
Carbohydrate, by difference	g	10.40		0	BFZN	4		3.22	51.17	38.48
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		1	15	11
Iron, Fe	mg	0.03		0	BFZN	4		0.01	0.15	0.11
Magnesium, Mg	mg	1		0	BFZN	4		0	5	4
Phosphorus, P	mg	12		0	BFZN	4		4	59	44
Potassium, K	mg	1		0	BFZN	4		0	5	4
Sodium, Na	mg	4		0	BFZN	4		1	20	15
Zinc, Zn	mg	0.01		0	BFZN	4		0.00	0.05	0.04
Copper, Cu	mg	0.011		0	BFZN	4		0.003	0.054	0.041
Manganese, Mn	mg	0.035		0	BFZN	4		0.011	0.172	0.130
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 14148
Carbonated beverage, cola, with higher caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine ... mg	27		0	T	4		8	133	100
Theobromine ... mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 492g: 1 can or bottle (16 fl oz)

Measure 3 = 370g: 1 can or bottle (12 fl oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14147
Carbonated beverage, cola, without caffeine

soft drink, soda, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.40		0	BFZN	4		27.71	439.85	330.78
Energy	kcal	41		0	BFZN	4		13	202	152
Energy	kj	172				4		53	844	635
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash	g	0.10		0	BFZN	4		0.03	0.49	0.37
Carbohydrate, by difference	g	10.40		0	BFZN	4		3.22	51.17	38.48
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		1	15	11
Iron, Fe	mg	0.03		0	BFZN	4		0.01	0.15	0.11
Magnesium, Mg	mg	1		0	BFZN	4		0	5	4
Phosphorus, P	mg	12		0	BFZN	4		4	59	44
Potassium, K	mg	1		0	BFZN	4		0	5	4
Sodium, Na	mg	4		0	BFZN	4		1	20	15
Zinc, Zn	mg	0.01		0	BFZN	4		0.00	0.05	0.04
Copper, Cu	mg	0.011		0	BFZN	4		0.003	0.054	0.041
Manganese, Mn	mg	0.035		0	BFZN	4		0.011	0.172	0.130
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 14147
Carbonated beverage, cola, without caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine ... mg	0		0	Z	7		0	0	0
Theobromine ... mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 492g: 1 can or bottle (16 fl oz)

Measure 3 = 370g: 1 can or bottle (12 fl oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14130
Carbonated beverage, cream soda

soft drink, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.70		0		1		26.79	428.30	321.66
Energy	kcal	51		0	NC	4		16	252	189
Energy	kj	213				4		66	1054	792
Protein (N x 6.25)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		1		0.00	0.00	0.00
Ash	g	0.10		0		4		0.03	0.49	0.37
Carbohydrate, by difference	g	13.30		0	NC	4		4.11	65.70	49.34
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		1		1		2	25	19
Iron, Fe	mg	0.05	0.017	4		1		0.02	0.25	0.19
Magnesium, Mg	mg	1		1		1		0	5	4
Phosphorus, P	mg	0	0.011	3		1		0	0	0
Potassium, K	mg	1	0.246	8		1		0	5	4
Sodium, Na	mg	12	2.835	8		1		4	59	45
Zinc, Zn	mg	0.07	0.016	3		1		0.02	0.35	0.26
Copper, Cu	mg	0.008		2		1		0.002	0.040	0.030
Manganese, Mn	mg	0.013		0		4		0.004	0.064	0.048
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	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	0.000		0		1		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14130
Carbonated beverage, cream soda

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
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									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	0.000
Threonine ... g	0.000		0		1		0.000	0.000	0.000
Isoleucine ... g	0.000		0		1		0.000	0.000	0.000
Leucine ... g	0.000		0		1		0.000	0.000	0.000
Lysine ... g	0.000		0		1		0.000	0.000	0.000
Methionine ... g	0.000		0		1		0.000	0.000	0.000
Cystine ... g	0.000		0		1		0.000	0.000	0.000
Phenylalanine ... g	0.000		0		1		0.000	0.000	0.000
Tyrosine ... g	0.000		0		1		0.000	0.000	0.000
Valine ... g	0.000		0		1		0.000	0.000	0.000
Arginine ... g	0.000		0		1		0.000	0.000	0.000
Histidine ... g	0.000		0		1		0.000	0.000	0.000
Alanine ... g	0.000		0		1		0.000	0.000	0.000
Aspartic acid ... g	0.000		0		1		0.000	0.000	0.000
Glutamic acid ... g	0.000		0		1		0.000	0.000	0.000
Glycine ... g	0.000		0		1		0.000	0.000	0.000
Proline ... g	0.000		0		1		0.000	0.000	0.000
Serine ... g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 30.9g: 1 fl oz

Measure 2 = 494g: 1 can or bottle (16 fl oz)

Measure 3 = 371g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14136
Carbonated beverage, ginger ale

soft drink, soda, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.20		1		1		27.82	445.06	333.79
Energy	kcal	34		0	NC	4		10	166	124
Energy	kj	142				4		43	694	521
Protein (N x 6.25)	g	0.00		2		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		2		1		0.00	0.00	0.00
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	8.70		0	NC	4		2.65	42.46	31.84
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		15		1		1	15	11
Iron, Fe	mg	0.18		2		1		0.05	0.88	0.66
Magnesium, Mg	mg	1		14		1		0	5	4
Phosphorus, P	mg	0		13		1		0	0	0
Potassium, K	mg	1		19		1		0	5	4
Sodium, Na	mg	7		26		1		2	34	26
Zinc, Zn	mg	0.05		7		1		0.02	0.24	0.18
Copper, Cu	mg	0.018		3		1		0.005	0.088	0.066
Manganese, Mn	mg	0.013		0		4		0.004	0.063	0.048
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.5	0.4
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		0		1		0.000	0.000	0.000
Niacin	mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid	mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0		1		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		4		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 14136
Carbonated beverage, ginger ale

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
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	0		0		1		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	z	7		0	0	0
Theobromine mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 488g: 1 can or bottle (16 fl oz)

Measure 3 = 366g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14142
Carbonated beverage, grape soda

soft drink, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.80		0		1		27.53	330.34	
Energy	kcal	43		0	NC	4		13	160	
Energy	kj	180				4		56	669	
Protein (N x 6.25)	g	0.00		0		4		0.00	0.00	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash	g	0.10		0		4		0.03	0.37	
Carbohydrate, by difference	g	11.20		0	NC	4		3.47	41.66	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		2		1		1	11	
Iron, Fe	mg	0.08	0.018	12		1		0.02	0.30	
Magnesium, Mg	mg	1		2		1		0	4	
Phosphorus, P	mg	0	0.014	9		1		0	0	
Potassium, K	mg	1		25		1		0	4	
Sodium, Na	mg	15		25		1		5	56	
Zinc, Zn	mg	0.07	0.025	11		1		0.02	0.26	
Copper, Cu	mg	0.022	0.010	9		1		0.007	0.082	
Manganese, Mn	mg	0.013		0		4		0.004	0.048	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14142
Carbonated beverage, grape soda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine g	0.000		0		1		0.000	0.000	
Isoleucine g	0.000		0		1		0.000	0.000	
Leucine g	0.000		0		1		0.000	0.000	
Lysine g	0.000		0		1		0.000	0.000	
Methionine g	0.000		0		1		0.000	0.000	
Cystine g	0.000		0		1		0.000	0.000	
Phenylalanine g	0.000		0		1		0.000	0.000	
Tyrosine g	0.000		0		1		0.000	0.000	
Valine g	0.000		0		1		0.000	0.000	
Arginine g	0.000		0		1		0.000	0.000	
Histidine g	0.000		0		1		0.000	0.000	
Alanine g	0.000		0		1		0.000	0.000	
Aspartic acid g	0.000		0		1		0.000	0.000	
Glutamic acid g	0.000		0		1		0.000	0.000	
Glycine g	0.000		0		1		0.000	0.000	
Proline g	0.000		0		1		0.000	0.000	
Serine g	0.000		0		1		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 372g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14145
Carbonated beverage, lemon-lime soda

soft drink, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.50		2		1		27.48	439.45	329.36
Energy	kcal	40		0	NC	4		12	196	147
Energy	kj	167				4		51	822	616
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		1		1		0.00	0.00	0.00
Ash	g	0.10		2		1		0.03	0.49	0.37
Carbohydrate, by difference	g	10.40		0	NC	4		3.19	51.06	38.27
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		12		1		1	10	7
Iron, Fe	mg	0.07	0.006	18		1		0.02	0.34	0.26
Magnesium, Mg	mg	1	0.069	14		1		0	5	4
Phosphorus, P	mg	0		16		1		0	0	0
Potassium, K	mg	1	0.029	35		1		0	5	4
Sodium, Na	mg	11	0.755	35		1		3	54	40
Zinc, Zn	mg	0.05	0.003	21		1		0.02	0.25	0.18
Copper, Cu	mg	0.012	0.001	15		1		0.004	0.059	0.044
Manganese, Mn	mg	0.013	0.000	6		1		0.004	0.064	0.048
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	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	0.000		0		1		0.000	0.000	0.000
Niacin	mg	0.015		2		1		0.005	0.074	0.055
Pantothenic acid	mg	0.000		2		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		2		1		0.000	0.000	0.000
Folate, total	mcg	0		2		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		2		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14145
Carbonated beverage, lemon-lime soda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
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									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	0.000
Threonine ... g	0.000		0		1		0.000	0.000	0.000
Isoleucine ... g	0.000		0		1		0.000	0.000	0.000
Leucine ... g	0.000		0		1		0.000	0.000	0.000
Lysine ... g	0.000		0		1		0.000	0.000	0.000
Methionine ... g	0.000		0		1		0.000	0.000	0.000
Cystine ... g	0.000		0		1		0.000	0.000	0.000
Phenylalanine ... g	0.000		0		1		0.000	0.000	0.000
Tyrosine ... g	0.000		0		1		0.000	0.000	0.000
Valine ... g	0.000		0		1		0.000	0.000	0.000
Arginine ... g	0.000		0		1		0.000	0.000	0.000
Histidine ... g	0.000		0		1		0.000	0.000	0.000
Alanine ... g	0.000		0		1		0.000	0.000	0.000
Aspartic acid ... g	0.000		0		1		0.000	0.000	0.000
Glutamic acid ... g	0.000		0		1		0.000	0.000	0.000
Glycine ... g	0.000		0		1		0.000	0.000	0.000
Proline ... g	0.000		0		1		0.000	0.000	0.000
Serine ... g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 491g: 1 can or bottle (16 fl oz)

Measure 3 = 368g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14144
Carbonated beverage, lemon-lime soda, contains caffeine

soft drink, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.50		0	BFZN	4		27.48	439.45	329.36
Energy	kcal	40		0	BFZN	4		12	196	147
Energy	kj	167				4		51	822	616
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash	g	0.10		0	BFZN	4		0.03	0.49	0.37
Carbohydrate, by difference	g	10.40		0	BFZN	4		3.19	51.06	38.27
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	BFZN	4		1	10	7
Iron, Fe	mg	0.07		0	BFZN	4		0.02	0.34	0.26
Magnesium, Mg	mg	1		0	BFZN	4		0	5	4
Phosphorus, P	mg	0		0	BFZN	4		0	0	0
Potassium, K	mg	1		0	BFZN	4		0	5	4
Sodium, Na	mg	11		0	BFZN	4		3	54	40
Zinc, Zn	mg	0.05		0	BFZN	4		0.02	0.25	0.18
Copper, Cu	mg	0.012		0	BFZN	4		0.004	0.059	0.044
Manganese, Mn	mg	0.013		0	BFZN	4		0.004	0.064	0.048
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.015		0	BFZN	4		0.005	0.074	0.055
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 14144
Carbonated beverage, lemon-lime soda, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine ... mg	15		0	T	4		5	74	55
Theobromine ... mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 491g: 1 can or bottle (16 fl oz)

Measure 3 = 368g: 1 can or bottle (12 fl oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14166

Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine

soft drink, soda, pop

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.80		3		1		29.54	473.05	354.29
Energy	kcal	0		0	NC	4		0	0	0
Energy	kj	0				4		0	0	0
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		3		1		0.00	0.00	0.00
Ash	g	0.10	0.012	3		1		0.03	0.47	0.36
Carbohydrate, by difference	g	0.10		0	NC	4		0.03	0.47	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	4		56		1		1	19	14
Iron, Fe	mg	0.04	0.009	10		1		0.01	0.19	0.14
Magnesium, Mg	mg	1	0.072	56		1		0	5	4
Phosphorus, P	mg	11		23		1		3	52	39
Potassium, K	mg	2	0.312	56		1		1	9	7
Sodium, Na	mg	16	0.766	72		1		5	76	57
Zinc, Zn	mg	0.05		12		1		0.01	0.24	0.18
Copper, Cu	mg	0.025	0.007	11		1		0.007	0.119	0.089
Manganese, Mn	mg	0.017	0.004	7		1		0.005	0.081	0.060
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.5	0.4
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		0		1		0.000	0.000	0.000
Niacin	mg	0.000		4		1		0.000	0.000	0.000
Pantothenic acid	mg	0.000		4		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		4		1		0.000	0.000	0.000
Folate, total	mcg	0		4		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		4		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14166

Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
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									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	11	0.622	17		1		3	52	39
Theobromine mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 can or bottle (16 fl oz)

Measure 3 = 355g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14416
Carbonated beverage, low calorie, cola, with aspartame, contains caffeine

soft drink, soda, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.80		1		1		29.54	473.05	354.29
Energy	kcal	1		0	NC	4		0	5	4
Energy	kj	4				4		1	20	15
Protein (N x 6.25)	g	0.10		1		1		0.03	0.47	0.36
Total lipid (fat)	g	0.00		1		1		0.00	0.00	0.00
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.10		0	NC	4		0.03	0.47	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	4		1		1		1	19	14
Iron, Fe	mg	0.03		1		1		0.01	0.14	0.11
Magnesium, Mg	mg	1		1		1		0	5	4
Phosphorus, P	mg	9		1		1		3	43	32
Potassium, K	mg	0		0		1		0	0	0
Sodium, Na	mg	6		1		1		2	28	21
Zinc, Zn	mg	0.08		1		1		0.02	0.38	0.28
Copper, Cu	mg	0.011		0		4		0.003	0.052	0.039
Manganese, Mn	mg	0.035		0		4		0.010	0.166	0.124
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.005		1		1		0.001	0.024	0.018
Riboflavin	mg	0.023		1		1		0.007	0.109	0.082
Niacin	mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid	mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0		1		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14416
Carbonated beverage, low calorie, cola, with aspartame, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
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									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	14		0		1		4	66	50
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 can or bottle (16 fl oz)

Measure 3 = 355g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14146
Carbonated beverage, low calorie, cola, with aspartame, without caffeine

soft drink, soda, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.80		0	BFZN	4		29.54	473.05	354.29
Energy	kcal	1		0	BFZN	4		0	5	4
Energy	kj	4				4		1	20	15
Protein	g	0.10		0	BFZN	4		0.03	0.47	0.36
Total lipid (fat)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.10		0	BFZN	4		0.03	0.47	0.36
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	BFZN	4		1	19	14
Iron, Fe	mg	0.03		0	BFZN	4		0.01	0.14	0.11
Magnesium, Mg	mg	1		0	BFZN	4		0	5	4
Phosphorus, P	mg	9		0	BFZN	4		3	43	32
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	6		0	BFZN	4		2	28	21
Zinc, Zn	mg	0.08		0	BFZN	4		0.02	0.38	0.28
Copper, Cu	mg	0.011		0	BFZN	4		0.003	0.052	0.039
Manganese, Mn	mg	0.035		0	BFZN	4		0.010	0.166	0.124
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.005		0	BFZN	4		0.001	0.024	0.018
Riboflavin	mg	0.023		0	BFZN	4		0.007	0.109	0.082
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 14146
Carbonated beverage, low calorie, cola, with aspartame, without caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine ... mg	0		0	Z	7		0	0	0
Theobromine ... mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 can or bottle (16 fl oz)

Measure 3 = 355g: 1 can (12 fl oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14151

Carbonated beverage, low calorie, other than cola or pepper, with aspartame, with caffeine

soft drink, soda, pop

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.80			BFZN	4		29.54	354.29	
Energy	kcal	0			BFZN	4		0	0	
Energy	kj	0				4		0	0	
Protein (N x 6.25)	g	0.10			BFZN	4		0.03	0.36	
Total lipid (fat)	g	0.00			BFZN	4		0.00	0.00	
Ash	g	0.10			BFZN	4		0.03	0.36	
Carbohydrate, by difference	g	0.00			BFZN	4		0.00	0.00	
Fiber, total dietary	g	0.0			BFZN	4		0.0	0.0	
Sugars, total	g	2.60			BFZN	4		0.77	9.23	
Starch	g									
Minerals:										
Calcium, Ca	mg	4			BFZN	4		1	14	
Iron, Fe	mg	0.04			BFZN	4		0.01	0.14	
Magnesium, Mg	mg	1			BFZN	4		0	4	
Phosphorus, P	mg	0			BFZN	4		0	0	
Potassium, K	mg	2			BFZN	4		1	7	
Sodium, Na	mg	6			BFZN	4		2	21	
Zinc, Zn	mg	0.00			BFZN	4		0.00	0.00	
Copper, Cu	mg	0.025			BFZN	4		0.007	0.089	
Manganese, Mn	mg	0.017			BFZN	4		0.005	0.060	
Selenium, Se	mcg	0.0			BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			BFZN	4		0.0	0.0	
Thiamin	mg	0.000			BFZN	4		0.000	0.000	
Riboflavin	mg	0.000			BFZN	4		0.000	0.000	
Niacin	mg	0.000			BFZN	4		0.000	0.000	
Pantothenic acid	mg	0.000			BFZN	4		0.000	0.000	
Vitamin B-6	mg	0.000			BFZN	4		0.000	0.000	
Folate, total	mcg	0			BFZN	4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0			BFZN	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00			BFZN	4		0.00	0.00	
Vitamin A, IU	IU	0			BFZN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000			BFZN	4		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000			BFZN	4		0.000	0.000	
4:0	g	0.000			BFZN	4		0.000	0.000	
6:0	g	0.000			BFZN	4		0.000	0.000	
8:0	g	0.000			BFZN	4		0.000	0.000	
10:0	g	0.000			BFZN	4		0.000	0.000	
12:0	g	0.000			BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.000			BFZN	4		0.000	0.000	
15:0	g									
16:0	g	0.000			BFZN	4		0.000	0.000	
17:0	g									
18:0	g	0.000			BFZN	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000			BFZN	4		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000			BFZN	4		0.000	0.000	

NDB No. 14151

Carbonated beverage, low calorie, other than cola or pepper, with aspartame, with caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000			BFZN	4		0.000	0.000	
20:1 ... g	0.000			BFZN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000			BFZN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000			BFZN	4		0.000	0.000	
18:2 undifferentiated ... g	0.000			BFZN	4		0.000	0.000	
18:3 undifferentiated ... g	0.000			BFZN	4		0.000	0.000	
18:4 ... g	0.000			BFZN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000			BFZN	4		0.000	0.000	
20:5 n-3 ... g	0.000			BFZN	4		0.000	0.000	
22:5 n-3 ... g	0.000			BFZN	4		0.000	0.000	
22:6 n-3 ... g	0.000			BFZN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0			BFZN	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0			BFZN	4		0.0	0.0	
Caffeine ... mg	15			FLC	4		4	53	
Theobromine ... mg	0			Z	7		0	0	

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14143

Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine

soft drink, soda, pop

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.80		0	BFZN	4		29.54	354.29	
Energy	kcal	0		0	NC	4		0	0	
Energy	kj	0				4		0	0	
Protein	g	0.10		0	BFZN	4		0.03	0.36	
Total lipid (fat)	g	0.00		0	BFZN	4		0.00	0.00	
Ash	g	0.10		0	BFZN	4		0.03	0.36	
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g	2.60		0	BFZN	4		0.77	9.23	
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	BFZN	4		1	14	
Iron, Fe	mg	0.04		0	BFZN	4		0.01	0.14	
Magnesium, Mg	mg	1		0	BFZN	4		0	4	
Phosphorus, P	mg	0		0	BFZN	4		0	0	
Potassium, K	mg	2		0	BFZN	4		1	7	
Sodium, Na	mg	6		0	BFZN	4		2	21	
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu	mg	0.025		0	BFZN	4		0.007	0.089	
Manganese, Mn	mg	0.017		0	BFZN	4		0.005	0.060	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total	mcg	0		0	BFZN	4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0	BFZN	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU	IU	0		0	BFZN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	Z	7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	BFZN	4		0.000	0.000	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.000		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	
15:0	g									
16:0	g	0.000		0	BFZN	4		0.000	0.000	
17:0	g									
18:0	g	0.000		0	BFZN	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	BFZN	4		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 14143

Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14537

Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine

soft drink, soda, pop

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.80		3		1		29.54	354.29	
Energy	kcal	0		0	NC	4		0	0	
Energy	kj	0				4		0	0	
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	
Total lipid (fat)	g	0.00		3		1		0.00	0.00	
Ash	g	0.10	0.012	3		1		0.03	0.36	
Carbohydrate, by difference	g	0.10		0	NC	4		0.03	0.36	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		56		1		1	14	
Iron, Fe	mg	0.04	0.009	10		1		0.01	0.14	
Magnesium, Mg	mg	1	0.072	56		1		0	4	
Phosphorus, P	mg	0		23		1		0	0	
Potassium, K	mg	2	0.312	56		1		1	7	
Sodium, Na	mg	16	0.766	72		1		5	57	
Zinc, Zn	mg	0.05		12		1		0.01	0.18	
Copper, Cu	mg	0.025	0.007	11		1		0.007	0.089	
Manganese, Mn	mg	0.017	0.004	7		1		0.005	0.060	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	0.000		0		1		0.000	0.000	
Niacin	mg	0.000		4		1		0.000	0.000	
Pantothenic acid	mg	0.000		4		1		0.000	0.000	
Vitamin B-6	mg	0.000		4		1		0.000	0.000	
Folate, total	mcg	0		4		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		4		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14537

Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14150
Carbonated beverage, orange

soft drink, soda, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.60		1		1		27.16	434.50	325.87
Energy	kcal	48		0	NC	4		15	238	179
Energy	kj	201				4		62	996	747
Protein (N x 6.25)	g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		4		0.00	0.00	0.00
Ash	g	0.10	0.004	46		1		0.03	0.50	0.37
Carbohydrate, by difference	g	12.30		0	NC	4		3.81	61.01	45.76
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		6		1		2	25	19
Iron, Fe	mg	0.06	0.011	9		1		0.02	0.30	0.22
Magnesium, Mg	mg	1		6		1		0	5	4
Phosphorus, P	mg	1		11		1		0	5	4
Potassium, K	mg	2		76		1		1	10	7
Sodium, Na	mg	12		30		1		4	60	45
Zinc, Zn	mg	0.10		12		1		0.03	0.50	0.37
Copper, Cu	mg	0.015	0.008	5		1		0.005	0.074	0.056
Manganese, Mn	mg	0.013		0		4		0.004	0.064	0.048
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14150
Carbonated beverage, orange

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
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									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	0.000
Threonine ... g	0.000		0		1		0.000	0.000	0.000
Isoleucine ... g	0.000		0		1		0.000	0.000	0.000
Leucine ... g	0.000		0		1		0.000	0.000	0.000
Lysine ... g	0.000		0		1		0.000	0.000	0.000
Methionine ... g	0.000		0		1		0.000	0.000	0.000
Cystine ... g	0.000		0		1		0.000	0.000	0.000
Phenylalanine ... g	0.000		0		1		0.000	0.000	0.000
Tyrosine ... g	0.000		0		1		0.000	0.000	0.000
Valine ... g	0.000		0		1		0.000	0.000	0.000
Arginine ... g	0.000		0		1		0.000	0.000	0.000
Histidine ... g	0.000		0		1		0.000	0.000	0.000
Alanine ... g	0.000		0		1		0.000	0.000	0.000
Aspartic acid ... g	0.000		0		1		0.000	0.000	0.000
Glutamic acid ... g	0.000		0		1		0.000	0.000	0.000
Glycine ... g	0.000		0		1		0.000	0.000	0.000
Proline ... g	0.000		0		1		0.000	0.000	0.000
Serine ... g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 496g: 1 can or bottle (16 fl oz)

Measure 3 = 372g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14153
Carbonated beverage, pepper-type, contains caffeine

soft drink, soda, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.40	0.195	3		1		27.45	438.95	328.99
Energy	kcal	41		0	NC	4		13	201	151
Energy	kj	172				4		53	842	631
Protein (N x 6.25)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	0.10	0.027	3		1		0.03	0.49	0.37
Ash	g	0.00	0.000	3		1		0.00	0.00	0.00
Carbohydrate, by difference	g	10.40		0	NC	4		3.19	51.06	38.27
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		2		1		1	15	11
Iron, Fe	mg	0.04		2		1		0.01	0.20	0.15
Magnesium, Mg	mg	0		2		1		0	0	0
Phosphorus, P	mg	11		5		1		3	54	40
Potassium, K	mg	1	0.090	8		1		0	5	4
Sodium, Na	mg	10	1.603	8		1		3	49	37
Zinc, Zn	mg	0.04		2		1		0.01	0.20	0.15
Copper, Cu	mg	0.006		2		1		0.002	0.029	0.022
Manganese, Mn	mg	0.035		0		4		0.011	0.172	0.129
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.070		0		4		0.021	0.344	0.258
Fatty acids, total monounsaturated	g	0.000		0	Z	7		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.000		0	Z	7		0.000	0.000	0.000
18:2 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									

NDB No. 14153
Carbonated beverage, pepper-type, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	0.000
Threonine ... g	0.000		0		1		0.000	0.000	0.000
Isoleucine ... g	0.000		0		1		0.000	0.000	0.000
Leucine ... g	0.000		0		1		0.000	0.000	0.000
Lysine ... g	0.000		0		1		0.000	0.000	0.000
Methionine ... g	0.000		0		1		0.000	0.000	0.000
Cystine ... g	0.000		0		1		0.000	0.000	0.000
Phenylalanine ... g	0.000		0		1		0.000	0.000	0.000
Tyrosine ... g	0.000		0		1		0.000	0.000	0.000
Valine ... g	0.000		0		1		0.000	0.000	0.000
Arginine ... g	0.000		0		1		0.000	0.000	0.000
Histidine ... g	0.000		0		1		0.000	0.000	0.000
Alanine ... g	0.000		0		1		0.000	0.000	0.000
Aspartic acid ... g	0.000		0		1		0.000	0.000	0.000
Glutamic acid ... g	0.000		0		1		0.000	0.000	0.000
Glycine ... g	0.000		0		1		0.000	0.000	0.000
Proline ... g	0.000		0		1		0.000	0.000	0.000
Serine ... g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	10		3		1		3	49	37
Theobromine ... mg									

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

Common Measures:

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 491g: 1 can or bottle (16 fl oz)

Measure 3 = 368g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14157
Carbonated beverage, root beer

soft drink, soda, pop
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.30		2		1		27.50	440.25	330.41
Energy	kcal	41		0	NC	4		13	202	152
Energy	kj	172				4		53	846	635
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		1		0.00	0.00	0.00
Ash	g	0.10		0		4		0.03	0.49	0.37
Carbohydrate, by difference	g	10.60		0	NC	4		3.26	52.26	39.22
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		10		1		2	25	19
Iron, Fe	mg	0.05	0.012	10		1		0.02	0.25	0.19
Magnesium, Mg	mg	1		10		1		0	5	4
Phosphorus, P	mg	0		16		1		0	0	0
Potassium, K	mg	1		27		1		0	5	4
Sodium, Na	mg	13		27		1		4	64	48
Zinc, Zn	mg	0.07	0.018	11		1		0.02	0.35	0.26
Copper, Cu	mg	0.007		3		1		0.002	0.035	0.026
Manganese, Mn	mg	0.013		0		4		0.004	0.064	0.048
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.000		1		1		0.000	0.000	0.000
Riboflavin	mg	0.000		1		1		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14157
Carbonated beverage, root beer

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
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									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		1		1		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 493g: 1 can or bottle (16 fl oz)

Measure 3 = 370g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14155
Carbonated beverage, tonic water

soft drink, soda
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.10		0		1		27.79	444.57	333.43
Energy	kcal	34		0	NC	4		10	166	124
Energy	kj	142				4		43	694	521
Protein (N x 6.25)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		1		0.00	0.00	0.00
Ash	g	0.10		0		4		0.03	0.49	0.37
Carbohydrate, by difference	g	8.80		0	NC	4		2.68	42.94	32.21
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1		1		0	5	4
Iron, Fe	mg	0.01		0		4		0.00	0.05	0.04
Magnesium, Mg	mg	0		1		1		0	0	0
Phosphorus, P	mg	0	0.009	3		1		0	0	0
Potassium, K	mg	0	0.177	3		1		0	0	0
Sodium, Na	mg	4	1.053	3		1		1	20	15
Zinc, Zn	mg	0.10		0		4		0.03	0.49	0.37
Copper, Cu	mg	0.006		0		4		0.002	0.029	0.022
Manganese, Mn	mg	0.001		0		4		0.000	0.005	0.004
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	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	0.000		0		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		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14155
Carbonated beverage, tonic water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
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									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	0.000
Threonine ... g	0.000		0		1		0.000	0.000	0.000
Isoleucine ... g	0.000		0		1		0.000	0.000	0.000
Leucine ... g	0.000		0		1		0.000	0.000	0.000
Lysine ... g	0.000		0		1		0.000	0.000	0.000
Methionine ... g	0.000		0		1		0.000	0.000	0.000
Cystine ... g	0.000		0		1		0.000	0.000	0.000
Phenylalanine ... g	0.000		0		1		0.000	0.000	0.000
Tyrosine ... g	0.000		0		1		0.000	0.000	0.000
Valine ... g	0.000		0		1		0.000	0.000	0.000
Arginine ... g	0.000		0		1		0.000	0.000	0.000
Histidine ... g	0.000		0		1		0.000	0.000	0.000
Alanine ... g	0.000		0		1		0.000	0.000	0.000
Aspartic acid ... g	0.000		0		1		0.000	0.000	0.000
Glutamic acid ... g	0.000		0		1		0.000	0.000	0.000
Glycine ... g	0.000		0		1		0.000	0.000	0.000
Proline ... g	0.000		0		1		0.000	0.000	0.000
Serine ... g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 488g: 1 can or bottle (16 fl oz)

Measure 3 = 366g: 1 can or bottle (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14168
Carob-flavor beverage mix, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.90		2		1		0.35		
Energy	kcal	372		0	NC	4		45		
Energy	kj	1556				4		187		
Protein (N x 6.25)	g	1.80		2		1		0.22		
Total lipid (fat)	g	0.20		2		1		0.02		
Ash	g	1.90		2		1		0.23		
Carbohydrate, by difference	g	93.30		0	NC	4		11.20		
Fiber, total dietary	g	8.0		0	RA	4		1.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0		4		4		
Iron, Fe	mg	4.60		2		1		0.55		
Magnesium, Mg	mg	5		0		4		1		
Phosphorus, P	mg	7		0		4		1		
Potassium, K	mg	104		0		4		12		
Sodium, Na	mg	103		2		1		12		
Zinc, Zn	mg	0.08		0		4		0.01		
Copper, Cu	mg	0.060		0		4		0.007		
Manganese, Mn	mg	0.063		0		4		0.008		
Selenium, Se	mcg	1.5		0	FLA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0		
Thiamin	mg	0.009		2		1		0.001		
Riboflavin	mg	0.001		0		4		0.000		
Niacin	mg	0.760		2		1		0.091		
Pantothenic acid	mg	0.006		0		4		0.001		
Vitamin B-6	mg	0.124		2		1		0.015		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.030		0		1		0.004		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.024		0		1		0.003		
17:0	g									
18:0	g	0.005		0		1		0.001		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.060		0		1		0.007		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.000		

NDB No. 14168
Carob-flavor beverage mix, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.059		0		1		0.007		
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.068		0		1		0.008		
18:2 undifferentiated ....g	0.066		0		1		0.008		
18:3 undifferentiated ....g	0.002		0		1		0.000		
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		1		0		
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 12.0g: 1 tbsp

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14169
Carob-flavor beverage mix, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.00		0		1		215.04		
Energy	kcal	76		0	NC	4		195		
Energy	kj	318				4		814		
Protein	g	3.20		0		1		8.19		
Total lipid (fat)	g	3.20		0		1		8.19		
Ash	g	0.80		0		1		2.05		
Carbohydrate, by difference	g	8.80		0	NC	4		22.53		
Fiber, total dietary	g	0.4		0	RP	4		1.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	114		0		1		292		
Iron, Fe	mg	0.26		0		1		0.67		
Magnesium, Mg	mg	13		0		1		33		
Phosphorus, P	mg	89		0		1		228		
Potassium, K	mg	144		0		1		369		
Sodium, Na	mg	52		0		1		133		
Zinc, Zn	mg	0.36		0		1		0.92		
Copper, Cu	mg	0.009		0		1		0.023		
Manganese, Mn	mg	0.002		0		1		0.005		
Selenium, Se	mcg	2.0		0	RP	4		5.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		2.3		
Thiamin	mg	0.037		0		1		0.095		
Riboflavin	mg	0.154		0		1		0.394		
Niacin	mg	0.116		0		1		0.297		
Pantothenic acid	mg	0.299		0		1		0.765		
Vitamin B-6	mg	0.046		0		1		0.118		
Folate, total	mcg	5		0		1		12		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0		1		12		
Folate, DFE	mcg_DFE	5		0	NC	4		12		
Vitamin B-12	mcg	0.34		0		1		0.87		
Vitamin A, IU	IU	120		0		1		307		
Vitamin A, RAE	mcg_RAE	27		0	NC	4		68		
Retinol	mcg	27		0	O	4		68		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.983		0		1		5.076		
4:0	g	0.103		0		1		0.264		
6:0	g	0.061		0		1		0.156		
8:0	g	0.035		0		1		0.090		
10:0	g	0.080		0		1		0.205		
12:0	g	0.090		0		1		0.230		
13:0	g									
14:0	g	0.320		0		1		0.819		
15:0	g									
16:0	g	0.839		0		1		2.148		
17:0	g									
18:0	g	0.386		0		1		0.988		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.923		0		1		2.363		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.072		0		1		0.184		

NDB No. 14169
Carob-flavor beverage mix, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.803		0		1		2.056		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.121		0		1		0.310		
18:2 undifferentiated ... g	0.075		0		1		0.192		
18:3 undifferentiated ... g	0.047		0		1		0.120		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0		1		33		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.044		0		1		0.113		
Threonine ... g	0.142		0		1		0.364		
Isoleucine ... g	0.190		0		1		0.486		
Leucine ... g	0.307		0		1		0.786		
Lysine ... g	0.249		0		1		0.637		
Methionine ... g	0.079		0		1		0.202		
Cystine ... g	0.029		0		1		0.074		
Phenylalanine ... g	0.152		0		1		0.389		
Tyrosine ... g	0.152		0		1		0.389		
Valine ... g	0.210		0		1		0.538		
Arginine ... g	0.113		0		1		0.289		
Histidine ... g	0.085		0		1		0.218		
Alanine ... g	0.108		0		1		0.276		
Aspartic acid ... g	0.238		0		1		0.609		
Glutamic acid ... g	0.657		0		1		1.682		
Glycine ... g	0.067		0		1		0.172		
Proline ... g	0.304		0		1		0.778		
Serine ... g	0.171		0		1		0.438		
Hydroxyproline ... g									

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Common Measures:

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14181
Chocolate syrup

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	31.00	3.200	13	A	1		12.09	93.00	
Energy	kcal	279		0	NC	4		109	837	
Energy	kj	1167				4		455	3502	
Protein (N x 6.25)	g	2.10	0.120	14	A	1		0.82	6.30	
Total lipid (fat)	g	1.13	0.120	14	A	1		0.44	3.39	
Ash	g	0.67	0.070	13	A	1		0.26	2.01	
Carbohydrate, by difference	g	65.10		0	NC	4		25.39	195.30	
Fiber, total dietary	g	2.6	0.465	4	JO	11		1.0	7.7	
Sugars, total	g	49.65		2	AI	13		19.36	148.95	
Starch	g									
Minerals:										
Calcium, Ca	mg	14		3		1		5	42	
Iron, Fe	mg	2.11		13		1		0.82	6.33	
Magnesium, Mg	mg	65		3		1		25	195	
Phosphorus, P	mg	129		2		1		50	387	
Potassium, K	mg	224		3		1		87	672	
Sodium, Na	mg	72	13.460	15	A	1		28	216	
Zinc, Zn	mg	0.73		3		1		0.28	2.19	
Copper, Cu	mg	0.512		4		1		0.200	1.536	
Manganese, Mn	mg	0.382		3		1		0.149	1.146	
Selenium, Se	mcg	1.4		0	CAPN	4		0.5	4.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		11		1		0.1	0.6	
Thiamin	mg	0.009		12		1		0.004	0.027	
Riboflavin	mg	0.050		1		1		0.020	0.150	
Niacin	mg	0.322		12		1		0.126	0.966	
Pantothenic acid	mg	0.013		1		1		0.005	0.039	
Vitamin B-6	mg	0.006		11		1		0.002	0.018	
Folate, total	mcg	4		1		1		2	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		1		1		2	12	
Folate, DFE	mcg_DFE	4		0	NC	4		2	12	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	30		2		1		12	90	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.027		0		4		0.011	0.081	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.519		0		1		0.202	1.557	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.001		0		1		0.000	0.003	
15:0	g									
16:0	g	0.221		0		1		0.086	0.663	
17:0	g									
18:0	g	0.289		0		1		0.113	0.867	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.286		0		1		0.112	0.858	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0		1		0.001	0.006	

NDB No. 14181
Chocolate syrup

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.283		0		1		0.110	0.849	
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	0.026		0		1		0.010	0.078	
18:2 undifferentiated ... g	0.025		0		1		0.010	0.075	
18:3 undifferentiated ... g	0.001		0		1		0.000	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	
22:5 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	0.026		0		1		0.010	0.078	
Threonine ... g	0.064		0		1		0.025	0.192	
Isoleucine ... g	0.063		0		1		0.025	0.189	
Leucine ... g	0.099		0		1		0.039	0.297	
Lysine ... g	0.082		0		1		0.032	0.246	
Methionine ... g	0.015		0		1		0.006	0.045	
Cystine ... g	0.020		0		1		0.008	0.060	
Phenylalanine ... g	0.080		0		1		0.031	0.240	
Tyrosine ... g	0.063		0		1		0.025	0.189	
Valine ... g	0.096		0		1		0.037	0.288	
Arginine ... g	0.091		0		1		0.035	0.273	
Histidine ... g	0.028		0		1		0.011	0.084	
Alanine ... g	0.072		0		1		0.028	0.216	
Aspartic acid ... g	0.163		0		1		0.064	0.489	
Glutamic acid ... g	0.240		0		1		0.094	0.720	
Glycine ... g	0.074		0		1		0.029	0.222	
Proline ... g	0.065		0		1		0.025	0.195	
Serine ... g	0.066		0		1		0.026	0.198	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	14		1		1		5	42	
Theobromine ... mg	471		0	FLA	4		184	1413	

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

Common Measures:

Measure 1 = 39g: 1 serving 2 tbsp

Measure 2 = 300g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14182
Chocolate syrup, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.22		0	RPA	1		226.23		
Energy	kcal	91		0	RPI	6		258		
Energy	kj	383		0	O	4		1079		
Protein	g	3.13		0	RPA	1		8.82		
Total lipid (fat)	g	3.04		0	RPA	1		8.57		
Ash	g	0.71		0	RPA	1		2.01		
Carbohydrate, by difference	g	12.90		0	RPI	6		36.37		
Fiber, total dietary	g	0.3		0	RPI	6		1.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	105		0	RPA	1		296		
Iron, Fe	mg	0.33		0	RPA	1		0.93		
Magnesium, Mg	mg	20		0	RPA	1		58		
Phosphorus, P	mg	98		0	RPA	1		277		
Potassium, K	mg	161		0	RPA	1		455		
Sodium, Na	mg	52		0	RPA	1		147		
Zinc, Zn	mg	0.43		0	RPA	1		1.21		
Copper, Cu	mg	0.078		0	RPA	1		0.221		
Manganese, Mn	mg	0.056		0	RPA	1		0.157		
Selenium, Se	mcg	1.9		0	RPI	6		5.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RPA	1		2.4		
Thiamin	mg	0.034		0	RPA	1		0.096		
Riboflavin	mg	0.147		0	RPA	1		0.414		
Niacin	mg	0.116		0	RPA	1		0.328		
Pantothenic acid	mg	0.273		0	RPA	1		0.770		
Vitamin B-6	mg	0.037		0	RPA	1		0.105		
Folate, total	mcg	5		0	RPA	1		14		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	5		0	RPA	1		14		
Folate, DFE	mcg_DFE	5		0	NC	4		14		
Vitamin B-12	mcg	0.31		0	RPA	1		0.87		
Vitamin A, IU	IU	113		0	RPA	1		318		
Vitamin A, RAE	mcg_RAE	25		0	NC	4		71		
Retinol	mcg	25		0	O	4		71		
Vitamin E	mg_ATE	0.090		0	RPI	6		0.254		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.803		0	RPA	1		5.085		
4:0	g	0.093		0	RPA	1		0.263		
6:0	g	0.055		0	RPA	1		0.156		
8:0	g	0.032		0	RPA	1		0.090		
10:0	g									
12:0	g	0.081		0	RPA	1		0.229		
13:0	g									
14:0	g	0.290		0	RPA	1		0.819		
15:0	g									
16:0	g	0.789		0	RPA	1		2.226		
17:0	g									
18:0	g	0.389		0	RPA	1		1.098		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.829		0	RPA	1		2.338		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.065		0	RPA	1		0.183		

NDB No. 14182
Chocolate syrup, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.764		0	RPA	1		2.155		
20:1 ... g	0.000		0	RPA	1		0.000		
22:1 undifferentiated ... g	0.000		0	RPA	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.111		0	RPA	1		0.312		
18:2 undifferentiated ... g	0.068		0	RPA	1		0.192		
18:3 undifferentiated ... g	0.042		0	RPA	1		0.120		
18:4 ... g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1		0.000		
20:5 n-3 ... g	0.000		0	RPA	1		0.000		
22:5 n-3 ... g	0.000		0	RPA	1		0.000		
22:6 n-3 ... g	0.000		0	RPA	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	12		0	RPA	1		33		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.043		0	RPA	1		0.122		
Threonine ... g	0.137		0	RPA	1		0.388		
Isoleucine ... g	0.180		0	RPA	1		0.509		
Leucine ... g	0.292		0	RPA	1		0.822		
Lysine ... g	0.237		0	RPA	1		0.667		
Methionine ... g	0.074		0	RPA	1		0.208		
Cystine ... g	0.029		0	RPA	1		0.081		
Phenylalanine ... g	0.148		0	RPA	1		0.418		
Tyrosine ... g	0.146		0	RPA	1		0.411		
Valine ... g	0.203		0	RPA	1		0.573		
Arginine ... g	0.115		0	RPA	1		0.325		
Histidine ... g	0.081		0	RPA	1		0.228		
Alanine ... g	0.107		0	RPA	1		0.303		
Aspartic acid ... g	0.238		0	RPA	1		0.672		
Glutamic acid ... g	0.628		0	RPA	1		1.770		
Glycine ... g	0.071		0	RPA	1		0.199		
Proline ... g	0.284		0	RPA	1		0.802		
Serine ... g	0.164		0	RPA	1		0.461		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0		
Caffeine ... mg	2		0	RPI	6		5		
Theobromine ... mg	64		0	RPI	6		181		

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

Common Measures:

Measure 1 = 282g: 1 cup (8 fl oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14175
Chocolate-flavor beverage mix, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.90		16		1		0.20		
Energy	kcal	349		0	NC	4		77		
Energy	kj	1460				4		321		
Protein (N x 5.63)	g	3.30		20		1		0.73		
Total lipid (fat)	g	3.10		17		1		0.68		
Ash	g	1.80		14		1		0.40		
Carbohydrate, by difference	g	90.30		0	NC	4		19.87		
Fiber, total dietary	g	5.8		0		4		1.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	37		16		1		8		
Iron, Fe	mg	3.14		27		1		0.69		
Magnesium, Mg	mg	98		13		1		22		
Phosphorus, P	mg	128		10		1		28		
Potassium, K	mg	591		11		1		130		
Sodium, Na	mg	210		26		1		46		
Zinc, Zn	mg	1.55		12		1		0.34		
Copper, Cu	mg	0.705		11		1		0.155		
Manganese, Mn	mg	0.707		11		1		0.156		
Selenium, Se	mcg	2.6	0.387	15	A	1		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.196	10		1		0.2		
Thiamin	mg	0.032		11		1		0.007		
Riboflavin	mg	0.146		4		1		0.032		
Niacin	mg	0.511		13		1		0.112		
Pantothenic acid	mg	0.050		0		4		0.011		
Vitamin B-6	mg	0.010	0.000	10		1		0.002		
Folate, total	mcg	6		0		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		0		4		1		
Folate, DFE	mcg_DFE	6		0	NC	4		1		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	20		1		1		4		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.400		0		4		0.088		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.834		0		1		0.403		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.003		0		1		0.001		
15:0	g									
16:0	g	0.781		0		1		0.172		
17:0	g									
18:0	g	1.020		0		1		0.224		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.009		0		1		0.222		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.007		0		1		0.002		

NDB No. 14175
Chocolate-flavor beverage mix, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.000		0		1		0.220		
20:1 g	0.001		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.091		0		1		0.020		
18:2 undifferentiated g	0.087		0		1		0.019		
18:3 undifferentiated g	0.004		0		1		0.001		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 g	0.000		0		1		0.000		
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	0		0		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.045		0		1		0.010		
Threonine g	0.111		0		1		0.024		
Isoleucine g	0.108		0		1		0.024		
Leucine g	0.171		0		1		0.038		
Lysine g	0.142		0		1		0.031		
Methionine g	0.025		0		1		0.006		
Cystine g	0.035		0		1		0.008		
Phenylalanine g	0.137		0		1		0.030		
Tyrosine g	0.108		0		1		0.024		
Valine g	0.166		0		1		0.037		
Arginine g	0.157		0		1		0.035		
Histidine g	0.048		0		1		0.011		
Alanine g	0.123		0		1		0.027		
Aspartic acid g	0.280		0		1		0.062		
Glutamic acid g	0.412		0		1		0.091		
Glycine g	0.127		0		1		0.028		
Proline g	0.112		0		1		0.025		
Serine g	0.113		0		1		0.025		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	36		6		1		8		
Theobromine mg	1212		0	FLC	4		267		

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

Common Measures:

Measure 1 = 22g: 1 portion (2-3 heaping tsp)

Calories Factors: **Protein** 1.83 **Fat** 8.37 **Carbohydrate** 3.5

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14177
Chocolate-flavor beverage mix, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.90		0		1		215.19		
Energy	kcal	85		0	NC	4		226		
Energy	kj	356				4		946		
Protein	g	3.30		0		1		8.78		
Total lipid (fat)	g	3.30		0		1		8.78		
Ash	g	0.80		0		1		2.13		
Carbohydrate, by difference	g	11.60		0	NC	4		30.86		
Fiber, total dietary	g	0.5		0		4		1.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		0		1		301		
Iron, Fe	mg	0.30		0		1		0.80		
Magnesium, Mg	mg	20		0		1		53		
Phosphorus, P	mg	96		0		1		255		
Potassium, K	mg	187		0		1		497		
Sodium, Na	mg	62		0		1		165		
Zinc, Zn	mg	0.48		0		1		1.28		
Copper, Cu	mg	0.066		0		1		0.176		
Manganese, Mn	mg	0.059		0		1		0.157		
Selenium, Se	mcg	2.0		0	FLA	4		5.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		2.4		
Thiamin	mg	0.038		0		1		0.101		
Riboflavin	mg	0.161		0		1		0.428		
Niacin	mg	0.119		0		1		0.317		
Pantothenic acid	mg	0.288		0		1		0.766		
Vitamin B-6	mg	0.039		0		1		0.104		
Folate, total	mcg	5		0		1		12		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0		1		12		
Folate, DFE	mcg_DFE	5		0	NC	4		12		
Vitamin B-12	mcg	0.33		0		1		0.88		
Vitamin A, IU	IU	117		0		1		311		
Vitamin A, RAE	mcg_RAE	26		0	NC	4		69		
Retinol	mcg	26		0	O	4		69		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.059		0		1		5.477		
4:0	g	0.099		0		1		0.263		
6:0	g	0.059		0		1		0.157		
8:0	g	0.034		0		1		0.090		
10:0	g	0.077		0		1		0.205		
12:0	g	0.086		0		1		0.229		
13:0	g									
14:0	g	0.309		0		1		0.822		
15:0	g									
16:0	g	0.871		0		1		2.317		
17:0	g									
18:0	g	0.455		0		1		1.210		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.969		0		1		2.578		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.069		0		1		0.184		

NDB No. 14177
Chocolate-flavor beverage mix, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.853		0		1		2.269		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.121		0		1		0.322		
18:2 undifferentiated g	0.076		0		1		0.202		
18:3 undifferentiated g	0.045		0		1		0.120		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	12		0		1		32		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.046		0		1		0.122		
Threonine g	0.146		0		1		0.388		
Isoleucine g	0.192		0		1		0.511		
Leucine g	0.310		0		1		0.825		
Lysine g	0.251		0		1		0.668		
Methionine g	0.078		0		1		0.207		
Cystine g	0.030		0		1		0.080		
Phenylalanine g	0.157		0		1		0.418		
Tyrosine g	0.155		0		1		0.412		
Valine g	0.216		0		1		0.575		
Arginine g	0.122		0		1		0.325		
Histidine g	0.086		0		1		0.229		
Alanine g	0.114		0		1		0.303		
Aspartic acid g	0.252		0		1		0.670		
Glutamic acid g	0.666		0		1		1.772		
Glycine g	0.075		0		1		0.200		
Proline g	0.302		0		1		0.803		
Serine g	0.174		0		1		0.463		
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	3		0		1		8		
Theobromine mg	99		0	RP	4		263		

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

Common Measures:

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14262
Citrus fruit juice drink, frozen concentrate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.40		1		1		20.20	242.80	
Energy	kcal	162		0	NC	4		57	685	
Energy	kj	678				4		239	2867	
Protein (N x 6.25)	g	1.20		1		1		0.42	5.08	
Total lipid (fat)	g	0.10		1		1		0.04	0.42	
Ash	g	1.10		1		1		0.39	4.65	
Carbohydrate, by difference	g	40.30		0	NC	4		14.19	170.47	
Fiber, total dietary	g	0.1		0		4		0.0	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	25		7		1		9	106	
Iron, Fe	mg	3.94		1		1		1.39	16.67	
Magnesium, Mg	mg	20		8		1		7	85	
Phosphorus, P	mg	36	2.789	4		1		13	152	
Potassium, K	mg	393		8		1		138	1662	
Sodium, Na	mg	3		8		1		1	13	
Zinc, Zn	mg	0.12		1		1		0.04	0.51	
Copper, Cu	mg	0.097		4		1		0.034	0.410	
Manganese, Mn	mg	0.255		2		1		0.090	1.079	
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	95.3		1		1		33.5	403.1	
Thiamin	mg	0.051		1		1		0.018	0.216	
Riboflavin	mg	0.038		0		4		0.013	0.161	
Niacin	mg	0.632		1		1		0.222	2.673	
Pantothenic acid	mg	0.463		1		1		0.163	1.958	
Vitamin B-6	mg	0.086		1		1		0.030	0.364	
Folate, total	mcg	7		1		1		2	30	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		1		1		2	30	
Folate, DFE	mcg_DFE	7		0	NC	4		2	30	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	146		1		1		51	618	
Vitamin A, RAE	mcg_RAE	7		0	NC	4		3	31	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.007		0		1		0.002	0.030	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.007		0		1		0.002	0.030	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.007		0		1		0.002	0.030	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.000	0.004	

NDB No. 14262
Citrus fruit juice drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.004		0		1		0.001	0.017	
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		0.005	0.063	
18:2 undifferentiated ... g	0.011		0		1		0.004	0.047	
18:3 undifferentiated ... g	0.004		0		1		0.001	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	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35.2g: 1 fl oz

Measure 2 = 423g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14263
Citrus fruit juice drink, frozen concentrate, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.80		0		1		217.74	27.22	
Energy	kcal	46		0	NC	4		114	14	
Energy	kj	192				4		477	60	
Protein (N x 0)	g	0.30		0		1		0.74	0.09	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.30		0		1		0.74	0.09	
Carbohydrate, by difference	g	11.50		0	NC	4		28.52	3.57	
Fiber, total dietary	g	0.0		0	RP	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		22	3	
Iron, Fe	mg	1.12		0		1		2.78	0.35	
Magnesium, Mg	mg	6		0		1		15	2	
Phosphorus, P	mg	10		0		1		25	3	
Potassium, K	mg	112		0		1		278	35	
Sodium, Na	mg	3		0		1		7	1	
Zinc, Zn	mg	0.05		0		1		0.12	0.02	
Copper, Cu	mg	0.032		0		1		0.079	0.010	
Manganese, Mn	mg	0.073		0		1		0.181	0.023	
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	27.1		0		1		67.2	8.4	
Thiamin	mg	0.014		0		1		0.035	0.004	
Riboflavin	mg	0.011		0		4		0.027	0.003	
Niacin	mg	0.180		0		1		0.446	0.056	
Pantothenic acid	mg	0.132		0		1		0.327	0.041	
Vitamin B-6	mg	0.024		0		1		0.060	0.007	
Folate, total	mcg	2		0		1		5	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		5	1	
Folate, DFE	mcg_DFE	2		0	NC	4		5	1	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	42		0		1		104	13	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		5	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.005	0.001	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.002		0		1		0.005	0.001	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.002		0		1		0.005	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14263
Citrus fruit juice drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.001		0		1		0.002	0.000	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.004		0		1		0.010	0.001	
18:2 undifferentiated ....g	0.003		0		1		0.007	0.001	
18:3 undifferentiated ....g	0.001		0		1		0.002	0.000	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....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									

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

Common Measures:

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

Measure 2 = 31.0g: 1 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14187
Clam and tomato juice, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.40		2	A	1		26.39	145.08	
Energy	kcal	48		0	NC	4		14	80	
Energy	kj	201				4		61	333	
Protein (N x 6.25)	g	0.60		2	A	1		0.18	1.00	
Total lipid (fat)	g	0.20		2	A	1		0.06	0.33	
Ash	g	0.85		2	A	1		0.26	1.41	
Carbohydrate, by difference	g	10.95		0	NC	4		3.31	18.18	
Fiber, total dietary	g	0.2		0	RA	4		0.1	0.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		1		1		4	20	
Iron, Fe	mg	0.60		1		1		0.18	1.00	
Magnesium, Mg	mg	22		0		4		7	37	
Phosphorus, P	mg	78		0		4		24	129	
Potassium, K	mg	90		1		1		27	149	
Sodium, Na	mg	362		2	A	1		109	601	
Zinc, Zn	mg	1.08		0		4		0.33	1.79	
Copper, Cu	mg	0.348		0		4		0.105	0.578	
Manganese, Mn	mg	0.075		0	RA	4		0.023	0.125	
Selenium, Se	mcg	0.2		0	BFZN	4		0.1	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.1		1		1		1.2	6.8	
Thiamin	mg	0.040		1		1		0.012	0.066	
Riboflavin	mg	0.030		1		1		0.009	0.050	
Niacin	mg	0.190		1		1		0.057	0.315	
Pantothenic acid	mg	0.251		0		4		0.076	0.417	
Vitamin B-6	mg	0.084		0		4		0.025	0.139	
Folate, total	mcg	16		0		4		5	26	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	16		0		4		5	26	
Folate, DFE	mcg_DFE	16		0	NC	4		5	26	
Vitamin B-12	mcg	30.60		0		4		9.24	50.80	
Vitamin A, IU	IU	215		1		1		65	357	
Vitamin A, RAE	mcg_RAE	11		0	NC	4		3	18	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.048		1	A	1		0.014	0.080	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.005		0		1		0.002	0.008	
17:0	g									
18:0	g	0.002		0		1		0.001	0.003	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.008		0		1		0.002	0.013	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14187
Clam and tomato juice, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.007		0		1		0.002	0.012	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.020		0		1		0.006	0.033	
18:2 undifferentiated g	0.019		0		1		0.006	0.032	
18:3 undifferentiated g	0.001		0		1		0.000	0.002	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.004		0		1		0.001	0.007	
Threonine g	0.015		0		1		0.005	0.025	
Isoleucine g	0.012		0		1		0.004	0.020	
Leucine g	0.018		0		1		0.005	0.030	
Lysine g	0.018		0		1		0.005	0.030	
Methionine g	0.003		0		1		0.001	0.005	
Cystine g	0.004		0		1		0.001	0.007	
Phenylalanine g	0.013		0		1		0.004	0.022	
Tyrosine g	0.009		0		1		0.003	0.015	
Valine g	0.013		0		1		0.004	0.022	
Arginine g	0.013		0		1		0.004	0.022	
Histidine g	0.010		0		1		0.003	0.017	
Alanine g	0.020		0		1		0.006	0.033	
Aspartic acid g	0.080		0		1		0.024	0.133	
Glutamic acid g	0.255		0		1		0.077	0.423	
Glycine g	0.011		0		1		0.003	0.018	
Proline g	0.014		0		1		0.004	0.023	
Serine g	0.015		0		1		0.005	0.025	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 30.2g: 1 fl oz

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

Calories Factors: **Protein** 3.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14195

Cocoa mix, NESTLE, CARNATION Hot Cocoa Mix With Marshmallows

Nestle USA, Inc.

hot chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.89		3	MA	12		0.53	0.53	
Energy	kcal	399		0	MC	9		112	112	
Energy	kj	1669				9		467	467	
Protein	g	4.81		3	A	1		1.35	1.35	
Total lipid (fat)	g	3.66		3	MA	12		1.02	1.02	
Ash	g	3.02		3	A	1		0.85	0.85	
Carbohydrate, by difference	g	86.62		0	MC	9		24.25	24.25	
Fiber, total dietary	g	1.8		3	A	1		0.5	0.5	
Sugars, total	g	74.80		3	MA	12		20.94	20.94	
Starch	g									
Minerals:										
Calcium, Ca	mg	147		3	A	1		41	41	
Iron, Fe	mg	0.85		3	A	1		0.24	0.24	
Magnesium, Mg	mg	58		0	FLA	4		16	16	
Phosphorus, P	mg	207		0	FLA	4		58	58	
Potassium, K	mg	507		0	FLA	4		142	142	
Sodium, Na	mg	343		3	A	1		96	96	
Zinc, Zn	mg	0.73		0	FLA	4		0.20	0.20	
Copper, Cu	mg	0.285		0	FLA	4		0.080	0.080	
Manganese, Mn	mg	0.213		0	FLA	4		0.060	0.060	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	
Thiamin	mg	0.099		0	FLA	4		0.028	0.028	
Riboflavin	mg	0.422		0	FLA	4		0.118	0.118	
Niacin	mg	0.372		0	FLA	4		0.104	0.104	
Pantothenic acid	mg	0.998		0	FLA	4		0.279	0.279	
Vitamin B-6	mg	0.111		0	FLA	4		0.031	0.031	
Folate, total	mcg	4		0	FLA	4		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0	FLA	4		1	1	
Folate, DFE	mcg_DFE	4		0	NC	4		1	1	
Vitamin B-12	mcg	0.42		0	FLA	4		0.12	0.12	
Vitamin A, IU	IU	0		3	MA	12		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.153		0	FLA	4		0.043	0.043	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.470		3	MA	12		0.412	0.412	
4:0	g	0.014		0	FLA	4		0.004	0.004	
6:0	g	0.003		0	FLA	4		0.001	0.001	
8:0	g	0.003		0	FLA	4		0.001	0.001	
10:0	g	0.004		0	FLA	4		0.001	0.001	
12:0	g	0.003		0	FLA	4		0.001	0.001	
13:0	g									
14:0	g	0.038		0	FLA	4		0.011	0.011	
15:0	g									
16:0	g	0.881		0	FLA	4		0.247	0.247	
17:0	g									
18:0	g	0.473		0	FLA	4		0.132	0.132	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.096		0	FLA	4		0.307	0.307	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.011		0	FLA	4		0.003	0.003	

NDB No. 14195
Cocoa mix, NESTLE, CARNATION Hot Cocoa Mix With Marshmallows

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.082		0	FLA	4		0.303	0.303	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.342		0	FLA	4		0.376	0.376	
18:2 undifferentiated g	1.264		0	FLA	4		0.354	0.354	
18:3 undifferentiated g	0.078		0	FLA	4		0.022	0.022	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	6		3	MA	12		2	2	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 envelope

Measure 2 = 28g: 1 serving

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14198

Cocoa mix, NESTLE, CARNATION No Sugar Added Hot Cocoa Mix

Nestle USA, Inc.

hot chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.34		3	MA	12		0.50	0.50	
Energy	kcal	365		0	MC	9		55	55	
Energy	kj	1527				9		229	229	
Protein	g	28.69		3	A	1		4.30	4.30	
Total lipid (fat)	g	2.84		3	MA	12		0.43	0.43	
Ash	g	8.91		3	A	1		1.34	1.34	
Carbohydrate, by difference	g	56.22		0	MC	9		8.43	8.43	
Fiber, total dietary	g	5.0		3	A	1		0.8	0.8	
Sugars, total	g	44.60		3	MA	12		6.69	6.69	
Starch	g									
Minerals:										
Calcium, Ca	mg	823		3	A	1		123	123	
Iron, Fe	mg	2.60		3	A	1		0.39	0.39	
Magnesium, Mg	mg	180		0	FLM	4		27	27	
Phosphorus, P	mg	900		0	FLM	4		135	135	
Potassium, K	mg	1921		0	FLM	4		288	288	
Sodium, Na	mg	947		3	A	1		142	142	
Zinc, Zn	mg	3.99		0	FLM	4		0.60	0.60	
Copper, Cu	mg	0.670		0	FLM	4		0.101	0.101	
Manganese, Mn	mg	0.631		0	FLM	4		0.095	0.095	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		3	A	1		0.4	0.4	
Thiamin	mg	0.373		0	FLM	4		0.056	0.056	
Riboflavin	mg	1.451		0	FLM	4		0.218	0.218	
Niacin	mg	1.222		0	FLM	4		0.183	0.183	
Pantothenic acid	mg	3.304		0	FLM	4		0.496	0.496	
Vitamin B-6	mg	0.352		0	FLM	4		0.053	0.053	
Folate, total	mcg	39		0	FLM	4		6	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	39		0	FLM	4		6	6	
Folate, DFE	mcg_DFE	39		0	NC	4		6	6	
Vitamin B-12	mcg	2.98		0	FLM	4		0.45	0.45	
Vitamin A, IU	IU	0		3	MA	12		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.084		0	FLM	4		0.013	0.013	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.350		3	MA	12		0.203	0.203	
4:0	g	0.022		0	FLM	4		0.003	0.003	
6:0	g	0.004		0	FLM	4		0.001	0.001	
8:0	g	0.005		0	FLM	4		0.001	0.001	
10:0	g	0.012		0	FLM	4		0.002	0.002	
12:0	g	0.009		0	FLM	4		0.001	0.001	
13:0	g									
14:0	g	0.059		0	FLM	4		0.009	0.009	
15:0	g									
16:0	g	0.623		0	FLM	4		0.093	0.093	
17:0	g									
18:0	g	0.584		0	FLM	4		0.088	0.088	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.904		0	FLM	4		0.136	0.136	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0	FLM	4		0.003	0.003	

NDB No. 14198
Cocoa mix, NESTLE, CARNATION No Sugar Added Hot Cocoa Mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.875		0	FLM	4		0.131	0.131	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.094		0	FLM	4		0.014	0.014	
18:2 undifferentiated ... g	0.086		0	FLM	4		0.013	0.013	
18:3 undifferentiated ... g	0.009		0	FLM	4		0.001	0.001	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	19		3	MA	12		3	3	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 envelope

Measure 2 = 15.0g: 1 serving

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14197

Cocoa mix, NESTLE, CARNATION Rich Chocolate Hot Cocoa Mix

Nestle USA, Inc.

hot chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.59		3	MA	12		0.45	0.45	
Energy	kcal	400		0	MC	9		112	112	
Energy	kj	1674				9		469	469	
Protein	g	4.63		3	A	1		1.30	1.30	
Total lipid (fat)	g	3.96		3	MA	12		1.11	1.11	
Ash	g	3.27		3	A	1		0.92	0.92	
Carbohydrate, by difference	g	86.56		0	MC	9		24.24	24.24	
Fiber, total dietary	g	2.4		3	A	1		0.7	0.7	
Sugars, total	g	74.30		3	MA	12		20.80	20.80	
Starch	g									
Minerals:										
Calcium, Ca	mg	143		3	A	1		40	40	
Iron, Fe	mg	1.00		3	A	1		0.28	0.28	
Magnesium, Mg	mg	98		0	FLM	4		27	27	
Phosphorus, P	mg	253		0	FLM	4		71	71	
Potassium, K	mg	694		0	FLM	4		194	194	
Sodium, Na	mg	363		3	A	1		102	102	
Zinc, Zn	mg	1.28		0	FLM	4		0.36	0.36	
Copper, Cu	mg	0.604		0	FLM	4		0.169	0.169	
Manganese, Mn	mg	0.563		0	FLM	4		0.158	0.158	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	
Thiamin	mg	0.097		0	FLM	4		0.027	0.027	
Riboflavin	mg	0.416		0	FLM	4		0.116	0.116	
Niacin	mg	0.555		0	FLM	4		0.155	0.155	
Pantothenic acid	mg	0.892		0	FLM	4		0.250	0.250	
Vitamin B-6	mg	0.108		0	FLM	4		0.030	0.030	
Folate, total	mcg	7		0	FLM	4		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0	FLM	4		2	2	
Folate, DFE	mcg_DFE	7		0	NC	4		2	2	
Vitamin B-12	mcg	0.37		0	FLM	4		0.10	0.10	
Vitamin A, IU	IU	0		3	MA	12		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.149		0	FLM	4		0.042	0.042	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.040		3	MA	12		0.291	0.291	
4:0	g	0.006		0	FLM	4		0.002	0.002	
6:0	g	0.001		0	FLM	4		0.000	0.000	
8:0	g	0.001		0	FLM	4		0.000	0.000	
10:0	g	0.002		0	FLM	4		0.001	0.001	
12:0	g	0.001		0	FLM	4		0.000	0.000	
13:0	g									
14:0	g	0.016		0	FLM	4		0.004	0.004	
15:0	g									
16:0	g	0.546		0	FLM	4		0.153	0.153	
17:0	g									
18:0	g	0.452		0	FLM	4		0.127	0.127	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.244		0	FLM	4		0.348	0.348	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.009		0	FLM	4		0.003	0.003	

NDB No. 14197
Cocoa mix, NESTLE, CARNATION Rich Chocolate Hot Cocoa Mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.233		0	FLM	4		0.345	0.345	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.948		0	FLM	4		0.265	0.265	
18:2 undifferentiated ... g	0.895		0	FLM	4		0.251	0.251	
18:3 undifferentiated ... g	0.053		0	FLM	4		0.015	0.015	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	6		3	MA	12		2	2	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 envelope

Measure 2 = 28g: 1 serving

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14192
Cocoa mix, powder

hot chocolate
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.50	0.079	4		1		0.42		
Energy	kcal	361		0	NC	4		101		
Energy	kj	1510				4		423		
Protein (N x 6.2)	g	10.80		8		1		3.02		
Total lipid (fat)	g	4.00		8		1		1.12		
Ash	g	4.10	0.050	4		1		1.15		
Carbohydrate, by difference	g	79.10		0	NC	4		22.15		
Fiber, total dietary	g	1.2		0		4		0.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	326		9		1		91		
Iron, Fe	mg	1.19		8		1		0.33		
Magnesium, Mg	mg	83		9		1		23		
Phosphorus, P	mg	315		8		1		88		
Potassium, K	mg	712		8		1		199		
Sodium, Na	mg	504		8		1		141		
Zinc, Zn	mg	1.46		9		1		0.41		
Copper, Cu	mg	0.286		8		1		0.080		
Manganese, Mn	mg	0.269		8		1		0.075		
Selenium, Se	mcg	2.9		0	BFPN	4		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		3		1		0.5		
Thiamin	mg	0.096		8		1		0.027		
Riboflavin	mg	0.565		8		1		0.158		
Niacin	mg	0.586		8		1		0.164		
Pantothenic acid	mg	0.893		3		1		0.250		
Vitamin B-6	mg	0.114		3		1		0.032		
Folate, total	mcg	0		3		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		3		1		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	1.32		3		1		0.37		
Vitamin A, IU	IU	14		4		1		4		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0		
Retinol	mcg	1		0	FLA	4		0		
Vitamin E	mg_ATE	0.150		0		1		0.042		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.408		0		1		0.674		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.004		0		1		0.001		
15:0	g									
16:0	g	1.025		0		1		0.287		
17:0	g									
18:0	g	1.340		0		1		0.375		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.326		0		1		0.371		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.009		0		1		0.003		

NDB No. 14192
Cocoa mix, powder

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	1.313		0		1		0.368		
20:1	g	0.001		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.119		0		1		0.033		
18:2 undifferentiated	g	0.115		0		1		0.032		
18:3 undifferentiated	g	0.005		0		1		0.001		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
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	5		0		4		1		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.150		0		1		0.042		
Threonine	g	0.453		0		1		0.127		
Isoleucine	g	0.572		0		1		0.160		
Leucine	g	0.923		0		1		0.258		
Lysine	g	0.750		0		1		0.210		
Methionine	g	0.220		0		1		0.062		
Cystine	g	0.103		0		1		0.029		
Phenylalanine	g	0.499		0		1		0.140		
Tyrosine	g	0.474		0		1		0.133		
Valine	g	0.671		0		1		0.188		
Arginine	g	0.420		0		1		0.118		
Histidine	g	0.256		0		1		0.072		
Alanine	g	0.378		0		1		0.106		
Aspartic acid	g	0.841		0		1		0.235		
Glutamic acid	g	2.013		0		1		0.564		
Glycine	g	0.274		0		1		0.077		
Proline	g	0.863		0		1		0.242		
Serine	g	0.528		0		1		0.148		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	18		10		1		5		
Theobromine	mg	606		0	FLA	4		170		

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

Common Measures:

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

Calories Factors: **Protein** 3.6 **Fat** 8.7 **Carbohydrate** 3.6

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14194
Cocoa mix, powder, prepared with water

hot chocolate
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.40		0		1		177.98		
Energy	kcal	50		0	NC	4		103		
Energy	kj	209				4		431		
Protein	g	1.50		0		1		3.09		
Total lipid (fat)	g	0.60		0		1		1.24		
Ash	g	0.60		0		1		1.24		
Carbohydrate, by difference	g	10.90		0	NC	4		22.45		
Fiber, total dietary	g	1.2		0		1		2.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0		1		97		
Iron, Fe	mg	0.17		0		1		0.35		
Magnesium, Mg	mg	12		0		1		25		
Phosphorus, P	mg	43		0		1		89		
Potassium, K	mg	98		0		1		202		
Sodium, Na	mg	72		0		1		148		
Zinc, Zn	mg	0.22		0		1		0.45		
Copper, Cu	mg	0.045		0		1		0.093		
Manganese, Mn	mg	0.038		0		1		0.078		
Selenium, Se	mcg	0.4		1	A	1		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.4		
Thiamin	mg	0.013		0		1		0.027		
Riboflavin	mg	0.078		0		1		0.161		
Niacin	mg	0.081		0		1		0.167		
Pantothenic acid	mg	0.123		0		1		0.253		
Vitamin B-6	mg	0.016		0		1		0.033		
Folate, total	mcg	0		0		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		1		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.18		0		1		0.37		
Vitamin A, IU	IU	2		0		1		4		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.332		0		1		0.684		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.001		0		1		0.002		
15:0	g									
16:0	g	0.141		0		1		0.290		
17:0	g									
18:0	g	0.185		0		1		0.381		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.183		0		1		0.377		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.002		

NDB No. 14194
Cocoa mix, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.181		0		1		0.373		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.016		0		1		0.033		
18:2 undifferentiated ... g	0.016		0		1		0.033		
18:3 undifferentiated ... g	0.001		0		1		0.002		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		4		2		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.021		0		1		0.043		
Threonine ... g	0.063		0		1		0.130		
Isoleucine ... g	0.079		0		1		0.163		
Leucine ... g	0.127		0		1		0.262		
Lysine ... g	0.103		0		1		0.212		
Methionine ... g	0.030		0		1		0.062		
Cystine ... g	0.014		0		1		0.029		
Phenylalanine ... g	0.069		0		1		0.142		
Tyrosine ... g	0.065		0		1		0.134		
Valine ... g	0.093		0		1		0.192		
Arginine ... g	0.058		0		1		0.119		
Histidine ... g	0.035		0		1		0.072		
Alanine ... g	0.052		0		1		0.107		
Aspartic acid ... g	0.116		0		1		0.239		
Glutamic acid ... g	0.278		0		1		0.573		
Glycine ... g	0.038		0		1		0.078		
Proline ... g	0.119		0		1		0.245		
Serine ... g	0.073		0		1		0.150		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	2		0		1		4		
Theobromine ... mg	84		0	RP	4		173		

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

Common Measures:

Measure 1 = 206g: 1 oz packet with 6 fl oz water

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14196
Cocoa mix, with aspartame, powder

hot chocolate
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.40		2		1		0.51	0.51	0.65
Energy	kcal	322		0	NC	4		48	48	61
Energy	kj	1347		0	NC	4		202	202	256
Protein (N x 6.2)	g	14.87		0	FLC	4		2.23	2.23	2.82
Total lipid (fat)	g	1.05		0	FLC	4		0.16	0.16	0.20
Ash	g	8.63		0	FLC	4		1.29	1.29	1.64
Carbohydrate, by difference	g	72.06		0	NC	4		10.81	10.81	13.69
Fiber, total dietary	g	8.7	1.459	4	LC	8		1.3	1.3	1.6
Sugars, total	g	53.63	8.035	4	LC	8		8.04	8.04	10.19
Starch	g									
Minerals:										
Calcium, Ca	mg	576		1		1		86	86	109
Iron, Fe	mg	4.96		2		1		0.74	0.74	0.94
Magnesium, Mg	mg	208		2		1		31	31	40
Phosphorus, P	mg	893		1		1		134	134	170
Potassium, K	mg	2702		2		1		405	405	513
Sodium, Na	mg	1121		1		1		168	168	213
Zinc, Zn	mg	3.44		2		1		0.52	0.52	0.65
Copper, Cu	mg	0.730		2		1		0.110	0.110	0.139
Manganese, Mn	mg	0.665		2		1		0.100	0.100	0.126
Selenium, Se	mcg	26.5		0	FLC	4		4.0	4.0	5.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0	FLC	4		0.3	0.3	0.4
Thiamin	mg	0.267		2		1		0.040	0.040	0.051
Riboflavin	mg	1.400		2		1		0.210	0.210	0.266
Niacin	mg	1.084		2		1		0.163	0.163	0.206
Pantothenic acid	mg	3.826		2		1		0.574	0.574	0.727
Vitamin B-6	mg	0.318		2		1		0.048	0.048	0.060
Folate, total	mcg	15		2		1		2	2	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	15		2		1		2	2	3
Folate, DFE	mcg_DFE	15		0	NC	4		2	2	3
Vitamin B-12	mcg	2.47		0	FLC	4		0.37	0.37	0.47
Vitamin A, IU	IU	276	163.612	4	LC	8		41	41	53
Vitamin A, RAE	mcg_RAE	78		0	NC	4		12	12	15
Retinol	mcg	78		0	FLA	4		12	12	15
Vitamin E	mg_ATE	0.400		0		1		0.060	0.060	0.076
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLC	4		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	FLC	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0	FLC	4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0	FLC	4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.979		0		1		0.147	0.147	0.186
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.007		0		1		0.001	0.001	0.001

NDB No. 14196
Cocoa mix, with aspartame, powder

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.969		0		1		0.145	0.145	0.184
20:1	g	0.001		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	0.088		0		1		0.013	0.013	0.017
18:2 undifferentiated	g	0.085		0		1		0.013	0.013	0.016
18:3 undifferentiated	g	0.004		0		1		0.001	0.001	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
22:5 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		4		1	1	2
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	34		0	FLA	4		5	5	6
Theobromine	mg	1159		0	FLA	4		174	174	220

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

Common Measures:

Measure 1 = 15g: 1 serving

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

Measure 3 = 19g: 1 envelope Alba (.675 oz)

Calories Factors: **Protein** 3.6 **Fat** 8.7 **Carbohydrate** 3.6

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14390
Cocoa mix, with aspartame, powder, prepared from item 14196

hot chocolate
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.38		0	RPI	6		177.36		
Energy	kcal	28		0	RPI	6		53		
Energy	kj	116		0	O	4		224		
Protein	g	1.16		0	RPI	6		2.23		
Total lipid (fat)	g	0.08		0	RPI	6		0.16		
Ash	g	0.76		0	RPI	6		1.47		
Carbohydrate, by difference	g	5.62		0	RPI	6		10.79		
Fiber, total dietary	g	0.7		0	RPI	6		1.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0	RPA	1		90		
Iron, Fe	mg	0.40		0	RPA	1		0.76		
Magnesium, Mg	mg	17		0	RPA	1		33		
Phosphorus, P	mg	70		0	RPA	1		134		
Potassium, K	mg	211		0	RPA	1		404		
Sodium, Na	mg	90		0	RPA	1		173		
Zinc, Zn	mg	0.30		0	RPA	1		0.57		
Copper, Cu	mg	0.062		0	RPA	1		0.120		
Manganese, Mn	mg	0.053		0	RPA	1		0.101		
Selenium, Se	mcg	2.1		0	RPI	6		4.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RPI	6		0.3		
Thiamin	mg	0.021		0	RPI	6		0.040		
Riboflavin	mg	0.109		0	RPI	6		0.210		
Niacin	mg	0.085		0	RPI	6		0.162		
Pantothenic acid	mg	0.298		0	RPI	6		0.573		
Vitamin B-6	mg	0.025		0	RPI	6		0.048		
Folate, total	mcg	1		0	RPI	6		2		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	1		0	RPI	6		2		
Folate, DFE	mcg_DFE	1		0	NC	4		2		
Vitamin B-12	mcg	0.19		0	RPI	6		0.37		
Vitamin A, IU	IU	22		0	RPI	6		41		
Vitamin A, RAE	mcg_RAE	6		0	RPI	6		12		
Retinol	mcg	6		0	RPI	6		12		
Vitamin E	mg_ATE	0.031		0	RPI	6		0.060		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	RPI	6		0.000		
4:0	g	0.000		0	RPA	1		0.000		
6:0	g	0.000		0	RPA	1		0.000		
8:0	g	0.000		0	RPA	1		0.000		
10:0	g	0.000		0	RPA	1		0.000		
12:0	g	0.000		0	RPA	1		0.000		
13:0	g									
14:0	g	0.000		0	RPI	6		0.000		
15:0	g									
16:0	g	0.000		0	RPI	6		0.000		
17:0	g									
18:0	g	0.000		0	RPI	6		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.076		0	RPA	1		0.146		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0	RPA	1		0.001		

NDB No. 14390
Cocoa mix, with aspartame, powder, prepared from item 14196

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.076		0	RPA	1		0.145		
20:1 ... g	0.000		0	RPA	1		0.000		
22:1 undifferentiated ... g	0.000		0	RPA	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.007		0	RPA	1		0.013		
18:2 undifferentiated ... g	0.007		0	RPA	1		0.013		
18:3 undifferentiated ... g	0.000		0	RPA	1		0.001		
18:4 ... g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1		0.000		
20:5 n-3 ... g	0.000		0	RPA	1		0.000		
22:5 n-3 ... g	0.000		0	RPA	1		0.000		
22:6 n-3 ... g	0.000		0	RPA	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg									
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0		
Caffeine ... mg	3		0	RPI	6		5		
Theobromine ... mg	90		0	RPI	6		173		

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

Common Measures:

Measure 1 = 192g: 1 packet dry mix with 6 fl oz water

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14204

Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.10		0	BFZN	4		0.20		
Energy	kcal	528		0	NC	4		34		
Energy	kj	2209				4		141		
Protein	g	10.80		0	BFZN	4		0.69		
Total lipid (fat)	g	31.30		0	BFZN	4		2.00		
Ash	g	4.10		0	BFZN	4		0.26		
Carbohydrate, by difference	g	50.10		0	NC	4		3.21		
Fiber, total dietary	g	2.2		0	BFZN	4		0.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	86		0	BFZN	4		6		
Iron, Fe	mg	3.47		0	BFZN	4		0.22		
Magnesium, Mg	mg	122		0	BFZN	4		8		
Phosphorus, P	mg	451		0	BFZN	4		29		
Potassium, K	mg	1856		0	BFZN	4		119		
Sodium, Na	mg	313		0	BFZN	4		20		
Zinc, Zn	mg	1.72		0	BFZN	4		0.11		
Copper, Cu	mg	0.782		0	BFZN	4		0.050		
Manganese, Mn	mg									
Selenium, Se	mcg	2.2		0	BFZN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0		
Thiamin	mg	0.050		0	BFZN	4		0.003		
Riboflavin	mg	1.060		0	BFZN	4		0.068		
Niacin	mg	4.330		0	BFZN	4		0.277		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0	BFZN	4		0.000		
Folate, total	mcg	0		0	BFZN	4		0		
Folic acid	mcg	0		0	O	4		0		
Folate, food	mcg	0		0	BFZN	4		0		
Folate, DFE	mcg_DFE	0		0	O	4		0		
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00		
Vitamin A, IU	IU	0		0	BFZN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.400		0	BFZN	4		0.026		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	26.260		0	BFZN	4		1.681		
4:0	g	0.004		0	BFZN	4		0.000		
6:0	g	0.177		0	BFZN	4		0.011		
8:0	g	2.201		0	BFZN	4		0.141		
10:0	g	1.762		0	BFZN	4		0.113		
12:0	g	13.085		0	BFZN	4		0.837		
13:0	g									
14:0	g	4.938		0	BFZN	4		0.316		
15:0	g									
16:0	g	2.844		0	BFZN	4		0.182		
17:0	g									
18:0	g	1.235		0	BFZN	4		0.079		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.203		0	BFZN	4		0.141		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.005		0	BFZN	4		0.000		

NDB No. 14204

Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	2.197		0	BFZN	4		0.141		
20:1	g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated	g	0.000		0	BFZN	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.805		0	BFZN	4		0.052		
18:2 undifferentiated	g	0.780		0	BFZN	4		0.050		
18:3 undifferentiated	g	0.025		0	BFZN	4		0.002		
18:4	g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	BFZN	4		0.000		
20:5 n-3	g	0.000		0	BFZN	4		0.000		
22:5 n-3	g	0.000		0	BFZN	4		0.000		
22:6 n-3	g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	BFZN	4		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	BFZN	4		0.0		
Caffeine	mg	18		0	BFZN	4		1		
Theobromine	mg	606		0	BFZN	4		39		

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

Common Measures:

Measure 1 = 6.4g: 1 tsp dry

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14236
Coffee substitute, cereal grain beverage, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.90		27		1		0.11		
Energy	kcal	328		0	NC	4		8		
Energy	kj	1372				4		32		
Protein (N x 5.83)	g	5.50		32		1		0.13		
Total lipid (fat)	g	3.40		32		1		0.08		
Ash	g	5.30		31		1		0.12		
Carbohydrate, by difference	g	81.00		0	NC	4		1.86		
Fiber, total dietary	g	8.9		0		4		0.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	52		2		1		1		
Iron, Fe	mg	4.60		11		1		0.11		
Magnesium, Mg	mg	244		11		1		6		
Phosphorus, P	mg	580		11		1		13		
Potassium, K	mg	1840		14		1		42		
Sodium, Na	mg	73		14		1		2		
Zinc, Zn	mg	0.51		3		1		0.01		
Copper, Cu	mg	0.208		3		1		0.005		
Manganese, Mn	mg	1.100		1		1		0.025		
Selenium, Se	mcg	14.8		0	BFSN	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.632		0		4		0.015		
Riboflavin	mg	0.095		1		1		0.002		
Niacin	mg	16.896		16		1		0.389		
Pantothenic acid	mg	0.752		0		4		0.017		
Vitamin B-6	mg	0.884		0		4		0.020		
Folate, total	mcg	24		0		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	24		0		4		1		
Folate, DFE	mcg_DFE	24		0	NC	4		1		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	1.000		0		4		0.023		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.633		0		1		0.015		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.038		0		1		0.001		
15:0	g									
16:0	g	0.570		0		1		0.013		
17:0	g									
18:0	g	0.025		0		1		0.001		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.374		0		1		0.009		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.013		0		1		0.000		

NDB No. 14236
Coffee substitute, cereal grain beverage, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.361		0		1		0.008		
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	1.730		0		1		0.040		
18:2 undifferentiated ... g	1.559		0		1		0.036		
18:3 undifferentiated ... g	0.171		0		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	0.000		0		1		0.000		
20:5 n-3 ... g	0.000		0		1		0.000		
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	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.066		0		1		0.002		
Threonine ... g	0.193		0		1		0.004		
Isoleucine ... g	0.233		0		1		0.005		
Leucine ... g	0.374		0		1		0.009		
Lysine ... g	0.204		0		1		0.005		
Methionine ... g	0.083		0		1		0.002		
Cystine ... g	0.109		0		1		0.003		
Phenylalanine ... g	0.270		0		1		0.006		
Tyrosine ... g	0.188		0		1		0.004		
Valine ... g	0.280		0		1		0.006		
Arginine ... g	0.274		0		1		0.006		
Histidine ... g	0.113		0		1		0.003		
Alanine ... g	0.251		0		1		0.006		
Aspartic acid ... g	0.362		0		1		0.008		
Glutamic acid ... g	1.194		0		1		0.027		
Glycine ... g	0.252		0		1		0.006		
Proline ... g	0.522		0		1		0.012		
Serine ... g	0.240		0		1		0.006		
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.3g: 1 tsp

Calories Factors: **Protein** 3 **Fat** 8.37 **Carbohydrate** 3.5

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14421
Coffee substitute, cereal grain beverage, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.00		0		1		160.95		
Energy	kcal	65		0	NC	4		120		
Energy	kj	272				4		503		
Protein	g	3.30		0		1		6.11		
Total lipid (fat)	g	3.30		0		1		6.11		
Ash	g	0.80		0		1		1.48		
Carbohydrate, by difference	g	5.60		0	NC	4		10.36		
Fiber, total dietary	g	0.1		0	RP	4		0.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	119		0		1		220		
Iron, Fe	mg	0.11		0		1		0.20		
Magnesium, Mg	mg	16		0		1		30		
Phosphorus, P	mg	99		0		1		183		
Potassium, K	mg	172		0		1		318		
Sodium, Na	mg	49		0		1		91		
Zinc, Zn	mg	0.38		0		1		0.70		
Copper, Cu	mg	0.012		0		1		0.022		
Manganese, Mn	mg	0.016		0		1		0.030		
Selenium, Se	mcg	5.5		0	RP	4		10.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		1.7		
Thiamin	mg	0.038		0		1		0.070		
Riboflavin	mg	0.161		0		1		0.298		
Niacin	mg	0.293		0		1		0.542		
Pantothenic acid	mg	0.310		0		1		0.574		
Vitamin B-6	mg	0.042		0		1		0.078		
Folate, total	mcg	5		0		1		9		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0		1		9		
Folate, DFE	mcg_DFE	5		0	NC	4		9		
Vitamin B-12	mcg	0.35		0		1		0.65		
Vitamin A, IU	IU	124		0		1		229		
Vitamin A, RAE	mcg_RAE	28		0	NC	4		51		
Retinol	mcg	28		0	O	4		51		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.061		0		1		3.813		
4:0	g	0.107		0		1		0.198		
6:0	g	0.063		0		1		0.117		
8:0	g	0.037		0		1		0.068		
10:0	g	0.083		0		1		0.154		
12:0	g	0.093		0		1		0.172		
13:0	g									
14:0	g	0.332		0		1		0.614		
15:0	g									
16:0	g	0.875		0		1		1.619		
17:0	g									
18:0	g	0.400		0		1		0.740		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.958		0		1		1.772		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.074		0		1		0.137		

NDB No. 14421
Coffee substitute, cereal grain beverage, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.834		0		1		1.543		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.144		0		1		0.266		
18:2 undifferentiated g	0.093		0		1		0.172		
18:3 undifferentiated g	0.051		0		1		0.094		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	13		0		1		24		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.046		0		1		0.085		
Threonine g	0.150		0		1		0.278		
Isoleucine g	0.199		0		1		0.368		
Leucine g	0.323		0		1		0.598		
Lysine g	0.260		0		1		0.481		
Methionine g	0.083		0		1		0.154		
Cystine g	0.031		0		1		0.057		
Phenylalanine g	0.160		0		1		0.296		
Tyrosine g	0.159		0		1		0.294		
Valine g	0.221		0		1		0.409		
Arginine g	0.121		0		1		0.224		
Histidine g	0.089		0		1		0.165		
Alanine g	0.115		0		1		0.213		
Aspartic acid g	0.251		0		1		0.464		
Glutamic acid g	0.695		0		1		1.286		
Glycine g	0.072		0		1		0.133		
Proline g	0.322		0		1		0.596		
Serine g	0.180		0		1		0.333		
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	0		0		1		0		
Theobromine mg									

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

Common Measures:

Measure 1 = 185g: 6 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14237
Coffee substitute, cereal grain beverage, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	98.70		0		1		236.88	29.61	177.66
Energy	kcal	5		0	NC	4		12	2	9
Energy	kj	21				4		50	6	38
Protein (N x 0)	g	0.10		0		1		0.24	0.03	0.18
Total lipid (fat)	g	0.00		0		1		0.00	0.00	0.00
Ash	g	0.10		0		1		0.24	0.03	0.18
Carbohydrate, by difference	g	1.00		0	NC	4		2.40	0.30	1.80
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		7	1	5
Iron, Fe	mg	0.06		0		1		0.14	0.02	0.11
Magnesium, Mg	mg	4		0		1		10	1	7
Phosphorus, P	mg	7		0		1		17	2	13
Potassium, K	mg	24		0		1		58	7	43
Sodium, Na	mg	4		0		1		10	1	7
Zinc, Zn	mg	0.03		0		1		0.07	0.01	0.05
Copper, Cu	mg	0.009		0		1		0.022	0.003	0.016
Manganese, Mn	mg	0.015		0		1		0.036	0.005	0.027
Selenium, Se	mcg	0.2		0	BFSN	4		0.5	0.1	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.008		0		4		0.019	0.002	0.014
Riboflavin	mg	0.001		0		1		0.002	0.000	0.002
Niacin	mg	0.216		0		1		0.518	0.065	0.389
Pantothenic acid	mg	0.009		0		4		0.022	0.003	0.016
Vitamin B-6	mg	0.011		0		4		0.026	0.003	0.020
Folate, total	mcg	0		0		4		1	0	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		1	0	1
Folate, DFE	mcg_DFE	0		0	NC	4		1	0	1
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.008		0		1		0.019	0.002	0.014
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.001		0		1		0.002	0.000	0.002
15:0	g									
16:0	g	0.007		0		1		0.017	0.002	0.013
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.005		0		1		0.012	0.002	0.009
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14237
Coffee substitute, cereal grain beverage, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.005		0		1		0.012	0.002	0.009
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	0.022		0		1		0.053	0.007	0.040
18:2 undifferentiated ... g	0.020		0		1		0.048	0.006	0.036
18:3 undifferentiated ... g	0.002		0		1		0.005	0.001	0.004
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
22:5 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	0		0		1		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.001		0		1		0.002	0.000	0.002
Threonine ... g	0.002		0		1		0.005	0.001	0.004
Isoleucine ... g	0.003		0		1		0.007	0.001	0.005
Leucine ... g	0.005		0		1		0.012	0.002	0.009
Lysine ... g	0.003		0		1		0.007	0.001	0.005
Methionine ... g	0.001		0		1		0.002	0.000	0.002
Cystine ... g	0.001		0		1		0.002	0.000	0.002
Phenylalanine ... g	0.003		0		1		0.007	0.001	0.005
Tyrosine ... g	0.002		0		1		0.005	0.001	0.004
Valine ... g	0.004		0		1		0.010	0.001	0.007
Arginine ... g	0.004		0		1		0.010	0.001	0.007
Histidine ... g	0.001		0		1		0.002	0.000	0.002
Alanine ... g	0.003		0		1		0.007	0.001	0.005
Aspartic acid ... g	0.005		0		1		0.012	0.002	0.009
Glutamic acid ... g	0.015		0		1		0.036	0.005	0.027
Glycine ... g	0.003		0		1		0.007	0.001	0.005
Proline ... g	0.007		0		1		0.017	0.002	0.013
Serine ... g	0.003		0		1		0.007	0.001	0.005
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0		1		0	0	0
Theobromine ... mg									

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

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

Measure 3 = 180g: 6 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14210
Coffee, brewed, espresso, restaurant-prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	97.80		2	A	1				
Energy	kcal	9		0	NC	4				
Energy	kj	38				4				
Protein (N x 6.25)	g	0.01		1	A	1				
Total lipid (fat)	g	0.18		2	A	1				
Ash	g	0.23		2	A	1				
Carbohydrate, by difference	g	1.53		0	NC	4				
Fiber, total dietary	g	0.0		0	BFZN	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		2	A	1				
Iron, Fe	mg	0.13		2	A	1				
Magnesium, Mg	mg	80		2	A	1				
Phosphorus, P	mg	7		2	A	1				
Potassium, K	mg	115		2	A	1				
Sodium, Na	mg	14		2	A	1				
Zinc, Zn	mg	0.05		2	A	1				
Copper, Cu	mg	0.050		2	A	1				
Manganese, Mn	mg	0.050		2	A	1				
Selenium, Se	mcg	0.0		0	BFPN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		2	A	1				
Thiamin	mg	0.001		2	A	1				
Riboflavin	mg	0.177		2	A	1				
Niacin	mg	5.207		2	A	1				
Pantothenic acid	mg	0.028		2	A	1				
Vitamin B-6	mg	0.002		2	A	1				
Folate, total	mcg	1		2	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	1		2	A	1				
Folate, DFE	mcg_DFE	1		0	NC	4				
Vitamin B-12	mcg	0.00		0	Z	7				
Vitamin A, IU	IU	0		0	BFZN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E	mg_ATE	0.000		0	BFZN	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.092		0	BFFN	4				
4:0	g	0.000		0	BFFN	4				
6:0	g	0.000		0	BFFN	4				
8:0	g	0.000		0	BFFN	4				
10:0	g	0.000		0	BFFN	4				
12:0	g	0.000		0	BFFN	4				
13:0	g									
14:0	g	0.000		0	BFFN	4				
15:0	g									
16:0	g	0.046		0	BFFN	4				
17:0	g									
18:0	g	0.000		0	BFFN	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	BFFN	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFFN	4				

NDB No. 14210
Coffee, brewed, espresso, restaurant-prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFFN	4				
20:1 ... g	0.000		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.092		0	BFFN	4				
18:2 undifferentiated ... g	0.092		0	BFFN	4				
18:3 undifferentiated ... g	0.000		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4				
20:5 n-3 ... g	0.000		0	BFFN	4				
22:5 n-3 ... g	0.000		0	BFFN	4				
22:6 n-3 ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	212		2	A	1				
Theobromine ... mg									

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

Common Measures:

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14208
Coffee, brewed, prepared with distilled water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.30		2		1		235.34	29.39	176.75
Energy	kcal	2		0	NC	4		5	1	4
Energy	kj	8				4		20	2	15
Protein (N x 0)	g	0.10		0		4		0.24	0.03	0.18
Total lipid (fat)	g	0.00		0		4		0.00	0.00	0.00
Ash	g	0.10		0		4		0.24	0.03	0.18
Carbohydrate, by difference	g	0.40		0	NC	4		0.95	0.12	0.71
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2	0.088	3		1		5	1	4
Iron, Fe	mg	0.05	0.018	5		1		0.12	0.01	0.09
Magnesium, Mg	mg	6	0.582	3		1		14	2	11
Phosphorus, P	mg	1	0.240	3		1		2	0	2
Potassium, K	mg	69	7.616	3		1		164	20	123
Sodium, Na	mg	1	0.386	3		1		2	0	2
Zinc, Zn	mg	0.01	0.003	3		1		0.02	0.00	0.02
Copper, Cu	mg	0.012	0.004	3		1		0.028	0.004	0.021
Manganese, Mn	mg	0.027		3		1		0.064	0.008	0.048
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.000		1		1		0.000	0.000	0.000
Riboflavin	mg	0.000		1		1		0.000	0.000	0.000
Niacin	mg	0.222	0.010	7		1		0.526	0.066	0.395
Pantothenic acid	mg	0.001		0		4		0.002	0.000	0.002
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0	0.012	7		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0	0.012	7		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.005	0.001	0.004
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.001		0		1		0.002	0.000	0.002
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 14208
Coffee, brewed, prepared with distilled water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.002		0		1		0.005	0.001	0.004
18:2 undifferentiated ... g	0.002		0		1		0.005	0.001	0.004
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	0.000
Threonine ... g	0.001		0		1		0.002	0.000	0.002
Isoleucine ... g	0.002		0		1		0.005	0.001	0.004
Leucine ... g	0.005		0		1		0.012	0.001	0.009
Lysine ... g	0.001		0		1		0.002	0.000	0.002
Methionine ... g	0.000		0		1		0.000	0.000	0.000
Cystine ... g	0.002		0		1		0.005	0.001	0.004
Phenylalanine ... g	0.003		0		1		0.007	0.001	0.005
Tyrosine ... g	0.002		0		1		0.005	0.001	0.004
Valine ... g	0.003		0		1		0.007	0.001	0.005
Arginine ... g	0.001		0		1		0.002	0.000	0.002
Histidine ... g	0.002		0		1		0.005	0.001	0.004
Alanine ... g	0.003		0		1		0.007	0.001	0.005
Aspartic acid ... g	0.005		0		1		0.012	0.001	0.009
Glutamic acid ... g	0.020		0		1		0.047	0.006	0.036
Glycine ... g	0.004		0		1		0.009	0.001	0.007
Proline ... g	0.004		0		1		0.009	0.001	0.007
Serine ... g	0.001		0		1		0.002	0.000	0.002
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	58	4.973	59		1		137	17	103
Theobromine ... mg									

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14209
Coffee, brewed, prepared with tap water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.30		2		1		235.34	29.39	176.75
Energy	kcal	2		0	NC	4		5	1	4
Energy	kj	8				4		20	2	15
Protein (N x 0)	g	0.10		0		4		0.24	0.03	0.18
Total lipid (fat)	g	0.00		0		4		0.00	0.00	0.00
Ash	g	0.10		0		4		0.24	0.03	0.18
Carbohydrate, by difference	g	0.40		0	NC	4		0.95	0.12	0.71
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		7		1		5	1	4
Iron, Fe	mg	0.05	0.012	9		1		0.12	0.01	0.09
Magnesium, Mg	mg	5		7		1		12	1	9
Phosphorus, P	mg	1		5		1		2	0	2
Potassium, K	mg	54		7		1		128	16	96
Sodium, Na	mg	2		7		1		5	1	4
Zinc, Zn	mg	0.02	0.001	17		1		0.05	0.01	0.04
Copper, Cu	mg	0.007		7		1		0.017	0.002	0.012
Manganese, Mn	mg	0.027		3		1		0.064	0.008	0.048
Selenium, Se	mcg	0.1		2	A	1		0.2	0.0	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.000		1		1		0.000	0.000	0.000
Riboflavin	mg	0.000		1		1		0.000	0.000	0.000
Niacin	mg	0.222	0.010	7		1		0.526	0.066	0.395
Pantothenic acid	mg	0.001		0		4		0.002	0.000	0.002
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0	0.012	7		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0	0.012	7		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.005	0.001	0.004
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.001		0		1		0.002	0.000	0.002
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

NDB No. 14209
Coffee, brewed, prepared with tap water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.002		0		1		0.005	0.001	0.004
18:2 undifferentiated g	0.002		0		1		0.005	0.001	0.004
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 g	0.000		0		4		0.000	0.000	0.000
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	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.000		0		1		0.000	0.000	0.000
Threonine g	0.001		0		1		0.002	0.000	0.002
Isoleucine g	0.002		0		1		0.005	0.001	0.004
Leucine g	0.005		0		1		0.012	0.001	0.009
Lysine g	0.001		0		1		0.002	0.000	0.002
Methionine g	0.000		0		1		0.000	0.000	0.000
Cystine g	0.002		0		1		0.005	0.001	0.004
Phenylalanine g	0.003		0		1		0.007	0.001	0.005
Tyrosine g	0.002		0		1		0.005	0.001	0.004
Valine g	0.003		0		1		0.007	0.001	0.005
Arginine g	0.001		0		1		0.002	0.000	0.002
Histidine g	0.002		0		1		0.005	0.001	0.004
Alanine g	0.003		0		1		0.007	0.001	0.005
Aspartic acid g	0.005		0		1		0.012	0.001	0.009
Glutamic acid g	0.020		0		1		0.047	0.006	0.036
Glycine g	0.004		0		1		0.009	0.001	0.007
Proline g	0.004		0		1		0.009	0.001	0.007
Serine g	0.001		0		1		0.002	0.000	0.002
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	58	4.973	59		1		137	17	103
Theobromine mg									

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14201
Coffee, brewed, prepared with tap water, decaffeinated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.30		0	BFZN	4		235.34	29.39	176.75
Energy	kcal	2		0	BFZN	4		5	1	4
Energy	kj	8				4		20	2	15
Protein	g	0.10		0	BFZN	4		0.24	0.03	0.18
Total lipid (fat)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash	g	0.10		0	BFZN	4		0.24	0.03	0.18
Carbohydrate, by difference	g	0.40		0	BFZN	4		0.95	0.12	0.71
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	BFZN	4		5	1	4
Iron, Fe	mg	0.05		0	BFZN	4		0.12	0.01	0.09
Magnesium, Mg	mg	5		0	BFZN	4		12	1	9
Phosphorus, P	mg	1		0	BFZN	4		2	0	2
Potassium, K	mg	54		0	BFZN	4		128	16	96
Sodium, Na	mg	2		0	BFZN	4		5	1	4
Zinc, Zn	mg	0.02		0	BFZN	4		0.05	0.01	0.04
Copper, Cu	mg	0.007		0	BFZN	4		0.017	0.002	0.012
Manganese, Mn	mg	0.027		0	BFZN	4		0.064	0.008	0.048
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.222		0	BFZN	4		0.526	0.066	0.395
Pantothenic acid	mg	0.001		0	BFZN	4		0.002	0.000	0.002
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0	BFZN	4		0.005	0.001	0.004
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.001		0	BFZN	4		0.002	0.000	0.002
17:0	g									
18:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 14201
Coffee, brewed, prepared with tap water, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1 g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.002		0	BFZN	4		0.005	0.001	0.004
18:2 undifferentiated g	0.002		0	BFZN	4		0.005	0.001	0.004
18:3 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4 g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.001		0	BFZN	4		0.002	0.000	0.002
Isoleucine g	0.002		0	BFZN	4		0.005	0.001	0.004
Leucine g	0.005		0	BFZN	4		0.012	0.001	0.009
Lysine g	0.001		0	BFZN	4		0.002	0.000	0.002
Methionine g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine g	0.002		0	BFZN	4		0.005	0.001	0.004
Phenylalanine g	0.003		0	BFZN	4		0.007	0.001	0.005
Tyrosine g	0.002		0	BFZN	4		0.005	0.001	0.004
Valine g	0.003		0	BFZN	4		0.007	0.001	0.005
Arginine g	0.001		0	BFZN	4		0.002	0.000	0.002
Histidine g	0.002		0	BFZN	4		0.005	0.001	0.004
Alanine g	0.003		0	BFZN	4		0.007	0.001	0.005
Aspartic acid g	0.005		0	BFZN	4		0.012	0.001	0.009
Glutamic acid g	0.020		0	BFZN	4		0.047	0.006	0.036
Glycine g	0.004		0	BFZN	4		0.009	0.001	0.007
Proline g	0.004		0	BFZN	4		0.009	0.001	0.007
Serine g	0.001		0	BFZN	4		0.002	0.000	0.002
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine mg	1		0	BFZN	4		2	0	2
Theobromine mg									

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14218
Coffee, instant, decaffeinated, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.20		6		1		0.06		
Energy	kcal	224		0	NC	4		4		
Energy	kj	937				4		17		
Protein (N x 6.25)	g	11.60		10		1		0.21		
Total lipid (fat)	g	0.20		4		1		0.00		
Ash	g	9.00		6		1		0.16		
Carbohydrate, by difference	g	42.60		5	MC	9		0.77		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	140		27		1		3		
Iron, Fe	mg	3.80		14		1		0.07		
Magnesium, Mg	mg	311		23		1		6		
Phosphorus, P	mg	286		26		1		5		
Potassium, K	mg	3501		29		1		63		
Sodium, Na	mg	23		29		1		0		
Zinc, Zn	mg	0.11	0.139	4		1		0.00		
Copper, Cu	mg	0.069	0.037	8		1		0.001		
Manganese, Mn	mg	1.222	0.299	8		1		0.022		
Selenium, Se	mcg	12.0		0	BFPN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.008		0		4		0.000		
Riboflavin	mg	1.360		2		1		0.024		
Niacin	mg	28.075		6		1		0.505		
Pantothenic acid	mg	0.097		0		4		0.002		
Vitamin B-6	mg	0.029		0		4		0.001		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.000		0	BFZN	4		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.101		0		1		0.002		
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		
10:0	g	0.000		0	BFZN	4		0.000		
12:0	g	0.000		0	BFZN	4		0.000		
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000		
15:0	g									
16:0	g	0.075		0		1		0.001		
17:0	g									
18:0	g	0.018		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.021		0		1		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFZN	4		0.000		

NDB No. 14218
Coffee, instant, decaffeinated, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.021		0		1		0.000		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.101		0		1		0.002		
18:2 undifferentiated ... g	0.093		0		1		0.002		
18:3 undifferentiated ... g	0.008		0		1		0.000		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:5 n-3 ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 ... g	0.000		0	BFZN	4		0.000		
22:6 n-3 ... g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.028		0		1		0.001		
Threonine ... g	0.136		0		1		0.002		
Isoleucine ... g	0.164		0		1		0.003		
Leucine ... g	0.456		0		1		0.008		
Lysine ... g	0.092		0		1		0.002		
Methionine ... g	0.022		0		1		0.000		
Cystine ... g	0.193		0		1		0.003		
Phenylalanine ... g	0.250		0		1		0.005		
Tyrosine ... g	0.158		0		1		0.003		
Valine ... g	0.263		0		1		0.005		
Arginine ... g	0.050		0		1		0.001		
Histidine ... g	0.158		0		1		0.003		
Alanine ... g	0.320		0		1		0.006		
Aspartic acid ... g	0.456		0		1		0.008		
Glutamic acid ... g	1.937		0		1		0.035		
Glycine ... g	0.421		0		1		0.008		
Proline ... g	0.335		0		1		0.006		
Serine ... g	0.121		0		1		0.002		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	122		10		1		2		
Theobromine ... mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 1.8g: 1 tsp, rounded

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14219
Coffee, instant, decaffeinated, powder, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.00		0		1		177.21		
Energy	kcal	2		0	NC	4		4		
Energy	kj	8				4		15		
Protein (N x 0)	g	0.10		0		1		0.18		
Total lipid (fat)	g	0.00		0		1		0.00		
Ash	g	0.10		0		1		0.18		
Carbohydrate, by difference	g	0.40		0	NC	4		0.72		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		5		
Iron, Fe	mg	0.04		0		1		0.07		
Magnesium, Mg	mg	4		0		1		7		
Phosphorus, P	mg	3		0		1		5		
Potassium, K	mg	35		0		1		63		
Sodium, Na	mg	3		0		1		5		
Zinc, Zn	mg	0.03		0		1		0.05		
Copper, Cu	mg	0.007		0		1		0.013		
Manganese, Mn	mg	0.013		0		1		0.023		
Selenium, Se	mcg	0.1		0	BFPN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.000		0		1		0.000		
Riboflavin	mg	0.014		0		1		0.025		
Niacin	mg	0.282		0		1		0.505		
Pantothenic acid	mg	0.001		0		1		0.002		
Vitamin B-6	mg	0.000		0		1		0.000		
Folate, total	mcg	0		0		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		1		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.001		0		1		0.002		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.001		0		1		0.002		
17:0	g									
18:0	g	0.000		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 14219
Coffee, instant, decaffeinated, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.001		0		1		0.002		
18:2 undifferentiated ... g	0.001		0		1		0.002		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000		
Threonine ... g	0.001		0		1		0.002		
Isoleucine ... g	0.002		0		1		0.004		
Leucine ... g	0.005		0		1		0.009		
Lysine ... g	0.001		0		1		0.002		
Methionine ... g	0.000		0		1		0.000		
Cystine ... g	0.002		0		1		0.004		
Phenylalanine ... g	0.003		0		1		0.005		
Tyrosine ... g	0.002		0		1		0.004		
Valine ... g	0.003		0		1		0.005		
Arginine ... g	0.001		0		1		0.002		
Histidine ... g	0.002		0		1		0.004		
Alanine ... g	0.003		0		1		0.005		
Aspartic acid ... g	0.005		0		1		0.009		
Glutamic acid ... g	0.019		0		1		0.034		
Glycine ... g	0.004		0		1		0.007		
Proline ... g	0.003		0		1		0.005		
Serine ... g	0.001		0		1		0.002		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	1		0		1		2		
Theobromine ... mg									

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

Common Measures:

Measure 1 = 179g: 6 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14214
Coffee, instant, regular, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.10		11		1		0.03	0.05	
Energy	kcal	241		0	NC	4		2	4	
Energy	kj	1008				4		9	15	
Protein (N x 6.25)	g	12.20		10		1		0.11	0.18	
Total lipid (fat)	g	0.50		8		1		0.00	0.01	
Ash	g	8.80		10		1		0.08	0.13	
Carbohydrate, by difference	g	41.10		5	MC	9		0.37	0.62	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	141		28		1		1	2	
Iron, Fe	mg	4.41		18		1		0.04	0.07	
Magnesium, Mg	mg	327		23		1		3	5	
Phosphorus, P	mg	303		28		1		3	5	
Potassium, K	mg	3535		32		1		32	53	
Sodium, Na	mg	37		32		1		0	1	
Zinc, Zn	mg	0.35		12		1		0.00	0.01	
Copper, Cu	mg	0.139		12		1		0.001	0.002	
Manganese, Mn	mg	1.712	0.244	24		1		0.015	0.026	
Selenium, Se	mcg	12.6	0.398	10	A	1		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.008	0.005	3		1		0.000	0.000	
Riboflavin	mg	0.074	0.012	3		1		0.001	0.001	
Niacin	mg	28.173		10		1		0.254	0.423	
Pantothenic acid	mg	0.097	0.031	3		1		0.001	0.001	
Vitamin B-6	mg	0.029	0.002	3		1		0.000	0.000	
Folate, total	mcg	0		0		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.197		0		1		0.002	0.003	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.146		0		1		0.001	0.002	
17:0	g									
18:0	g	0.035		0		1		0.000	0.001	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.041		0		1		0.000	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14214
Coffee, instant, regular, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.040		0		1		0.000	0.001	
20:1 ... g	0.001		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.196		0		1		0.002	0.003	
18:2 undifferentiated ... g	0.180		0		1		0.002	0.003	
18:3 undifferentiated ... g	0.015		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
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	0.030		0		1		0.000	0.000	
Threonine ... g	0.142		0		1		0.001	0.002	
Isoleucine ... g	0.172		0		1		0.002	0.003	
Leucine ... g	0.478		0		1		0.004	0.007	
Lysine ... g	0.096		0		1		0.001	0.001	
Methionine ... g	0.023		0		1		0.000	0.000	
Cystine ... g	0.202		0		1		0.002	0.003	
Phenylalanine ... g	0.262		0		1		0.002	0.004	
Tyrosine ... g	0.165		0		1		0.001	0.002	
Valine ... g	0.276		0		1		0.002	0.004	
Arginine ... g	0.053		0		1		0.000	0.001	
Histidine ... g	0.165		0		1		0.001	0.002	
Alanine ... g	0.335		0		1		0.003	0.005	
Aspartic acid ... g	0.478		0		1		0.004	0.007	
Glutamic acid ... g	2.030		0		1		0.018	0.030	
Glycine ... g	0.441		0		1		0.004	0.007	
Proline ... g	0.351		0		1		0.003	0.005	
Serine ... g	0.126		0		1		0.001	0.002	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	3142		15		1		28	47	
Theobromine ... mg	0		0	z	7		0	0	

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

Common Measures:

Measure 1 = 0.9g: 1 tsp dry

Measure 2 = 1.5g: 1 serving (1 round tsp)

Calories Factors: **Protein** 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14215
Coffee, instant, regular, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.00		0		1		29.50	177.21	
Energy	kcal	2		0	NC	4		1	4	
Energy	kj	8				4		2	15	
Protein (N x 0)	g	0.10		0		1		0.03	0.18	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.10		0		1		0.03	0.18	
Carbohydrate, by difference	g	0.40		0	NC	4		0.12	0.72	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		1	5	
Iron, Fe	mg	0.05		0		1		0.01	0.09	
Magnesium, Mg	mg	4		0		1		1	7	
Phosphorus, P	mg	3		0		1		1	5	
Potassium, K	mg	36		0		1		11	64	
Sodium, Na	mg	3		0		1		1	5	
Zinc, Zn	mg	0.03		0		1		0.01	0.05	
Copper, Cu	mg	0.007		0		1		0.002	0.013	
Manganese, Mn	mg	0.018		0		1		0.005	0.032	
Selenium, Se	mcg	0.1		0	BFPN	4		0.0	0.2	
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	0.001		0		1		0.000	0.002	
Niacin	mg	0.283		0		1		0.084	0.507	
Pantothenic acid	mg	0.001		0		1		0.000	0.002	
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	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.001	0.004	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.001		0		1		0.000	0.002	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14215
Coffee, instant, regular, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.002		0		1		0.001	0.004	
18:2 undifferentiated ... g	0.002		0		1		0.001	0.004	
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine ... g	0.001		0		1		0.000	0.002	
Isoleucine ... g	0.002		0		1		0.001	0.004	
Leucine ... g	0.005		0		1		0.001	0.009	
Lysine ... g	0.001		0		1		0.000	0.002	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.002		0		1		0.001	0.004	
Phenylalanine ... g	0.003		0		1		0.001	0.005	
Tyrosine ... g	0.002		0		1		0.001	0.004	
Valine ... g	0.003		0		1		0.001	0.005	
Arginine ... g	0.001		0		1		0.000	0.002	
Histidine ... g	0.002		0		1		0.001	0.004	
Alanine ... g	0.003		0		1		0.001	0.005	
Aspartic acid ... g	0.005		0		1		0.001	0.009	
Glutamic acid ... g	0.020		0		1		0.006	0.036	
Glycine ... g	0.004		0		1		0.001	0.007	
Proline ... g	0.004		0		1		0.001	0.007	
Serine ... g	0.001		0		1		0.000	0.002	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	32		0		1		10	57	
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.8g: 1 fl oz

Measure 2 = 179g: 6 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14222
Coffee, instant, with chicory, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.10	0.233	3		1		0.07		
Energy	kcal	351		0	NC	4		6		
Energy	kj	1469				4		26		
Protein (N x 6.25)	g	9.30		3		1		0.17		
Total lipid (fat)	g	0.20	0.033	3		1		0.00		
Ash	g	7.50	0.185	3		1		0.14		
Carbohydrate, by difference	g	74.20		0	NC	4		1.34		
Fiber, total dietary	g	0.5		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	103	2.815	3		1		2		
Iron, Fe	mg	4.76	0.629	3		1		0.09		
Magnesium, Mg	mg	213	8.505	3		1		4		
Phosphorus, P	mg	271	7.024	3		1		5		
Potassium, K	mg	3395	99.081	3		1		61		
Sodium, Na	mg	277	20.883	3		1		5		
Zinc, Zn	mg	0.37	0.013	3		1		0.01		
Copper, Cu	mg	0.050	0.025	3		1		0.001		
Manganese, Mn	mg	1.200	0.058	3		1		0.022		
Selenium, Se	mcg	9.4		0	FLA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.000		0		1		0.000		
Riboflavin	mg	0.290	0.000	3		1		0.005		
Niacin	mg	21.667	0.913	3		1		0.390		
Pantothenic acid	mg	0.097		0		4		0.002		
Vitamin B-6	mg	0.029		0		4		0.001		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.071		0		1		0.001		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.052		0		1		0.001		
17:0	g									
18:0	g	0.012		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.015		0		1		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 14222
Coffee, instant, with chicory, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.014		0		1		0.000		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.070		0		1		0.001		
18:2 undifferentiated ... g	0.065		0		1		0.001		
18:3 undifferentiated ... g	0.005		0		1		0.000		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.022		0		1		0.000		
Threonine ... g	0.103		0		1		0.002		
Isoleucine ... g	0.124		0		1		0.002		
Leucine ... g	0.344		0		1		0.006		
Lysine ... g	0.069		0		1		0.001		
Methionine ... g	0.017		0		1		0.000		
Cystine ... g	0.146		0		1		0.003		
Phenylalanine ... g	0.189		0		1		0.003		
Tyrosine ... g	0.119		0		1		0.002		
Valine ... g	0.198		0		1		0.004		
Arginine ... g	0.038		0		1		0.001		
Histidine ... g	0.119		0		1		0.002		
Alanine ... g	0.241		0		1		0.004		
Aspartic acid ... g	0.344		0		1		0.006		
Glutamic acid ... g	1.462		0		1		0.026		
Glycine ... g	0.318		0		1		0.006		
Proline ... g	0.253		0		1		0.005		
Serine ... g	0.091		0		1		0.002		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	2063	144.376	3		1		37		
Theobromine ... mg									

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

Common Measures:

Measure 1 = 1.8g: 1 tsp, rounded

Calories Factors: **Protein** 3.2 **Fat** 8.37 **Carbohydrate** 4.1

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14223
Coffee, instant, with chicory, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.00		0		1		177.21		
Energy	kcal	4		0	NC	4		7		
Energy	kj	17				4		30		
Protein (N x 0)	g	0.10		0		1		0.18		
Total lipid (fat)	g	0.00		0		1		0.00		
Ash	g	0.10		0		1		0.18		
Carbohydrate, by difference	g	0.70		0	NC	4		1.25		
Fiber, total dietary	g	0.0		0	RP	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		5		
Iron, Fe	mg	0.05		0		1		0.09		
Magnesium, Mg	mg	3		0		1		5		
Phosphorus, P	mg	3		0		1		5		
Potassium, K	mg	34		0		1		61		
Sodium, Na	mg	6		0		1		11		
Zinc, Zn	mg	0.03		0		1		0.05		
Copper, Cu	mg	0.007		0		1		0.013		
Manganese, Mn	mg	0.013		0		1		0.023		
Selenium, Se	mcg	0.1		0	RP	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.000		0		1		0.000		
Riboflavin	mg	0.003		0		1		0.005		
Niacin	mg	0.218		0		1		0.390		
Pantothenic acid	mg	0.001		0		4		0.002		
Vitamin B-6	mg	0.000		0		4		0.000		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.001		0		1		0.002		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.001		0		1		0.002		
17:0	g									
18:0	g	0.000		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 14223
Coffee, instant, with chicory, prepared with water

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.000		0		1		0.000		
20:1	g	0.000		0		1		0.000		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.001		0		1		0.002		
18:2 undifferentiated	g	0.001		0		1		0.002		
18:3 undifferentiated	g	0.000		0		1		0.000		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0		1		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000		0		1		0.000		
Threonine	g	0.001		0		1		0.002		
Isoleucine	g	0.001		0		1		0.002		
Leucine	g	0.003		0		1		0.005		
Lysine	g	0.001		0		1		0.002		
Methionine	g	0.000		0		1		0.000		
Cystine	g	0.001		0		1		0.002		
Phenylalanine	g	0.002		0		1		0.004		
Tyrosine	g	0.001		0		1		0.002		
Valine	g	0.002		0		1		0.004		
Arginine	g	0.000		0		1		0.000		
Histidine	g	0.001		0		1		0.002		
Alanine	g	0.002		0		1		0.004		
Aspartic acid	g	0.003		0		1		0.005		
Glutamic acid	g	0.015		0		1		0.027		
Glycine	g	0.003		0		1		0.005		
Proline	g	0.003		0		1		0.005		
Serine	g	0.001		0		1		0.002		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g									
Caffeine	mg	21		0		1		38		
Theobromine	mg									

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

Common Measures:

Measure 1 = 179g: 6 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14228
Coffee, instant, with sugar, cappuccino-flavor powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.30		6		1		0.18		
Energy	kcal	437		0	NC	4		62		
Energy	kj	1828				4		260		
Protein (N x 6.3)	g	3.10		6		1		0.44		
Total lipid (fat)	g	14.90		6		1		2.12		
Ash	g	4.10		6		1		0.58		
Carbohydrate, by difference	g	75.40		0	NC	4		10.71		
Fiber, total dietary	g	0.0		0	FLM	4		0.0		
Sugars, total	g	30.20		0	BFZN	4		4.29		
Starch	g									
Minerals:										
Calcium, Ca	mg	26		6		1		4		
Iron, Fe	mg	1.02		1		1		0.14		
Magnesium, Mg	mg	52		1		1		7		
Phosphorus, P	mg	183		6		1		26		
Potassium, K	mg	831		6		1		118		
Sodium, Na	mg	692		6		1		98		
Zinc, Zn	mg	0.25		1		1		0.04		
Copper, Cu	mg	0.110		1		1		0.016		
Manganese, Mn	mg	0.200		1		1		0.028		
Selenium, Se	mcg	5.8		0	FLM	4		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.111		1		1		0.016		
Riboflavin	mg	0.037		1		1		0.005		
Niacin	mg	2.262		6		1		0.321		
Pantothenic acid	mg	0.073		1		1		0.010		
Vitamin B-6	mg	0.000		0		1		0.000		
Folate, total	mcg	0		0		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		1		0		
Folate, DFE	mcg_DFE	0		0	Z	7		0		
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.000		0		7		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.130		0	FLM	4		0.444		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.008		0	FLM	4		0.001		
10:0	g	0.021		0	FLM	4		0.003		
12:0	g	0.098		0	FLM	4		0.014		
13:0	g									
14:0	g	0.030		0	FLM	4		0.004		
15:0	g									
16:0	g	1.446		0	FLM	4		0.205		
17:0	g									
18:0	g	1.558		0	FLM	4		0.221		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	11.980		0	FLM	4		1.701		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLM	4		0.000		

NDB No. 14228
Coffee, instant, with sugar, cappuccino-flavor powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	11.993		0	FLM	4		1.703		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.103		0	FLM	4		0.015		
18:2 undifferentiated ... g	0.090		0	FLM	4		0.013		
18:3 undifferentiated ... g	0.005		0	FLM	4		0.001		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLM	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.007		0		1		0.001		
Threonine ... g	0.033		0		1		0.005		
Isoleucine ... g	0.040		0		1		0.006		
Leucine ... g	0.110		0		1		0.016		
Lysine ... g	0.022		0		1		0.003		
Methionine ... g	0.005		0		1		0.001		
Cystine ... g	0.047		0		1		0.007		
Phenylalanine ... g	0.060		0		1		0.009		
Tyrosine ... g	0.038		0		1		0.005		
Valine ... g	0.064		0		1		0.009		
Arginine ... g	0.012		0		1		0.002		
Histidine ... g	0.038		0		1		0.005		
Alanine ... g	0.077		0		1		0.011		
Aspartic acid ... g	0.110		0		1		0.016		
Glutamic acid ... g	0.469		0		1		0.067		
Glycine ... g	0.102		0		1		0.014		
Proline ... g	0.081		0		1		0.012		
Serine ... g	0.029		0		1		0.004		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	960		0	FLM	4		136		
Theobromine ... mg	0		0	FLM	4		0		

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

Common Measures:

Measure 1 = 14.2g: 2 tsp, rounded

Calories Factors: **Protein** 3.5 **Fat** 8.6 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14229
Coffee, instant, with sugar, french-flavor, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.40	0.041	5		1		0.28		
Energy	kcal	499		0	NC	4		57		
Energy	kj	2088				4		240		
Protein (N x 6.3)	g	4.50		5		1		0.52		
Total lipid (fat)	g	29.60	1.206	5		1		3.40		
Ash	g	4.80	0.097	5		1		0.55		
Carbohydrate, by difference	g	57.50		0	NC	4		6.61		
Fiber, total dietary	g	0.0		0	FLM	4		0.0		
Sugars, total	g	30.20		0	BFZN	4		3.47		
Starch	g									
Minerals:										
Calcium, Ca	mg	36	2.449	5		1		4		
Iron, Fe	mg	0.70		0	FLM	4		0.08		
Magnesium, Mg	mg	45		0	FLM	4		5		
Phosphorus, P	mg	354	9.273	5		1		41		
Potassium, K	mg	1184	61.693	5		1		136		
Sodium, Na	mg	716		0	BFZN	4		82		
Zinc, Zn	mg	0.11		0	FLM	4		0.01		
Copper, Cu	mg	0.025		0	FLM	4		0.003		
Manganese, Mn	mg	0.234		0	FLM	4		0.027		
Selenium, Se	mcg	5.2		0	FLM	4		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0		
Thiamin	mg	0.001		0	FLM	4		0.000		
Riboflavin	mg	0.013		0	FLM	4		0.001		
Niacin	mg	5.859	0.197	7		1		0.674		
Pantothenic acid	mg	0.013		0	FLM	4		0.001		
Vitamin B-6	mg	0.004		0	FLM	4		0.000		
Folate, total	mcg	0		0	FLM	4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	FLM	4		0		
Folate, DFE	mcg_DFE	0		0	Z	7		0		
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	5.065		0	FLM	4		0.582		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.098		0	FLM	4		0.701		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.016		0	FLM	4		0.002		
10:0	g	0.041		0	FLM	4		0.005		
12:0	g	0.194		0	FLM	4		0.022		
13:0	g									
14:0	g	0.060		0	FLM	4		0.007		
15:0	g									
16:0	g	2.791		0	FLM	4		0.321		
17:0	g									
18:0	g	3.064		0	FLM	4		0.352		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	23.674		0	FLM	4		2.723		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLM	4		0.000		

NDB No. 14229
Coffee, instant, with sugar, french-flavor, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	23.699		0	FLM	4		2.725		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.111		0	FLM	4		0.013		
18:2 undifferentiated ... g	0.093		0	FLM	4		0.011		
18:3 undifferentiated ... g	0.002		0	FLM	4		0.000		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLM	4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.010		0		1		0.001		
Threonine ... g	0.048		0		1		0.006		
Isoleucine ... g	0.058		0		1		0.007		
Leucine ... g	0.161		0		1		0.019		
Lysine ... g	0.032		0		1		0.004		
Methionine ... g	0.008		0		1		0.001		
Cystine ... g	0.068		0		1		0.008		
Phenylalanine ... g	0.088		0		1		0.010		
Tyrosine ... g	0.056		0		1		0.006		
Valine ... g	0.093		0		1		0.011		
Arginine ... g	0.018		0		1		0.002		
Histidine ... g	0.056		0		1		0.006		
Alanine ... g	0.113		0		1		0.013		
Aspartic acid ... g	0.161		0		1		0.019		
Glutamic acid ... g	0.683		0		1		0.079		
Glycine ... g	0.148		0		1		0.017		
Proline ... g	0.118		0		1		0.014		
Serine ... g	0.043		0		1		0.005		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	427		0	FLM	4		49		
Theobromine ... mg	0		0	FLM	4		0		

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

Common Measures:

Measure 1 = 11.5g: 2 tsp, rounded

Calories Factors: **Protein** 3.5 **Fat** 8.6 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14224
Coffee, instant, with sugar, mocha-flavor, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.70		12		1		0.20		
Energy	kcal	441		0	NC	4		51		
Energy	kj	1845				4		212		
Protein (N x 5.5)	g	4.20		12		1		0.48		
Total lipid (fat)	g	16.30		12		1		1.87		
Ash	g	3.10		12		1		0.36		
Carbohydrate, by difference	g	73.40		0	NC	4		8.44		
Fiber, total dietary	g	3.4		0	BFZN	4		0.4		
Sugars, total	g	54.30		0	BFZN	4		6.24		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		11		1		4		
Iron, Fe	mg	2.03		5		1		0.23		
Magnesium, Mg	mg	68		2		1		8		
Phosphorus, P	mg	251		9		1		29		
Potassium, K	mg	1033		9		1		119		
Sodium, Na	mg	267		1		1		31		
Zinc, Zn	mg	0.96		2		1		0.11		
Copper, Cu	mg	0.435		2		1		0.050		
Manganese, Mn	mg	0.445		2		1		0.051		
Selenium, Se	mcg	3.9		0	FLA	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.031		5		1		0.004		
Riboflavin	mg	0.028		2		1		0.003		
Niacin	mg	2.263		14		1		0.260		
Pantothenic acid	mg	0.052		2		1		0.006		
Vitamin B-6	mg	0.000		0		1		0.000		
Folate, total	mcg	0		0		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		1		0		
Folate, DFE	mcg_DFE	0		0	Z	7		0		
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.000		0		7		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.836		0	FLA	4		0.441		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.007		0	FLA	4		0.001		
10:0	g	0.019		0	FLA	4		0.002		
12:0	g	0.091		0	FLA	4		0.010		
13:0	g									
14:0	g	0.030		0	FLA	4		0.003		
15:0	g									
16:0	g	1.753		0	FLA	4		0.202		
17:0	g									
18:0	g	1.953		0	FLA	4		0.225		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	11.631		0	FLA	4		1.338		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLA	4		0.000		

NDB No. 14224
Coffee, instant, with sugar, mocha-flavor, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	11.643		0	FLA	4		1.339		
20:1 ... g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.097		0	FLA	4		0.011		
18:2 undifferentiated ... g	0.090		0	FLA	4		0.010		
18:3 undifferentiated ... g	0.000		0	FLA	4		0.000		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 ... g	0.000		0	FLA	4		0.000		
22:5 n-3 ... g	0.000		0	FLA	4		0.000		
22:6 n-3 ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.047		0		1		0.005		
Threonine ... g	0.121		0		1		0.014		
Isoleucine ... g	0.120		0		1		0.014		
Leucine ... g	0.208		0		1		0.024		
Lysine ... g	0.146		0		1		0.017		
Methionine ... g	0.026		0		1		0.003		
Cystine ... g	0.051		0		1		0.006		
Phenylalanine ... g	0.156		0		1		0.018		
Tyrosine ... g	0.120		0		1		0.014		
Valine ... g	0.186		0		1		0.021		
Arginine ... g	0.158		0		1		0.018		
Histidine ... g	0.062		0		1		0.007		
Alanine ... g	0.148		0		1		0.017		
Aspartic acid ... g	0.315		0		1		0.036		
Glutamic acid ... g	0.575		0		1		0.066		
Glycine ... g	0.161		0		1		0.019		
Proline ... g	0.139		0		1		0.016		
Serine ... g	0.122		0		1		0.014		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	290		0		1		33		
Theobromine ... mg	194		0	FLA	4		22		

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

Common Measures:

Measure 1 = 11.5g: 2 tsp, rounded

Calories Factors: **Protein** 2.8 **Fat** 8.6 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14242
Cranberry juice cocktail, bottled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.50		15		1		216.32	27.02	
Energy	kcal	57		0	NC	4		144	18	
Energy	kj	238				4		603	75	
Protein (N x 6.25)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	0.10		3		1		0.25	0.03	
Ash	g	0.00		5		1		0.00	0.00	
Carbohydrate, by difference	g	14.40		0	NC	4		36.43	4.55	
Fiber, total dietary	g	0.1		0		4		0.3	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		12		1		8	1	
Iron, Fe	mg	0.15		3		1		0.38	0.05	
Magnesium, Mg	mg	2		12		1		5	1	
Phosphorus, P	mg	2		10		1		5	1	
Potassium, K	mg	18		14		1		46	6	
Sodium, Na	mg	2		13		1		5	1	
Zinc, Zn	mg	0.07		3		1		0.18	0.02	
Copper, Cu	mg	0.018		4		1		0.046	0.006	
Manganese, Mn	mg	0.193		10		1		0.488	0.061	
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	35.4		9		1		89.6	11.2	
Thiamin	mg	0.009		3		1		0.023	0.003	
Riboflavin	mg	0.009		3		1		0.023	0.003	
Niacin	mg	0.035		3		1		0.089	0.011	
Pantothenic acid	mg	0.056		5		1		0.142	0.018	
Vitamin B-6	mg	0.019		2		1		0.048	0.006	
Folate, total	mcg	0		5		1		1	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		5		1		1	0	
Folate, DFE	mcg_DFE	0		0	NC	4		1	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	4		5		1		10	1	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.009		0		4		0.023	0.003	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.005		0		4		0.013	0.002	
17:0	g									
18:0	g	0.002		0		4		0.005	0.001	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.014		0		4		0.035	0.004	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		4		0.003	0.000	

NDB No. 14242
Cranberry juice cocktail, bottled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.014		0		4		0.035	0.004	
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	0.044		0		4		0.111	0.014	
18:2 undifferentiated ... g	0.027		0		4		0.068	0.009	
18:3 undifferentiated ... g	0.018		0		4		0.046	0.006	
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	
22:5 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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup (8 fl oz)

Measure 2 = 31.6g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14243

Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	95.20		1		1		225.62	28.18	
Energy	kcal	19		0	NC	4		45	6	
Energy	kj	79				4		188	24	
Protein (N x 6.25)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash	g	0.10		2		1		0.24	0.03	
Carbohydrate, by difference	g	4.70		0	NC	4		11.14	1.39	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1		1		21	3	
Iron, Fe	mg	0.04		1		1		0.09	0.01	
Magnesium, Mg	mg	2		1		1		5	1	
Phosphorus, P	mg	1		1		1		2	0	
Potassium, K	mg	22		2		1		52	7	
Sodium, Na	mg	3		1		1		7	1	
Zinc, Zn	mg	0.02		1		1		0.05	0.01	
Copper, Cu	mg	0.014		0		4		0.033	0.004	
Manganese, Mn	mg	0.171		0		4		0.405	0.051	
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	32.2		2		1		76.3	9.5	
Thiamin	mg	0.009		0		4		0.021	0.003	
Riboflavin	mg	0.009		0		4		0.021	0.003	
Niacin	mg	0.035		0		4		0.083	0.010	
Pantothenic acid	mg	0.056		0		4		0.133	0.017	
Vitamin B-6	mg	0.019		0		4		0.045	0.006	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	4		0		4		9	1	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14243

Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine g	0.000		0		1		0.000	0.000	
Isoleucine g	0.000		0		1		0.000	0.000	
Leucine g	0.000		0		1		0.000	0.000	
Lysine g	0.000		0		1		0.000	0.000	
Methionine g	0.000		0		1		0.000	0.000	
Cystine g	0.000		0		1		0.000	0.000	
Phenylalanine g	0.000		0		1		0.000	0.000	
Tyrosine g	0.000		0		1		0.000	0.000	
Valine g	0.000		0		1		0.000	0.000	
Arginine g	0.000		0		1		0.000	0.000	
Histidine g	0.000		0		1		0.000	0.000	
Alanine g	0.000		0		1		0.000	0.000	
Aspartic acid g	0.000		0		1		0.000	0.000	
Glutamic acid g	0.000		0		1		0.000	0.000	
Glycine g	0.000		0		1		0.000	0.000	
Proline g	0.000		0		1		0.000	0.000	
Serine g	0.000		0		1		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14430
Cranberry juice cocktail, frozen concentrate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.40		2	A	1		17.52	210.54	
Energy	kcal	201		0	NC	4		73	874	
Energy	kj	841				4		304	3658	
Protein (N x 6.25)	g	0.05		2	A	1		0.02	0.22	
Total lipid (fat)	g	0.00		2	A	1		0.00	0.00	
Ash	g	0.10		2	A	1		0.04	0.44	
Carbohydrate, by difference	g	51.45		0	NC	4		18.62	223.81	
Fiber, total dietary	g	0.2		0		4		0.1	0.9	
Sugars, total	g	42.50		1	A	1		15.39	184.88	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1		1		4	48	
Iron, Fe	mg	0.30		1		1		0.11	1.31	
Magnesium, Mg	mg	5		1		1		2	22	
Phosphorus, P	mg	5		1		1		2	22	
Potassium, K	mg	49		1		1		18	213	
Sodium, Na	mg	4		2	A	1		1	17	
Zinc, Zn	mg	0.07		1		1		0.03	0.30	
Copper, Cu	mg	0.020		1		1		0.007	0.087	
Manganese, Mn	mg	0.140		1		1		0.051	0.609	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	45.8		2	A	1		16.6	199.2	
Thiamin	mg	0.023		1		1		0.008	0.100	
Riboflavin	mg	0.032		1		1		0.012	0.139	
Niacin	mg	0.040		1		1		0.014	0.174	
Pantothenic acid	mg	0.487		1		1		0.176	2.118	
Vitamin B-6	mg	0.049		1		1		0.018	0.213	
Folate, total	mcg	0		1		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	34		1		1		12	148	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1	7	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.000		0		4		0.000	0.000	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.000		0		4		0.000	0.000	
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									

NDB No. 14430
Cranberry juice cocktail, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 36.2g: 1 fl oz

Measure 2 = 435g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14431
Cranberry juice cocktail, frozen concentrate, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.90		0		1		214.75	26.80	
Energy	kcal	55		0	NC	4		138	17	
Energy	kj	230				4		575	72	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.10		0		1		0.25	0.03	
Carbohydrate, by difference	g	14.00		0	NC	4		35.00	4.37	
Fiber, total dietary	g	0.1		0		4		0.3	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		13	2	
Iron, Fe	mg	0.09		0		1		0.23	0.03	
Magnesium, Mg	mg	2		0		1		5	1	
Phosphorus, P	mg	1		0		1		3	0	
Potassium, K	mg	14		0		1		35	4	
Sodium, Na	mg	3		0		1		8	1	
Zinc, Zn	mg	0.04		0		1		0.10	0.01	
Copper, Cu	mg	0.010		0		1		0.025	0.003	
Manganese, Mn	mg	0.041		0		1		0.103	0.013	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.9		0		1		24.8	3.1	
Thiamin	mg	0.007		0		1		0.018	0.002	
Riboflavin	mg	0.009		0		1		0.023	0.003	
Niacin	mg	0.012		0		1		0.030	0.004	
Pantothenic acid	mg	0.141		0		1		0.353	0.044	
Vitamin B-6	mg	0.014		0		1		0.035	0.004	
Folate, total	mcg	0		0		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	10		0		1		25	3	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g	0.000		0		4		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.000		0		4		0.000	0.000	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.000		0		4		0.000	0.000	
18:2 undifferentiated	g	0.000		0		4		0.000	0.000	
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									

NDB No. 14431
Cranberry juice cocktail, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.2g: 1 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14238
Cranberry-apple juice drink, bottled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.80		1		1		202.86	25.34	
Energy	kcal	67		0	NC	4		164	21	
Energy	kj	280				4		687	86	
Protein (N x 6.25)	g	0.10		1		1		0.25	0.03	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference	g	17.10		0	NC	4		41.90	5.23	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		1		1		17	2	
Iron, Fe	mg	0.06		1		1		0.15	0.02	
Magnesium, Mg	mg	2		1		1		5	1	
Phosphorus, P	mg	3		1		1		7	1	
Potassium, K	mg	27		4		1		66	8	
Sodium, Na	mg	2		4		1		5	1	
Zinc, Zn	mg	0.04		2		1		0.10	0.01	
Copper, Cu	mg	0.007		2		1		0.017	0.002	
Manganese, Mn	mg	0.180		0		4		0.441	0.055	
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	32.0		2		1		78.4	9.8	
Thiamin	mg	0.005		1		1		0.012	0.002	
Riboflavin	mg	0.020		1		1		0.049	0.006	
Niacin	mg	0.060		1		1		0.147	0.018	
Pantothenic acid	mg	0.056		0		4		0.137	0.017	
Vitamin B-6	mg	0.021		0		4		0.051	0.006	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	3		0		4		7	1	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		4		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 14238
Cranberry-apple juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		4		0.000	0.000	
18:2 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 30.6g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14240
Cranberry-apricot juice drink, bottled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.50		1		1		204.58	25.55	
Energy	kcal	64		0	NC	4		157	20	
Energy	kj	268				4		656	82	
Protein (N x 6.25)	g	0.20		1		1		0.49	0.06	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.10		1		1		0.25	0.03	
Carbohydrate, by difference	g	16.20		0	NC	4		39.69	4.96	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1		1		22	3	
Iron, Fe	mg	0.15		1		1		0.37	0.05	
Magnesium, Mg	mg	3		1		1		7	1	
Phosphorus, P	mg	5		1		1		12	2	
Potassium, K	mg	61		1		1		149	19	
Sodium, Na	mg	2		1		1		5	1	
Zinc, Zn	mg	0.04		1		1		0.10	0.01	
Copper, Cu	mg	0.015		1		1		0.037	0.005	
Manganese, Mn	mg	0.125		0		4		0.306	0.038	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.005		1		1		0.012	0.002	
Riboflavin	mg	0.010		1		1		0.025	0.003	
Niacin	mg	0.120		1		1		0.294	0.037	
Pantothenic acid	mg	0.036		0		4		0.088	0.011	
Vitamin B-6	mg	0.020		0		4		0.049	0.006	
Folate, total	mcg	1		0		4		1	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		1	0	
Folate, DFE	mcg_DFE	1		0	NC	4		1	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	463		0		4		1134	142	
Vitamin A, RAE	mcg_RAE	23		0	NC	4		57	7	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g	0.000		0		4		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.000		0		4		0.000	0.000	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.000		0		4		0.000	0.000	
18:2 undifferentiated	g	0.000		0		4		0.000	0.000	
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									

NDB No. 14240
Cranberry-apricot juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 30.6g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14241
Cranberry-grape juice drink, bottled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.60		1		1		209.72	26.19	
Energy	kcal	56		0	NC	4		137	17	
Energy	kj	234				4		574	72	
Protein (N x 6.25)	g	0.20		1		1		0.49	0.06	
Total lipid (fat)	g	0.10		1		1		0.25	0.03	
Ash	g	0.10		1		1		0.25	0.03	
Carbohydrate, by difference	g	14.00		0	NC	4		34.30	4.28	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1		1		20	2	
Iron, Fe	mg	0.01		1		1		0.02	0.00	
Magnesium, Mg	mg	3		1		1		7	1	
Phosphorus, P	mg	4		1		1		10	1	
Potassium, K	mg	24		1		1		59	7	
Sodium, Na	mg	3		1		1		7	1	
Zinc, Zn	mg	0.04		1		1		0.10	0.01	
Copper, Cu	mg	0.007	0.003	3		1		0.017	0.002	
Manganese, Mn	mg	0.158		0		4		0.387	0.048	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	32.0		1		1		78.4	9.8	
Thiamin	mg	0.010		1		1		0.025	0.003	
Riboflavin	mg	0.018		1		1		0.044	0.006	
Niacin	mg	0.120		1		1		0.294	0.037	
Pantothenic acid	mg	0.053		0		4		0.130	0.016	
Vitamin B-6	mg	0.028		0		4		0.069	0.009	
Folate, total	mcg	1		0		4		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	5		0		4		12	2	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.033		0		4		0.081	0.010	
Fatty acids, total monounsaturated	g	0.004		0		4		0.010	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.004		0		4		0.010	0.001	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.023		0		4		0.056	0.007	
18:2 undifferentiated	g	0.023		0		4		0.056	0.007	
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									

NDB No. 14241
Cranberry-grape juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 30.6g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14422
Dairy drink mix, chocolate, reduced calorie, with aspartame, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.80		1		1		2.69		
Energy	kcal	298		0	NC	4		63		
Energy	kj	1247				4		262		
Protein (N x 6.2)	g	25.00		1		1		5.25		
Total lipid (fat)	g	2.60		1		1		0.55		
Ash	g	8.20		1		1		1.72		
Carbohydrate, by difference	g	50.20		0	NC	4		10.54		
Fiber, total dietary	g	1.6		0		4		0.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	880		1		1		185		
Iron, Fe	mg	7.70		1		1		1.62		
Magnesium, Mg	mg	210		1		1		44		
Phosphorus, P	mg	853		0		4		179		
Potassium, K	mg	2240		1		1		470		
Sodium, Na	mg	780		1		1		164		
Zinc, Zn	mg	3.60		1		1		0.76		
Copper, Cu	mg	0.800		1		1		0.168		
Manganese, Mn	mg	0.730		1		1		0.153		
Selenium, Se	mcg	15.4		0	FLA	4		3.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		1		1		0.3		
Thiamin	mg	0.112		1		1		0.024		
Riboflavin	mg	1.938		1		1		0.407		
Niacin	mg	1.250		1		1		0.263		
Pantothenic acid	mg	2.139		1		1		0.449		
Vitamin B-6	mg	0.110		1		1		0.023		
Folate, total	mcg	42		1		1		9		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	42		1		1		9		
Folate, DFE	mcg_DFE	42		0	NC	4		9		
Vitamin B-12	mcg	2.39		1		1		0.50		
Vitamin A, IU	IU	1150		1		1		242		
Vitamin A, RAE	mcg_RAE	344		0	NC	4		72		
Retinol	mcg	344		0	NC	4		72		
Vitamin E	mg_ATE	0.120		0		4		0.025		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.871		0		1		0.393		
4:0	g	0.000		0		1		0.000		
6:0	g	0.007		0		1		0.001		
8:0	g	0.096		0		1		0.020		
10:0	g	0.077		0		1		0.016		
12:0	g	0.571		0		1		0.120		
13:0	g									
14:0	g	0.216		0		1		0.045		
15:0	g									
16:0	g	0.430		0		1		0.090		
17:0	g									
18:0	g	0.461		0		1		0.097		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.496		0		1		0.104		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.003		0		1		0.001		

NDB No. 14422
Dairy drink mix, chocolate, reduced calorie, with aspartame, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.492		0		1		0.103		
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	0.061		0		1		0.013		
18:2 undifferentiated ... g	0.060		0		1		0.013		
18:3 undifferentiated ... g	0.002		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		
22:5 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	8		0		4		2		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.365		0		1		0.077		
Threonine ... g	1.102		0		1		0.231		
Isoleucine ... g	1.391		0		1		0.292		
Leucine ... g	2.243		0		1		0.471		
Lysine ... g	1.823		0		1		0.383		
Methionine ... g	0.534		0		1		0.112		
Cystine ... g	0.250		0		1		0.053		
Phenylalanine ... g	1.213		0		1		0.255		
Tyrosine ... g	1.153		0		1		0.242		
Valine ... g	1.632		0		1		0.343		
Arginine ... g	1.022		0		1		0.215		
Histidine ... g	0.623		0		1		0.131		
Alanine ... g	0.920		0		1		0.193		
Aspartic acid ... g	2.044		0		1		0.429		
Glutamic acid ... g	4.893		0		1		1.028		
Glycine ... g	0.666		0		1		0.140		
Proline ... g	2.099		0		1		0.441		
Serine ... g	1.285		0		1		0.270		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	16		0	FLA	4		3		
Theobromine ... mg	790		0	FLA	4		166		

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

Common Measures:

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

Calories Factors: **Protein** 3.6 **Fat** 8.7 **Carbohydrate** 3.6

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14423

Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.80		0		1		185.23		
Energy	kcal	31		0	NC	4		63		
Energy	kj	130				4		265		
Protein (N x 0)	g	2.60		0		1		5.30		
Total lipid (fat)	g	0.30		0		1		0.61		
Ash	g	0.90		0		1		1.84		
Carbohydrate, by difference	g	5.20		0	NC	4		10.61		
Fiber, total dietary	g	0.2		0	RP	4		0.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	94		0		1		192		
Iron, Fe	mg	0.81		0		1		1.65		
Magnesium, Mg	mg	23		0		1		47		
Phosphorus, P	mg	89		0		4		182		
Potassium, K	mg	235		0		1		479		
Sodium, Na	mg	84		0		1		171		
Zinc, Zn	mg	0.40		0		1		0.82		
Copper, Cu	mg	0.089		0		1		0.182		
Manganese, Mn	mg	0.077		0		1		0.157		
Selenium, Se	mcg	1.6		0	RP	4		3.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2		
Thiamin	mg	0.012		0		1		0.024		
Riboflavin	mg	0.203		0		1		0.414		
Niacin	mg	0.131		0		1		0.267		
Pantothenic acid	mg	0.224		0		1		0.457		
Vitamin B-6	mg	0.011		0		1		0.022		
Folate, total	mcg	4		0		1		9		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		0		1		9		
Folate, DFE	mcg_DFE	4		0	NC	4		9		
Vitamin B-12	mcg	0.25		0		1		0.51		
Vitamin A, IU	IU	120		0		1		245		
Vitamin A, RAE	mcg_RAE	36		0	NC	4		73		
Retinol	mcg	36		0	O	4		73		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.196		0		1		0.400		
4:0	g									
6:0	g	0.001		0		1		0.002		
8:0	g	0.010		0		1		0.020		
10:0	g	0.008		0		1		0.016		
12:0	g	0.060		0		1		0.122		
13:0	g									
14:0	g	0.023		0		1		0.047		
15:0	g									
16:0	g	0.045		0		1		0.092		
17:0	g									
18:0	g	0.048		0		1		0.098		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.052		0		1		0.106		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 14423

Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.051		0		1		0.104		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.006		0		1		0.012		
18:2 undifferentiated ... g	0.006		0		1		0.012		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		4		2		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.038		0		1		0.078		
Threonine ... g	0.115		0		1		0.235		
Isoleucine ... g	0.146		0		1		0.298		
Leucine ... g	0.235		0		1		0.479		
Lysine ... g	0.191		0		1		0.390		
Methionine ... g	0.056		0		1		0.114		
Cystine ... g	0.026		0		1		0.053		
Phenylalanine ... g	0.127		0		1		0.259		
Tyrosine ... g	0.121		0		1		0.247		
Valine ... g	0.171		0		1		0.349		
Arginine ... g	0.107		0		1		0.218		
Histidine ... g	0.065		0		1		0.133		
Alanine ... g	0.096		0		1		0.196		
Aspartic acid ... g	0.214		0		1		0.437		
Glutamic acid ... g	0.512		0		1		1.044		
Glycine ... g	0.070		0		1		0.143		
Proline ... g	0.220		0		1		0.449		
Serine ... g	0.134		0		1		0.273		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	2		0	RP	4		4		
Theobromine ... mg	83		0	RP	4		169		

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

Common Measures:

Measure 1 = 204g: 6 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14244
Eggnog-flavor mix, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.50		3		1		0.14		
Energy	kcal	390		0	NC	4		109		
Energy	kj	1632				4		457		
Protein (N x 6.25)	g	0.40		3		1		0.11		
Total lipid (fat)	g	1.00		3		1		0.28		
Ash	g	0.70		3		1		0.20		
Carbohydrate, by difference	g	97.40		0	NC	4		27.27		
Fiber, total dietary	g	3.1		0		4		0.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		4		1		
Iron, Fe	mg	0.90		2		1		0.25		
Magnesium, Mg	mg	0		0		4		0		
Phosphorus, P	mg	9		0		4		3		
Potassium, K	mg	5		0		4		1		
Sodium, Na	mg	155		2		1		43		
Zinc, Zn	mg	0.06		0		4		0.02		
Copper, Cu	mg	0.023		0		4		0.006		
Manganese, Mn	mg	0.000		0		4		0.000		
Selenium, Se	mcg	0.3		0	BFPN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0		
Thiamin	mg	0.004		2		1		0.001		
Riboflavin	mg	0.008		0		4		0.002		
Niacin	mg	0.155		2		1		0.043		
Pantothenic acid	mg	6.141		0		4		1.719		
Vitamin B-6	mg	0.005		2		1		0.001		
Folate, total	mcg	2		0		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0		4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Vitamin B-12	mcg	0.07		0		4		0.02		
Vitamin A, IU	IU	34		0		4		10		
Vitamin A, RAE	mcg_RAE	4		0	NC	4		1		
Retinol	mcg	4		0	O	4		1		
Vitamin E	mg_ATE	0.070		0		4		0.020		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.291		0		1		0.081		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.003		0		1		0.001		
15:0	g									
16:0	g	0.214		0		1		0.060		
17:0	g									
18:0	g	0.075		0		1		0.021		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.388		0		1		0.109		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.032		0		1		0.009		

NDB No. 14244
Eggnog-flavor mix, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.355		0		1		0.099		
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	0.126		0		1		0.035		
18:2 undifferentiated ... g	0.108		0		1		0.030		
18:3 undifferentiated ... g	0.003		0		1		0.001		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.008		0		1		0.002		
20:5 n-3 ... g	0.000		0		1		0.000		
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	24		0		4		7		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.006		0		1		0.002		
Threonine ... g	0.022		0		1		0.006		
Isoleucine ... g	0.023		0		1		0.006		
Leucine ... g	0.034		0		1		0.010		
Lysine ... g	0.027		0		1		0.008		
Methionine ... g	0.010		0		1		0.003		
Cystine ... g	0.007		0		1		0.002		
Phenylalanine ... g	0.017		0		1		0.005		
Tyrosine ... g	0.017		0		1		0.005		
Valine ... g	0.024		0		1		0.007		
Arginine ... g	0.028		0		1		0.008		
Histidine ... g	0.010		0		1		0.003		
Alanine ... g	0.020		0		1		0.006		
Aspartic acid ... g	0.033		0		1		0.009		
Glutamic acid ... g	0.049		0		1		0.014		
Glycine ... g	0.012		0		1		0.003		
Proline ... g	0.017		0		1		0.005		
Serine ... g	0.033		0		1		0.009		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	z	7		0		
Theobromine ... mg	0		0	z	7		0		

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

Common Measures:

Measure 1 = 28g: 2 tsp, rounded

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14245
Eggnog-flavor mix, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.90		0		1		214.61		
Energy	kcal	96		0	NC	4		261		
Energy	kj	402				4		1093		
Protein	g	3.00		0		1		8.16		
Total lipid (fat)	g	3.10		0		1		8.43		
Ash	g	0.70		0		1		1.90		
Carbohydrate, by difference	g	14.30		0	NC	4		38.90		
Fiber, total dietary	g	0.3		0	RP	4		0.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	107		0		1		291		
Iron, Fe	mg	0.14		0		1		0.38		
Magnesium, Mg	mg	12		0		1		33		
Phosphorus, P	mg	84		0		1		228		
Potassium, K	mg	136		0		1		370		
Sodium, Na	mg	60		0		1		163		
Zinc, Zn	mg	0.34		0		1		0.92		
Copper, Cu	mg	0.009		0		1		0.024		
Manganese, Mn	mg	0.002		0		1		0.005		
Selenium, Se	mcg	1.8		0	RP	4		4.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		2.2		
Thiamin	mg	0.034		0		1		0.092		
Riboflavin	mg	0.145		0		1		0.394		
Niacin	mg	0.091		0		1		0.248		
Pantothenic acid	mg	0.281		0		1		0.764		
Vitamin B-6	mg	0.038		0		1		0.103		
Folate, total	mcg	5		0		1		12		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0		1		12		
Folate, DFE	mcg_DFE	5		0	NC	4		12		
Vitamin B-12	mcg	0.32		0		1		0.87		
Vitamin A, IU	IU	113		0		1		307		
Vitamin A, RAE	mcg_RAE	25		0	NC	4		69		
Retinol	mcg	25		0	O	4		69		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.893		0		1		5.149		
4:0	g	0.097		0		1		0.264		
6:0	g	0.057		0		1		0.155		
8:0	g	0.033		0		1		0.090		
10:0	g	0.075		0		1		0.204		
12:0	g	0.084		0		1		0.228		
13:0	g									
14:0	g	0.301		0		1		0.819		
15:0	g									
16:0	g	0.810		0		1		2.203		
17:0	g									
18:0	g	0.371		0		1		1.009		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.905		0		1		2.462		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.071		0		1		0.193		

NDB No. 14245
Eggnog-flavor mix, powder, prepared with whole milk

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.789		0		1		2.146		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.124		0		1		0.337		
18:2 undifferentiated	g	0.078		0		1		0.212		
18:3 undifferentiated	g	0.044		0		1		0.120		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.001		0		1		0.003		
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	12		0		1		33		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.042		0		1		0.114		
Threonine	g	0.136		0		1		0.370		
Isoleucine	g	0.181		0		1		0.492		
Leucine	g	0.292		0		1		0.794		
Lysine	g	0.237		0		1		0.645		
Methionine	g	0.075		0		1		0.204		
Cystine	g	0.028		0		1		0.076		
Phenylalanine	g	0.144		0		1		0.392		
Tyrosine	g	0.144		0		1		0.392		
Valine	g	0.200		0		1		0.544		
Arginine	g	0.110		0		1		0.299		
Histidine	g	0.081		0		1		0.220		
Alanine	g	0.103		0		1		0.280		
Aspartic acid	g	0.227		0		1		0.617		
Glutamic acid	g	0.622		0		1		1.692		
Glycine	g	0.064		0		1		0.174		
Proline	g	0.288		0		1		0.783		
Serine	g	0.164		0		1		0.446		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g									
Caffeine	mg	0		0	z	7		0		
Theobromine	mg	0		0	z	7		0		

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

Common Measures:

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14267
Fruit punch drink, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.00		2		1		218.24	27.28	
Energy	kcal	47		0	NC	4		117	15	
Energy	kj	197				4		488	61	
Protein (N x 6.25)	g	0.00		5		1		0.00	0.00	
Total lipid (fat)	g	0.00		3		1		0.00	0.00	
Ash	g	0.10		3		1		0.25	0.03	
Carbohydrate, by difference	g	11.90		0	NC	4		29.51	3.69	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g	11.50		2	MC	9		28.52	3.57	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		5		1		20	2	
Iron, Fe	mg	0.21		4		1		0.52	0.07	
Magnesium, Mg	mg	2		4		1		5	1	
Phosphorus, P	mg	1		5		1		2	0	
Potassium, K	mg	25		14		1		62	8	
Sodium, Na	mg	22		14		1		55	7	
Zinc, Zn	mg	0.12		3		1		0.30	0.04	
Copper, Cu	mg	0.051		3		1		0.126	0.016	
Manganese, Mn	mg	0.200		2		1		0.496	0.062	
Selenium, Se	mcg	0.0		1	A	1		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	29.6		11		1		73.4	9.2	
Thiamin	mg	0.022		3		1		0.055	0.007	
Riboflavin	mg	0.023		2		1		0.057	0.007	
Niacin	mg	0.021		3		1		0.052	0.007	
Pantothenic acid	mg	0.014		2		1		0.035	0.004	
Vitamin B-6	mg	0.000		0		1		0.000	0.000	
Folate, total	mcg	1		2		1		3	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		2		1		3	0	
Folate, DFE	mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	14		2		1		35	4	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.005	0.001	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.001		0		1		0.002	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.002		0		1		0.005	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14267
Fruit punch drink, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0		1		0.002	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	0.003		0		1		0.007	0.001	
18:2 undifferentiated ... g	0.002		0		1		0.005	0.001	
18:3 undifferentiated ... g	0.001		0		1		0.002	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	
22:5 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									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	z	7		0	0	
Theobromine ... mg	0		0	z	7		0	0	

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

Common Measures:

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

Measure 2 = 31.0g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14268
Fruit punch drink, frozen concentrate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.20		2		1		20.25	243.28	
Energy	kcal	162		0	NC	4		56	677	
Energy	kj	678				4		236	2833	
Protein (N x 6.25)	g	0.20		2		1		0.07	0.84	
Total lipid (fat)	g	0.00		2		1		0.00	0.00	
Ash	g	0.20		2		1		0.07	0.84	
Carbohydrate, by difference	g	41.40		0	NC	4		14.41	173.05	
Fiber, total dietary	g	0.4		0		4		0.1	1.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		2		1		3	33	
Iron, Fe	mg	0.30		2		1		0.10	1.25	
Magnesium, Mg	mg	6		2		1		2	25	
Phosphorus, P	mg	2		2		1		1	8	
Potassium, K	mg	44		2		1		15	184	
Sodium, Na	mg	8		2		1		3	33	
Zinc, Zn	mg	0.07		2		1		0.02	0.29	
Copper, Cu	mg	0.090		2		1		0.031	0.376	
Manganese, Mn	mg	0.360		2		1		0.125	1.505	
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	155.6		2		1		54.1	650.4	
Thiamin	mg	0.034		2		1		0.012	0.142	
Riboflavin	mg	0.046		1		1		0.016	0.192	
Niacin	mg	0.074		2		1		0.026	0.309	
Pantothenic acid	mg	0.028		2		1		0.010	0.117	
Vitamin B-6	mg	0.021		2		1		0.007	0.088	
Folate, total	mcg	3		2		1		1	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		2		1		1	14	
Folate, DFE	mcg_DFE	3		0	NC	4		1	14	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	39		2		1		14	163	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1	8	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.003		0		1		0.001	0.013	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.003		0		1		0.001	0.013	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.003		0		1		0.001	0.013	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14268
Fruit punch drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.002		0		1		0.001	0.008	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.006		0		1		0.002	0.025	
18:2 undifferentiated ... g	0.005		0		1		0.002	0.021	
18:3 undifferentiated ... g	0.002		0		1		0.001	0.008	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... 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									

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

Common Measures:

Measure 1 = 34.8g: 1 fl oz

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

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14269
Fruit punch drink, frozen concentrate, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.20		0		1		217.85	27.25	
Energy	kcal	46		0	NC	4		114	14	
Energy	kj	192				4		475	59	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.10		0		1		0.25	0.03	
Carbohydrate, by difference	g	11.70		0	NC	4		28.90	3.62	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		10	1	
Iron, Fe	mg	0.09		0		1		0.22	0.03	
Magnesium, Mg	mg	2		0		1		5	1	
Phosphorus, P	mg	1		0		1		2	0	
Potassium, K	mg	13		0		1		32	4	
Sodium, Na	mg	4		0		1		10	1	
Zinc, Zn	mg	0.04		0		1		0.10	0.01	
Copper, Cu	mg	0.030		0		1		0.074	0.009	
Manganese, Mn	mg	0.102		0		1		0.252	0.032	
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	43.9		0		1		108.4	13.6	
Thiamin	mg	0.010		0		1		0.025	0.003	
Riboflavin	mg	0.013		0		1		0.032	0.004	
Niacin	mg	0.021		0		1		0.052	0.006	
Pantothenic acid	mg	0.008		0		1		0.020	0.002	
Vitamin B-6	mg	0.006		0		1		0.015	0.002	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	11		0		1		27	3	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.001		0		1		0.002	0.000	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.001		0		1		0.002	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.002	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14269
Fruit punch drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.001		0		1		0.002	0.000	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.002		0		1		0.005	0.001	
18:2 undifferentiated ....g	0.001		0		1		0.002	0.000	
18:3 undifferentiated ....g	0.001		0		1		0.002	0.000	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....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									

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

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

Measure 2 = 30.9g: 1 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14405
Fruit punch juice drink, frozen concentrate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.50		1		1		19.54	234.77	
Energy	kcal	175		0	NC	4		62	740	
Energy	kj	732				4		258	3097	
Protein (N x 6.25)	g	0.30		1		1		0.11	1.27	
Total lipid (fat)	g	0.70		1		1		0.25	2.96	
Ash	g	0.50		1		1		0.18	2.12	
Carbohydrate, by difference	g	43.10		0	NC	4		15.17	182.31	
Fiber, total dietary	g	0.2		0		4		0.1	0.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		1		7	85	
Iron, Fe	mg	0.80		1		1		0.28	3.38	
Magnesium, Mg	mg	11		1		1		4	47	
Phosphorus, P	mg	12		0		4		4	51	
Potassium, K	mg	270		1		1		95	1142	
Sodium, Na	mg	10		1		1		4	42	
Zinc, Zn	mg	0.70		1		1		0.25	2.96	
Copper, Cu	mg	0.070		1		1		0.025	0.296	
Manganese, Mn	mg	0.210		1		1		0.074	0.888	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	19.7		1		1		6.9	83.3	
Thiamin	mg	0.004		1		1		0.001	0.017	
Riboflavin	mg	0.230		1		1		0.081	0.973	
Niacin	mg	0.208		1		1		0.073	0.880	
Pantothenic acid	mg	0.103		1		1		0.036	0.436	
Vitamin B-6	mg	0.045		1		1		0.016	0.190	
Folate, total	mcg	7		1		1		2	30	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		1		1		2	30	
Folate, DFE	mcg_DFE	7		0	NC	4		2	30	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	21		1		1		7	89	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	4	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.087		0		1		0.031	0.368	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.002		0		1		0.001	0.008	
15:0	g									
16:0	g	0.079		0		1		0.028	0.334	
17:0	g									
18:0	g	0.004		0		1		0.001	0.017	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.086		0		1		0.030	0.364	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.007		0		1		0.002	0.030	

NDB No. 14405
Fruit punch juice drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.047		0		1		0.017	0.199	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.173		0		1		0.061	0.732	
18:2 undifferentiated ....g	0.126		0		1		0.044	0.533	
18:3 undifferentiated ....g	0.047		0		1		0.017	0.199	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....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									

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

Common Measures:

Measure 1 = 35.2g: 1 fl oz

Measure 2 = 423g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14406
Fruit punch juice drink, frozen concentrate, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.30		0		1		216.50	27.06	
Energy	kcal	50		0	NC	4		124	16	
Energy	kj	209				4		519	65	
Protein (N x 0)	g	0.10		0		1		0.25	0.03	
Total lipid (fat)	g	0.20		0		1		0.50	0.06	
Ash	g	0.20		0		1		0.50	0.06	
Carbohydrate, by difference	g	12.20		0	NC	4		30.26	3.78	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		17	2	
Iron, Fe	mg	0.23		0		1		0.57	0.07	
Magnesium, Mg	mg	4		0		1		10	1	
Phosphorus, P	mg	0		0		1		0	0	
Potassium, K	mg	77		0		1		191	24	
Sodium, Na	mg	5		0		1		12	2	
Zinc, Zn	mg	0.22		0		1		0.55	0.07	
Copper, Cu	mg	0.024		0		1		0.060	0.007	
Manganese, Mn	mg	0.060		0		1		0.149	0.019	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.6		0		1		13.9	1.7	
Thiamin	mg	0.001		0		1		0.002	0.000	
Riboflavin	mg	0.065		0		1		0.161	0.020	
Niacin	mg	0.059		0		1		0.146	0.018	
Pantothenic acid	mg	0.029		0		1		0.072	0.009	
Vitamin B-6	mg	0.013		0		1		0.032	0.004	
Folate, total	mcg	0		0		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	6		0		1		15	2	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.025		0		1		0.062	0.008	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		0		1		0.002	0.000	
15:0	g									
16:0	g	0.022		0		1		0.055	0.007	
17:0	g									
18:0	g	0.001		0		1		0.002	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.024		0		1		0.060	0.007	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0		1		0.005	0.001	

NDB No. 14406
Fruit punch juice drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.013		0		1		0.032	0.004	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.049		0		1		0.122	0.015	
18:2 undifferentiated ....g	0.036		0		1		0.089	0.011	
18:3 undifferentiated ....g	0.013		0		1		0.032	0.004	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....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									

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

Common Measures:

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

Measure 2 = 31.0g: 1 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14265
Fruit punch-flavor drink, powder, with added sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.40		7		1		0.35		
Energy	kcal	382		0	NC	4		96		
Energy	kj	1598				4		400		
Protein (N x 6.25)	g	0.00		2		1		0.00		
Total lipid (fat)	g	0.10		2		1		0.03		
Ash	g	0.80		7		1		0.20		
Carbohydrate, by difference	g	97.70		0	NC	4		24.43		
Fiber, total dietary	g	0.1		0		4		0.0		
Sugars, total	g	95.20		0	BFZN	4		23.80		
Starch	g									
Minerals:										
Calcium, Ca	mg	142		7		1		36		
Iron, Fe	mg	0.50		2		1		0.13		
Magnesium, Mg	mg	1		3		1		0		
Phosphorus, P	mg	206		6		1		52		
Potassium, K	mg	5		2		1		1		
Sodium, Na	mg	120		2		1		30		
Zinc, Zn	mg	0.11		2		1		0.03		
Copper, Cu	mg	0.130		1		1		0.033		
Manganese, Mn	mg	0.025		2		1		0.006		
Selenium, Se	mcg	0.6		0	BFSN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	121.9		2		1		30.5		
Thiamin	mg	0.004		2		1		0.001		
Riboflavin	mg	0.023		1		1		0.006		
Niacin	mg	0.014		2		1		0.004		
Pantothenic acid	mg	0.001		2		1		0.000		
Vitamin B-6	mg	0.000		0		1		0.000		
Folate, total	mcg	1		2		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		2		1		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Vitamin B-12	mcg	0.00		1		1		0.00		
Vitamin A, IU	IU	5		2		1		1		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.000		0		7		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.057		0		1		0.014		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.005		0		1		0.001		
10:0	g	0.004		0		1		0.001		
12:0	g	0.027		0		1		0.007		
13:0	g									
14:0	g	0.010		0		1		0.003		
15:0	g									
16:0	g	0.009		0		1		0.002		
17:0	g									
18:0	g	0.002		0		1		0.001		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.007		0		1		0.002		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 14265
Fruit punch-flavor drink, powder, with added sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.007		0		1		0.002		
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	0.011		0		1		0.003		
18:2 undifferentiated ... g	0.011		0		1		0.003		
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		
22:5 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	0		0		1		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	z	7		0		
Theobromine ... mg	0		0	z	7		0		

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

Common Measures:

Measure 1 = 25g: 2 tbsp, rounded

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14266
Fruit punch-flavor drink, powder, with added sodium, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.40		0		1		236.85		
Energy	kcal	37		0	NC	4		97		
Energy	kj	155				4		406		
Protein (N x 0)	g	0.00		0		1		0.00		
Total lipid (fat)	g	0.00		0		1		0.00		
Ash	g	0.10		0		1		0.26		
Carbohydrate, by difference	g	9.50		0	NC	4		24.89		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		42		
Iron, Fe	mg	0.05		0		1		0.13		
Magnesium, Mg	mg	1		0		1		3		
Phosphorus, P	mg	20		0		1		52		
Potassium, K	mg	1		0		1		3		
Sodium, Na	mg	14		0		1		37		
Zinc, Zn	mg	0.03		0		1		0.08		
Copper, Cu	mg	0.018		0		1		0.047		
Manganese, Mn	mg	0.003		0		1		0.008		
Selenium, Se	mcg	0.1		0	BFSN	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.8		0		1		30.9		
Thiamin	mg	0.000		0		1		0.000		
Riboflavin	mg	0.002		0		1		0.005		
Niacin	mg	0.001		0		1		0.003		
Pantothenic acid	mg	0.000		0		1		0.000		
Vitamin B-6	mg	0.000		0		1		0.000		
Folate, total	mcg	0		0		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		1		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.006		0		1		0.016		
4:0	g									
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.003		0		1		0.008		
13:0	g									
14:0	g	0.001		0		1		0.003		
15:0	g									
16:0	g	0.001		0		1		0.003		
17:0	g									
18:0	g	0.000		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.003		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 14266

Fruit punch-flavor drink, powder, with added sodium, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0		1		0.003		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.001		0		1		0.003		
18:2 undifferentiated ... g	0.001		0		1		0.003		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 262g: 1 cup (8 fl oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14540
Fruit punch-flavor drink, powder, without added sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.40		7		1		0.35	2.88	
Energy	kcal	382		0	NC	4		96	787	
Energy	kj	1598				4		400	3292	
Protein (N x 6.25)	g	0.00		2		1		0.00	0.00	
Total lipid (fat)	g	0.10		2		1		0.03	0.21	
Ash	g	0.80		7		1		0.20	1.65	
Carbohydrate, by difference	g	97.70		0	NC	4		24.43	201.26	
Fiber, total dietary	g	0.1		0	BFZN	4		0.0	0.2	
Sugars, total	g	95.20		0	BFZN	4		23.80	196.11	
Starch	g									
Minerals:										
Calcium, Ca	mg	142		7		1		36	293	
Iron, Fe	mg	0.50		2		1		0.13	1.03	
Magnesium, Mg	mg	1		3		1		0	2	
Phosphorus, P	mg	206		6		1		52	424	
Potassium, K	mg	5		2		1		1	10	
Sodium, Na	mg	42		2		1		11	87	
Zinc, Zn	mg	0.11		2		1		0.03	0.23	
Copper, Cu	mg	0.130		1		1		0.033	0.268	
Manganese, Mn	mg	0.025		2		1		0.006	0.052	
Selenium, Se	mcg	0.6		0	BFZN	4		0.2	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	121.9		2		1		30.5	251.1	
Thiamin	mg	0.004		2		1		0.001	0.008	
Riboflavin	mg	0.023		1		1		0.006	0.047	
Niacin	mg	0.014		2		1		0.004	0.029	
Pantothenic acid	mg	0.001		2		1		0.000	0.002	
Vitamin B-6	mg	0.000		0		1		0.000	0.000	
Folate, total	mcg	1		2		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		2		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	5		2		1		1	10	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.057		0		1		0.014	0.117	
4:0	g									
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.005		0		1		0.001	0.010	
10:0	g	0.004		0		1		0.001	0.008	
12:0	g	0.027		0		1		0.007	0.056	
13:0	g									
14:0	g	0.010		0		1		0.003	0.021	
15:0	g									
16:0	g	0.009		0		1		0.002	0.019	
17:0	g									
18:0	g	0.002		0		1		0.001	0.004	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.007		0		1		0.002	0.014	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14540
Fruit punch-flavor drink, powder, without added sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.007		0		1		0.002	0.014	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.011		0		1		0.003	0.023	
18:2 undifferentiated ... g	0.011		0		1		0.003	0.023	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... 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									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	0		0	z	7		0	0	
Theobromine ... mg	0		0	z	7		0	0	

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

Common Measures:

Measure 1 = 25g: 2 tbsp, rounded

Measure 2 = 206g: 1 packet (7.25 oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14541
Fruit punch-flavor drink, powder, without added sodium, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.40		0		1		236.85		
Energy	kcal	37		0	NC	4		97		
Energy	kj	155				4		406		
Protein (N x 0)	g	0.00		0		1		0.00		
Total lipid (fat)	g	0.00		0		1		0.00		
Ash	g	0.10		0		1		0.26		
Carbohydrate, by difference	g	9.50		0	NC	4		24.89		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		42		
Iron, Fe	mg	0.05		0		1		0.13		
Magnesium, Mg	mg	1		0		1		3		
Phosphorus, P	mg	20		0		1		52		
Potassium, K	mg	1		0		1		3		
Sodium, Na	mg	4		0		1		10		
Zinc, Zn	mg	0.03		0		1		0.08		
Copper, Cu	mg	0.018		0		1		0.047		
Manganese, Mn	mg	0.003		0		1		0.008		
Selenium, Se	mcg	0.1		0	BFZN	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.8		0		1		30.9		
Thiamin	mg	0.000		0		1		0.000		
Riboflavin	mg	0.002		0		1		0.005		
Niacin	mg	0.001		0		1		0.003		
Pantothenic acid	mg	0.000		0		1		0.000		
Vitamin B-6	mg	0.000		0		1		0.000		
Folate, total	mcg	0		0		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		1		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.006		0		1		0.016		
4:0	g									
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.003		0		1		0.008		
13:0	g									
14:0	g	0.001		0		1		0.003		
15:0	g									
16:0	g	0.001		0		1		0.003		
17:0	g									
18:0	g	0.000		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.003		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 14541

Fruit punch-flavor drink, powder, without added sodium, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0		1		0.003		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.001		0		1		0.003		
18:2 undifferentiated ... g	0.001		0		1		0.003		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 262g: 1 cup (8 fl oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14383
Fruit-flavored thirst quencher beverage, low calorie

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	96.80				4		232.32	29.04	
Energy	kcal	11				4		26	3	
Energy	kj	46				4		110	14	
Protein	g	0.00				4		0.00	0.00	
Total lipid (fat)	g	0.00				4		0.00	0.00	
Ash	g	0.20				4		0.48	0.06	
Carbohydrate, by difference	g	3.00				4		7.20	0.90	
Fiber, total dietary	g	0.0				4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0				4		0	0	
Iron, Fe	mg	0.05				4		0.12	0.02	
Magnesium, Mg	mg	1				4		2	0	
Phosphorus, P	mg	9				4		22	3	
Potassium, K	mg	10				4		24	3	
Sodium, Na	mg	35				4		84	11	
Zinc, Zn	mg	0.02				4		0.05	0.01	
Copper, Cu	mg	0.020				4		0.048	0.006	
Manganese, Mn	mg	0.000				4		0.000	0.000	
Selenium, Se	mcg	0.1		0	BFSN	4		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.3				4		15.1	1.9	
Thiamin	mg	0.000				4		0.000	0.000	
Riboflavin	mg	0.000				4		0.000	0.000	
Niacin	mg	0.000				4		0.000	0.000	
Pantothenic acid	mg	0.000				4		0.000	0.000	
Vitamin B-6	mg	0.000				4		0.000	0.000	
Folate, total	mcg	0				4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0				4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00				4		0.00	0.00	
Vitamin A, IU	IU	0				4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000				4		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000				4		0.000	0.000	
4:0	g	0.000				4		0.000	0.000	
6:0	g	0.000				4		0.000	0.000	
8:0	g	0.000				4		0.000	0.000	
10:0	g	0.000				4		0.000	0.000	
12:0	g	0.000				4		0.000	0.000	
13:0	g									
14:0	g	0.000				4		0.000	0.000	
15:0	g									
16:0	g	0.000				4		0.000	0.000	
17:0	g									
18:0	g	0.000				4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000				4		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000				4		0.000	0.000	

NDB No. 14383
Fruit-flavored thirst quencher beverage, low calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.000				4		0.000	0.000	
20:1 g	0.000				4		0.000	0.000	
22:1 undifferentiated g	0.000				4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.000				4		0.000	0.000	
18:2 undifferentiated g	0.000				4		0.000	0.000	
18:3 undifferentiated g	0.000				4		0.000	0.000	
18:4 g	0.000				4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000				4		0.000	0.000	
20:5 n-3 g	0.000				4		0.000	0.000	
22:5 n-3 g	0.000				4		0.000	0.000	
22:6 n-3 g	0.000				4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0				7		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0				7		0.0	0.0	
Caffeine mg	0			z	7		0	0	
Theobromine mg	0			z	7		0	0	

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

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14131
GATORADE Lemon Lime Flavor Mix, powder
Stokely-Van Camp, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.70		1	MA	12		0.43		
Energy....kcal	364		0	MC	9		58		
Energy....kj	1523				9		244		
Protein....g	0.00		2	MA	12		0.00		
Total lipid (fat)....g	0.00		2	MA	12		0.00		
Ash....g	2.00		2	MA	12		0.32		
Carbohydrate, by difference....g	95.30		0	MC	9		15.25		
Fiber, total dietary....g									
Sugars, total....g	89.70		1	MA	12		14.35		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	201		1	MA	12		32		
Sodium, Na....mg	603		1	MA	12		96		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									

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

Common Measures:

Measure 1 = 16g: .75 scoop

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14271
Gelatin, drinking, orange-flavor, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50	0.337	7		1		0.43		
Energy	kcal	382		0	NC	4		65		
Energy	kj	1598				4		272		
Protein (N x 5.55)	g	35.30	0.999	7		1		6.00		
Total lipid (fat)	g	1.20	0.369	7		1		0.20		
Ash	g	0.60	0.044	7		1		0.10		
Carbohydrate, by difference	g	60.40		0	NC	4		10.27		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		4		1		
Iron, Fe	mg	0.06		0		4		0.01		
Magnesium, Mg	mg	0		0		4		0		
Phosphorus, P	mg	0		0		4		0		
Potassium, K	mg	14		5		1		2		
Sodium, Na	mg	165		5		1		28		
Zinc, Zn	mg	0.00		0		4		0.00		
Copper, Cu	mg	0.012		0		4		0.002		
Manganese, Mn	mg	0.000		0		4		0.000		
Selenium, Se	mcg	6.7		0	BFZN	4		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	289.0		2		1		49.1		
Thiamin	mg	0.000		0		4		0.000		
Riboflavin	mg	0.000		0		4		0.000		
Niacin	mg	0.000		0		4		0.000		
Pantothenic acid	mg	0.004		0		4		0.001		
Vitamin B-6	mg	0.000		0		4		0.000		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.152		0		1		0.026		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.131		0		1		0.022		
17:0	g									
18:0	g	0.022		0		1		0.004		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.290		0		1		0.049		
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 14271
Gelatin, drinking, orange-flavor, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.290		0		1		0.049		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.703		0		1		0.120		
18:2 undifferentiated ... g	0.695		0		1		0.118		
18:3 undifferentiated ... g	0.008		0		1		0.001		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000		
Threonine ... g	0.700		0		1		0.119		
Isoleucine ... g	0.541		0		1		0.092		
Leucine ... g	1.151		0		1		0.196		
Lysine ... g	1.495		0		1		0.254		
Methionine ... g	0.273		0		1		0.046		
Cystine ... g									
Phenylalanine ... g	0.827		0		1		0.141		
Tyrosine ... g	0.146		0		1		0.025		
Valine ... g	0.967		0		1		0.164		
Arginine ... g	2.983		0		1		0.507		
Histidine ... g	0.312		0		1		0.053		
Alanine ... g	3.759		0		1		0.639		
Aspartic acid ... g	2.519		0		1		0.428		
Glutamic acid ... g	4.032		0		1		0.685		
Glycine ... g	9.674		0		1		1.645		
Proline ... g	5.559		0		1		0.945		
Serine ... g	1.215		0		1		0.207		
Hydroxyproline ... g									

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Common Measures:

Measure 1 = 17g: 1 packet

Calories Factors: **Protein** 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14397
Gelatin, drinking, orange-flavor, powder, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.50		0		1		119.00		
Energy	kcal	49		0	NC	4		67		
Energy	kj	205				4		279		
Protein (N x 0)	g	4.50		0		1		6.12		
Total lipid (fat)	g	0.20		0		1		0.27		
Ash	g	0.10		0		1		0.14		
Carbohydrate, by difference	g	7.70		0	NC	4		10.47		
Fiber, total dietary	g	0.0		0	RP	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		4		3		
Iron, Fe	mg	0.00		0		1		0.00		
Magnesium, Mg	mg	1		0		1		1		
Phosphorus, P	mg	0		0		4		0		
Potassium, K	mg	2		0		1		3		
Sodium, Na	mg	24		0		1		33		
Zinc, Zn	mg	0.02		0		1		0.03		
Copper, Cu	mg	0.005		0		1		0.007		
Manganese, Mn	mg	0.000		0		1		0.000		
Selenium, Se	mcg	0.3		0	BFZN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	37.1		0		1		50.5		
Thiamin	mg	0.000		0		4		0.000		
Riboflavin	mg	0.000		0		4		0.000		
Niacin	mg	0.000		0		4		0.000		
Pantothenic acid	mg	0.001		0		4		0.001		
Vitamin B-6	mg	0.000		0		4		0.000		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.019		0		1		0.026		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.017		0		1		0.023		
17:0	g									
18:0	g	0.003		0		1		0.004		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.037		0		1		0.050		
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 14397
Gelatin, drinking, orange-flavor, powder, prepared with water

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.037		0		1		0.050		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.090		0		1		0.122		
18:2 undifferentiated	g	0.089		0		1		0.121		
18:3 undifferentiated	g	0.001		0		1		0.001		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000		0		1		0.000		
Threonine	g	0.090		0		1		0.122		
Isoleucine	g	0.069		0		1		0.094		
Leucine	g	0.148		0		1		0.201		
Lysine	g	0.192		0		1		0.261		
Methionine	g	0.035		0		1		0.048		
Cystine	g									
Phenylalanine	g	0.106		0		1		0.144		
Tyrosine	g	0.019		0		1		0.026		
Valine	g	0.124		0		1		0.169		
Arginine	g	0.383		0		1		0.521		
Histidine	g	0.040		0		1		0.054		
Alanine	g	0.482		0		1		0.656		
Aspartic acid	g	0.323		0		1		0.439		
Glutamic acid	g	0.517		0		1		0.703		
Glycine	g	1.241		0		1		1.688		
Proline	g	0.713		0		1		0.970		
Serine	g	0.156		0		1		0.212		
Hydroxyproline	g									

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

Common Measures:

Measure 1 = 136g: 1 packet, prepared

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14277
Grape drink, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.40		0		4		221.00	27.67	
Energy	kcal	45		0	NC	4		113	14	
Energy	kj	188				4		471	59	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.10		0		4		0.25	0.03	
Carbohydrate, by difference	g	11.50		0	NC	4		28.75	3.60	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		4		8	1	
Iron, Fe	mg	0.17		1		1		0.43	0.05	
Magnesium, Mg	mg	2		0		4		5	1	
Phosphorus, P	mg	1		0		4		3	0	
Potassium, K	mg	5		5		1		13	2	
Sodium, Na	mg	6		5		1		15	2	
Zinc, Zn	mg	0.11		1		1		0.28	0.03	
Copper, Cu	mg	0.012		1		1		0.030	0.004	
Manganese, Mn	mg	0.036		0		4		0.090	0.011	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	34.1		2		1		85.3	10.7	
Thiamin	mg	0.003		0		1		0.008	0.001	
Riboflavin	mg	0.004		0		1		0.010	0.001	
Niacin	mg	0.026		0		1		0.065	0.008	
Pantothenic acid	mg	0.004		0		1		0.010	0.001	
Vitamin B-6	mg	0.006		0		1		0.015	0.002	
Folate, total	mcg	0		0		1		1	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		1		1	0	
Folate, DFE	mcg_DFE	0		0	NC	4		1	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	1		0		1		3	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.003		0		1		0.008	0.001	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.002		0		1		0.005	0.001	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 14277
Grape drink, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.002		0		1		0.005	0.001	
18:2 undifferentiated ... g	0.002		0		1		0.005	0.001	
18:3 undifferentiated ... g	0.001		0		1		0.003	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	
22:5 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									
Threonine ... g	0.000		0		1		0.000	0.000	
Isoleucine ... g	0.000		0		1		0.000	0.000	
Leucine ... g	0.000		0		1		0.000	0.000	
Lysine ... g	0.000		0		1		0.000	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g									
Phenylalanine ... g	0.000		0		1		0.000	0.000	
Tyrosine ... g	0.000		0		1		0.000	0.000	
Valine ... g	0.000		0		1		0.000	0.000	
Arginine ... g	0.001		0		1		0.003	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.001		0		1		0.003	0.000	
Aspartic acid ... g	0.000		0		1		0.000	0.000	
Glutamic acid ... g	0.001		0		1		0.003	0.000	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.000		0		1		0.000	0.000	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14282
Grape juice drink, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.00		1		1		217.50	27.23	163.56
Energy	kcal	50		0	NC	4		125	16	94
Energy	kj	209				4		523	65	393
Protein (N x 6.25)	g	0.10		0		1		0.25	0.03	0.19
Total lipid (fat)	g	0.00		0		1		0.00	0.00	0.00
Ash	g	0.10		1		1		0.25	0.03	0.19
Carbohydrate, by difference	g	12.90		0	NC	4		32.25	4.04	24.25
Fiber, total dietary	g	0.1		0		4		0.3	0.0	0.2
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		8	1	6
Iron, Fe	mg	0.10		0		1		0.25	0.03	0.19
Magnesium, Mg	mg	4		0		4		10	1	8
Phosphorus, P	mg	4		0		1		10	1	8
Potassium, K	mg	35		0		1		88	11	66
Sodium, Na	mg	1		0		1		3	0	2
Zinc, Zn	mg	0.03		0		4		0.08	0.01	0.06
Copper, Cu	mg	0.014		0		4		0.035	0.004	0.026
Manganese, Mn	mg	0.108		0		4		0.270	0.034	0.203
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.0		0		1		40.0	5.0	30.1
Thiamin	mg	0.010		0		1		0.025	0.003	0.019
Riboflavin	mg	0.010		0		1		0.025	0.003	0.019
Niacin	mg	0.100		0		1		0.250	0.031	0.188
Pantothenic acid	mg	0.012		0		1		0.030	0.004	0.023
Vitamin B-6	mg	0.020		0		1		0.050	0.006	0.038
Folate, total	mcg	1		0		1		2	0	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		0		1		2	0	2
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	2
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	2		0		1		5	1	4
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14282
Grape juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Measure 3 = 188g: 1 glass (6 fl oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14272

KRAFT, CAPRI SUN ALL NATURAL Juice Drink Fruit Punch, ready-to-drink

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.10		0	MC	9		182.91		
Energy	kcal	47		0	MC	9		99		
Energy	kj	197				9		413		
Protein	g	0.00		0	MC	9		0.00		
Total lipid (fat)	g	0.00		0	NR	4		0.00		
Ash	g	0.10		0	MC	9		0.21		
Carbohydrate, by difference	g	12.50		0	MC	9		26.25		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	12.00		0	MC	9		25.20		
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0	MC	9		2		
Iron, Fe	mg	0.03		0	MC	9		0.06		
Magnesium, Mg	mg									
Phosphorus, P	mg	1		0	MC	9		2		
Potassium, K	mg	12		0	MC	9		25		
Sodium, Na	mg	10		0	MC	9		21		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0	MC	9		2.7		
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	4		0	MC	9		8		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 210g: 1 NLEA Serving

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14377

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.40		0	MC	9		0.02		
Energy	kcal	283		0	MC	9		3		
Energy	kj	1184				9		12		
Protein	g	6.30		0	MC	9		0.06		
Total lipid (fat)	g	0.40		0	NR	4		0.00		
Ash	g	5.30		0	MC	9		0.05		
Carbohydrate, by difference (1)	g	42.90		0	MC	9		0.43		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	8.60		0	MC	9		0.09		
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0	MC	9		0		
Iron, Fe	mg	1.05		0	MC	9		0.01		
Magnesium, Mg	mg									
Phosphorus, P	mg	108		0	MC	9		1		
Potassium, K	mg	1715		0	MC	9		17		
Sodium, Na	mg	178		0	MC	9		2		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
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	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 1.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components such as acids and non-protein nitrogen.

Calories Factors: Protein Fat Carbohydrate

NDB No. 14377

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14273

KRAFT, CRYSTAL LIGHT Sugar Free Low Calorie Soft Drink Mix Lemonade, with aspartame and acesulfame potassium sweetener powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00		0	MC	9		0.02		
Energy	kcal	228		0	MC	9		5		
Energy	kj	954				9		19		
Protein	g	3.30		0	MC	9		0.07		
Total lipid (fat)	g	0.10		0	NR	4		0.00		
Ash	g	5.40		0	MC	9		0.11		
Carbohydrate, by difference (1)	g	7.60		0	MC	9		0.15		
Fiber, total dietary	g	0.1		0	MC	9		0.0		
Sugars, total	g	3.00		0	MC	9		0.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	MC	9		0		
Iron, Fe	mg	0.02		0	MC	9		0.00		
Magnesium, Mg	mg									
Phosphorus, P	mg	4		0	MC	9		0		
Potassium, K	mg	3136		0	MC	9		63		
Sodium, Na	mg	29		0	MC	9		1		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0	MC	9		0.0		
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	1		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 2.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components such as acids.

Calories Factors: Protein Fat Carbohydrate

NDB No. 14273

KRAFT, CRYSTAL LIGHT Sugar Free Low Calorie Soft Drink Mix Lemonade, with aspartame and acesulfame potassium sweetener powder

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14230

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Cafe Francais Flavored Instant Coffee, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.20		0	MC	9		0.29		
Energy	kcal	480		0	MC	9		62		
Energy	kj	2008				9		261		
Protein	g	4.20		0	MC	9		0.55		
Total lipid (fat)	g	26.80		0	NR	4		3.48		
Ash	g	3.80		0	MC	9		0.49		
Carbohydrate, by difference (1)	g	55.30		0	MC	9		7.19		
Fiber, total dietary	g	3.2		0	MC	9		0.4		
Sugars, total	g	30.20		0	MC	9		3.93		
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0	MC	9		3		
Iron, Fe	mg	0.68		0	MC	9		0.09		
Magnesium, Mg	mg									
Phosphorus, P	mg	302		0	MC	9		39		
Potassium, K	mg	994		0	MC	9		129		
Sodium, Na	mg	716		0	MC	9		93		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
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	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.400		0	MC	9		0.832		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	1		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 13.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 14230

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Cafe Francais Flavored Instant Coffee, powder

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14231

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES French Vanilla Cafe Flavored Instant Coffee, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.50		0	MC	9		0.21		
Energy	kcal	463		0	MC	9		65		
Energy	kj	1937				9		271		
Protein	g	2.50		0	MC	9		0.35		
Total lipid (fat)	g	19.20		0	NR	4		2.69		
Ash	g	2.20		0	MC	9		0.31		
Carbohydrate, by difference (1)	g	71.10		0	MC	9		9.95		
Fiber, total dietary	g	1.4		0	MC	9		0.2		
Sugars, total	g	54.30		0	MC	9		7.60		
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	MC	9		2		
Iron, Fe	mg	0.33		0	MC	9		0.05		
Magnesium, Mg	mg									
Phosphorus, P	mg	203		0	MC	9		28		
Potassium, K	mg	546		0	MC	9		76		
Sodium, Na	mg	399		0	MC	9		56		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
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	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.600		0	MC	9		0.644		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 14.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 14231

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES French Vanilla Cafe Flavored Instant Coffee, powder

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14232

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Sugar Free Fat Free Low Calorie French Vanilla Cafe Flavored Instant Coff with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.10		0	MC	9		0.22		
Energy	kcal	363		0	MC	9		25		
Energy	kj	1519				9		106		
Protein	g	3.10		0	MC	9		0.22		
Total lipid (fat)	g	4.90		0	NR	4		0.34		
Ash	g	4.40		0	MC	9		0.31		
Carbohydrate, by difference (1)	g	76.00		0	MC	9		5.32		
Fiber, total dietary	g	4.9		0	MC	9		0.3		
Sugars, total	g	6.40		0	MC	9		0.45		
Starch	g									
Minerals:										
Calcium, Ca	mg	62		0	MC	9		4		
Iron, Fe	mg	0.82		0	MC	9		0.06		
Magnesium, Mg	mg									
Phosphorus, P	mg	230		0	MC	9		16		
Potassium, K	mg	1025		0	MC	9		72		
Sodium, Na	mg	929		0	MC	9		65		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
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	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.800		0	MC	9		0.056		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 7.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 14232

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Sugar Free Fat Free Low Calorie French Vanilla Cafe Flavored Instant Coff with aspartame and acesulfame potassium sweetener, powder

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14205

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Sugar Free Fat Free Low Calorie Suisse Mocha Flavored Instant Coffee, wi aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	MC	9		0.25		
Energy	kcal	337		0	MC	9		24		
Energy	kj	1410				9		99		
Protein	g	5.40		0	MC	9		0.38		
Total lipid (fat)	g	5.00		0	NR	4		0.35		
Ash	g	5.20		0	MC	9		0.36		
Carbohydrate, by difference (1)	g	72.80		0	MC	9		5.10		
Fiber, total dietary	g	8.6		0	MC	9		0.6		
Sugars, total	g	5.40		0	MC	9		0.38		
Starch	g									
Minerals:										
Calcium, Ca	mg	75		0	MC	9		5		
Iron, Fe	mg	4.70		0	MC	9		0.33		
Magnesium, Mg	mg									
Phosphorus, P	mg	288		0	MC	9		20		
Potassium, K	mg	1600		0	MC	9		112		
Sodium, Na	mg	516		0	MC	9		36		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
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	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.400		0	MC	9		0.098		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 7.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 14205

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Sugar Free Fat Free Low Calorie Suisse Mocha Flavored Instant Coffee, wi aspartame and acesulfame potassium sweetener, powder

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14225

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Suisse Mocha Flavored Instant Coffee, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.60		0	MC	9		0.21		
Energy	kcal	440		0	MC	9		57		
Energy	kj	1841				9		239		
Protein	g	3.50		0	MC	9		0.46		
Total lipid (fat)	g	17.20		0	NR	4		2.24		
Ash	g	2.50		0	MC	9		0.33		
Carbohydrate, by difference (1)	g	72.10		0	MC	9		9.37		
Fiber, total dietary	g	3.4		0	MC	9		0.4		
Sugars, total	g	54.30		0	MC	9		7.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0	MC	9		2		
Iron, Fe	mg	2.07		0	MC	9		0.27		
Magnesium, Mg	mg									
Phosphorus, P	mg	221		0	MC	9		29		
Potassium, K	mg	897		0	MC	9		117		
Sodium, Na	mg	251		0	MC	9		33		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
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	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.300		0	MC	9		0.559		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 13.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 14225

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Suisse Mocha Flavored Instant Coffee, powder

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14276

KRAFT, KOOL-AID BURSTS Soft Drink Tropical Punch, ready-to-drink

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.10		0	MC	9		185.01		
Energy	kcal	43		0	MC	9		90		
Energy	kj	180				9		378		
Protein	g	0.00		0	MC	9		0.00		
Total lipid (fat)	g	0.00		0	NR	4		0.00		
Ash	g	0.10		0	MC	9		0.21		
Carbohydrate, by difference	g	11.60		0	MC	9		24.36		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	11.20		0	MC	9		23.52		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	MC	9		0		
Iron, Fe	mg	0.02		0	MC	9		0.04		
Magnesium, Mg	mg									
Phosphorus, P	mg	0		0	MC	9		0		
Potassium, K	mg	4		0	MC	9		8		
Sodium, Na	mg	14		0	MC	9		29		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
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	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 210g: 1 NLEA Serving

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14178

KRAFT, KOOL-AID SPLASH Soft Drink Grape Berry Punch, ready-to-drink

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.40		0	MC	9		220.25		
Energy	kcal	46		0	MC	9		116		
Energy	kj	192				9		485		
Protein	g	0.00		0	MC	9		0.00		
Total lipid (fat)	g	0.00		0	NR	4		0.00		
Ash	g	0.10		0	MC	9		0.25		
Carbohydrate, by difference	g	12.20		0	MC	9		30.74		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	11.80		0	MC	9		29.74		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	MC	9		0		
Iron, Fe	mg	0.02		0	MC	9		0.05		
Magnesium, Mg	mg									
Phosphorus, P	mg	0		0	MC	9		0		
Potassium, K	mg	5		0	MC	9		13		
Sodium, Na	mg	14		0	MC	9		35		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
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	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 252g: 1 NLEA serving

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14275

KRAFT, KOOL-AID Sugar Sweetened Soft Drink Mix Tropical Punch, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.20		0	MC	9		0.03		
Energy	kcal	375		0	MC	9		64		
Energy	kj	1569				9		267		
Protein	g	0.00		0	MC	9		0.00		
Total lipid (fat)	g	0.00		0	NR	4		0.00		
Ash	g	0.50		0	MC	9		0.09		
Carbohydrate, by difference (1)	g	95.60		0	MC	9		16.25		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	95.20		0	MC	9		16.18		
Starch	g									
Minerals:										
Calcium, Ca	mg	164		0	MC	9		28		
Iron, Fe	mg	0.07		0	MC	9		0.01		
Magnesium, Mg	mg									
Phosphorus, P	mg	75		0	MC	9		13		
Potassium, K	mg	2		0	MC	9		0		
Sodium, Na	mg	9		0	MC	9		2		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	35.3		0	MC	9		6.0		
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	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 17g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 14275
KRAFT, KOOL-AID Sugar Sweetened Soft Drink Mix Tropical Punch, powder

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14274

KRAFT, KOOL-AID Unsweetened Soft Drink Mix Tropical Punch, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.90		0	MC	9		0.01		
Energy	kcal	198		0	MC	9		1		
Energy	kj	828				9		5		
Protein	g	0.00		0	MC	9		0.00		
Total lipid (fat)	g	0.00		0	NR	4		0.00		
Ash	g	9.30		0	MC	9		0.06		
Carbohydrate, by difference (1)	g	9.60		0	MC	9		0.06		
Fiber, total dietary	g	0.4		0	MC	9		0.0		
Sugars, total	g	3.30		0	MC	9		0.02		
Starch	g									
Minerals:										
Calcium, Ca	mg	1105		0	MC	9		7		
Iron, Fe	mg	0.01		0	MC	9		0.00		
Magnesium, Mg	mg									
Phosphorus, P	mg	509		0	MC	9		3		
Potassium, K	mg	0		0	MC	9		0		
Sodium, Na	mg	2577		0	MC	9		15		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1000.0		0	MC	9		6.0		
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	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 0.6g: 1 NLEA Serving

Footnotes

1 Contains other proximate components such as acids.

Calories Factors: Protein Fat Carbohydrate

NDB No. 14274
KRAFT, KOOL-AID Unsweetened Soft Drink Mix Tropical Punch, powder

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14129

KRAFT, Sugar Free COUNTRY TIME Pink Lemonade Mix, with vitamin C

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.20		1	A	1		0.02		
Energy	kcal	270		0	NC	4		5		
Energy	kj	1130				4		21		
Protein (N x 6.25)	g	2.70		1	A	1		0.05		
Total lipid (fat)	g	1.20		1	A	1		0.02		
Ash	g	6.20		1	A	1		0.12		
Carbohydrate, by difference (1)	g	88.70		0	NC	4		1.69		
Fiber, total dietary	g									
Sugars, total	g	1.30		1	A	1		0.02		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	9		1	A	1		0		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	348.0		1	A	1		6.6		
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									
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									

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

Common Measures:

Measure 1 = 1.9g: 1 portion (1/8 cap/tub)

Footnotes

1 Contains citric acid.

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 2.8

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14127

KRAFT, Sugar Free KOOL-AID Mix, with aspartame and vitamin C, cherry flavor

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.20		1	A	1		0.03		
Energy	kcal	290		0	NC	4		3		
Energy	kj	1213				4		15		
Protein (N x 6.25)	g	6.10		1	A	1		0.07		
Total lipid (fat)	g	0.30		1	A	1		0.00		
Ash	g	6.50		1	A	1		0.08		
Carbohydrate, by difference (1)	g	84.90		0	NC	4		1.02		
Fiber, total dietary	g									
Sugars, total	g	0.70		1	A	1		0.01		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	422		1	A	1		5		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	560.0		1	A	1		6.7		
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									
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									

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

Common Measures:

Measure 1 = 1.2g: .125 envelope

Footnotes

1 Contains citric acid.

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 3.1

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14128

KRAFT. COUNTRY TIME Lemonade Mix, with vitamin C

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.10		1	A	1		0.02		
Energy	kcal	354		0	NC	4		64		
Energy	kj	1481				4		267		
Protein (N x 6.25)	g	0.10		1	A	1		0.02		
Total lipid (fat)	g	1.20		1	A	1		0.22		
Ash	g	0.50		1	A	1		0.09		
Carbohydrate, by difference (1)	g	98.10		0	NC	4		17.66		
Fiber, total dietary	g									
Sugars, total	g	85.40		1	A	1		15.37		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	72		1	A	1		13		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	37.5		1	A	1		6.8		
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									
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									

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

Common Measures:

Measure 1 = 18g: 1 portion (1/8 cap/tub)

Footnotes

1 Contains citric acid.

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 3.5

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14542
Lemonade, frozen concentrate, pink

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.30		2		1		19.04	228.55	114.01
Energy	kcal	181		0	NC	4		66	791	395
Energy	kj	757				4		276	3309	1651
Protein (N x 6.25)	g	0.30		2		1		0.11	1.31	0.65
Total lipid (fat)	g	0.20		2		1		0.07	0.87	0.44
Ash	g	0.20		2		1		0.07	0.87	0.44
Carbohydrate, by difference	g	47.10		0	NC	4		17.14	205.83	102.68
Fiber, total dietary	g	0.4		0	BFZN	4		0.1	1.7	0.9
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		38		1		3	31	15
Iron, Fe	mg	0.72		12		1		0.26	3.15	1.57
Magnesium, Mg	mg	5		37		1		2	22	11
Phosphorus, P	mg	9		28		1		3	39	20
Potassium, K	mg	67		37		1		24	293	146
Sodium, Na	mg	4		36		1		1	17	9
Zinc, Zn	mg	0.08		11		1		0.03	0.35	0.17
Copper, Cu	mg	0.060		12		1		0.022	0.262	0.131
Manganese, Mn	mg	0.020		10		1		0.007	0.087	0.044
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	17.7		32		1		6.4	77.3	38.6
Thiamin	mg	0.026		2		1		0.009	0.114	0.057
Riboflavin	mg	0.096		2		1		0.035	0.420	0.209
Niacin	mg	0.074		2		1		0.027	0.323	0.161
Pantothenic acid	mg	0.057		2		1		0.021	0.249	0.124
Vitamin B-6	mg	0.025		2		1		0.009	0.109	0.055
Folate, total	mcg	10		3		1		4	44	22
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	10		3		1		4	44	22
Folate, DFE	mcg_DFE	10		0	NC	4		4	44	22
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	8		4		1		3	35	17
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	2	1
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.026		0		1		0.009	0.114	0.057
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		0		1		0.000	0.004	0.002
15:0	g									
16:0	g	0.024		0		1		0.009	0.105	0.052
17:0	g									
18:0	g	0.001		0		1		0.000	0.004	0.002
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.008		0		1		0.003	0.035	0.017
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.000	0.004	0.002

NDB No. 14542
Lemonade, frozen concentrate, pink

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.007		0		1		0.003	0.031	0.015
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.059		0		1		0.021	0.258	0.129
18:2 undifferentiated ... g	0.042		0		1		0.015	0.184	0.092
18:3 undifferentiated ... g	0.017		0		1		0.006	0.074	0.037
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	0
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 36.4g: 1 fl oz

Measure 2 = 437g: 1 can (12 fl oz)

Measure 3 = 218g: 1 can (6 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14543
Lemonade, frozen concentrate, pink, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.30		0		1		220.57	27.59	
Energy	kcal	40		0	NC	4		99	12	
Energy	kj	167				4		413	52	
Protein (N x 0)	g	0.10		0		1		0.25	0.03	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.10		0		1		0.25	0.03	
Carbohydrate, by difference	g	10.50		0	NC	4		25.94	3.24	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		7	1	
Iron, Fe	mg	0.16		0		1		0.40	0.05	
Magnesium, Mg	mg	2		0		1		5	1	
Phosphorus, P	mg	2		0		1		5	1	
Potassium, K	mg	15		0		1		37	5	
Sodium, Na	mg	3		0		1		7	1	
Zinc, Zn	mg	0.04		0		1		0.10	0.01	
Copper, Cu	mg	0.018		0		1		0.044	0.006	
Manganese, Mn	mg	0.005		0		1		0.012	0.002	
Selenium, Se	mcg	0.0		0	RP	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.9		0		1		9.6	1.2	
Thiamin	mg	0.006		0		1		0.015	0.002	
Riboflavin	mg	0.021		0		1		0.052	0.006	
Niacin	mg	0.016		0		1		0.040	0.005	
Pantothenic acid	mg	0.013		0		1		0.032	0.004	
Vitamin B-6	mg	0.006		0		1		0.015	0.002	
Folate, total	mcg	2		0		1		5	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		5	1	
Folate, DFE	mcg_DFE	2		0	NC	4		5	1	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	2		0		1		5	1	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.006		0		1		0.015	0.002	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.005		0		1		0.012	0.002	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.002		0		1		0.005	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14543
Lemonade, frozen concentrate, pink, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.002		0		1		0.005	0.001	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.013		0		1		0.032	0.004	
18:2 undifferentiated ....g	0.009		0		1		0.022	0.003	
18:3 undifferentiated ....g	0.004		0		1		0.010	0.001	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....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									

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

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

Measure 2 = 30.9g: 1 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14292
Lemonade, frozen concentrate, white

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.30		2		1		19.09	229.07	114.54
Energy	kcal	181		0	NC	4		66	793	396
Energy	kj	757				4		276	3317	1658
Protein (N x 6.25)	g	0.30		2		1		0.11	1.31	0.66
Total lipid (fat)	g	0.20		2		1		0.07	0.88	0.44
Ash	g	0.20		2		1		0.07	0.88	0.44
Carbohydrate, by difference	g	47.10		0	NC	4		17.19	206.30	103.15
Fiber, total dietary	g	0.4		0		4		0.1	1.8	0.9
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		38		1		3	31	15
Iron, Fe	mg	0.72		12		1		0.26	3.15	1.58
Magnesium, Mg	mg	5		37		1		2	22	11
Phosphorus, P	mg	9		28		1		3	39	20
Potassium, K	mg	67		37		1		24	293	147
Sodium, Na	mg	4		36		1		1	18	9
Zinc, Zn	mg	0.08		11		1		0.03	0.35	0.18
Copper, Cu	mg	0.060		12		1		0.022	0.263	0.131
Manganese, Mn	mg	0.020		10		1		0.007	0.088	0.044
Selenium, Se	mcg	0.4		0	BFSN	4		0.1	1.8	0.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	17.7		32		1		6.5	77.5	38.8
Thiamin	mg	0.026		2		1		0.009	0.114	0.057
Riboflavin	mg	0.096		2		1		0.035	0.420	0.210
Niacin	mg	0.074		2		1		0.027	0.324	0.162
Pantothenic acid	mg	0.057		2		1		0.021	0.250	0.125
Vitamin B-6	mg	0.025		2		1		0.009	0.110	0.055
Folate, total	mcg	10		3		1		4	44	22
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	10		3		1		4	44	22
Folate, DFE	mcg_DFE	10		0	NC	4		4	44	22
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	95		4		1		35	416	208
Vitamin A, RAE	mcg_RAE	5		0	NC	4		2	21	10
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.026		0		1		0.009	0.114	0.057
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.001		0		1		0.000	0.004	0.002
15:0	g									
16:0	g	0.024		0		1		0.009	0.105	0.053
17:0	g									
18:0	g	0.001		0		1		0.000	0.004	0.002
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.008		0		1		0.003	0.035	0.018
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.000	0.004	0.002

NDB No. 14292
Lemonade, frozen concentrate, white

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.007		0		1		0.003	0.031	0.015
20:1	g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.059		0		1		0.022	0.258	0.129
18:2 undifferentiated	g	0.042		0		1		0.015	0.184	0.092
18:3 undifferentiated	g	0.017		0		1		0.006	0.074	0.037
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36.5g: 1 fl oz

Measure 2 = 438g: 1 can (12 fl oz)

Measure 3 = 219g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14293
Lemonade, frozen concentrate, white, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.30		0		1		221.46	27.68	
Energy	kcal	40		0	NC	4		99	12	
Energy	kj	167				4		415	52	
Protein (N x 0)	g	0.10		0		1		0.25	0.03	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.10		0		1		0.25	0.03	
Carbohydrate, by difference	g	10.50		0	NC	4		26.04	3.26	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		7	1	
Iron, Fe	mg	0.16		0		1		0.40	0.05	
Magnesium, Mg	mg	2		0		1		5	1	
Phosphorus, P	mg	2		0		1		5	1	
Potassium, K	mg	15		0		1		37	5	
Sodium, Na	mg	3		0		1		7	1	
Zinc, Zn	mg	0.04		0		1		0.10	0.01	
Copper, Cu	mg	0.018		0		1		0.045	0.006	
Manganese, Mn	mg	0.005		0		1		0.012	0.002	
Selenium, Se	mcg	0.1		0	FLA	4		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.9		0		1		9.7	1.2	
Thiamin	mg	0.006		0		1		0.015	0.002	
Riboflavin	mg	0.021		0		1		0.052	0.007	
Niacin	mg	0.016		0		1		0.040	0.005	
Pantothenic acid	mg	0.013		0		1		0.032	0.004	
Vitamin B-6	mg	0.006		0		1		0.015	0.002	
Folate, total	mcg	2		0		1		5	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		5	1	
Folate, DFE	mcg_DFE	2		0	NC	4		5	1	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	21		0		1		52	7	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		3	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.006		0		1		0.015	0.002	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.005		0		1		0.012	0.002	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.002		0		1		0.005	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14293
Lemonade, frozen concentrate, white, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.002		0		1		0.005	0.001	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.013		0		1		0.032	0.004	
18:2 undifferentiated ....g	0.009		0		1		0.022	0.003	
18:3 undifferentiated ....g	0.004		0		1		0.010	0.001	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....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									

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

Common Measures:

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

Measure 2 = 31.0g: 1 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14289
Lemonade, low calorie, with aspartame, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.80		1		1		0.21	0.34	
Energy	kcal	332		0	NC	4		40	63	
Energy	kj	1389				4		165	264	
Protein (N x 6.25)	g	3.60		1		1		0.43	0.68	
Total lipid (fat)	g	0.30		1		1		0.04	0.06	
Ash	g	10.60		1		1		1.26	2.01	
Carbohydrate, by difference	g	83.70		0	NC	4		9.96	15.90	
Fiber, total dietary	g	0.1		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3098		1		1		369	589	
Iron, Fe	mg	5.70		1		1		0.68	1.08	
Magnesium, Mg	mg	14		1		1		2	3	
Phosphorus, P	mg	1554		1		1		185	295	
Potassium, K	mg	11		1		1		1	2	
Sodium, Na	mg	10		1		1		1	2	
Zinc, Zn	mg	0.16		1		1		0.02	0.03	
Copper, Cu	mg	0.110		1		1		0.013	0.021	
Manganese, Mn	mg	0.110		1		1		0.013	0.021	
Selenium, Se	mcg	0.6		0	BFZN	4		0.1	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	394.0		1		1		46.9	74.9	
Thiamin	mg	0.007		1		1		0.001	0.001	
Riboflavin	mg	0.037		1		1		0.004	0.007	
Niacin	mg	0.000		1		1		0.000	0.000	
Pantothenic acid	mg	0.000		1		1		0.000	0.000	
Vitamin B-6	mg	0.000		0		1		0.000	0.000	
Folate, total	mcg	13		0		4		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		0		4		2	2	
Folate, DFE	mcg_DFE	13		0	NC	4		2	2	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.039		0		4		0.005	0.007	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.001		0		4		0.000	0.000	
15:0	g									
16:0	g	0.035		0		4		0.004	0.007	
17:0	g									
18:0	g	0.002		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.010		0		4		0.001	0.002	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		4		0.000	0.000	

NDB No. 14289
Lemonade, low calorie, with aspartame, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.010		0		4		0.001	0.002	
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	0.090		0		4		0.011	0.017	
18:2 undifferentiated g	0.062		0		4		0.007	0.012	
18:3 undifferentiated g	0.026		0		4		0.003	0.005	
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	
22:5 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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.9g: 1 packet (0.42 oz)

Measure 2 = 19g: 1 packet (0.67 oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14290
Lemonade, low calorie, with aspartame, powder, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.30		0		1		235.34	29.39	
Energy	kcal	2		0	NC	4		5	1	
Energy	kj	8				4		20	2	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.10		0		1		0.24	0.03	
Carbohydrate, by difference	g	0.50		0	NC	4		1.19	0.15	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		50	6	
Iron, Fe	mg	0.04		0		1		0.09	0.01	
Magnesium, Mg	mg	1		0		1		2	0	
Phosphorus, P	mg	10		0		1		24	3	
Potassium, K	mg	0		0		1		0	0	
Sodium, Na	mg	3		0		1		7	1	
Zinc, Zn	mg	0.03		0		1		0.07	0.01	
Copper, Cu	mg	0.007		0		1		0.017	0.002	
Manganese, Mn	mg	0.001		0		1		0.002	0.000	
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.5		0		1		5.9	0.7	
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		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	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, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		7		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 14290
Lemonade, low calorie, with aspartame, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		7		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	
22:5 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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14287
Lemonade, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.30		6		1		0.65	0.08	0.08
Energy	kcal	376		0	NC	4		820	102	102
Energy	kj	1573				4		3430	425	425
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		6		1		0.00	0.00	0.00
Ash	g	0.80		6		1		1.74	0.22	0.22
Carbohydrate, by difference	g	98.80		0	NC	4		215.38	26.68	26.68
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	242		6		1		528	65	65
Iron, Fe	mg	0.50		1		1		1.09	0.14	0.14
Magnesium, Mg	mg	1		1		1		2	0	0
Phosphorus, P	mg	126		6		1		275	34	34
Potassium, K	mg	120		1		1		262	32	32
Sodium, Na	mg	23		6		1		50	6	6
Zinc, Zn	mg	0.14		1		1		0.31	0.04	0.04
Copper, Cu	mg	0.020		0		4		0.044	0.005	0.005
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.6		0	BFSN	4		1.3	0.2	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	31.1		1		1		67.8	8.4	8.4
Thiamin	mg	0.015		1		1		0.033	0.004	0.004
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.130		1		1		0.283	0.035	0.035
Pantothenic acid	mg	0.060		1		1		0.131	0.016	0.016
Vitamin B-6	mg	0.026		1		1		0.057	0.007	0.007
Folate, total	mcg	13		1		1		28	4	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	13		1		1		28	4	4
Folate, DFE	mcg_DFE	13		0	NC	4		28	4	4
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.003		0		1		0.007	0.001	0.001
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.002		0		1		0.004	0.001	0.001
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.002	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14287
Lemonade, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.001		0		1		0.002	0.000	0.000
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.006		0		1		0.013	0.002	0.002
18:2 undifferentiated g	0.004		0		1		0.009	0.001	0.001
18:3 undifferentiated g	0.002		0		1		0.004	0.001	0.001
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
22:5 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	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.000		0		1		0.000	0.000	0.000
Threonine g	0.000		0		1		0.000	0.000	0.000
Isoleucine g	0.000		0		1		0.000	0.000	0.000
Leucine g	0.000		0		1		0.000	0.000	0.000
Lysine g	0.000		0		1		0.000	0.000	0.000
Methionine g	0.000		0		1		0.000	0.000	0.000
Cystine g	0.000		0		1		0.000	0.000	0.000
Phenylalanine g	0.000		0		1		0.000	0.000	0.000
Tyrosine g	0.000		0		1		0.000	0.000	0.000
Valine g	0.000		0		1		0.000	0.000	0.000
Arginine g	0.000		0		1		0.000	0.000	0.000
Histidine g	0.000		0		1		0.000	0.000	0.000
Alanine g	0.000		0		1		0.000	0.000	0.000
Aspartic acid g	0.000		0		1		0.000	0.000	0.000
Glutamic acid g	0.000		0		1		0.000	0.000	0.000
Glycine g	0.000		0		1		0.000	0.000	0.000
Proline g	0.000		0		1		0.000	0.000	0.000
Serine g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 27g: 1 scoop

Measure 3 = 27g: 2 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14288
Lemonade, powder, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.70		0		1		236.81		
Energy	kcal	39		0	NC	4		103		
Energy	kj	163				4		431		
Protein (N x 0)	g	0.00		0		1		0.00		
Total lipid (fat)	g	0.00		0		1		0.00		
Ash	g	0.10		0		1		0.26		
Carbohydrate, by difference	g	10.20		0	NC	4		26.93		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		71		
Iron, Fe	mg	0.06		0		1		0.16		
Magnesium, Mg	mg	1		0		1		3		
Phosphorus, P	mg	13		0		1		34		
Potassium, K	mg	13		0		1		34		
Sodium, Na	mg	5		0		1		13		
Zinc, Zn	mg	0.04		0		1		0.11		
Copper, Cu	mg	0.008		0		4		0.021		
Manganese, Mn	mg	0.000		0		4		0.000		
Selenium, Se	mcg	0.1		0	RP	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.2		0		1		8.4		
Thiamin	mg	0.002		0		1		0.005		
Riboflavin	mg	0.000		0		4		0.000		
Niacin	mg	0.013		0		1		0.034		
Pantothenic acid	mg	0.006		0		1		0.016		
Vitamin B-6	mg	0.003		0		1		0.008		
Folate, total	mcg	1		0		1		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		0		1		3		
Folate, DFE	mcg_DFE	1		0	NC	4		3		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.000		0		1		0.000		
17:0	g									
18:0	g	0.000		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 14288
Lemonade, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.001		0		1		0.003		
18:2 undifferentiated ... g	0.000		0		1		0.000		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000		
Threonine ... g	0.000		0		1		0.000		
Isoleucine ... g	0.000		0		1		0.000		
Leucine ... g	0.000		0		1		0.000		
Lysine ... g	0.000		0		1		0.000		
Methionine ... g	0.000		0		1		0.000		
Cystine ... g	0.000		0		1		0.000		
Phenylalanine ... g	0.000		0		1		0.000		
Tyrosine ... g	0.000		0		1		0.000		
Valine ... g	0.000		0		1		0.000		
Arginine ... g	0.000		0		1		0.000		
Histidine ... g	0.000		0		1		0.000		
Alanine ... g	0.000		0		1		0.000		
Aspartic acid ... g	0.000		0		1		0.000		
Glutamic acid ... g	0.000		0		1		0.000		
Glycine ... g	0.000		0		1		0.000		
Proline ... g	0.000		0		1		0.000		
Serine ... g	0.000		0		1		0.000		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 264g: 1 cup (8 fl oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14296
Lemonade-flavor drink, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.60		2		1		1.40	0.17	
Energy	kcal	387		0	NC	4		902	112	
Energy	kj	1619				4		3773	470	
Protein (N x 6.25)	g	0.10		2		1		0.23	0.03	
Total lipid (fat)	g	0.20		2		1		0.47	0.06	
Ash	g	0.30		1		1		0.70	0.09	
Carbohydrate, by difference	g	98.80		0	NC	4		230.20	28.65	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	83		1		1		193	24	
Iron, Fe	mg	0.11		2		1		0.26	0.03	
Magnesium, Mg	mg	1		1		1		2	0	
Phosphorus, P	mg	9		3		1		21	3	
Potassium, K	mg	3		1		1		7	1	
Sodium, Na	mg	42		2		1		98	12	
Zinc, Zn	mg	0.05		2		1		0.12	0.01	
Copper, Cu	mg	0.045		2		1		0.105	0.013	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	0.6		0	BFSN	4		1.4	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	116.6		3		1		271.7	33.8	
Thiamin	mg	0.002		1		1		0.005	0.001	
Riboflavin	mg	0.011		1		1		0.026	0.003	
Niacin	mg	0.000		1		1		0.000	0.000	
Pantothenic acid	mg	0.000		1		1		0.000	0.000	
Vitamin B-6	mg	0.000		1		1		0.000	0.000	
Folate, total	mcg	0		1		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.157		0		1		0.366	0.046	
4:0	g	0.000		0		7		0.000	0.000	
6:0	g	0.001		0		1		0.002	0.000	
8:0	g	0.012		0		1		0.028	0.003	
10:0	g	0.010		0		1		0.023	0.003	
12:0	g	0.074		0		1		0.172	0.021	
13:0	g									
14:0	g	0.028		0		1		0.065	0.008	
15:0	g									
16:0	g	0.026		0		1		0.061	0.008	
17:0	g									
18:0	g	0.006		0		1		0.014	0.002	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.019		0		1		0.044	0.006	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14296
Lemonade-flavor drink, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.019		0		1		0.044	0.006	
20:1 ... g	0.000		0		7		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.032		0		1		0.075	0.009	
18:2 undifferentiated ... g	0.031		0		1		0.072	0.009	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000	0.000	
20:5 n-3 ... g	0.000		0		7		0.000	0.000	
22:5 n-3 ... g	0.000		0		7		0.000	0.000	
22:6 n-3 ... g	0.000		0		7		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 cup (8 fl oz)

Measure 2 = 29g: .5 scoop (2 tbsp)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14297
Lemonade-flavor drink, powder, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.10		0		1		237.01		
Energy	kcal	42		0	NC	4		112		
Energy	kj	176				4		467		
Protein (N x 0)	g	0.00		0		1		0.00		
Total lipid (fat)	g	0.00		0		1		0.00		
Ash	g	0.10		0		1		0.27		
Carbohydrate, by difference	g	10.80		0	NC	4		28.73		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		29		
Iron, Fe	mg	0.02		0		1		0.05		
Magnesium, Mg	mg	1		0		1		3		
Phosphorus, P	mg	1		0		1		3		
Potassium, K	mg	1		0		1		3		
Sodium, Na	mg	7		0		1		19		
Zinc, Zn	mg	0.03		0		1		0.08		
Copper, Cu	mg	0.010		0		1		0.027		
Manganese, Mn	mg	0.000		0		4		0.000		
Selenium, Se	mcg	0.1		0	RP	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.8		0		1		34.0		
Thiamin	mg	0.000		0		1		0.000		
Riboflavin	mg	0.001		0		1		0.003		
Niacin	mg	0.000		0		1		0.000		
Pantothenic acid	mg	0.000		0		1		0.000		
Vitamin B-6	mg	0.000		0		1		0.000		
Folate, total	mcg	0		0		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		1		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.017		0		1		0.045		
4:0	g									
6:0	g	0.000		0		1		0.000		
8:0	g	0.001		0		1		0.003		
10:0	g	0.001		0		1		0.003		
12:0	g	0.008		0		1		0.021		
13:0	g									
14:0	g	0.003		0		1		0.008		
15:0	g									
16:0	g	0.003		0		1		0.008		
17:0	g									
18:0	g	0.001		0		1		0.003		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.002		0		1		0.005		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 14297
Lemonade-flavor drink, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.002		0		1		0.005		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.004		0		1		0.011		
18:2 undifferentiated ... g	0.003		0		1		0.008		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									

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

Common Measures:

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14302
Limeade, frozen concentrate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.00		0		1		18.20	218.50	109.00
Energy	kcal	187		0	NC	4		68	817	408
Energy	kj	782				4		285	3419	1706
Protein (N x 6.25)	g	0.20		0		1		0.07	0.87	0.44
Total lipid (fat)	g	0.10		0		1		0.04	0.44	0.22
Ash	g	0.20		0		1		0.07	0.87	0.44
Carbohydrate, by difference	g	49.50		0	NC	4		18.02	216.32	107.91
Fiber, total dietary	g	0.4		0		4		0.1	1.7	0.9
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		2	22	11
Iron, Fe	mg	0.10		0		1		0.04	0.44	0.22
Magnesium, Mg	mg	4		0		4		1	17	9
Phosphorus, P	mg	6		0		1		2	26	13
Potassium, K	mg	59		0		1		21	258	129
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.04		0		4		0.01	0.17	0.09
Copper, Cu	mg	0.018		0		4		0.007	0.079	0.039
Manganese, Mn	mg	0.005		0		4		0.002	0.022	0.011
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.0		0		1		4.4	52.4	26.2
Thiamin	mg	0.010		0		1		0.004	0.044	0.022
Riboflavin	mg	0.010		0		1		0.004	0.044	0.022
Niacin	mg	0.100		0		1		0.036	0.437	0.218
Pantothenic acid	mg	0.094		0		4		0.034	0.411	0.205
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	4		0		4		1	17	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		4		1	17	9
Folate, DFE	mcg_DFE	4		0	NC	4		1	17	9
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.011		0		1		0.004	0.048	0.024
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.010		0		1		0.004	0.044	0.022
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.010		0		1		0.004	0.044	0.022
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0		1		0.001	0.009	0.004

NDB No. 14302
Limeade, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.008		0		1		0.003	0.035	0.017
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		0.010	0.118	0.059
18:2 undifferentiated ... g	0.018		0		1		0.007	0.079	0.039
18:3 undifferentiated ... g	0.009		0		1		0.003	0.039	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
22:5 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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36.4g: 1 fl oz

Measure 2 = 437g: 1 can (12 fl oz)

Measure 3 = 218g: 1 can (6 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14303
Limeade, frozen concentrate, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.90		0		1		219.58	27.56	
Energy	kcal	41		0	NC	4		101	13	
Energy	kj	172				4		424	53	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.10		0		1		0.25	0.03	
Carbohydrate, by difference	g	11.00		0	NC	4		27.17	3.41	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		7	1	
Iron, Fe	mg	0.03		0		1		0.07	0.01	
Magnesium, Mg	mg	1		0		1		2	0	
Phosphorus, P	mg	1		0		1		2	0	
Potassium, K	mg	13		0		1		32	4	
Sodium, Na	mg	2		0		1		5	1	
Zinc, Zn	mg	0.02		0		1		0.05	0.01	
Copper, Cu	mg	0.005		0		1		0.012	0.002	
Manganese, Mn	mg	0.000		0		1		0.000	0.000	
Selenium, Se	mcg	0.0		0	RP	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		0		1		6.7	0.8	
Thiamin	mg	0.002		0		1		0.005	0.001	
Riboflavin	mg	0.002		0		1		0.005	0.001	
Niacin	mg	0.022		0		1		0.054	0.007	
Pantothenic acid	mg	0.021		0		4		0.052	0.007	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	1		0		4		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.005	0.001	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.002		0		1		0.005	0.001	
17:0	g									
18:0	g									
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.002		0		1		0.005	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14303
Limeade, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.002		0		1		0.005	0.001	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.006		0		1		0.015	0.002	
18:2 undifferentiated ... g	0.004		0		1		0.010	0.001	
18:3 undifferentiated ... g	0.002		0		1		0.005	0.001	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... 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									

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

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

Measure 2 = 31g: 1 can (1 oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14305
Malt beverage

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.00		2	A	1		203.82	25.46	
Energy	kcal	60		0	NC	4		142	18	
Energy	kj	251				4		595	74	
Protein (N x 6.25)	g	0.29		3	A	1		0.69	0.09	
Total lipid (fat)	g	0.12		2	A	1		0.28	0.04	
Ash	g	0.16		3	A	1		0.38	0.05	
Carbohydrate, by difference	g	13.44		0	NC	4		31.85	3.98	
Fiber, total dietary	g	0.0		2	A	1		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		4	A	1		12	1	
Iron, Fe	mg	0.04		4	A	1		0.09	0.01	
Magnesium, Mg	mg	7		3	A	1		17	2	
Phosphorus, P	mg	22		3	A	1		52	7	
Potassium, K	mg	8		2	A	1		19	2	
Sodium, Na	mg	13		2	A	1		31	4	
Zinc, Zn	mg	0.02		3	A	1		0.05	0.01	
Copper, Cu	mg	0.011		2	A	1		0.026	0.003	
Manganese, Mn	mg	0.013		1	A	1		0.031	0.004	
Selenium, Se	mcg	1.2		0	BFPN	4		2.8	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		2	A	1		1.2	0.1	
Thiamin	mg	0.016		2	A	1		0.038	0.005	
Riboflavin	mg	0.048		2	A	1		0.114	0.014	
Niacin	mg	1.113		2	A	1		2.638	0.329	
Pantothenic acid	mg	0.037		2	A	1		0.088	0.011	
Vitamin B-6	mg	0.027		2	A	1		0.064	0.008	
Folate, total	mcg	14		2	A	1		33	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		2	A	1		33	4	
Folate, DFE	mcg_DFE	14		0	NC	4		33	4	
Vitamin B-12	mcg	0.02		0	BFZN	4		0.05	0.01	
Vitamin A, IU	IU	2		2	A	1		5	1	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	Z	7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.024		0	BFFN	4		0.057	0.007	
4:0	g	0.000		0	BFFN	4		0.000	0.000	
6:0	g	0.000		0	BFFN	4		0.000	0.000	
8:0	g	0.000		0	BFFN	4		0.000	0.000	
10:0	g	0.000		0	BFFN	4		0.000	0.000	
12:0	g	0.000		0	BFFN	4		0.000	0.000	
13:0	g									
14:0	g	0.001		0	BFFN	4		0.002	0.000	
15:0	g									
16:0	g	0.021		0	BFFN	4		0.050	0.006	
17:0	g									
18:0	g	0.001		0	BFFN	4		0.002	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.015		0	BFFN	4		0.036	0.004	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 14305
Malt beverage

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.012		0	BFFN	4		0.028	0.004	
20:1 ... g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.056		0	BFFN	4		0.133	0.017	
18:2 undifferentiated ... g	0.050		0	BFFN	4		0.119	0.015	
18:3 undifferentiated ... g	0.006		0	BFFN	4		0.014	0.002	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.3		1	A	1		0.7	0.1	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 237g: 1 cup

Measure 2 = 29.6g: 1 fl oz

Calories Factors: **Protein** 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14317
Malted drink mix, chocolate, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.30	0.067	6		1		0.27		
Energy	kcal	375		0	NC	4		79		
Energy	kj	1569				4		329		
Protein (N x 5.9)	g	5.10		9		1		1.07		
Total lipid (fat)	g	3.80		7		1		0.80		
Ash	g	1.90	0.020	6		1		0.40		
Carbohydrate, by difference	g	87.80		0	NC	4		18.44		
Fiber, total dietary	g	0.9		0		4		0.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60		3		1		13		
Iron, Fe	mg	2.28		8		1		0.48		
Magnesium, Mg	mg	70		1		1		15		
Phosphorus, P	mg	175		1		1		37		
Potassium, K	mg	618		0		1		130		
Sodium, Na	mg	251		9		1		53		
Zinc, Zn	mg	0.80		1		1		0.17		
Copper, Cu	mg	0.200		1		1		0.042		
Manganese, Mn	mg	0.627		0		4		0.132		
Selenium, Se	mcg	7.4		0	BFZN	4		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		7		1		0.3		
Thiamin	mg	0.173		7		1		0.036		
Riboflavin	mg	0.200		1		1		0.042		
Niacin	mg	2.003		7		1		0.421		
Pantothenic acid	mg	0.683		0		4		0.143		
Vitamin B-6	mg	0.156		7		1		0.033		
Folate, total	mcg	20		1		1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	20		1		1		4		
Folate, DFE	mcg_DFE	20		0	NC	4		4		
Vitamin B-12	mcg	0.20		1		1		0.04		
Vitamin A, IU	IU	90		1		1		19		
Vitamin A, RAE	mcg_RAE	14		0	NC	4		3		
Retinol	mcg	11		0	O	4		2		
Vitamin E	mg_ATE	0.400		0		4		0.084		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.159		0		1		0.453		
4:0	g	0.096		0		1		0.020		
6:0	g	0.057		0		1		0.012		
8:0	g	0.033		0		1		0.007		
10:0	g	0.075		0		1		0.016		
12:0	g	0.084		0		1		0.018		
13:0	g									
14:0	g	0.302		0		1		0.063		
15:0	g									
16:0	g	0.947		0		1		0.199		
17:0	g									
18:0	g	0.491		0		1		0.103		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.045		0		1		0.219		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.069		0		1		0.014		

NDB No. 14317
Malted drink mix, chocolate, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.930		0		1		0.195		
20:1 ... g	0.000		0		7		0.000		
22:1 undifferentiated ... g	0.000		0		7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.357		0		1		0.075		
18:2 undifferentiated ... g	0.286		0		1		0.060		
18:3 undifferentiated ... g	0.071		0		1		0.015		
18:4 ... g	0.000		0		7		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000		
20:5 n-3 ... g	0.000		0		7		0.000		
22:5 n-3 ... g	0.000		0		7		0.000		
22:6 n-3 ... g	0.000		0		7		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	5		0		4		1		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.059		0		1		0.012		
Threonine ... g	0.143		0		1		0.030		
Isoleucine ... g	0.160		0		1		0.034		
Leucine ... g	0.292		0		1		0.061		
Lysine ... g	0.161		0		1		0.034		
Methionine ... g	0.064		0		1		0.013		
Cystine ... g	0.094		0		1		0.020		
Phenylalanine ... g	0.185		0		1		0.039		
Tyrosine ... g	0.151		0		1		0.032		
Valine ... g	0.197		0		1		0.041		
Arginine ... g	0.206		0		1		0.043		
Histidine ... g	0.098		0		1		0.021		
Alanine ... g	0.186		0		1		0.039		
Aspartic acid ... g	0.414		0		1		0.087		
Glutamic acid ... g	1.010		0		1		0.212		
Glycine ... g	0.133		0		1		0.028		
Proline ... g	0.438		0		1		0.092		
Serine ... g	0.264		0		1		0.055		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	37		2		1		8		
Theobromine ... mg	345		0	BFZN	4		72		

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

Common Measures:

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

Calories Factors: **Protein** 3.4 **Fat** 8.5 **Carbohydrate** 3.7

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14318
Malted drink mix, chocolate, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.04		0	RPA	1		214.76		
Energy	kcal	89		0	RPI	6		237		
Energy	kj	362		0	RPI	6		960		
Protein	g	3.44		0	RPA	1		9.10		
Total lipid (fat)	g	3.38		0	RPA	1		8.95		
Ash	g	0.81		0	RPA	1		2.16		
Carbohydrate, by difference	g	11.32		0	RPI	6		30.01		
Fiber, total dietary	g	0.1		0	RPI	6		0.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	115		0	RPA	1		304		
Iron, Fe	mg	0.23		0	RPA	1		0.61		
Magnesium, Mg	mg	18		0	RPA	1		48		
Phosphorus, P	mg	100		0	RPA	1		265		
Potassium, K	mg	189		0	RPA	1		501		
Sodium, Na	mg	65		0	RPA	1		173		
Zinc, Zn	mg	0.41		0	RPA	1		1.10		
Copper, Cu	mg	0.025		0	RPA	1		0.067		
Manganese, Mn	mg	0.054		0	RPI	6		0.143		
Selenium, Se	mcg	2.4		0	RPI	6		6.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0	RPA	1		2.6		
Thiamin	mg	0.049		0	RPA	1		0.129		
Riboflavin	mg	0.165		0	RPA	1		0.437		
Niacin	mg	0.238		0	RPA	1		0.630		
Pantothenic acid	mg	0.344		0	RPI	6		0.910		
Vitamin B-6	mg	0.051		0	RPA	1		0.136		
Folate, total	mcg	6		0	RPA	1		16		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	6		0	RPA	1		16		
Folate, DFE	mcg_DFE	6		0	NC	4		16		
Vitamin B-12	mcg	0.34		0	RPA	1		0.91		
Vitamin A, IU	IU	123		0	RPA	1		326		
Vitamin A, RAE	mcg_RAE	1		0	RPI	6		3		
Retinol	mcg	1		0	RPI	6		2		
Vitamin E	mg_ATE	0.124		0	RPI	6		0.329		
Vitamin D	IU	36.794		0	RPI	6		97.504		
Lipids:										
Fatty acids, total saturated	g	2.013		0	RPA	1		5.335		
4:0	g	0.107		0	RPA	1		0.284		
6:0	g	0.063		0	RPA	1		0.168		
8:0	g	0.037		0	RPA	1		0.097		
10:0	g	0.083		0	RPA	1		0.221		
12:0	g	0.093		0	RPA	1		0.247		
13:0	g									
14:0	g	0.333		0	RPA	1		0.883		
15:0	g									
16:0	g	0.884		0	RPA	1		2.344		
17:0	g									
18:0	g	0.412		0	RPA	1		1.092		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.922		0	RPA	1		2.443		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.075		0	RPA	1		0.197		

NDB No. 14318
Malted drink mix, chocolate, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.847		0	RPA	1		2.245		
20:1 ... g	0.000		0	RPI	6		0.000		
22:1 undifferentiated ... g	0.000		0	RPI	6		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.143		0	RPA	1		0.378		
18:2 undifferentiated ... g	0.092		0	RPA	1		0.244		
18:3 undifferentiated ... g	0.051		0	RPA	1		0.135		
18:4 ... g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPI	6		0.000		
20:5 n-3 ... g	0.000		0	RPI	6		0.000		
22:5 n-3 ... g	0.000		0	RPI	6		0.000		
22:6 n-3 ... g	0.000		0	RPI	6		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0	RPI	6		34		
Phytosterols ... mg	0		0	RPA	1		0		
Amino Acids:									
Tryptophan ... g	0.047		0	RPA	1		0.125		
Threonine ... g	0.149		0	RPA	1		0.394		
Isoleucine ... g	0.196		0	RPA	1		0.519		
Leucine ... g	0.320		0	RPA	1		0.847		
Lysine ... g	0.253		0	RPA	1		0.670		
Methionine ... g	0.081		0	RPA	1		0.216		
Cystine ... g	0.035		0	RPA	1		0.093		
Phenylalanine ... g	0.161		0	RPA	1		0.427		
Tyrosine ... g	0.158		0	RPA	1		0.420		
Valine ... g	0.218		0	RPA	1		0.578		
Arginine ... g	0.126		0	RPA	1		0.334		
Histidine ... g	0.090		0	RPA	1		0.238		
Alanine ... g	0.119		0	RPA	1		0.315		
Aspartic acid ... g	0.263		0	RPA	1		0.697		
Glutamic acid ... g	0.715		0	RPA	1		1.894		
Glycine ... g	0.075		0	RPA	1		0.199		
Proline ... g	0.329		0	RPA	1		0.871		
Serine ... g	0.186		0	RPA	1		0.492		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0		
Caffeine ... mg	3		0	RPI	6		8		
Theobromine ... mg	28		0	RPI	6		73		

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

Common Measures:

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14315
Malted drink mix, chocolate, with added nutrients, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		3		1		1.95	0.53	
Energy	kcal	358		0	NC	4		279	75	
Energy	kj	1498				4		1168	315	
Protein (N x 5.9)	g	4.90		5		1		3.82	1.03	
Total lipid (fat)	g	3.40		4		1		2.65	0.71	
Ash	g	4.60		3		1		3.59	0.97	
Carbohydrate, by difference	g	84.40		0	NC	4		65.83	17.72	
Fiber, total dietary	g	0.9		0		4		0.7	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	443		3		1		346	93	
Iron, Fe	mg	17.38		5		1		13.56	3.65	
Magnesium, Mg	mg	96		2		1		75	20	
Phosphorus, P	mg	401		2		1		313	84	
Potassium, K	mg	1193		2		1		931	251	
Sodium, Na	mg	594		5		1		463	125	
Zinc, Zn	mg	1.07		2		1		0.83	0.22	
Copper, Cu	mg	0.634		2		1		0.495	0.133	
Manganese, Mn	mg	0.627		2		1		0.489	0.132	
Selenium, Se	mcg	7.4		0	FLA	4		5.8	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	150.1		4		1		117.1	31.5	
Thiamin	mg	3.052		4		1		2.381	0.641	
Riboflavin	mg	4.110		2		1		3.206	0.863	
Niacin	mg	50.937		4		1		39.731	10.697	
Pantothenic acid	mg	0.683		1		1		0.533	0.143	
Vitamin B-6	mg	4.366		4		1		3.405	0.917	
Folate, total	mcg	93		1		1		73	20	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	93		1		1		73	20	
Folate, DFE	mcg_DFE	93		0	NC	4		73	20	
Vitamin B-12	mcg	0.20		0		4		0.16	0.04	
Vitamin A, IU	IU	13098		2		1		10216	2751	
Vitamin A, RAE	mcg_RAE	3920		0	NC	4		3058	823	
Retinol	mcg	3918		0	O	4		3056	823	
Vitamin E	mg_ATE	0.400		0		1		0.312	0.084	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.964		0		1		1.532	0.412	
4:0	g	0.088		0		1		0.069	0.018	
6:0	g	0.052		0		1		0.041	0.011	
8:0	g	0.030		0		1		0.023	0.006	
10:0	g	0.068		0		1		0.053	0.014	
12:0	g	0.077		0		1		0.060	0.016	
13:0	g									
14:0	g	0.275		0		1		0.215	0.058	
15:0	g									
16:0	g	0.861		0		1		0.672	0.181	
17:0	g									
18:0	g	0.447		0		1		0.349	0.094	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.951		0		1		0.742	0.200	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.063		0		1		0.049	0.013	

NDB No. 14315
Malted drink mix, chocolate, with added nutrients, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.846		0		1		0.660	0.178	
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	0.325		0		1		0.254	0.068	
18:2 undifferentiated g	0.260		0		1		0.203	0.055	
18:3 undifferentiated g	0.065		0		1		0.051	0.014	
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	
22:5 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		4		4	1	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	28		1		1		22	6	
Theobromine mg	345		0	FLA	4		269	72	

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

Common Measures:

Measure 1 = 78g: 1 cup

Measure 2 = 21g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: **Protein** 3.4 **Fat** 8.5 **Carbohydrate** 3.7

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14316

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.14		0	RPA	1		215.01		
Energy	kcal	88		0	RPI	6		233		
Energy	kj	357		0	RPI	6		945		
Protein	g	3.42		0	RPA	1		9.06		
Total lipid (fat)	g	3.34		0	RPA	1		8.86		
Ash	g	1.03		0	RPA	1		2.73		
Carbohydrate, by difference	g	11.05		0	RPI	6		29.29		
Fiber, total dietary	g	0.1		0	RPI	6		0.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	145		0	RPA	1		385		
Iron, Fe	mg	1.44		0	RPA	1		3.81		
Magnesium, Mg	mg	20		0	RPA	1		53		
Phosphorus, P	mg	118		0	RPA	1		313		
Potassium, K	mg	235		0	RPA	1		623		
Sodium, Na	mg	93		0	RPA	1		246		
Zinc, Zn	mg	0.44		0	RPA	1		1.15		
Copper, Cu	mg	0.060		0	RPA	1		0.159		
Manganese, Mn	mg	0.054		0	RPA	1		0.143		
Selenium, Se	mcg	2.4		0	RPI	6		6.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.9		0	RPA	1		34.2		
Thiamin	mg	0.280		0	RPA	1		0.741		
Riboflavin	mg	0.478		0	RPA	1		1.268		
Niacin	mg	4.160		0	RPA	1		11.024		
Pantothenic acid	mg	0.344		0	RPA	1		0.910		
Vitamin B-6	mg	0.389		0	RPA	1		1.030		
Folate, total	mcg	12		0	RPA	1		32		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	12		0	RPA	1		32		
Folate, DFE	mcg_DFE	12		0	NC	4		32		
Vitamin B-12	mcg	0.34		0	RPI	6		0.91		
Vitamin A, IU	IU	1166		0	RPA	1		3089		
Vitamin A, RAE	mcg_RAE	314		0	RPI	6		833		
Retinol	mcg	314		0	RPI	6		832		
Vitamin E	mg_ATE	0.124		0	RPA	1		0.329		
Vitamin D	IU	36.794		0	RPI	6		97.504		
Lipids:										
Fatty acids, total saturated	g	1.998		0	RPA	1		5.295		
4:0	g	0.106		0	RPA	1		0.282		
6:0	g	0.063		0	RPA	1		0.167		
8:0	g	0.036		0	RPA	1		0.097		
10:0	g	0.083		0	RPA	1		0.219		
12:0	g	0.093		0	RPA	1		0.245		
13:0	g									
14:0	g	0.331		0	RPA	1		0.877		
15:0	g									
16:0	g	0.878		0	RPA	1		2.326		
17:0	g									
18:0	g	0.408		0	RPA	1		1.082		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.915		0	RPA	1		2.423		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.074		0	RPA	1		0.196		

NDB No. 14316

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.840		0	RPA	1		2.227		
20:1 ... g	0.000		0	RPA	1		0.000		
22:1 undifferentiated ... g	0.000		0	RPA	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.140		0	RPA	1		0.371		
18:2 undifferentiated ... g	0.090		0	RPA	1		0.238		
18:3 undifferentiated ... g	0.050		0	RPA	1		0.133		
18:4 ... g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1		0.000		
20:5 n-3 ... g	0.000		0	RPA	1		0.000		
22:5 n-3 ... g	0.000		0	RPA	1		0.000		
22:6 n-3 ... g	0.000		0	RPA	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0	RPI	6		34		
Phytosterols ... mg	0		0	RPA	1		0		
Amino Acids:									
Tryptophan ... g	0.042		0	RPA	1		0.112		
Threonine ... g	0.137		0	RPA	1		0.363		
Isoleucine ... g	0.183		0	RPA	1		0.485		
Leucine ... g	0.296		0	RPA	1		0.785		
Lysine ... g	0.240		0	RPA	1		0.636		
Methionine ... g	0.076		0	RPA	1		0.202		
Cystine ... g	0.028		0	RPA	1		0.073		
Phenylalanine ... g	0.146		0	RPA	1		0.388		
Tyrosine ... g	0.146		0	RPA	1		0.388		
Valine ... g	0.202		0	RPA	1		0.536		
Arginine ... g	0.109		0	RPA	1		0.290		
Histidine ... g	0.082		0	RPA	1		0.217		
Alanine ... g	0.104		0	RPA	1		0.275		
Aspartic acid ... g	0.230		0	RPA	1		0.610		
Glutamic acid ... g	0.634		0	RPA	1		1.679		
Glycine ... g	0.064		0	RPA	1		0.171		
Proline ... g	0.293		0	RPA	1		0.778		
Serine ... g	0.165		0	RPA	1		0.436		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0		
Caffeine ... mg	2		0	RPI	6		6		
Theobromine ... mg	28		0	RPI	6		73		

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

Common Measures:

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14311
Malted drink mix, natural, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00	0.134	6		1		0.42		
Energy	kcal	414		0	NC	4		87		
Energy	kj	1732				4		364		
Protein (N x 6)	g	11.20		7		1		2.35		
Total lipid (fat)	g	7.90		7		1		1.66		
Ash	g	3.20		7		1		0.67		
Carbohydrate, by difference	g	75.80		0	NC	4		15.92		
Fiber, total dietary	g	0.6		0		4		0.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	298		1		1		63		
Iron, Fe	mg	0.70		7		1		0.15		
Magnesium, Mg	mg	93		1		1		20		
Phosphorus, P	mg	358		1		1		75		
Potassium, K	mg	758		0		1		159		
Sodium, Na	mg	493		7		1		104		
Zinc, Zn	mg	0.99		1		1		0.21		
Copper, Cu	mg	0.200		1		1		0.042		
Manganese, Mn	mg	0.423		0		4		0.089		
Selenium, Se	mcg	10.7		0	FLA	4		2.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		7		1		0.6		
Thiamin	mg	0.505		7		1		0.106		
Riboflavin	mg	0.920		1		1		0.193		
Niacin	mg	5.246		7		1		1.102		
Pantothenic acid	mg	0.683		0		4		0.143		
Vitamin B-6	mg	0.410		7		1		0.086		
Folate, total	mcg	46		1		1		10		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	46		1		1		10		
Folate, DFE	mcg_DFE	46		0	NC	4		10		
Vitamin B-12	mcg	0.78		1		1		0.16		
Vitamin A, IU	IU	291		1		1		61		
Vitamin A, RAE	mcg_RAE	81		0	FLM	4		17		
Retinol	mcg	80		0	FLM	4		17		
Vitamin E	mg_ATE	0.400		0		4		0.084		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.199		0		1		0.882		
4:0	g	0.201		0		1		0.042		
6:0	g	0.120		0		1		0.025		
8:0	g	0.069		0		1		0.014		
10:0	g	0.157		0		1		0.033		
12:0	g	0.176		0		1		0.037		
13:0	g									
14:0	g	0.631		0		1		0.133		
15:0	g									
16:0	g	1.910		0		1		0.401		
17:0	g									
18:0	g	0.769		0		1		0.161		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.044		0		1		0.429		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.146		0		1		0.031		

NDB No. 14311
Malted drink mix, natural, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.803		0		1		0.379		
20:1 ... g	0.000		0		7		0.000		
22:1 undifferentiated ... g	0.000		0		7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.207		0		1		0.253		
18:2 undifferentiated ... g	1.007		0		1		0.211		
18:3 undifferentiated ... g	0.200		0		1		0.042		
18:4 ... g	0.000		0		7		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000		
20:5 n-3 ... g	0.000		0		7		0.000		
22:5 n-3 ... g	0.000		0		7		0.000		
22:6 n-3 ... g	0.000		0		7		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	20		0		4		4		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.125		0		1		0.026		
Threonine ... g	0.298		0		1		0.063		
Isoleucine ... g	0.348		0		1		0.073		
Leucine ... g	0.667		0		1		0.140		
Lysine ... g	0.317		0		1		0.067		
Methionine ... g	0.160		0		1		0.034		
Cystine ... g	0.233		0		1		0.049		
Phenylalanine ... g	0.391		0		1		0.082		
Tyrosine ... g	0.322		0		1		0.068		
Valine ... g	0.397		0		1		0.083		
Arginine ... g	0.430		0		1		0.090		
Histidine ... g	0.233		0		1		0.049		
Alanine ... g	0.410		0		1		0.086		
Aspartic acid ... g	0.901		0		1		0.189		
Glutamic acid ... g	2.488		0		1		0.522		
Glycine ... g	0.251		0		1		0.053		
Proline ... g	1.151		0		1		0.242		
Serine ... g	0.646		0		1		0.136		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	z	7		0		
Theobromine ... mg	0		0	z	7		0		

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

Common Measures:

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

Calories Factors: **Protein** 3.4 **Fat** 8.5 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14312
Malted drink mix, natural, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.10		0	RPA	1		214.91		
Energy	kcal	90		0	RPI	6		240		
Energy	kj	375		0	RPI	6		995		
Protein	g	3.92		0	RPA	1		10.40		
Total lipid (fat)	g	3.71		0	RPA	1		9.82		
Ash	g	0.92		0	RPA	1		2.43		
Carbohydrate, by difference	g	10.36		0	RPI	6		27.46		
Fiber, total dietary	g	0.0		0	RPI	6		0.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	134		0	RPA	1		354		
Iron, Fe	mg	0.10		0	RPA	1		0.27		
Magnesium, Mg	mg	20		0	RPA	1		53		
Phosphorus, P	mg	115		0	RPA	1		304		
Potassium, K	mg	200		0	RPA	1		530		
Sodium, Na	mg	85		0	RPA	1		224		
Zinc, Zn	mg	0.43		0	RPA	1		1.14		
Copper, Cu	mg	0.025		0	RPA	1		0.067		
Manganese, Mn	mg	0.038		0	RPI	6		0.100		
Selenium, Se	mcg	2.7		0	RPI	6		7.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0	RPA	1		2.9		
Thiamin	mg	0.075		0	RPA	1		0.200		
Riboflavin	mg	0.223		0	RPA	1		0.590		
Niacin	mg	0.498		0	RPA	1		1.319		
Pantothenic acid	mg	0.344		0	RPI	6		0.910		
Vitamin B-6	mg	0.071		0	RPA	1		0.189		
Folate, total	mcg	8		0	RPA	1		22		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	8		0	RPA	1		22		
Folate, DFE	mcg_DFE	8		0	NC	4		22		
Vitamin B-12	mcg	0.39		0	RPA	1		1.04		
Vitamin A, IU	IU	139		0	RPA	1		369		
Vitamin A, RAE	mcg_RAE	5		0	RPI	6		13		
Retinol	mcg	4		0	RPI	6		11		
Vitamin E	mg_ATE	0.124		0	RPI	6		0.329		
Vitamin D	IU	36.794		0	RPI	6		97.504		
Lipids:										
Fatty acids, total saturated	g	2.169		0	RPA	1		5.749		
4:0	g	0.115		0	RPA	1		0.306		
6:0	g	0.068		0	RPA	1		0.181		
8:0	g	0.040		0	RPA	1		0.105		
10:0	g	0.090		0	RPA	1		0.238		
12:0	g	0.101		0	RPA	1		0.267		
13:0	g									
14:0	g	0.360		0	RPA	1		0.953		
15:0	g									
16:0	g	0.962		0	RPA	1		2.548		
17:0	g									
18:0	g	0.434		0	RPA	1		1.151		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.998		0	RPA	1		2.644		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.081		0	RPA	1		0.214		

NDB No. 14312
Malted drink mix, natural, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.917		0	RPA	1		2.431		
20:1 ... g	0.000		0	RPI	6		0.000		
22:1 undifferentiated ... g	0.000		0	RPI	6		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.211		0	RPA	1		0.559		
18:2 undifferentiated ... g	0.150		0	RPA	1		0.397		
18:3 undifferentiated ... g	0.061		0	RPA	1		0.162		
18:4 ... g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPI	6		0.000		
20:5 n-3 ... g	0.000		0	RPI	6		0.000		
22:5 n-3 ... g	0.000		0	RPI	6		0.000		
22:6 n-3 ... g	0.000		0	RPI	6		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	14		0	RPI	6		37		
Phytosterols ... mg	0		0	RPA	1		0		
Amino Acids:									
Tryptophan ... g	0.052		0	RPA	1		0.139		
Threonine ... g	0.161		0	RPA	1		0.426		
Isoleucine ... g	0.211		0	RPA	1		0.559		
Leucine ... g	0.350		0	RPA	1		0.927		
Lysine ... g	0.265		0	RPA	1		0.704		
Methionine ... g	0.089		0	RPA	1		0.236		
Cystine ... g	0.046		0	RPA	1		0.123		
Phenylalanine ... g	0.178		0	RPA	1		0.471		
Tyrosine ... g	0.172		0	RPA	1		0.456		
Valine ... g	0.234		0	RPA	1		0.621		
Arginine ... g	0.144		0	RPA	1		0.381		
Histidine ... g	0.101		0	RPA	1		0.266		
Alanine ... g	0.137		0	RPA	1		0.363		
Aspartic acid ... g	0.302		0	RPA	1		0.801		
Glutamic acid ... g	0.833		0	RPA	1		2.208		
Glycine ... g	0.085		0	RPA	1		0.224		
Proline ... g	0.386		0	RPA	1		1.022		
Serine ... g	0.216		0	RPA	1		0.574		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0		
Caffeine ... mg	0		0	RPI	6		0		
Theobromine ... mg	0		0	RPI	6		0		

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

Common Measures:

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14309
Malted drink mix, natural, with added nutrients, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.10		2		1		0.65		
Energy	kcal	383		0	NC	4		80		
Energy	kj	1602				4		337		
Protein (N x 6)	g	8.80		3		1		1.85		
Total lipid (fat)	g	2.80		3		1		0.59		
Ash	g	4.20		2		1		0.88		
Carbohydrate, by difference	g	81.20		0	NC	4		17.05		
Fiber, total dietary	g	0.6		0		4		0.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	376		1		1		79		
Iron, Fe	mg	16.60		3		1		3.49		
Magnesium, Mg	mg	66		1		1		14		
Phosphorus, P	mg	376		1		1		79		
Potassium, K	mg	969		1		1		203		
Sodium, Na	mg	406		3		1		85		
Zinc, Zn	mg	0.71		1		1		0.15		
Copper, Cu	mg	0.282		1		1		0.059		
Manganese, Mn	mg	0.423		1		1		0.089		
Selenium, Se	mcg	10.7		0	FLA	4		2.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	129.3		3		1		27.2		
Thiamin	mg	2.956		3		1		0.621		
Riboflavin	mg	3.574		1		1		0.751		
Niacin	mg	48.589		3		1		10.204		
Pantothenic acid	mg	0.683		0		4		0.143		
Vitamin B-6	mg	3.634		3		1		0.763		
Folate, total	mcg	46		0		4		10		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	46		0		4		10		
Folate, DFE	mcg_DFE	46		0	NC	4		10		
Vitamin B-12	mcg	0.78		0		4		0.16		
Vitamin A, IU	IU	10582		1		1		2222		
Vitamin A, RAE	mcg_RAE	3151		0	NC	4		662		
Retinol	mcg	3144		0	O	4		660		
Vitamin E	mg_ATE	0.400		0		4		0.084		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.483		0		1		0.311		
4:0	g	0.071		0		1		0.015		
6:0	g	0.042		0		1		0.009		
8:0	g	0.024		0		1		0.005		
10:0	g	0.056		0		1		0.012		
12:0	g	0.062		0		1		0.013		
13:0	g									
14:0	g	0.223		0		1		0.047		
15:0	g									
16:0	g	0.675		0		1		0.142		
17:0	g									
18:0	g	0.272		0		1		0.057		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.722		0		1		0.152		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.052		0		1		0.011		

NDB No. 14309
Malted drink mix, natural, with added nutrients, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.637		0		1		0.134		
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	0.426		0		1		0.089		
18:2 undifferentiated ... g	0.356		0		1		0.075		
18:3 undifferentiated ... g	0.071		0		1		0.015		
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		
22:5 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	20		0		4		4		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	z	7		0		
Theobromine ... mg	0		0	z	7		0		

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

Common Measures:

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

Calories Factors: **Protein** 3.4 **Fat** 8.5 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14310

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.19		0	RPA	1		215.14		
Energy	kcal	88		0	RPI	6		233		
Energy	kj	365		0	RPI	6		967		
Protein	g	3.73		0	RPA	1		9.89		
Total lipid (fat)	g	3.30		0	RPA	1		8.74		
Ash	g	1.00		0	RPA	1		2.65		
Carbohydrate, by difference	g	10.80		0	RPI	6		28.61		
Fiber, total dietary	g	0.0		0	RPI	6		0.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	140		0	RPA	1		371		
Iron, Fe	mg	1.38		0	RPA	1		3.65		
Magnesium, Mg	mg	18		0	RPA	1		47		
Phosphorus, P	mg	116		0	RPA	1		308		
Potassium, K	mg	217		0	RPA	1		575		
Sodium, Na	mg	78		0	RPA	1		206		
Zinc, Zn	mg	0.41		0	RPA	1		1.08		
Copper, Cu	mg	0.032		0	RPA	1		0.084		
Manganese, Mn	mg	0.038		0	RPA	1		0.100		
Selenium, Se	mcg	2.7		0	RPI	6		7.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.2		0	RPA	1		29.8		
Thiamin	mg	0.272		0	RPA	1		0.721		
Riboflavin	mg	0.435		0	RPA	1		1.154		
Niacin	mg	3.972		0	RPA	1		10.526		
Pantothenic acid	mg	0.344		0	RPI	6		0.910		
Vitamin B-6	mg	0.330		0	RPA	1		0.874		
Folate, total	mcg	8		0	RPI	6		22		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	8		0	RPI	6		22		
Folate, DFE	mcg_DFE	8		0	NC	4		22		
Vitamin B-12	mcg	0.39		0	RPI	6		1.04		
Vitamin A, IU	IU	964		0	RPA	1		2555		
Vitamin A, RAE	mcg_RAE	253		0	RPI	6		669		
Retinol	mcg	252		0	RPI	6		668		
Vitamin E	mg_ATE	0.124		0	RPI	6		0.329		
Vitamin D	IU	36.794		0	RPI	6		97.504		
Lipids:										
Fatty acids, total saturated	g	1.960		0	RPA	1		5.195		
4:0	g	0.105		0	RPA	1		0.278		
6:0	g	0.062		0	RPA	1		0.165		
8:0	g	0.036		0	RPA	1		0.095		
10:0	g	0.082		0	RPA	1		0.217		
12:0	g	0.091		0	RPA	1		0.242		
13:0	g									
14:0	g	0.327		0	RPA	1		0.866		
15:0	g									
16:0	g	0.863		0	RPA	1		2.286		
17:0	g									
18:0	g	0.394		0	RPA	1		1.045		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.897		0	RPA	1		2.377		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.073		0	RPA	1		0.194		

NDB No. 14310

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.824		0	RPA	1		2.183		
20:1 ... g	0.000		0	RPA	1		0.000		
22:1 undifferentiated ... g	0.000		0	RPA	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.148		0	RPA	1		0.393		
18:2 undifferentiated ... g	0.098		0	RPA	1		0.258		
18:3 undifferentiated ... g	0.051		0	RPA	1		0.135		
18:4 ... g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1		0.000		
20:5 n-3 ... g	0.000		0	RPA	1		0.000		
22:5 n-3 ... g	0.000		0	RPA	1		0.000		
22:6 n-3 ... g	0.000		0	RPA	1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	14		0	RPI	6		37		
Phytosterols ... mg	0		0	RPA	1		0		
Amino Acids:									
Tryptophan ... g	0.042		0	RPA	1		0.112		
Threonine ... g	0.137		0	RPA	1		0.363		
Isoleucine ... g	0.183		0	RPA	1		0.485		
Leucine ... g	0.296		0	RPA	1		0.785		
Lysine ... g	0.240		0	RPA	1		0.636		
Methionine ... g	0.076		0	RPA	1		0.202		
Cystine ... g	0.028		0	RPA	1		0.073		
Phenylalanine ... g	0.146		0	RPA	1		0.388		
Tyrosine ... g	0.146		0	RPA	1		0.388		
Valine ... g	0.202		0	RPA	1		0.536		
Arginine ... g	0.109		0	RPA	1		0.290		
Histidine ... g	0.082		0	RPA	1		0.217		
Alanine ... g	0.104		0	RPA	1		0.275		
Aspartic acid ... g	0.230		0	RPA	1		0.609		
Glutamic acid ... g	0.634		0	RPA	1		1.679		
Glycine ... g	0.064		0	RPA	1		0.171		
Proline ... g	0.293		0	RPA	1		0.778		
Serine ... g	0.165		0	RPA	1		0.436		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0		
Caffeine ... mg	0		0	RPI	6		0		
Theobromine ... mg	0		0	RPI	6		0		

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

Common Measures:

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14119
Mixed vegetable and fruit juice drink

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.50		0	FLC	4				
Energy	kcal	110		0	LC	8				
Energy	kj	460				8				
Protein	g	0.22		0	FLC	4				
Total lipid (fat)	g	0.06		0	FLC	4				
Ash	g	0.22		0	FLC	4				
Carbohydrate, by difference	g	28.00		0	LC	8				
Fiber, total dietary	g	0.3		0	FLC	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	FLC	4				
Iron, Fe	mg	0.13		0	FLC	4				
Magnesium, Mg	mg	4		0	FLC	4				
Phosphorus, P	mg	10		0	FLC	4				
Potassium, K	mg	180		0	LC	8				
Sodium, Na	mg	20		0	LC	8				
Zinc, Zn	mg	0.06		0	FLC	4				
Copper, Cu	mg	0.019		0	FLC	4				
Manganese, Mn	mg									
Selenium, Se	mcg	0.3		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	25.0		0	LC	8				
Thiamin	mg	0.019		0	FLC	4				
Riboflavin	mg	0.018		0	FLC	4				
Niacin	mg	0.097		0	FLC	4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.044		0	FLC	4				
Folate, total	mcg	1		0	FLC	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	1		0	FLC	4				
Folate, DFE	mcg_DFE	1		0	NC	4				
Vitamin B-12	mcg	0.00		0	FLC	4				
Vitamin A, IU	IU	2083		0	FLC	4				
Vitamin A, RAE	mcg_RAE	104		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E	mg_ATE	0.006		0	FLC	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.006		0	FLC	4				
4:0	g	0.000		0	FLC	4				
6:0	g	0.000		0	FLC	4				
8:0	g	0.000		0	FLC	4				
10:0	g	0.000		0	FLC	4				
12:0	g	0.000		0	FLC	4				
13:0	g									
14:0	g	0.000		0	FLC	4				
15:0	g									
16:0	g	0.005		0	FLC	4				
17:0	g									
18:0	g	0.000		0	FLC	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.003		0	FLC	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLC	4				

NDB No. 14119
Mixed vegetable and fruit juice drink

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.003		0	FLC	4				
20:1 ... g	0.000		0	FLC	4				
22:1 undifferentiated ... g	0.000		0	FLC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.020		0	FLC	4				
18:2 undifferentiated ... g	0.016		0	FLC	4				
18:3 undifferentiated ... g	0.004		0	FLC	4				
18:4 ... g	0.000		0	FLC	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4				
20:5 n-3 ... g	0.000		0	FLC	4				
22:5 n-3 ... g	0.000		0	FLC	4				
22:6 n-3 ... g	0.000		0	FLC	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLC	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14118

NABISCO, KNOX DRINKING GELATIN, Orange Flavor, with aspartame, low calorie, powder

Nabisco Brands, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00		1	A	1		0.66		
Energy	kcal	375		0	NC	4		41		
Energy	kj	1567				4		172		
Protein	g	67.20		1	A	1		7.39		
Total lipid (fat)	g	0.79		1	A	1		0.09		
Ash	g	1.10		1	A	1		0.12		
Carbohydrate, by difference	g	24.91		0	NC	4		2.74		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	67		0	MC	9		7		
Iron, Fe	mg	0.89		0	MC	9		0.10		
Magnesium, Mg	mg	16		0	MC	9		2		
Phosphorus, P	mg	42		0	MC	9		5		
Potassium, K	mg	13		0	MC	9		1		
Sodium, Na	mg	167		0	MC	9		18		
Zinc, Zn	mg	0.10		0	MC	9		0.01		
Copper, Cu	mg	1.550		0	MC	9		0.171		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	270.0		0	MC	9		29.7		
Thiamin	mg	0.010		0	MC	9		0.001		
Riboflavin	mg	0.160		0	MC	9		0.018		
Niacin	mg	0.060		0	MC	9		0.007		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.450		0	MC	9		0.050		
Fatty acids, total monounsaturated	g	0.300		0	MC	9		0.033		
Fatty acids, total polyunsaturated	g	0.040		0	MC	9		0.004		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 11.0g: 1 envelope

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14137
NESTLE, NESTEA Ice Tea, Lemon Flavor, ready-to-drink
Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.20		1	A	1		218.88		
Energy....kcal	37		0	NC	4		88		
Energy....kj	154				4		369		
Protein....g	0.00		1	A	1		0.00		
Total lipid (fat)....g	0.30		1	A	1		0.72		
Ash....g	0.00		1	A	1		0.00		
Carbohydrate, by difference....g	8.50		0	NC	4		20.40		
Fiber, total dietary....g	0.0		1	A	1		0.0		
Sugars, total....g	7.50		1	A	1		18.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	0		1	A	1		0		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.024		1	A	1		0.058		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.019		1	A	1		0.046		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.005		1	A	1		0.012		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g									
14:1....g	0.000		1	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.004		1	A	1		0.010		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.033		1	A	1		0.079		
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.012		1	A	1		0.029		
18:3 undifferentiated....g	0.002		1	A	1		0.005		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.001		1	A	1		0.001		
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

NDB No. 14137
NESTLE, NESTEA Ice Tea, Lemon Flavor, ready-to-drink

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

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

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14327
Orange and apricot juice drink, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.70		0		1		216.75	27.05	
Energy	kcal	51		0	NC	4		128	16	
Energy	kj	213				4		533	67	
Protein (N x 6.25)	g	0.30		0		1		0.75	0.09	
Total lipid (fat)	g	0.10		0		1		0.25	0.03	
Ash	g	0.20		1		1		0.50	0.06	
Carbohydrate, by difference	g	12.70		0	NC	4		31.75	3.96	
Fiber, total dietary	g	0.1		0		4		0.3	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		13	2	
Iron, Fe	mg	0.10		0		1		0.25	0.03	
Magnesium, Mg	mg	4		0		4		10	1	
Phosphorus, P	mg	8		0		1		20	2	
Potassium, K	mg	80		1		1		200	25	
Sodium, Na	mg	2		0		4		5	1	
Zinc, Zn	mg	0.05		0		4		0.13	0.02	
Copper, Cu	mg	0.035		0		4		0.088	0.011	
Manganese, Mn	mg	0.004		0		4		0.010	0.001	
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	20.0		1		1		50.0	6.2	
Thiamin	mg	0.020		0		1		0.050	0.006	
Riboflavin	mg	0.010		0		1		0.025	0.003	
Niacin	mg	0.200		0		1		0.500	0.062	
Pantothenic acid	mg	0.075		0		4		0.188	0.023	
Vitamin B-6	mg	0.028		0		4		0.070	0.009	
Folate, total	mcg	6		0		4		15	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		15	2	
Folate, DFE	mcg_DFE	6		0	NC	4		15	2	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	580		0		1		1450	181	
Vitamin A, RAE	mcg_RAE	29		0	NC	4		73	9	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.010		0		1		0.025	0.003	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.009		0		1		0.023	0.003	
17:0	g									
18:0	g	0.001		0		1		0.003	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.031		0		1		0.078	0.010	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14327
Orange and apricot juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.029		0		1		0.073	0.009	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.022		0		1		0.055	0.007	
18:2 undifferentiated ... g	0.019		0		1		0.048	0.006	
18:3 undifferentiated ... g	0.002		0		1		0.005	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	
22:5 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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.2g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14426
Orange drink, breakfast type, with juice and pulp, frozen concentrate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.20		1		1		21.49	258.11	
Energy	kcal	153		0	NC	4		56	667	
Energy	kj	640				4		232	2791	
Protein (N x 6.25)	g	0.40		1		1		0.15	1.74	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
Ash	g	1.40		1		1		0.51	6.10	
Carbohydrate, by difference	g	39.00		0	NC	4		14.16	170.04	
Fiber, total dietary	g	0.1		0		4		0.0	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	399		1		1		145	1740	
Iron, Fe	mg	0.26		1		1		0.09	1.13	
Magnesium, Mg	mg	34		1		1		12	148	
Phosphorus, P	mg	115		1		1		42	501	
Potassium, K	mg	465		1		1		169	2027	
Sodium, Na	mg	26		1		1		9	113	
Zinc, Zn	mg	0.12		1		1		0.04	0.52	
Copper, Cu	mg	0.320		1		1		0.116	1.395	
Manganese, Mn	mg	0.048		0		4		0.017	0.209	
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	189.7		1		1		68.9	827.1	
Thiamin	mg	0.363		1		1		0.132	1.583	
Riboflavin	mg	3.590		1		1		1.303	15.652	
Niacin	mg	0.870		1		1		0.316	3.793	
Pantothenic acid	mg	0.650		1		1		0.236	2.834	
Vitamin B-6	mg	0.244		1		1		0.089	1.064	
Folate, total	mcg	0		0	FLA	4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0	FLA	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	21		1		1		8	92	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	5	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.001	0.009	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.002		0		1		0.001	0.009	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.003		0		1		0.001	0.013	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14426
Orange drink, breakfast type, with juice and pulp, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.003		0		1		0.001	0.013	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.004		0		1		0.001	0.017	
18:2 undifferentiated ... g	0.003		0		1		0.001	0.013	
18:3 undifferentiated ... g	0.001		0		1		0.000	0.004	
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	
22:5 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	0.001		0		1		0.000	0.004	
Threonine ... g	0.004		0		1		0.001	0.017	
Isoleucine ... g	0.004		0		1		0.001	0.017	
Leucine ... g	0.007		0		1		0.003	0.031	
Lysine ... g	0.005		0		1		0.002	0.022	
Methionine ... g	0.002		0		1		0.001	0.009	
Cystine ... g	0.003		0		1		0.001	0.013	
Phenylalanine ... g	0.005		0		1		0.002	0.022	
Tyrosine ... g	0.002		0		1		0.001	0.009	
Valine ... g	0.006		0		1		0.002	0.026	
Arginine ... g	0.025		0		1		0.009	0.109	
Histidine ... g	0.002		0		1		0.001	0.009	
Alanine ... g	0.008		0		1		0.003	0.035	
Aspartic acid ... g	0.040		0		1		0.015	0.174	
Glutamic acid ... g	0.018		0		1		0.007	0.078	
Glycine ... g	0.005		0		1		0.002	0.022	
Proline ... g	0.023		0		1		0.008	0.100	
Serine ... g	0.007		0		1		0.003	0.031	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 36.3g: 1 fl oz

Measure 2 = 436g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14427

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.10		0		1		220.25	27.58	
Energy	kcal	45		0	NC	4		113	14	
Energy	kj	188				4		471	59	
Protein (N x 0)	g	0.10		0		1		0.25	0.03	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.40		0		1		1.00	0.13	
Carbohydrate, by difference	g	11.30		0	NC	4		28.25	3.54	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	117		0		1		293	37	
Iron, Fe	mg	0.08		0		1		0.20	0.03	
Magnesium, Mg	mg	11		0		1		28	3	
Phosphorus, P	mg	33		0		1		83	10	
Potassium, K	mg	135		0		1		338	42	
Sodium, Na	mg	10		0		1		25	3	
Zinc, Zn	mg	0.05		0		1		0.13	0.02	
Copper, Cu	mg	0.097		0		1		0.243	0.030	
Manganese, Mn	mg	0.014		0		4		0.035	0.004	
Selenium, Se	mcg	0.0		0	RP	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	55.1		0		1		137.8	17.2	
Thiamin	mg	0.106		0		1		0.265	0.033	
Riboflavin	mg	1.043		0		1		2.608	0.326	
Niacin	mg	0.253		0		1		0.633	0.079	
Pantothenic acid	mg	0.189		0		1		0.473	0.059	
Vitamin B-6	mg	0.071		0		1		0.178	0.022	
Folate, total	mcg	32		0		1		81	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	32		0		1		81	10	
Folate, DFE	mcg_DFE	32		0	NC	4		81	10	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	6		0		1		15	2	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.001		0		1		0.003	0.000	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.001		0		1		0.003	0.000	
17:0	g									
18:0	g									
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.003	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14427

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0		1		0.003	0.000	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.001		0		1		0.003	0.000	
18:2 undifferentiated ... g	0.001		0		1		0.003	0.000	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... 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									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.001		0		1		0.003	0.000	
Isoleucine ... g	0.001		0		1		0.003	0.000	
Leucine ... g	0.002		0		1		0.005	0.001	
Lysine ... g	0.002		0		1		0.005	0.001	
Methionine ... g	0.001		0		1		0.003	0.000	
Cystine ... g	0.001		0		1		0.003	0.000	
Phenylalanine ... g	0.002		0		1		0.005	0.001	
Tyrosine ... g	0.001		0		1		0.003	0.000	
Valine ... g	0.002		0		1		0.005	0.001	
Arginine ... g	0.007		0		1		0.018	0.002	
Histidine ... g	0.001		0		1		0.003	0.000	
Alanine ... g	0.002		0		1		0.005	0.001	
Aspartic acid ... g	0.012		0		1		0.030	0.004	
Glutamic acid ... g	0.005		0		1		0.013	0.002	
Glycine ... g	0.002		0		1		0.005	0.001	
Proline ... g	0.007		0		1		0.018	0.002	
Serine ... g	0.002		0		1		0.005	0.001	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14323
Orange drink, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.90		1		1		215.51	26.94	
Energy	kcal	51		0	NC	4		126	16	
Energy	kj	213				4		529	66	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash	g	0.20		1		1		0.50	0.06	
Carbohydrate, by difference	g	12.90		0	NC	4		31.99	4.00	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6	1.880	4		1		15	2	
Iron, Fe	mg	0.28		6		1		0.69	0.09	
Magnesium, Mg	mg	2	0.642	4		1		5	1	
Phosphorus, P	mg	1	0.104	4		1		2	0	
Potassium, K	mg	18		8		1		45	6	
Sodium, Na	mg	16		8		1		40	5	
Zinc, Zn	mg	0.09		5		1		0.22	0.03	
Copper, Cu	mg	0.003	0.002	4		1		0.007	0.001	
Manganese, Mn	mg	0.015	0.012	4		1		0.037	0.005	
Selenium, Se	mcg	0.0		1	A	1		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	34.1		5		1		84.6	10.6	
Thiamin	mg	0.006		0		1		0.015	0.002	
Riboflavin	mg	0.003		0		1		0.007	0.001	
Niacin	mg	0.031		0		1		0.077	0.010	
Pantothenic acid	mg	0.015		0		1		0.037	0.005	
Vitamin B-6	mg	0.009		0		1		0.022	0.003	
Folate, total	mcg	2		0		4		5	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		5	1	
Folate, DFE	mcg_DFE	2		0	NC	4		5	1	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	18		0		1		45	6	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.005	0.001	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.002		0		1		0.005	0.001	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.002		0		1		0.005	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14323
Orange drink, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.002		0		1		0.005	0.001	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.003		0		1		0.007	0.001	
18:2 undifferentiated ... g	0.002		0		1		0.005	0.001	
18:3 undifferentiated ... g	0.001		0		1		0.002	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	
22:5 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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

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

Measure 2 = 31.0g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14403
Orange-flavor drink, KRAFT, TANG Drink Mix
Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.30		0	MC	9		0.08	0.08	
Energy	kcal	366		0	MC	9		92	92	
Energy	kj	1531				9		383	383	
Protein	g	0.00		0	MC	9		0.00	0.00	
Total lipid (fat)	g	0.00		0	MC	9		0.00	0.00	
Ash	g	1.30		0	MC	9		0.33	0.33	
Carbohydrate, by difference (1)	g	98.40		0	NC	4		24.60	24.60	
Fiber, total dietary	g	0.3		0	MC	9		0.1	0.1	
Sugars, total	g	90.20		0	MC	9		22.55	22.55	
Starch	g									
Minerals:										
Calcium, Ca	mg	369		0	MC	9		92	92	
Iron, Fe	mg	0.07		0	MC	9		0.02	0.02	
Magnesium, Mg	mg	0		0	MC	9		0	0	
Phosphorus, P	mg	169		0	MC	9		42	42	
Potassium, K	mg	190		0	MC	9		48	48	
Sodium, Na	mg	8		0	MC	9		2	2	
Zinc, Zn	mg	0.04		0	MC	9		0.01	0.01	
Copper, Cu	mg	0.014		0	MC	9		0.004	0.004	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	240.0		0	MC	9		60.0	60.0	
Thiamin	mg	0.000		0	MC	9		0.000	0.000	
Riboflavin	mg	0.680		0	MC	9		0.170	0.170	
Niacin	mg	8.000		0	MC	9		2.000	2.000	
Pantothenic acid	mg	0.000		0	MC	9		0.000	0.000	
Vitamin B-6	mg	0.800		0	MC	9		0.200	0.200	
Folate, total	mcg	0		0	MC	9		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0	MC	9		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0	MC	9		0.00	0.00	
Vitamin A, IU	IU	2000		0	MC	9		500	500	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	8.050		0	MC	9		2.013	2.013	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000	0.000	
Fatty acids, total monounsaturated	g	0.000		0	MC	9		0.000	0.000	
Fatty acids, total polyunsaturated	g	0.000		0	MC	9		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0	0	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 25g: 2 tbsp

Measure 2 = 25g: 1 portion, amount of dry mix to make 8 fl oz prepared

Footnotes

1 Contains citric acid.

NDB No. 14403
Orange-flavor drink, KRAFT, TANG Drink Mix

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14404

Orange-flavor drink, KRAFT, TANG SUGAR FREE Low Calorie Drink Mix

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.80		0	MC	9		0.05		
Energy	kcal	217		0	MC	9		5		
Energy	kj	908				9		23		
Protein	g	3.60		0	MC	9		0.09		
Total lipid (fat)	g	0.00		0	MC	9		0.00		
Ash	g	8.70		0	MC	9		0.22		
Carbohydrate, by difference (1)	g	85.90		0	NC	4		2.15		
Fiber, total dietary	g	3.8		0	MC	9		0.1		
Sugars, total	g	2.60		0	MC	9		0.07		
Starch	g									
Minerals:										
Calcium, Ca	mg	1378		0	MC	9		34		
Iron, Fe	mg	0.07		0	MC	9		0.00		
Magnesium, Mg	mg	275		0	MC	9		7		
Phosphorus, P	mg	629		0	MC	9		16		
Potassium, K	mg	3132		0	MC	9		78		
Sodium, Na	mg	81		0	MC	9		2		
Zinc, Zn	mg	0.00		0	MC	9		0.00		
Copper, Cu	mg	0.003		0	MC	9		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2400.0		0	MC	9		60.0		
Thiamin	mg	0.000		0	MC	9		0.000		
Riboflavin	mg	6.800		0	MC	9		0.170		
Niacin	mg	80.000		0	MC	9		2.000		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	8.000		0	MC	9		0.200		
Folate, total	mcg	0		0	MC	9		0		
Folic acid	mcg	0		0	O	4		0		
Folate, food	mcg	0		0	MC	9		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	20000		0	MC	9		500		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	80.540		0	MC	9		2.014		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated	g	0.000		0	MC	9		0.000		
Fatty acids, total polyunsaturated	g	0.000		0	MC	9		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

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

Footnotes

1 Contains citric acid.

NDB No. 14404
Orange-flavor drink, KRAFT, TANG SUGAR FREE Low Calorie Drink Mix

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14409
Orange-flavor drink, breakfast type, low calorie, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.80		0	MC	9		0.05		
Energy	kcal	217		0	MC	9		5		
Energy	kj	908				9		23		
Protein	g	3.60		0	MC	9		0.09		
Total lipid (fat)	g	0.00		0	MC	9		0.00		
Ash	g	8.70		0	MC	9		0.22		
Carbohydrate, by difference	g	85.90		0	NC	4		2.15		
Fiber, total dietary	g	3.8		0	MC	9		0.1		
Sugars, total	g	2.60		0	MC	9		0.07		
Starch	g									
Minerals:										
Calcium, Ca	mg	1378		0	MC	9		34		
Iron, Fe	mg	0.07		0	MC	9		0.00		
Magnesium, Mg	mg	275		0	MC	9		7		
Phosphorus, P	mg	629		0	MC	9		16		
Potassium, K	mg	3132		0	MC	9		78		
Sodium, Na	mg	81		0	MC	9		2		
Zinc, Zn	mg	0.00		0	MC	9		0.00		
Copper, Cu	mg	0.003		0	MC	9		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	FLM	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2400.0		0	MC	9		60.0		
Thiamin	mg	0.000		0	MC	9		0.000		
Riboflavin	mg	6.800		0	MC	9		0.170		
Niacin	mg	80.000		0	MC	9		2.000		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	8.000		0	MC	9		0.200		
Folate, total	mcg	0		0	MC	9		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	MC	9		0		
Folate, DFE	mcg_DFE	0		0	Z	7		0		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	20000		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	6006		0	NC	4		150		
Retinol	mcg	6006		0	O	4		150		
Vitamin E	mg_ATE	80.540		0	MC	9		2.014		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.000		0	FLM	4		0.000		
15:0	g									
16:0	g	0.000		0	FLM	4		0.000		
17:0	g									
18:0	g	0.000		0	FLM	4		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	MC	9		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLM	4		0.000		

NDB No. 14409
Orange-flavor drink, breakfast type, low calorie, powder

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

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

Common Measures:

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14407
Orange-flavor drink, breakfast type, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.30		0	MC	9		0.08		
Energy	kcal	366		0	NC	4		95		
Energy	kj	1531				4		398		
Protein (N x 6.25)	g	0.00		0	MC	9		0.00		
Total lipid (fat)	g	0.00		0	MC	9		0.00		
Ash	g	1.30		0	MC	9		0.34		
Carbohydrate, by difference	g	91.50		0	NC	4		23.79		
Fiber, total dietary	g	0.3		0	MC	9		0.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	369		0	MC	9		96		
Iron, Fe	mg	0.07		0	MC	9		0.02		
Magnesium, Mg	mg	0		0	MC	9		0		
Phosphorus, P	mg	169		0	MC	9		44		
Potassium, K	mg	190		0	MC	9		49		
Sodium, Na	mg	8		0	MC	9		2		
Zinc, Zn	mg	0.04		0	MC	9		0.01		
Copper, Cu	mg	0.014		0	MC	9		0.004		
Manganese, Mn	mg	0.050		1		1		0.013		
Selenium, Se	mcg	0.6		0	BFSN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	240.0		0	MC	9		62.4		
Thiamin	mg	0.000		0	MC	9		0.000		
Riboflavin	mg	0.680		0	MC	9		0.177		
Niacin	mg	8.000		0	MC	9		2.080		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	0.800		0	MC	9		0.208		
Folate, total	mcg	0		0	MC	9		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	MC	9		0		
Folate, DFE	mcg_DFE	0		0	O	4		0		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	2000		0	MC	9		520		
Vitamin A, RAE	mcg_RAE	601		0	NC	4		156		
Retinol	mcg	601		0	NR	4		156		
Vitamin E	mg_ATE	8.050		0	MC	9		2.093		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		
4:0	g	0.000		0	MC	9		0.000		
6:0	g	0.000		0	MC	9		0.000		
8:0	g	0.000		0	MC	9		0.000		
10:0	g	0.000		0	MC	9		0.000		
12:0	g	0.000		0	MC	9		0.000		
13:0	g									
14:0	g	0.000		0	MC	9		0.000		
15:0	g									
16:0	g	0.000		0	MC	9		0.000		
17:0	g									
18:0	g	0.000		0	MC	9		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	MC	9		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	MC	9		0.000		

NDB No. 14407
Orange-flavor drink, breakfast type, powder

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.000		0	MC	9		0.000		
20:1	g	0.000		0	MC	9		0.000		
22:1 undifferentiated	g	0.000		0	MC	9		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.000		0	MC	9		0.000		
18:2 undifferentiated	g	0.000		0	MC	9		0.000		
18:3 undifferentiated	g	0.000		0	MC	9		0.000		
18:4	g	0.000		0	MC	9		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	MC	9		0.000		
20:5 n-3	g	0.000		0	MC	9		0.000		
22:5 n-3	g	0.000		0	MC	9		0.000		
22:6 n-3	g	0.000		0	MC	9		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 26g: 1 serving 2 tbsp

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14408
Orange-flavor drink, breakfast type, powder, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.17		0	RPI	6		236.23	29.55	
Energy	kcal	47		0	RPI	6		127	16	
Energy	kj	196		0	RPI	6		530	66	
Protein	g	0.00		0	RPI	6		0.00	0.00	
Total lipid (fat)	g	0.00		0	RPI	6		0.00	0.00	
Ash	g	0.25		0	RPI	6		0.69	0.09	
Carbohydrate, by difference	g	11.70		0	RPI	6		31.69	3.96	
Fiber, total dietary	g	0.0		0	RPI	6		0.1	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	49		0	RPI	6		133	17	
Iron, Fe	mg	0.02		0	RPI	6		0.05	0.01	
Magnesium, Mg	mg	1		0	RPI	6		2	0	
Phosphorus, P	mg	22		0	RPI	6		59	7	
Potassium, K	mg	24		0	RPI	6		66	8	
Sodium, Na	mg	4		0	RPI	6		10	1	
Zinc, Zn	mg	0.03		0	RPI	6		0.08	0.01	
Copper, Cu	mg	0.007		0	RPI	6		0.019	0.002	
Manganese, Mn	mg	0.007		0	RPA	1		0.020	0.002	
Selenium, Se	mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	30.7		0	RPI	6		83.1	10.4	
Thiamin	mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin	mg	0.087		0	RPI	6		0.236	0.029	
Niacin	mg	1.023		0	RPI	6		2.771	0.347	
Pantothenic acid	mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6	mg	0.102		0	RPI	6		0.277	0.035	
Folate, total	mcg	0		0	RPI	6		0	0	
Folic acid	mcg	0		0	RPI	6		0	0	
Folate, food	mcg	0		0	RPI	6		0	0	
Folate, DFE	mcg_DFE	0		0	RPI	6		0	0	
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, IU	IU	256		0	RPI	6		693	87	
Vitamin A, RAE	mcg_RAE	77		0	RPI	6		208	26	
Retinol	mcg	77		0	RPI	6		208	26	
Vitamin E	mg_ATE	1.029		0	RPI	6		2.788	0.349	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	RPI	6		0.000	0.000	
4:0	g	0.000		0	RPI	6		0.000	0.000	
6:0	g	0.000		0	RPI	6		0.000	0.000	
8:0	g	0.000		0	RPI	6		0.000	0.000	
10:0	g	0.000		0	RPI	6		0.000	0.000	
12:0	g	0.000		0	RPI	6		0.000	0.000	
13:0	g									
14:0	g	0.000		0	RPI	6		0.000	0.000	
15:0	g									
16:0	g	0.000		0	RPI	6		0.000	0.000	
17:0	g									
18:0	g	0.000		0	RPI	6		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0	RPI	6		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14408
Orange-flavor drink, breakfast type, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
20:1 g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
18:4 g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	RPI	6		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	RPI	6		0.0	0.0	
Caffeine mg	0		0	RPI	6		0	0	
Theobromine mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 271g: 1 cup (8 fl oz)

Measure 2 = 33.9g: 1 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14424
Orange-flavor drink, breakfast type, with pulp, frozen concentrate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.20		6		1		19.49	234.05	
Energy	kcal	172		0	NC	4		61	729	
Energy	kj	720				4		254	3051	
Protein (N x 6.25)	g	0.10		6		1		0.04	0.42	
Total lipid (fat)	g	0.50		6		1		0.18	2.12	
Ash	g	1.30		6		1		0.46	5.51	
Carbohydrate, by difference	g	42.90		0	NC	4		15.14	181.90	
Fiber, total dietary	g	0.2		0		4		0.1	0.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	110		1		1		39	466	
Iron, Fe	mg	0.26		1		1		0.09	1.10	
Magnesium, Mg	mg	2		1		1		1	8	
Phosphorus, P	mg	76		6		1		27	322	
Potassium, K	mg	435		6		1		154	1844	
Sodium, Na	mg	24		6		1		8	102	
Zinc, Zn	mg	0.06		1		1		0.02	0.25	
Copper, Cu	mg	0.116		0		4		0.041	0.492	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	243.1		1		1		85.8	1030.7	
Thiamin	mg	0.422		1		1		0.149	1.789	
Riboflavin	mg	0.133		1		1		0.047	0.564	
Niacin	mg	0.000		1		1		0.000	0.000	
Pantothenic acid	mg	0.025		1		1		0.009	0.106	
Vitamin B-6	mg	0.000		1		1		0.000	0.000	
Folate, total	mcg	80		0		4		28	339	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	80		0		4		28	339	
Folate, DFE	mcg_DFE	80		0	NC	4		28	339	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.078		0		1		0.028	0.331	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.001		0		1		0.000	0.004	
15:0	g									
16:0	g	0.051		0		1		0.018	0.216	
17:0	g									
18:0	g	0.026		0		1		0.009	0.110	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.226		0		1		0.080	0.958	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0		1		0.001	0.008	

NDB No. 14424
Orange-flavor drink, breakfast type, with pulp, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.223		0		1		0.079	0.946	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.197		0		1		0.070	0.835	
18:2 undifferentiated ... g	0.183		0		1		0.065	0.776	
18:3 undifferentiated ... g	0.014		0		1		0.005	0.059	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35.3g: 1 fl oz

Measure 2 = 424g: 1 can (12 fl oz)

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14425

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.20		0		1		216.26	27.03	
Energy	kcal	49		0	NC	4		122	15	
Energy	kj	205				4		508	64	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	0.20		0		1		0.50	0.06	
Ash	g	0.40		0		1		0.99	0.12	
Carbohydrate, by difference	g	12.20		0	NC	4		30.26	3.78	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	33		0		1		82	10	
Iron, Fe	mg	0.08		0		1		0.20	0.02	
Magnesium, Mg	mg	1		0		1		2	0	
Phosphorus, P	mg	22		0		1		55	7	
Potassium, K	mg	124		0		1		308	38	
Sodium, Na	mg	9		0		1		22	3	
Zinc, Zn	mg	0.04		0		1		0.10	0.01	
Copper, Cu	mg	0.037		0		4		0.092	0.011	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	0.0		0	RP	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	69.2		0		1		171.6	21.5	
Thiamin	mg	0.120		0		1		0.298	0.037	
Riboflavin	mg	0.038		0		1		0.094	0.012	
Niacin	mg	0.000		0		1		0.000	0.000	
Pantothenic acid	mg	0.007		0		1		0.017	0.002	
Vitamin B-6	mg	0.000		0		1		0.000	0.000	
Folate, total	mcg	23		0		4		57	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	23		0		4		57	7	
Folate, DFE	mcg_DFE	23		0	NC	4		57	7	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.022		0		1		0.055	0.007	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.014		0		1		0.035	0.004	
17:0	g									
18:0	g	0.007		0		1		0.017	0.002	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.064		0		1		0.159	0.020	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.002	0.000	

NDB No. 14425

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

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.064		0		1		0.159	0.020	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.056		0		1		0.139	0.017	
18:2 undifferentiated	g	0.052		0		1		0.129	0.016	
18:3 undifferentiated	g	0.004		0		1		0.010	0.001	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	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									

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

Common Measures:

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

Measure 2 = 31.0g: 1 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14334
Pineapple and grapefruit juice drink, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.90		7		1		219.75	27.51	
Energy	kcal	47		0	NC	4		118	15	
Energy	kj	197				4		492	62	
Protein (N x 6.25)	g	0.20		8		1		0.50	0.06	
Total lipid (fat)	g	0.10		7		1		0.25	0.03	
Ash	g	0.20		7		1		0.50	0.06	
Carbohydrate, by difference	g	11.60		0	NC	4		29.00	3.63	
Fiber, total dietary	g	0.1		0		4		0.3	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		8		1		18	2	
Iron, Fe	mg	0.31		7		1		0.78	0.10	
Magnesium, Mg	mg	6		8		1		15	2	
Phosphorus, P	mg	6		8		1		15	2	
Potassium, K	mg	61		8		1		153	19	
Sodium, Na	mg	14		5		1		35	4	
Zinc, Zn	mg	0.06		7		1		0.15	0.02	
Copper, Cu	mg	0.045		7		1		0.113	0.014	
Manganese, Mn	mg	0.413		0		1		1.033	0.129	
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	46.0		17		1		115.0	14.4	
Thiamin	mg	0.030	0.000	6		1		0.075	0.009	
Riboflavin	mg	0.016	0.002	6		1		0.040	0.005	
Niacin	mg	0.267	0.024	6		1		0.668	0.084	
Pantothenic acid	mg	0.053		0		1		0.133	0.017	
Vitamin B-6	mg	0.042		0		1		0.105	0.013	
Folate, total	mcg	11		0		1		26	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		26	3	
Folate, DFE	mcg_DFE	11		0	NC	4		26	3	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	35	2.887	6		1		88	11	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		4	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.006		0		1		0.015	0.002	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.005		0		1		0.013	0.002	
17:0	g									
18:0	g	0.002		0		1		0.005	0.001	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.010		0		1		0.025	0.003	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.003	0.000	

NDB No. 14334
Pineapple and grapefruit juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.009		0		1		0.023	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	0.028		0		1		0.070	0.009	
18:2 undifferentiated ... g	0.017		0		1		0.043	0.005	
18:3 undifferentiated ... g	0.011		0		1		0.028	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	
22:5 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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14341
Pineapple and orange juice drink, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.90	0.026	15		1		217.25	27.20	
Energy	kcal	50		0	NC	4		125	16	
Energy	kj	209				4		523	65	
Protein (N x 6.25)	g	1.30	0.000	15		1		3.25	0.41	
Total lipid (fat)	g	0.00	0.000	15		1		0.00	0.00	
Ash	g	0.10	0.000	22		1		0.25	0.03	
Carbohydrate, by difference	g	11.80		0	NC	4		29.50	3.69	
Fiber, total dietary	g	0.1		0		4		0.3	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5	0.248	15		1		13	2	
Iron, Fe	mg	0.27	0.023	15		1		0.68	0.08	
Magnesium, Mg	mg	6	0.153	15		1		15	2	
Phosphorus, P	mg	4	0.091	15		1		10	1	
Potassium, K	mg	46	1.540	22		1		115	14	
Sodium, Na	mg	3	0.163	15		1		8	1	
Zinc, Zn	mg	0.06	0.002	15		1		0.15	0.02	
Copper, Cu	mg	0.041	0.003	15		1		0.103	0.013	
Manganese, Mn	mg	0.361		0		1		0.903	0.113	
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	22.5	0.423	27		1		56.3	7.0	
Thiamin	mg	0.030	0.000	15		1		0.075	0.009	
Riboflavin	mg	0.019	0.000	15		1		0.048	0.006	
Niacin	mg	0.207	0.007	15		1		0.518	0.065	
Pantothenic acid	mg	0.057		0		1		0.143	0.018	
Vitamin B-6	mg	0.047		0		1		0.118	0.015	
Folate, total	mcg	11		0		1		27	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		27	3	
Folate, DFE	mcg_DFE	11		0	NC	4		27	3	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	531	13.197	15		1		1328	166	
Vitamin A, RAE	mcg_RAE	27		0	NC	4		66	8	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14341
Pineapple and orange juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14342
Rice beverage, RICE DREAM, canned
Imagine Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.77		2	A	1		217.49	27.16	
Energy	kcal	49		0	NC	4		120	15	
Energy	kj	205				4		502	63	
Protein (N x 5.95)	g	0.17		2	A	1		0.42	0.05	
Total lipid (fat)	g	0.81		2	A	1		1.98	0.25	
Ash	g	0.10		2	A	1		0.25	0.03	
Carbohydrate, by difference	g	10.14		0	NC	4		24.84	3.10	
Fiber, total dietary	g	0.0		2	A	1		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		2	A	1		20	2	
Iron, Fe	mg	0.08		2	A	1		0.20	0.02	
Magnesium, Mg	mg	4		2	A	1		10	1	
Phosphorus, P	mg	14		2	A	1		34	4	
Potassium, K	mg	28		2	A	1		69	9	
Sodium, Na	mg	35		2	A	1		86	11	
Zinc, Zn	mg	0.10		2	A	1		0.25	0.03	
Copper, Cu	mg	0.050		2	A	1		0.123	0.015	
Manganese, Mn	mg	0.050		2	A	1		0.123	0.015	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		2	A	1		1.2	0.2	
Thiamin	mg	0.031		2	A	1		0.076	0.009	
Riboflavin	mg	0.005		2	A	1		0.012	0.002	
Niacin	mg	0.779		2	A	1		1.909	0.238	
Pantothenic acid	mg	0.059		2	A	1		0.145	0.018	
Vitamin B-6	mg	0.018		2	A	1		0.044	0.006	
Folate, total	mcg	37		2	A	1		91	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	37		2	A	1		91	11	
Folate, DFE	mcg_DFE	37		0	NC	4		91	11	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	2		2	A	1		5	1	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.720		0	BFZN	4		1.764	0.220	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.068		2	A	1		0.167	0.021	
4:0	g	0.000		2	A	1		0.000	0.000	
6:0	g	0.000		2	A	1		0.000	0.000	
8:0	g	0.000		2	A	1		0.000	0.000	
10:0	g	0.000		2	A	1		0.000	0.000	
12:0	g	0.000		2	A	1		0.000	0.000	
13:0	g									
14:0	g	0.000		2	A	1		0.000	0.000	
15:0	g									
16:0	g	0.049		2	A	1		0.120	0.015	
17:0	g									
18:0	g	0.020		2	A	1		0.049	0.006	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.549		2	A	1		1.345	0.168	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		2	A	1		0.000	0.000	

NDB No. 14342
Rice beverage, RICE DREAM, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.549		2	A	1		1.345	0.168	
20:1 ... g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		2	A	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.126		2	A	1		0.309	0.039	
18:2 undifferentiated ... g	0.126		2	A	1		0.309	0.039	
18:3 undifferentiated ... g	0.000		2	A	1		0.000	0.000	
18:4 ... g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		2	A	1		0.000	0.000	
20:5 n-3 ... g	0.000		2	A	1		0.000	0.000	
22:5 n-3 ... g	0.000		2	A	1		0.000	0.000	
22:6 n-3 ... g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

Calories Factors: **Protein** 3.41 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14123

SNAPPLE, SNAPPLE Kiwi Strawberry Cocktail, ready-to-drink

Snapple Beverage Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.00		1	A	1				
Energy....kcal	48		0	NC	4				
Energy....kj	199				4				
Protein....g	0.10		1	A	1				
Total lipid (fat)....g	0.00		1	A	1				
Ash....g	0.10		1	A	1				
Carbohydrate, by difference....g	11.80		0	NC	4				
Fiber, total dietary....g									
Sugars, total....g	9.30		1	A	1				
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	3		1	A	1				
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									

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

Common Measures:

Calories Factors: **Protein** 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14346
Shake, fast food, chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.50		16		1		118.69	14.87	327.47
Energy	kcal	127		0	NC	4		211	26	582
Energy	kj	531				4		882	111	2434
Protein (N x 6.38)	g	3.40		11		1		5.64	0.71	15.57
Total lipid (fat)	g	3.70		14		1		6.14	0.77	16.95
Ash	g	0.90		10		1		1.49	0.19	4.12
Carbohydrate, by difference	g	20.50		0	NC	4		34.03	4.26	93.89
Fiber, total dietary	g	0.8		0		4		1.3	0.2	3.7
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		19		1		188	24	518
Iron, Fe	mg	0.31		15		1		0.51	0.06	1.42
Magnesium, Mg	mg	17		13		1		28	4	78
Phosphorus, P	mg	102		11		1		169	21	467
Potassium, K	mg	200		15		1		332	42	916
Sodium, Na	mg	97		20		1		161	20	444
Zinc, Zn	mg	0.41		18		1		0.68	0.09	1.88
Copper, Cu	mg	0.065		13		1		0.108	0.014	0.298
Manganese, Mn	mg	0.039		13		1		0.065	0.008	0.179
Selenium, Se	mcg	1.7	0.283	13	A	1		2.8	0.4	7.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		5		1		0.7	0.1	1.8
Thiamin	mg	0.058		5		1		0.096	0.012	0.266
Riboflavin	mg	0.245		5		1		0.407	0.051	1.122
Niacin	mg	0.161		5		1		0.267	0.033	0.737
Pantothenic acid	mg	0.390		3		1		0.647	0.081	1.786
Vitamin B-6	mg	0.050		3		1		0.083	0.010	0.229
Folate, total	mcg	4		3		1		6	1	16
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		3		1		6	1	16
Folate, DFE	mcg_DFE	4		0	NC	4		6	1	16
Vitamin B-12	mcg	0.34		3		1		0.56	0.07	1.56
Vitamin A, IU	IU	93		4		1		154	19	426
Vitamin A, RAE	mcg_RAE	22		0	NC	4		36	4	98
Retinol	mcg	20		0	NC	4		33	4	92
Vitamin E	mg_ATE	0.066		0		4		0.110	0.014	0.302
Vitamin D	IU	16.000		0	T	4		26.560	3.328	73.280
Lipids:										
Fatty acids, total saturated	g	2.313		0		1		3.840	0.481	10.594
4:0	g	0.121		0		1		0.201	0.025	0.554
6:0	g	0.073		0		1		0.121	0.015	0.334
8:0	g	0.043		0		1		0.071	0.009	0.197
10:0	g	0.094		0		1		0.156	0.020	0.431
12:0	g	0.103		0		1		0.171	0.021	0.472
13:0	g									
14:0	g	0.373		0		1		0.619	0.078	1.708
15:0	g									
16:0	g	0.978		0		1		1.623	0.203	4.479
17:0	g									
18:0	g	0.449		0		1		0.745	0.093	2.056
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.075		0		1		1.785	0.224	4.924
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.022		0		1		0.037	0.005	0.101

NDB No. 14346
Shake, fast food, chocolate

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.935		0		1		1.552	0.194	4.282
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	0.140		0		1		0.232	0.029	0.641
18:2 undifferentiated ... g	0.085		0		1		0.141	0.018	0.389
18:3 undifferentiated ... g	0.055		0		1		0.091	0.011	0.252
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
22:5 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		7		1		22	3	60
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.048		0		1		0.080	0.010	0.220
Threonine ... g	0.154		0		1		0.256	0.032	0.705
Isoleucine ... g	0.206		0		1		0.342	0.043	0.943
Leucine ... g	0.334		0		1		0.554	0.069	1.530
Lysine ... g	0.270		0		1		0.448	0.056	1.237
Methionine ... g	0.085		0		1		0.141	0.018	0.389
Cystine ... g	0.031		0		1		0.051	0.006	0.142
Phenylalanine ... g	0.164		0		1		0.272	0.034	0.751
Tyrosine ... g	0.164		0		1		0.272	0.034	0.751
Valine ... g	0.228		0		1		0.378	0.047	1.044
Arginine ... g	0.123		0		1		0.204	0.026	0.563
Histidine ... g	0.093		0		1		0.154	0.019	0.426
Alanine ... g	0.117		0		1		0.194	0.024	0.536
Aspartic acid ... g	0.257		0		1		0.427	0.053	1.177
Glutamic acid ... g	0.713		0		1		1.184	0.148	3.266
Glycine ... g	0.072		0		1		0.120	0.015	0.330
Proline ... g	0.329		0		1		0.546	0.068	1.507
Serine ... g	0.185		0		1		0.307	0.038	0.847
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	3		0	BFZN	4		5	1	14
Theobromine ... mg	62		0	BFZN	4		103	13	284

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

Common Measures:

Measure 1 = 166g: 1 cup (8 fl oz)

Measure 2 = 20.8g: 1 fl oz

Measure 3 = 458g: 1 large McDonald's shake (22 fl oz)

Calories Factors: **Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14428
Shake, fast food, strawberry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.10		6		1		209.70		
Energy	kcal	113		0	NC	4		320		
Energy	kj	473				4		1338		
Protein (N x 6.38)	g	3.40		3		1		9.62		
Total lipid (fat)	g	2.80		6		1		7.92		
Ash	g	0.90		3		1		2.55		
Carbohydrate, by difference	g	18.90		0	NC	4		53.49		
Fiber, total dietary	g	0.4		0	BFZN	4		1.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		3		1		320		
Iron, Fe	mg	0.11		3		1		0.31		
Magnesium, Mg	mg	13		3		1		37		
Phosphorus, P	mg	100		3		1		283		
Potassium, K	mg	182		3		1		515		
Sodium, Na	mg	83		3		1		235		
Zinc, Zn	mg	0.36		3		1		1.02		
Copper, Cu	mg	0.022		3		1		0.062		
Manganese, Mn	mg	0.015		3		1		0.042		
Selenium, Se	mcg	2.1		0	BFPN	4		5.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		3		1		2.3		
Thiamin	mg	0.045		3		1		0.127		
Riboflavin	mg	0.195		3		1		0.552		
Niacin	mg	0.175		3		1		0.495		
Pantothenic acid	mg	0.492		3		1		1.392		
Vitamin B-6	mg	0.044		3		1		0.125		
Folate, total	mcg	3		3		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	3		3		1		8		
Folate, DFE	mcg_DFE	3		0	NC	4		8		
Vitamin B-12	mcg	0.31		3		1		0.88		
Vitamin A, IU	IU	120		2		1		340		
Vitamin A, RAE	mcg_RAE	26		0	NC	4		75		
Retinol	mcg	26		0	O	4		75		
Vitamin E	mg_ATE									
Vitamin D	IU	8.000		0	T	4		22.640		
Lipids:										
Fatty acids, total saturated	g	1.734		0		4		4.907		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.701		0		4		1.984		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	0.063		0		4		0.178		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									

NDB No. 14428
Shake, fast food, strawberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	11		5		1		31		
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.047		0		1		0.133		
Threonine ....g	0.152		0		1		0.430		
Isoleucine ....g	0.204		0		1		0.577		
Leucine ....g	0.329		0		1		0.931		
Lysine ....g	0.266		0		1		0.753		
Methionine ....g	0.084		0		1		0.238		
Cystine ....g	0.031		0		1		0.088		
Phenylalanine ....g	0.162		0		1		0.458		
Tyrosine ....g	0.162		0		1		0.458		
Valine ....g	0.225		0		1		0.637		
Arginine ....g	0.121		0		1		0.342		
Histidine ....g	0.092		0		1		0.260		
Alanine ....g	0.116		0		1		0.328		
Aspartic acid ....g	0.254		0		1		0.719		
Glutamic acid ....g	0.703		0		1		1.989		
Glycine ....g	0.072		0		1		0.204		
Proline ....g	0.325		0		1		0.920		
Serine ....g	0.183		0		1		0.518		
Hydroxyproline ....g									

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

Common Measures:

Measure 1 = 283g: 10 fl oz

Calories Factors: **Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14347
Shake, fast food, vanilla

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.70		11		1		124.00	15.54	342.13
Energy	kcal	111		0	NC	4		184	23	508
Energy	kj	464				4		771	97	2127
Protein (N x 6.38)	g	3.50		6		1		5.81	0.73	16.03
Total lipid (fat)	g	3.00		9		1		4.98	0.62	13.74
Ash	g	0.90		6		1		1.49	0.19	4.12
Carbohydrate, by difference	g	17.90		0	NC	4		29.71	3.72	81.98
Fiber, total dietary	g	0.4		0		4		0.7	0.1	1.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	122		8		1		203	25	559
Iron, Fe	mg	0.09		8		1		0.15	0.02	0.41
Magnesium, Mg	mg	12		8		1		20	2	55
Phosphorus, P	mg	102		6		1		169	21	467
Potassium, K	mg	174		8		1		289	36	797
Sodium, Na	mg	82		8		1		136	17	376
Zinc, Zn	mg	0.36		8		1		0.60	0.07	1.65
Copper, Cu	mg	0.051		8		1		0.085	0.011	0.234
Manganese, Mn	mg	0.014		8		1		0.023	0.003	0.064
Selenium, Se	mcg	2.1		0	BFPN	4		3.5	0.4	9.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		3		1		1.3	0.2	3.7
Thiamin	mg	0.045		3		1		0.075	0.009	0.206
Riboflavin	mg	0.182		3		1		0.302	0.038	0.834
Niacin	mg	0.185		3		1		0.307	0.038	0.847
Pantothenic acid	mg	0.418		3		1		0.694	0.087	1.914
Vitamin B-6	mg	0.052		3		1		0.086	0.011	0.238
Folate, total	mcg	3		3		1		5	1	15
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		3		1		5	1	15
Folate, DFE	mcg_DFE	3		0	NC	4		5	1	15
Vitamin B-12	mcg	0.36		3		1		0.60	0.07	1.65
Vitamin A, IU	IU	130		2		1		216	27	595
Vitamin A, RAE	mcg_RAE	31		0	NC	4		51	6	140
Retinol	mcg	29		0	NC	4		48	6	133
Vitamin E	mg_ATE	0.059		0		4		0.098	0.012	0.270
Vitamin D	IU	8.000		0	T	4		13.280	1.664	36.640
Lipids:										
Fatty acids, total saturated	g	1.858		0		1		3.084	0.386	8.510
4:0	g	0.098		0		1		0.163	0.020	0.449
6:0	g	0.056		0		1		0.093	0.012	0.256
8:0	g	0.033		0		1		0.055	0.007	0.151
10:0	g	0.074		0		1		0.123	0.015	0.339
12:0	g	0.085		0		1		0.141	0.018	0.389
13:0	g									
14:0	g	0.300		0		1		0.498	0.062	1.374
15:0	g									
16:0	g	0.786		0		1		1.305	0.163	3.600
17:0	g									
18:0	g	0.362		0		1		0.601	0.075	1.658
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.862		0		1		1.431	0.179	3.948
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.067		0		1		0.111	0.014	0.307

NDB No. 14347
Shake, fast food, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.751		0		1		1.247	0.156	3.440
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	0.111		0		1		0.184	0.023	0.508
18:2 undifferentiated ... g	0.067		0		1		0.111	0.014	0.307
18:3 undifferentiated ... g	0.043		0		1		0.071	0.009	0.197
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
22:5 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		5		1		18	2	50
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.049		0		1		0.081	0.010	0.224
Threonine ... g	0.158		0		1		0.262	0.033	0.724
Isoleucine ... g	0.211		0		1		0.350	0.044	0.966
Leucine ... g	0.341		0		1		0.566	0.071	1.562
Lysine ... g	0.276		0		1		0.458	0.057	1.264
Methionine ... g	0.087		0		1		0.144	0.018	0.398
Cystine ... g	0.032		0		1		0.053	0.007	0.147
Phenylalanine ... g	0.168		0		1		0.279	0.035	0.769
Tyrosine ... g	0.168		0		1		0.279	0.035	0.769
Valine ... g	0.233		0		1		0.387	0.048	1.067
Arginine ... g	0.125		0		1		0.208	0.026	0.573
Histidine ... g	0.095		0		1		0.158	0.020	0.435
Alanine ... g	0.120		0		1		0.199	0.025	0.550
Aspartic acid ... g	0.263		0		1		0.437	0.055	1.205
Glutamic acid ... g	0.729		0		1		1.210	0.152	3.339
Glycine ... g	0.074		0		1		0.123	0.015	0.339
Proline ... g	0.336		0		1		0.558	0.070	1.539
Serine ... g	0.189		0		1		0.314	0.039	0.866
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 166g: 1 cup (8 fl oz)

Measure 2 = 20.8g: 1 fl oz

Measure 3 = 458g: 1 large McDonald's shake (22 fl oz)

Calories Factors: **Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14350
Strawberry-flavor beverage mix, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.40		8		1		0.09		
Energy	kcal	387		0	NC	4		85		
Energy	kj	1619				4		356		
Protein (N x 6.25)	g	0.10		8		1		0.02		
Total lipid (fat)	g	0.20		8		1		0.04		
Ash	g	0.20		8		1		0.04		
Carbohydrate, by difference	g	99.10		0	NC	4		21.80		
Fiber, total dietary	g	0.2		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0		
Iron, Fe	mg	0.44		7		1		0.10		
Magnesium, Mg	mg	0		0		4		0		
Phosphorus, P	mg	0		0		4		0		
Potassium, K	mg	3		0		4		1		
Sodium, Na	mg	38		7		1		8		
Zinc, Zn	mg	0.00		0		4		0.00		
Copper, Cu	mg	0.020		0		4		0.004		
Manganese, Mn	mg	0.000		0		4		0.000		
Selenium, Se	mcg	0.1		0	BFPN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		7		1		0.1		
Thiamin	mg	0.003		7		1		0.001		
Riboflavin	mg	0.110		2		1		0.024		
Niacin	mg	0.073		7		1		0.016		
Pantothenic acid	mg	0.000		0		4		0.000		
Vitamin B-6	mg	0.002	0.000	6		1		0.000		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.000		0		7		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.035		0		4		0.008		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.000		0		4		0.000		
15:0	g									
16:0	g	0.035		0		4		0.008		
17:0	g									
18:0	g	0.004		0		4		0.001		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.062		0		4		0.014		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000		

NDB No. 14350
Strawberry-flavor beverage mix, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.062		0		4		0.014		
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	0.098		0		4		0.022		
18:2 undifferentiated ... g	0.098		0		4		0.022		
18:3 undifferentiated ... g	0.000		0		4		0.000		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 ... g	0.000		0		4		0.000		
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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22g: 1 serving (2-3 heaping tsp)

Calories Factors: **Protein** 3.9 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14351
Strawberry-flavor beverage mix, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.90		0		1		215.19		
Energy	kcal	88		0	NC	4		234		
Energy	kj	368				4		979		
Protein	g	3.00		0		1		7.98		
Total lipid (fat)	g	3.10		0		1		8.25		
Ash	g	0.70		0		1		1.86		
Carbohydrate, by difference	g	12.30		0	NC	4		32.72		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	110		0		1		293		
Iron, Fe	mg	0.08		0		1		0.21		
Magnesium, Mg	mg	12		0		1		32		
Phosphorus, P	mg	86		0		1		229		
Potassium, K	mg	139		0		1		370		
Sodium, Na	mg	48		0		1		128		
Zinc, Zn	mg	0.35		0		1		0.93		
Copper, Cu	mg	0.009		0		1		0.024		
Manganese, Mn	mg	0.002		0		1		0.005		
Selenium, Se	mcg	1.8		0	RP	4		4.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		2.4		
Thiamin	mg	0.035		0		1		0.093		
Riboflavin	mg	0.158		0		1		0.420		
Niacin	mg	0.083		0		1		0.221		
Pantothenic acid	mg	0.288		0		1		0.766		
Vitamin B-6	mg	0.039		0		1		0.104		
Folate, total	mcg	5		0		1		12		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0		1		12		
Folate, DFE	mcg_DFE	5		0	NC	4		12		
Vitamin B-12	mcg	0.33		0		1		0.88		
Vitamin A, IU	IU	116		0		1		309		
Vitamin A, RAE	mcg_RAE	26		0	NC	4		69		
Retinol	mcg	26		0	O	4		69		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.910		0		1		5.081		
4:0	g	0.099		0		1		0.263		
6:0	g	0.059		0		1		0.157		
8:0	g	0.034		0		1		0.090		
10:0	g	0.077		0		1		0.205		
12:0	g	0.086		0		1		0.229		
13:0	g									
14:0	g	0.309		0		1		0.822		
15:0	g									
16:0	g	0.808		0		1		2.149		
17:0	g									
18:0	g	0.372		0		1		0.990		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.886		0		1		2.357		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.069		0		1		0.184		

NDB No. 14351
Strawberry-flavor beverage mix, powder, prepared with whole milk

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.772		0		1		2.054		
20:1	g	0.000		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.114		0		1		0.303		
18:2 undifferentiated	g	0.069		0		1		0.184		
18:3 undifferentiated	g	0.045		0		1		0.120		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
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	12		0		1		32		
Phytosterols	mg	0		0		1		0		
Amino Acids:										
Tryptophan	g	0.042		0		1		0.112		
Threonine	g	0.137		0		1		0.364		
Isoleucine	g	0.183		0		1		0.487		
Leucine	g	0.296		0		1		0.787		
Lysine	g	0.240		0		1		0.638		
Methionine	g	0.076		0		1		0.202		
Cystine	g	0.028		0		1		0.074		
Phenylalanine	g	0.146		0		1		0.388		
Tyrosine	g	0.146		0		1		0.388		
Valine	g	0.202		0		1		0.537		
Arginine	g	0.109		0		1		0.290		
Histidine	g	0.082		0		1		0.218		
Alanine	g	0.104		0		1		0.277		
Aspartic acid	g	0.230		0		1		0.612		
Glutamic acid	g	0.633		0		1		1.684		
Glycine	g	0.064		0		1		0.170		
Proline	g	0.293		0		1		0.779		
Serine	g	0.164		0		1		0.436		
Hydroxyproline	g									

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Common Measures:

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14133

TABASCO Tomato Cocktail, bloody mary mix, mild, ready-to-drink

McIlhenny Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.30		1	A	1				
Energy	kcal	23		0	NC	4				
Energy	kj	97				4				
Protein	g	0.90		1	A	1				
Total lipid (fat)	g	0.00		1	A	1				
Ash	g	1.90		1	A	1				
Carbohydrate, by difference	g	4.90		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g	2.60		1	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	0.72		1	A	1				
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	485		1	A	1				
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									

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

Common Measures:

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14139

TROPICANA TWISTER Orange Strawberry Banana Drink, frozen concentrate

Tropicana Products, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.30		1	A	1				
Energy	kcal	191		0	NC	4				
Energy	kj	799				4				
Protein	g	0.40		1	A	1				
Total lipid (fat)	g	0.40		1	A	1				
Ash	g	0.40		1	A	1				
Carbohydrate, by difference	g	46.50		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g	36.60		1	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	26		1	A	1				
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.4		1	A	1				
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									
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									

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

Common Measures:

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14544
Tea, brewed, prepared with distilled water

black tea
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.70		4		1		29.51	177.47	
Energy	kcal	1		0	NC	4		0	2	
Energy	kj	4				4		1	7	
Protein (N x 6.25)	g	0.00		14		1		0.00	0.00	
Total lipid (fat)	g	0.00		10		1		0.00	0.00	
Ash	g	0.00		6		1		0.00	0.00	
Carbohydrate, by difference	g	0.30		0	NC	4		0.09	0.53	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		1		0	0	
Iron, Fe	mg	0.01		0		1		0.00	0.02	
Magnesium, Mg	mg	1		0		1		0	2	
Phosphorus, P	mg	1		0		1		0	2	
Potassium, K	mg	21		0		1		6	37	
Sodium, Na	mg	0		0		1		0	0	
Zinc, Zn	mg	0.01		0		1		0.00	0.02	
Copper, Cu	mg	0.008		0		1		0.002	0.014	
Manganese, Mn	mg	0.219		0		4		0.065	0.390	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		1		1		0.000	0.000	
Riboflavin	mg	0.014		8		1		0.004	0.025	
Niacin	mg	0.000		1		1		0.000	0.000	
Pantothenic acid	mg	0.011		0		4		0.003	0.020	
Vitamin B-6	mg	0.000		1		1		0.000	0.000	
Folate, total	mcg	5	0.610	7		1		2	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5	0.610	7		1		2	9	
Folate, DFE	mcg_DFE	5		0	NC	4		2	9	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.001	0.004	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.001		0		1		0.000	0.002	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.000	0.002	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14544
Tea, brewed, prepared with distilled water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.004		0		1		0.001	0.007	
18:2 undifferentiated ... g	0.001		0		1		0.000	0.002	
18:3 undifferentiated ... g	0.003		0		1		0.001	0.005	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... 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									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.000		0		1		0.000	0.000	
Isoleucine ... g	0.000		0		1		0.000	0.000	
Leucine ... g	0.000		0		1		0.000	0.000	
Lysine ... g	0.000		0		1		0.000	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.000		0		1		0.000	0.000	
Tyrosine ... g	0.000		0		1		0.000	0.000	
Valine ... g	0.000		0		1		0.000	0.000	
Arginine ... g	0.000		0		1		0.000	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.000		0		1		0.000	0.000	
Aspartic acid ... g	0.000		0		1		0.000	0.000	
Glutamic acid ... g	0.000		0		1		0.000	0.000	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.000		0		1		0.000	0.000	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	20		41		1		6	36	
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14355
Tea, brewed, prepared with tap water

black tea
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.70		4		1		236.29	29.51	177.47
Energy	kcal	1		0	NC	4		2	0	2
Energy	kj	4				4		10	1	7
Protein (N x 6.25)	g	0.00		14		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		10		1		0.00	0.00	0.00
Ash	g	0.00		6		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.30		0	NC	4		0.71	0.09	0.53
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		2		1		0	0	0
Iron, Fe	mg	0.02		1		1		0.05	0.01	0.04
Magnesium, Mg	mg	3		2		1		7	1	5
Phosphorus, P	mg	1		2		1		2	0	2
Potassium, K	mg	37		2		1		88	11	66
Sodium, Na	mg	3		2		1		7	1	5
Zinc, Zn	mg	0.02		2		1		0.05	0.01	0.04
Copper, Cu	mg	0.010		2		1		0.024	0.003	0.018
Manganese, Mn	mg	0.219		0		4		0.519	0.065	0.390
Selenium, Se	mcg	0.0		2	A	1		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		1		1		0.000	0.000	0.000
Riboflavin	mg	0.014		8		1		0.033	0.004	0.025
Niacin	mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid	mg	0.011		0		4		0.026	0.003	0.020
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	5	0.610	7		1		12	2	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	5	0.610	7		1		12	2	9
Folate, DFE	mcg_DFE	5		0	NC	4		12	2	9
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.005	0.001	0.004
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.001		0		1		0.002	0.000	0.002
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.002	0.000	0.002
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14355
Tea, brewed, prepared with tap water

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:1	g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.004		0		1		0.009	0.001	0.007
18:2 undifferentiated	g	0.001		0		1		0.002	0.000	0.002
18:3 undifferentiated	g	0.003		0		1		0.007	0.001	0.005
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
22:5 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	0		0		1		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000		0		1		0.000	0.000	0.000
Threonine	g	0.000		0		1		0.000	0.000	0.000
Isoleucine	g	0.000		0		1		0.000	0.000	0.000
Leucine	g	0.000		0		1		0.000	0.000	0.000
Lysine	g	0.000		0		1		0.000	0.000	0.000
Methionine	g	0.000		0		1		0.000	0.000	0.000
Cystine	g	0.000		0		1		0.000	0.000	0.000
Phenylalanine	g	0.000		0		1		0.000	0.000	0.000
Tyrosine	g	0.000		0		1		0.000	0.000	0.000
Valine	g	0.000		0		1		0.000	0.000	0.000
Arginine	g	0.000		0		1		0.000	0.000	0.000
Histidine	g	0.000		0		1		0.000	0.000	0.000
Alanine	g	0.000		0		1		0.000	0.000	0.000
Aspartic acid	g	0.000		0		1		0.000	0.000	0.000
Glutamic acid	g	0.000		0		1		0.000	0.000	0.000
Glycine	g	0.000		0		1		0.000	0.000	0.000
Proline	g	0.000		0		1		0.000	0.000	0.000
Serine	g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	20		41		1		47	6	36
Theobromine	mg	2		0		1		5	1	4

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14352
Tea, brewed, prepared with tap water, decaffeinated

black tea
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.70		0	BFZN	4		236.29	29.51	177.47
Energy	kcal	1		0	BFZN	4		2	0	2
Energy	kj	4				4		10	1	7
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.30		0	BFZN	4		0.71	0.09	0.53
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.02		0	BFZN	4		0.05	0.01	0.04
Magnesium, Mg	mg	3		0	BFZN	4		7	1	5
Phosphorus, P	mg	1		0	BFZN	4		2	0	2
Potassium, K	mg	37		0	BFZN	4		88	11	66
Sodium, Na	mg	3		0	BFZN	4		7	1	5
Zinc, Zn	mg	0.02		0	BFZN	4		0.05	0.01	0.04
Copper, Cu	mg	0.010		0	BFZN	4		0.024	0.003	0.018
Manganese, Mn	mg	0.219		0	BFZN	4		0.519	0.065	0.390
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.014		0	BFZN	4		0.033	0.004	0.025
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.011		0	BFZN	4		0.026	0.003	0.020
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	5		0	BFZN	4		12	1	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	5		0	BFZN	4		12	1	9
Folate, DFE	mcg_DFE	5		0	NC	4		12	1	9
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0	BFZN	4		0.005	0.001	0.004
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.001		0	BFZN	4		0.002	0.000	0.002
17:0	g									
18:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0	BFZN	4		0.002	0.000	0.002
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 14352
Tea, brewed, prepared with tap water, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.004		0	BFZN	4		0.009	0.001	0.007
18:2 undifferentiated ... g	0.001		0	BFZN	4		0.002	0.000	0.002
18:3 undifferentiated ... g	0.003		0	BFZN	4		0.007	0.001	0.005
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine ... mg	1		0	BFZN	4		2	0	2
Theobromine ... mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14545
Tea, herb, chamomile, brewed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.70		21		1		236.29	29.51	177.47
Energy	kcal	1		0	NC	4		2	0	2
Energy	kj	4				4		10	1	7
Protein (N x 6.25)	g	0.00		28		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		28		1		0.00	0.00	0.00
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.20		0	NC	4		0.47	0.06	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	2		10		1		5	1	4
Iron, Fe	mg	0.08		3		1		0.19	0.02	0.14
Magnesium, Mg	mg	1		3		1		2	0	2
Phosphorus, P	mg	0		0		1		0	0	0
Potassium, K	mg	9		33		1		21	3	16
Sodium, Na	mg	1		32		1		2	0	2
Zinc, Zn	mg	0.04		32		1		0.09	0.01	0.07
Copper, Cu	mg	0.015		28		1		0.036	0.004	0.027
Manganese, Mn	mg	0.044		3		1		0.104	0.013	0.078
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.010		3		1		0.024	0.003	0.018
Riboflavin	mg	0.004		3		1		0.009	0.001	0.007
Niacin	mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid	mg	0.011		3		1		0.026	0.003	0.020
Vitamin B-6	mg	0.000		0		1		0.000	0.000	0.000
Folate, total	mcg	1		5		1		1	0	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		5		1		1	0	1
Folate, DFE	mcg_DFE	1		0	NC	4		1	0	1
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	20		0		1		47	6	36
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	0	2
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.080		0		4		0.190	0.024	0.142
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.005	0.001	0.004
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.002		0		1		0.005	0.001	0.004
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.002	0.000	0.002
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14545
Tea, herb, chamomile, brewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0		1		0.002	0.000	0.002
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.005		0		1		0.012	0.001	0.009
18:2 undifferentiated ... g	0.002		0		1		0.005	0.001	0.004
18:3 undifferentiated ... g	0.003		0		1		0.007	0.001	0.005
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
22:5 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	0		0		1		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		1		1		0	0	0
Theobromine ... mg									

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14381
Tea, herb, other than chamomile, brewed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.70		21		1		236.29	29.51	177.47
Energy	kcal	1		0	NC	4		2	0	2
Energy	kj	4				4		10	1	7
Protein (N x 6.25)	g	0.00		28		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		28		1		0.00	0.00	0.00
Ash	g	0.00		21		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.20		0	NC	4		0.47	0.06	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	2		10		1		5	1	4
Iron, Fe	mg	0.08		3		1		0.19	0.02	0.14
Magnesium, Mg	mg	1		3		1		2	0	2
Phosphorus, P	mg	0		0		1		0	0	0
Potassium, K	mg	9		33		1		21	3	16
Sodium, Na	mg	1		32		1		2	0	2
Zinc, Zn	mg	0.04		32		1		0.09	0.01	0.07
Copper, Cu	mg	0.015		28		1		0.036	0.004	0.027
Manganese, Mn	mg	0.044		3		1		0.104	0.013	0.078
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.010		3		1		0.024	0.003	0.018
Riboflavin	mg	0.004		3		1		0.009	0.001	0.007
Niacin	mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid	mg	0.011		3		1		0.026	0.003	0.020
Vitamin B-6	mg	0.000		0		1		0.000	0.000	0.000
Folate, total	mcg	1		5		1		1	0	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		5		1		1	0	1
Folate, DFE	mcg_DFE	1		0	NC	4		1	0	1
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.005	0.001	0.004
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.002		0		1		0.005	0.001	0.004
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.002	0.000	0.002
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14381
Tea, herb, other than chamomile, brewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0		1		0.002	0.000	0.002
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.005		0		1		0.012	0.001	0.009
18:2 undifferentiated ... g	0.002		0		1		0.005	0.001	0.004
18:3 undifferentiated ... g	0.003		0		1		0.007	0.001	0.005
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
22:5 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	0		0		1		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		1		1		0	0	0
Theobromine ... mg									

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14375

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		3		1		0.06	0.50	
Energy	kcal	332		0	NC	4		5	48	
Energy	kj	1389				4		22	200	
Protein (N x 6.25)	g	3.30		3		1		0.05	0.48	
Total lipid (fat)	g	0.60		1		1		0.01	0.09	
Ash	g	7.20		3		1		0.12	1.04	
Carbohydrate, by difference	g	81.40		0	NC	4		1.30	11.72	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		1		1		0	3	
Iron, Fe	mg	8.87		1		1		0.14	1.28	
Magnesium, Mg	mg	125		1		1		2	18	
Phosphorus, P	mg	140		1		1		2	20	
Potassium, K	mg	2550		3		1		41	367	
Sodium, Na	mg	1047		4		1		17	151	
Zinc, Zn	mg	0.89		1		1		0.01	0.13	
Copper, Cu	mg	0.120		1		1		0.002	0.017	
Manganese, Mn	mg	30.370		1		1		0.486	4.373	
Selenium, Se	mcg	3.4		0	BFZN	4		0.1	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	0.800		1		1		0.013	0.115	
Niacin	mg	3.880		1		1		0.062	0.559	
Pantothenic acid	mg	1.211		0		4		0.019	0.174	
Vitamin B-6	mg	0.240		0		4		0.004	0.035	
Folate, total	mcg	288		1		1		5	41	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	288		1		1		5	41	
Folate, DFE	mcg_DFE	288		0	NC	4		5	41	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.074		0		1		0.001	0.011	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.064		0		1		0.001	0.009	
17:0	g									
18:0	g	0.010		0		1		0.000	0.001	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.023		0		1		0.000	0.003	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.003		0		1		0.000	0.000	

NDB No. 14375

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.020		0		1		0.000	0.003	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.182		0		1		0.003	0.026	
18:2 undifferentiated ... g	0.060		0		1		0.001	0.009	
18:3 undifferentiated ... g	0.123		0		1		0.002	0.018	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... 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									
Amino Acids:									
Tryptophan ... g	0.032		0		1		0.001	0.005	
Threonine ... g	0.015		0		1		0.000	0.002	
Isoleucine ... g	0.011		0		1		0.000	0.002	
Leucine ... g	0.011		0		1		0.000	0.002	
Lysine ... g	0.013		0		1		0.000	0.002	
Methionine ... g	0.002		0		1		0.000	0.000	
Cystine ... g	0.017		0		1		0.000	0.002	
Phenylalanine ... g	0.011		0		1		0.000	0.002	
Tyrosine ... g	0.014		0		1		0.000	0.002	
Valine ... g	0.013		0		1		0.000	0.002	
Arginine ... g	0.018		0		1		0.000	0.003	
Histidine ... g	0.005		0		1		0.000	0.001	
Alanine ... g	0.019		0		1		0.000	0.003	
Aspartic acid ... g	0.096		0		1		0.002	0.014	
Glutamic acid ... g	0.175		0		1		0.003	0.025	
Glycine ... g	0.026		0		1		0.000	0.004	
Proline ... g	0.011		0		1		0.000	0.002	
Serine ... g	0.024		0		1		0.000	0.003	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	2240		1		1		36	323	
Theobromine ... mg									

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

Common Measures:

Measure 1 = 1.6g: 2 tsp

Measure 2 = 14.4g: 4 tbsp (1/4 cup)

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14356

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	BFZN	4		0.06	0.50	
Energy	kcal	332		0	NC	4		5	48	
Energy	kj	1389				4		22	200	
Protein (N x 6.25)	g	7.24		0		4		0.12	1.04	
Total lipid (fat)	g	0.60		0	BFZN	4		0.01	0.09	
Ash	g	7.20		0	BFZN	4		0.12	1.04	
Carbohydrate, by difference	g	81.30		0	NC	4		1.30	11.71	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0	BFZN	4		0	3	
Iron, Fe	mg	8.87		0	BFZN	4		0.14	1.28	
Magnesium, Mg	mg	125		0	BFZN	4		2	18	
Phosphorus, P	mg	140		0	BFZN	4		2	20	
Potassium, K	mg	2550		0	BFZN	4		41	367	
Sodium, Na	mg	1047		0	BFZN	4		17	151	
Zinc, Zn	mg	0.89		0	BFZN	4		0.01	0.13	
Copper, Cu	mg	0.120		0	BFZN	4		0.002	0.017	
Manganese, Mn	mg	30.370		0	BFZN	4		0.486	4.373	
Selenium, Se	mcg	3.4		0	BFZN	4		0.1	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin	mg	0.800		0	BFZN	4		0.013	0.115	
Niacin	mg	3.880		0	BFZN	4		0.062	0.559	
Pantothenic acid	mg	1.211		0	BFZN	4		0.019	0.174	
Vitamin B-6	mg	0.240		0	BFZN	4		0.004	0.035	
Folate, total	mcg	288		0	BFZN	4		5	41	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	288		0	BFZN	4		5	41	
Folate, DFE	mcg_DFE	288		0	NC	4		5	41	
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU	IU	0		0	BFZN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	Z	7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.074		0	BFZN	4		0.001	0.011	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.064		0	BFZN	4		0.001	0.009	
17:0	g									
18:0	g	0.010		0	BFZN	4		0.000	0.001	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.023		0	BFZN	4		0.000	0.003	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.003		0	BFZN	4		0.000	0.000	

NDB No. 14356

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.020		0	BFZN	4		0.000	0.003	
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	0.182		0	BFZN	4		0.003	0.026	
18:2 undifferentiated ... g	0.060		0	BFZN	4		0.001	0.009	
18:3 undifferentiated ... g	0.123		0	BFZN	4		0.002	0.018	
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	
22:5 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	BFZN	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	87		0	BFZN	4		1	13	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 1.6g: 2 tsp

Measure 2 = 14.4g: 4 tbsp (1/4 cup)

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14376

Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.30		0		1		235.34	29.39	470.68
Energy	kcal	2		0	NC	4		5	1	9
Energy	kj	8				4		20	2	40
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		1		0.00	0.00	0.00
Ash	g	0.10		0		1		0.24	0.03	0.47
Carbohydrate, by difference	g	0.50		0	NC	4		1.19	0.15	2.37
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		5	1	9
Iron, Fe	mg	0.06		0		1		0.14	0.02	0.28
Magnesium, Mg	mg	2		0		1		5	1	9
Phosphorus, P	mg	1		0		1		2	0	5
Potassium, K	mg	17		0		1		40	5	81
Sodium, Na	mg	10		0		1		24	3	47
Zinc, Zn	mg	0.03		0		1		0.07	0.01	0.14
Copper, Cu	mg	0.007		0		1		0.017	0.002	0.033
Manganese, Mn	mg	0.205		0		1		0.486	0.061	0.972
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	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	0.005		0		1		0.012	0.001	0.024
Niacin	mg	0.026		0		1		0.062	0.008	0.123
Pantothenic acid	mg	0.008		0		4		0.019	0.002	0.038
Vitamin B-6	mg	0.002		0		4		0.005	0.001	0.009
Folate, total	mcg	2		0		1		5	1	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		1		5	1	9
Folate, DFE	mcg_DFE	2		0	NC	4		5	1	9
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, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14376

Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.001		0		1		0.002	0.000	0.005
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated ... g	0.001		0		1		0.002	0.000	0.005
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
22:5 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	0		0		1		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	0.000
Threonine ... g	0.000		0		1		0.000	0.000	0.000
Isoleucine ... g	0.000		0		1		0.000	0.000	0.000
Leucine ... g	0.000		0		1		0.000	0.000	0.000
Lysine ... g	0.000		0		1		0.000	0.000	0.000
Methionine ... g	0.000		0		1		0.000	0.000	0.000
Cystine ... g	0.000		0		1		0.000	0.000	0.000
Phenylalanine ... g	0.000		0		1		0.000	0.000	0.000
Tyrosine ... g	0.000		0		1		0.000	0.000	0.000
Valine ... g	0.000		0		1		0.000	0.000	0.000
Arginine ... g	0.000		0		1		0.000	0.000	0.000
Histidine ... g	0.000		0		1		0.000	0.000	0.000
Alanine ... g	0.000		0		1		0.000	0.000	0.000
Aspartic acid ... g	0.001		0		1		0.002	0.000	0.005
Glutamic acid ... g	0.001		0		1		0.002	0.000	0.005
Glycine ... g	0.000		0		1		0.000	0.000	0.000
Proline ... g	0.000		0		1		0.000	0.000	0.000
Serine ... g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	15		0		1		36	4	71
Theobromine ... mg	1		0		4		2	0	5

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 474g: 1 bottle (10 fl oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14548

Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.30	0.048	4		1		0.55	0.07	
Energy	kcal	385		0	NC	4		701	89	
Energy	kj	1611				4		2932	370	
Protein (N x 6.25)	g	0.60		4		1		1.09	0.14	
Total lipid (fat)	g	0.30	0.070	4		1		0.55	0.07	
Ash	g	1.10	0.388	4		1		2.00	0.25	
Carbohydrate, by difference	g	97.60		0	NC	4		177.63	22.45	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.601	4		1		5	1	
Iron, Fe	mg	0.16	0.008	4		1		0.29	0.04	
Magnesium, Mg	mg	11	0.459	4		1		20	3	
Phosphorus, P	mg	14	0.396	4		1		25	3	
Potassium, K	mg	217	9.635	4		1		395	50	
Sodium, Na	mg	5		0		4		9	1	
Zinc, Zn	mg	0.10	0.004	4		1		0.18	0.02	
Copper, Cu	mg	0.025	0.003	4		1		0.046	0.006	
Manganese, Mn	mg	2.965	0.076	4		1		5.396	0.682	
Selenium, Se	mcg	0.7		0	BFZN	4		1.3	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	100.0		1		1		182.0	23.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	0.200	0.058	3		1		0.364	0.046	
Niacin	mg	0.407	0.009	3		1		0.741	0.094	
Pantothenic acid	mg	0.110		0		4		0.200	0.025	
Vitamin B-6	mg	0.022		0		4		0.040	0.005	
Folate, total	mcg	43		2		1		77	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	43		2		1		77	10	
Folate, DFE	mcg_DFE	43		0	NC	4		77	10	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.037		0		1		0.067	0.009	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.032		0		1		0.058	0.007	
17:0	g									
18:0	g	0.005		0		1		0.009	0.001	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.011		0		1		0.020	0.003	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.002	0.000	

NDB No. 14548

Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.010		0		1		0.018	0.002	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.091		0		1		0.166	0.021	
18:2 undifferentiated g	0.030		0		1		0.055	0.007	
18:3 undifferentiated g	0.061		0		1		0.111	0.014	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 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									
Amino Acids:									
Tryptophan g	0.005		0		1		0.009	0.001	
Threonine g	0.003		0		1		0.005	0.001	
Isoleucine g	0.003		0		1		0.005	0.001	
Leucine g	0.003		0		1		0.005	0.001	
Lysine g	0.003		0		1		0.005	0.001	
Methionine g	0.000		0		1		0.000	0.000	
Cystine g	0.003		0		1		0.005	0.001	
Phenylalanine g	0.001		0		1		0.002	0.000	
Tyrosine g	0.003		0		1		0.005	0.001	
Valine g	0.003		0		1		0.005	0.001	
Arginine g	0.003		0		1		0.005	0.001	
Histidine g	0.001		0		1		0.002	0.000	
Alanine g	0.004		0		1		0.007	0.001	
Aspartic acid g	0.017		0		1		0.031	0.004	
Glutamic acid g	0.031		0		1		0.056	0.007	
Glycine g	0.005		0		1		0.009	0.001	
Proline g	0.003		0		1		0.005	0.001	
Serine g	0.004		0		1		0.007	0.001	
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	124	19.934	6		1		226	29	
Theobromine mg									

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

Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14549

Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder, prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.20		0		1		236.21		
Energy	kcal	34		0	NC	4		88		
Energy	kj	142				4		368		
Protein (N x 0)	g	0.10		0		1		0.26		
Total lipid (fat)	g	0.00		0		1		0.00		
Ash	g	0.10		0		1		0.26		
Carbohydrate, by difference	g	8.50		0	NC	4		22.02		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		5		
Iron, Fe	mg	0.02		0		1		0.05		
Magnesium, Mg	mg	2		0		1		5		
Phosphorus, P	mg	1		0		1		3		
Potassium, K	mg	19		0		1		49		
Sodium, Na	mg	3		0		1		8		
Zinc, Zn	mg	0.03		0		1		0.08		
Copper, Cu	mg	0.008		0		1		0.021		
Manganese, Mn	mg	0.260		0		1		0.673		
Selenium, Se	mcg	0.1		0	BFZN	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.0		0		1		23.3		
Thiamin	mg	0.000		0		1		0.000		
Riboflavin	mg	0.018		0		1		0.047		
Niacin	mg	0.036		0		1		0.093		
Pantothenic acid	mg	0.010		0		4		0.026		
Vitamin B-6	mg	0.002		0		4		0.005		
Folate, total	mcg	4		0		1		10		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		0		1		10		
Folate, DFE	mcg_DFE	4		0	NC	4		10		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.003		0		1		0.008		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.003		0		1		0.008		
17:0	g									
18:0	g	0.000		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.003		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 14549

Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0		1		0.003		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.008		0		1		0.021		
18:2 undifferentiated ... g	0.003		0		1		0.008		
18:3 undifferentiated ... g	0.005		0		1		0.013		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000		
Threonine ... g	0.000		0		1		0.000		
Isoleucine ... g	0.000		0		1		0.000		
Leucine ... g	0.000		0		1		0.000		
Lysine ... g	0.000		0		1		0.000		
Methionine ... g	0.000		0		1		0.000		
Cystine ... g	0.000		0		1		0.000		
Phenylalanine ... g	0.000		0		1		0.000		
Tyrosine ... g	0.000		0		1		0.000		
Valine ... g	0.000		0		1		0.000		
Arginine ... g	0.000		0		1		0.000		
Histidine ... g	0.000		0		1		0.000		
Alanine ... g	0.000		0		1		0.000		
Aspartic acid ... g	0.001		0		1		0.003		
Glutamic acid ... g	0.002		0		1		0.005		
Glycine ... g	0.000		0		1		0.000		
Proline ... g	0.000		0		1		0.000		
Serine ... g	0.000		0		1		0.000		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	11		0		1		28		
Theobromine ... mg									

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

Common Measures:

Measure 1 = 259g: 1 cup (8 fl oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14370

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.30	0.048	4		1		0.55	0.07	
Energy	kcal	385		0	NC	4		701	89	
Energy	kj	1611				4		2932	370	
Protein (N x 6.25)	g	0.60		4		1		1.09	0.14	
Total lipid (fat)	g	0.30	0.070	4		1		0.55	0.07	
Ash	g	1.10	0.388	4		1		2.00	0.25	
Carbohydrate, by difference	g	97.60		0	NC	4		177.63	22.45	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.601	4		1		5	1	
Iron, Fe	mg	0.16	0.008	4		1		0.29	0.04	
Magnesium, Mg	mg	11	0.459	4		1		20	3	
Phosphorus, P	mg	14	0.396	4		1		25	3	
Potassium, K	mg	217	9.635	4		1		395	50	
Sodium, Na	mg	5		0		4		9	1	
Zinc, Zn	mg	0.10	0.004	4		1		0.18	0.02	
Copper, Cu	mg	0.025	0.003	4		1		0.046	0.006	
Manganese, Mn	mg	2.965	0.076	4		1		5.396	0.682	
Selenium, Se	mcg	0.7		0	FLA	4		1.3	0.2	
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	0.200	0.058	3		1		0.364	0.046	
Niacin	mg	0.407	0.009	3		1		0.741	0.094	
Pantothenic acid	mg	0.110		0		4		0.200	0.025	
Vitamin B-6	mg	0.022		0		4		0.040	0.005	
Folate, total	mcg	43		2		1		77	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	43		2		1		77	10	
Folate, DFE	mcg_DFE	43		0	NC	4		77	10	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.037		0		1		0.067	0.009	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.032		0		1		0.058	0.007	
17:0	g									
18:0	g	0.005		0		1		0.009	0.001	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.011		0		1		0.020	0.003	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.002	0.000	

NDB No. 14370

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.010		0		1		0.018	0.002	
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	0.091		0		1		0.166	0.021	
18:2 undifferentiated ... g	0.030		0		1		0.055	0.007	
18:3 undifferentiated ... g	0.061		0		1		0.111	0.014	
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	
22:5 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	0.005		0		1		0.009	0.001	
Threonine ... g	0.003		0		1		0.005	0.001	
Isoleucine ... g	0.003		0		1		0.005	0.001	
Leucine ... g	0.003		0		1		0.005	0.001	
Lysine ... g	0.003		0		1		0.005	0.001	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.003		0		1		0.005	0.001	
Phenylalanine ... g	0.001		0		1		0.002	0.000	
Tyrosine ... g	0.003		0		1		0.005	0.001	
Valine ... g	0.003		0		1		0.005	0.001	
Arginine ... g	0.003		0		1		0.005	0.001	
Histidine ... g	0.001		0		1		0.002	0.000	
Alanine ... g	0.004		0		1		0.007	0.001	
Aspartic acid ... g	0.017		0		1		0.031	0.004	
Glutamic acid ... g	0.031		0		1		0.056	0.007	
Glycine ... g	0.005		0		1		0.009	0.001	
Proline ... g	0.003		0		1		0.005	0.001	
Serine ... g	0.004		0		1		0.007	0.001	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	124	19.934	6		1		226	29	
Theobromine ... mg	8		0		4		15	2	

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

Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14357

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.30		0	BFZN	4		0.55	0.07	
Energy	kcal	385		0	BFZN	4		701	89	
Energy	kj	1611				4		2932	370	
Protein	g	0.60		0	BFZN	4		1.09	0.14	
Total lipid (fat)	g	0.30		0	BFZN	4		0.55	0.07	
Ash	g	1.10		0	BFZN	4		2.00	0.25	
Carbohydrate, by difference	g	97.60		0	BFZN	4		177.63	22.45	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		5	1	
Iron, Fe	mg	0.16		0	BFZN	4		0.29	0.04	
Magnesium, Mg	mg	11		0	BFZN	4		20	3	
Phosphorus, P	mg	14		0	BFZN	4		25	3	
Potassium, K	mg	217		0	BFZN	4		395	50	
Sodium, Na	mg	5		0	BFZN	4		9	1	
Zinc, Zn	mg	0.10		0	BFZN	4		0.18	0.02	
Copper, Cu	mg	0.025		0	BFZN	4		0.046	0.006	
Manganese, Mn	mg	2.965		0	BFZN	4		5.396	0.682	
Selenium, Se	mcg	0.7		0	BFZN	4		1.3	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin	mg	0.200		0	BFZN	4		0.364	0.046	
Niacin	mg	0.407		0	BFZN	4		0.741	0.094	
Pantothenic acid	mg	0.110		0	BFZN	4		0.200	0.025	
Vitamin B-6	mg	0.022		0	BFZN	4		0.040	0.005	
Folate, total	mcg	42		0	BFZN	4		76	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	42		0	BFZN	4		76	10	
Folate, DFE	mcg_DFE	42		0	NC	4		76	10	
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU	IU	0		0	BFZN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	BFZN	4		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.037		0	BFZN	4		0.067	0.009	
4:0	g	0.000		0	BFZN	4		0.000	0.000	
6:0	g	0.000		0	BFZN	4		0.000	0.000	
8:0	g	0.000		0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0	g	0.000		0	BFZN	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000	0.000	
15:0	g									
16:0	g	0.032		0	BFZN	4		0.058	0.007	
17:0	g									
18:0	g	0.005		0	BFZN	4		0.009	0.001	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.011		0	BFZN	4		0.020	0.003	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0	BFZN	4		0.002	0.000	

NDB No. 14357

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0	BFZN	4		0.002	0.000	
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.091		0	BFZN	4		0.166	0.021	
18:2 undifferentiated ... g	0.030		0	BFZN	4		0.055	0.007	
18:3 undifferentiated ... g	0.061		0	BFZN	4		0.111	0.014	
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.005		0	BFZN	4		0.009	0.001	
Threonine ... g	0.003		0	BFZN	4		0.005	0.001	
Isoleucine ... g	0.003		0	BFZN	4		0.005	0.001	
Leucine ... g	0.003		0	BFZN	4		0.005	0.001	
Lysine ... g	0.003		0	BFZN	4		0.005	0.001	
Methionine ... g	0.000		0	BFZN	4		0.000	0.000	
Cystine ... g	0.003		0	BFZN	4		0.005	0.001	
Phenylalanine ... g	0.001		0	BFZN	4		0.002	0.000	
Tyrosine ... g	0.003		0	BFZN	4		0.005	0.001	
Valine ... g	0.003		0	BFZN	4		0.005	0.001	
Arginine ... g	0.003		0	BFZN	4		0.005	0.001	
Histidine ... g	0.001		0	BFZN	4		0.002	0.000	
Alanine ... g	0.004		0	BFZN	4		0.007	0.001	
Aspartic acid ... g	0.017		0	BFZN	4		0.031	0.004	
Glutamic acid ... g	0.031		0	BFZN	4		0.056	0.007	
Glycine ... g	0.005		0	BFZN	4		0.009	0.001	
Proline ... g	0.003		0	BFZN	4		0.005	0.001	
Serine ... g	0.004		0	BFZN	4		0.007	0.001	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	5		0	BFZN	4		9	1	
Theobromine ... mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14371

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.20		0		1		236.21		
Energy	kcal	34		0	NC	4		88		
Energy	kj	142				4		368		
Protein (N x 0)	g	0.10		0		1		0.26		
Total lipid (fat)	g	0.00		0		1		0.00		
Ash	g	0.10		0		1		0.26		
Carbohydrate, by difference	g	8.50		0	NC	4		22.02		
Fiber, total dietary	g	0.0		0	RP	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		5		
Iron, Fe	mg	0.02		0		1		0.05		
Magnesium, Mg	mg	2		0		1		5		
Phosphorus, P	mg	1		0		1		3		
Potassium, K	mg	19		0		1		49		
Sodium, Na	mg	3		0		4		8		
Zinc, Zn	mg	0.03		0		1		0.08		
Copper, Cu	mg	0.008		0		1		0.021		
Manganese, Mn	mg	0.260		0		1		0.673		
Selenium, Se	mcg	0.1		0	RP	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.000		0		1		0.000		
Riboflavin	mg	0.018		0		1		0.047		
Niacin	mg	0.036		0		1		0.093		
Pantothenic acid	mg	0.010		0		4		0.026		
Vitamin B-6	mg	0.002		0		4		0.005		
Folate, total	mcg	4		0		1		10		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		0		1		10		
Folate, DFE	mcg_DFE	4		0	NC	4		10		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.003		0		1		0.008		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.003		0		1		0.008		
17:0	g									
18:0	g	0.000		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.001		0		1		0.003		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 14371

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0		1		0.003		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.008		0		1		0.021		
18:2 undifferentiated ... g	0.003		0		1		0.008		
18:3 undifferentiated ... g	0.005		0		1		0.013		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000		
Threonine ... g	0.000		0		1		0.000		
Isoleucine ... g	0.000		0		1		0.000		
Leucine ... g	0.000		0		1		0.000		
Lysine ... g	0.000		0		1		0.000		
Methionine ... g	0.000		0		1		0.000		
Cystine ... g	0.000		0		1		0.000		
Phenylalanine ... g	0.000		0		1		0.000		
Tyrosine ... g	0.000		0		1		0.000		
Valine ... g	0.000		0		1		0.000		
Arginine ... g	0.000		0		1		0.000		
Histidine ... g	0.000		0		1		0.000		
Alanine ... g	0.000		0		1		0.000		
Aspartic acid ... g	0.002		0		1		0.005		
Glutamic acid ... g	0.003		0		1		0.008		
Glycine ... g	0.000		0		1		0.000		
Proline ... g	0.000		0		1		0.000		
Serine ... g	0.000		0		1		0.000		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	11		0		1		28		
Theobromine ... mg									

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

Common Measures:

Measure 1 = 259g: 1 cup (8 fl oz)

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14368
Tea, instant, unsweetened, lemon-flavored, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.30		1		1		0.06	0.49	
Energy	kcal	297		0	NC	4		4	34	
Energy	kj	1243				4		17	140	
Protein (N x 6.25)	g	7.40		1		1		0.10	0.84	
Total lipid (fat)	g	0.40		1		1		0.01	0.05	
Ash	g	9.60		1		1		0.13	1.08	
Carbohydrate, by difference	g	75.10		0	NC	4		1.05	8.49	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		1		1		0	3	
Iron, Fe	mg	0.75		1		1		0.01	0.08	
Magnesium, Mg	mg	139		1		1		2	16	
Phosphorus, P	mg	107		1		1		1	12	
Potassium, K	mg	3453		1		1		48	390	
Sodium, Na	mg	517		1		1		7	58	
Zinc, Zn	mg	1.23		1		1		0.02	0.14	
Copper, Cu	mg	0.340		1		1		0.005	0.038	
Manganese, Mn	mg	30.670		1		1		0.429	3.466	
Selenium, Se	mcg	3.4		0	BFPN	4		0.0	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	1.250		1		1		0.018	0.141	
Niacin	mg	6.520		1		1		0.091	0.737	
Pantothenic acid	mg	1.908		0		4		0.027	0.216	
Vitamin B-6	mg	0.379		0		4		0.005	0.043	
Folate, total	mcg	54		0		4		1	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	54		0		4		1	6	
Folate, DFE	mcg_DFE	54		0	NC	4		1	6	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.050		0		1		0.001	0.006	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.043		0		1		0.001	0.005	
17:0	g									
18:0	g	0.007		0		1		0.000	0.001	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.015		0		1		0.000	0.002	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0		1		0.000	0.000	

NDB No. 14368
Tea, instant, unsweetened, lemon-flavored, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.013		0		1		0.000	0.001	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.122		0		1		0.002	0.014	
18:2 undifferentiated ... g	0.040		0		1		0.001	0.005	
18:3 undifferentiated ... g	0.082		0		1		0.001	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	
22:5 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	0.072		0		1		0.001	0.008	
Threonine ... g	0.033		0		1		0.000	0.004	
Isoleucine ... g	0.025		0		1		0.000	0.003	
Leucine ... g	0.025		0		1		0.000	0.003	
Lysine ... g	0.028		0		1		0.000	0.003	
Methionine ... g	0.004		0		1		0.000	0.000	
Cystine ... g	0.038		0		1		0.001	0.004	
Phenylalanine ... g	0.023		0		1		0.000	0.003	
Tyrosine ... g	0.032		0		1		0.000	0.004	
Valine ... g	0.030		0		1		0.000	0.003	
Arginine ... g	0.041		0		1		0.001	0.005	
Histidine ... g	0.011		0		1		0.000	0.001	
Alanine ... g	0.043		0		1		0.001	0.005	
Aspartic acid ... g	0.213		0		1		0.003	0.024	
Glutamic acid ... g	0.390		0		1		0.005	0.044	
Glycine ... g	0.058		0		1		0.001	0.007	
Proline ... g	0.025		0		1		0.000	0.003	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	1794		1		1		25	203	
Theobromine ... mg	121		0		4		2	14	

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

Common Measures:

Measure 1 = 1.4g: 1 tsp, rounded

Measure 2 = 11.3g: 2 tbsp, rounded

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14369
Tea, instant, unsweetened, lemon-flavored, powder, prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.40		0		1		236.57		
Energy	kcal	2		0	NC	4		5		
Energy	kj	8				4		20		
Protein (N x 0)	g	0.00		0		1		0.00		
Total lipid (fat)	g	0.00		0		1		0.00		
Ash	g	0.10		0		1		0.24		
Carbohydrate, by difference	g	0.40		0	NC	4		0.95		
Fiber, total dietary	g	0.0		0	RP	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		5		
Iron, Fe	mg	0.01		0		1		0.02		
Magnesium, Mg	mg	2		0		1		5		
Phosphorus, P	mg	1		0		1		2		
Potassium, K	mg	21		0		1		50		
Sodium, Na	mg	6		0		1		14		
Zinc, Zn	mg	0.03		0		1		0.07		
Copper, Cu	mg	0.008		0		1		0.019		
Manganese, Mn	mg	0.181		0		1		0.431		
Selenium, Se	mcg	0.0		0	BFPN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.000		0		1		0.000		
Riboflavin	mg	0.008		0		1		0.019		
Niacin	mg	0.038		0		1		0.090		
Pantothenic acid	mg	0.011		0		4		0.026		
Vitamin B-6	mg	0.002		0		4		0.005		
Folate, total	mcg	0		0		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		1		
Folate, DFE	mcg_DFE	0		0	NC	4		1		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.000		0		1		0.000		
17:0	g									
18:0	g	0.000		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 14369
Tea, instant, unsweetened, lemon-flavored, powder, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.001		0		1		0.002		
18:2 undifferentiated ... g	0.000		0		1		0.000		
18:3 undifferentiated ... g	0.001		0		1		0.002		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000		
Threonine ... g	0.000		0		1		0.000		
Isoleucine ... g	0.000		0		1		0.000		
Leucine ... g	0.000		0		1		0.000		
Lysine ... g	0.000		0		1		0.000		
Methionine ... g	0.000		0		1		0.000		
Cystine ... g	0.000		0		1		0.000		
Phenylalanine ... g	0.000		0		1		0.000		
Tyrosine ... g	0.000		0		1		0.000		
Valine ... g	0.000		0		1		0.000		
Arginine ... g	0.000		0		1		0.000		
Histidine ... g	0.000		0		1		0.000		
Alanine ... g	0.000		0		1		0.000		
Aspartic acid ... g	0.001		0		1		0.002		
Glutamic acid ... g	0.002		0		1		0.005		
Glycine ... g	0.000		0		1		0.000		
Proline ... g	0.000		0		1		0.000		
Serine ... g	0.000		0		1		0.000		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	11		0		1		26		
Theobromine ... mg									

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

Common Measures:

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

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14366
Tea, instant, unsweetened, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.30		7		1		0.04		
Energy	kcal	256		0	NC	4		2		
Energy	kj	1071				4		7		
Protein (N x 6.25)	g	11.70		7		1		0.08		
Total lipid (fat)	g	0.40		4		1		0.00		
Ash	g	17.10		13		1		0.12		
Carbohydrate, by difference	g	57.00		0	NC	4		0.40		
Fiber, total dietary	g	3.7		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	55		13		1		0		
Iron, Fe	mg	4.04		6		1		0.03		
Magnesium, Mg	mg	363		6		1		3		
Phosphorus, P	mg	442		6		1		3		
Potassium, K	mg	6596		14		1		46		
Sodium, Na	mg	130		13		1		1		
Zinc, Zn	mg	3.20		6		1		0.02		
Copper, Cu	mg	0.801		6		1		0.006		
Manganese, Mn	mg	74.042		6		1		0.518		
Selenium, Se	mcg	5.3	0.318	3	A	1		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.054		4		1		0.000		
Riboflavin	mg	0.693	0.051	3		1		0.005		
Niacin	mg	12.562		4		1		0.088		
Pantothenic acid	mg	3.670	0.416	3		1		0.026		
Vitamin B-6	mg	0.728	0.139	3		1		0.005		
Folate, total	mcg	103		5		1		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	103		5		1		1		
Folate, DFE	mcg_DFE	103		0	NC	4		1		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.000		0		7		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.050		0		1		0.000		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.043		0		1		0.000		
17:0	g									
18:0	g	0.007		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.015		0		1		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0		1		0.000		

NDB No. 14366
Tea, instant, unsweetened, powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.013		0		1		0.000		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.122		0		1		0.001		
18:2 undifferentiated ... g	0.040		0		1		0.000		
18:3 undifferentiated ... g	0.082		0		1		0.001		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 ... g	0.000		0		1		0.000		
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	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.112		0		1		0.001		
Threonine ... g	0.052		0		1		0.000		
Isoleucine ... g	0.039		0		1		0.000		
Leucine ... g	0.039		0		1		0.000		
Lysine ... g	0.045		0		1		0.000		
Methionine ... g	0.006		0		1		0.000		
Cystine ... g	0.060		0		1		0.000		
Phenylalanine ... g	0.037		0		1		0.000		
Tyrosine ... g	0.051		0		1		0.000		
Valine ... g	0.047		0		1		0.000		
Arginine ... g	0.064		0		1		0.000		
Histidine ... g	0.017		0		1		0.000		
Alanine ... g	0.067		0		1		0.000		
Aspartic acid ... g	0.337		0		1		0.002		
Glutamic acid ... g	0.618		0		1		0.004		
Glycine ... g	0.092		0		1		0.001		
Proline ... g	0.039		0		1		0.000		
Serine ... g	0.086		0		1		0.001		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	4352		4		1		30		
Theobromine ... mg	293		0		1		2		

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

Common Measures:

Measure 1 = 0.7g: 1 tsp

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14353
Tea, instant, unsweetened, powder, decaffeinated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.30		0	BFZN	4		0.04		
Energy	kcal	256		0	NC	4		2		
Energy	kj	1071				4		7		
Protein (N x 6.25)	g	19.80		0		4		0.14		
Total lipid (fat)	g	0.40		0	BFZN	4		0.00		
Ash	g	17.10		0	BFZN	4		0.12		
Carbohydrate, by difference	g	57.10		0	NC	4		0.40		
Fiber, total dietary	g	3.7		0	BFZN	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	55		0	BFZN	4		0		
Iron, Fe	mg	4.04		0	BFZN	4		0.03		
Magnesium, Mg	mg	363		0	BFZN	4		3		
Phosphorus, P	mg	442		0	BFZN	4		3		
Potassium, K	mg	6596		0	BFZN	4		46		
Sodium, Na	mg	130		0	BFZN	4		1		
Zinc, Zn	mg	3.20		0	BFZN	4		0.02		
Copper, Cu	mg	0.801		0	BFZN	4		0.006		
Manganese, Mn	mg	74.042		0	BFZN	4		0.518		
Selenium, Se	mcg	5.3		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0		
Thiamin	mg	0.054		0	BFZN	4		0.000		
Riboflavin	mg	0.693		0	BFZN	4		0.005		
Niacin	mg	12.562		0	BFZN	4		0.088		
Pantothenic acid	mg	3.670		0	BFZN	4		0.026		
Vitamin B-6	mg	0.728		0	BFZN	4		0.005		
Folate, total	mcg	103		0	BFZN	4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	103		0	BFZN	4		1		
Folate, DFE	mcg_DFE	103		0	NC	4		1		
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00		
Vitamin A, IU	IU	0		0	BFZN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.000		0	BFZN	4		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.050		0	BFZN	4		0.000		
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		
10:0	g	0.000		0	BFZN	4		0.000		
12:0	g	0.000		0	BFZN	4		0.000		
13:0	g									
14:0	g	0.000		0	BFZN	4		0.000		
15:0	g									
16:0	g	0.043		0	BFZN	4		0.000		
17:0	g									
18:0	g	0.007		0	BFZN	4		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.015		0	BFZN	4		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0	BFZN	4		0.000		

NDB No. 14353
Tea, instant, unsweetened, powder, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.013		0	BFZN	4		0.000		
20:1 ... g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.122		0	BFZN	4		0.001		
18:2 undifferentiated ... g	0.040		0	BFZN	4		0.000		
18:3 undifferentiated ... g	0.082		0	BFZN	4		0.001		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:5 n-3 ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 ... g	0.000		0	BFZN	4		0.000		
22:6 n-3 ... g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	169		0	BFZN	4		1		
Theobromine ... mg	11		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 0.7g: 1 tsp

Calories Factors: **Protein** 2.44 **Fat** 3.348 **Carbohydrate** 3.57

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14367
Tea, instant, unsweetened, powder, prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.70		0		1		236.29	29.51	177.47
Energy	kcal	1		0	NC	4		2	0	2
Energy	kj	4				4		10	1	7
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		1		0.00	0.00	0.00
Ash	g	0.10		0		1		0.24	0.03	0.18
Carbohydrate, by difference	g	0.20		0	NC	4		0.47	0.06	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	2		0		1		5	1	4
Iron, Fe	mg	0.02		0		1		0.05	0.01	0.04
Magnesium, Mg	mg	2		0		1		5	1	4
Phosphorus, P	mg	1		0		1		2	0	2
Potassium, K	mg	20		0		1		47	6	36
Sodium, Na	mg	3		0		1		7	1	5
Zinc, Zn	mg	0.03		0		1		0.07	0.01	0.05
Copper, Cu	mg	0.008		0		1		0.019	0.002	0.014
Manganese, Mn	mg	0.219		0		1		0.519	0.065	0.390
Selenium, Se	mcg	0.0		0	BFPN	4		0.0	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	0.002		0		1		0.005	0.001	0.004
Niacin	mg	0.037		0		1		0.088	0.011	0.066
Pantothenic acid	mg	0.011		0		1		0.026	0.003	0.020
Vitamin B-6	mg	0.002		0		1		0.005	0.001	0.004
Folate, total	mcg	0		0		1		1	0	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		1		1	0	1
Folate, DFE	mcg_DFE	0		0	NC	4		1	0	1
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, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14367
Tea, instant, unsweetened, powder, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		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
22:5 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	0		0		1		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	0.000
Threonine ... g	0.000		0		1		0.000	0.000	0.000
Isoleucine ... g	0.000		0		1		0.000	0.000	0.000
Leucine ... g	0.000		0		1		0.000	0.000	0.000
Lysine ... g	0.000		0		1		0.000	0.000	0.000
Methionine ... g	0.000		0		1		0.000	0.000	0.000
Cystine ... g	0.000		0		1		0.000	0.000	0.000
Phenylalanine ... g	0.000		0		1		0.000	0.000	0.000
Tyrosine ... g	0.000		0		1		0.000	0.000	0.000
Valine ... g	0.000		0		1		0.000	0.000	0.000
Arginine ... g	0.000		0		1		0.000	0.000	0.000
Histidine ... g	0.000		0		1		0.000	0.000	0.000
Alanine ... g	0.000		0		1		0.000	0.000	0.000
Aspartic acid ... g	0.001		0		1		0.002	0.000	0.002
Glutamic acid ... g	0.002		0		1		0.005	0.001	0.004
Glycine ... g	0.000		0		1		0.000	0.000	0.000
Proline ... g	0.000		0		1		0.000	0.000	0.000
Serine ... g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	13		0		1		31	4	23
Theobromine ... mg									

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14382
Thirst quencher drink, bottled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.50		4		1		225.34	28.14	
Energy	kcal	25		0	NC	4		60	8	
Energy	kj	105				4		252	31	
Protein (N x 6.25)	g	0.00		5		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash	g	0.20		3		1		0.48	0.06	
Carbohydrate, by difference	g	6.30		0	NC	4		15.18	1.90	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	
Iron, Fe	mg	0.05		1		1		0.12	0.02	
Magnesium, Mg	mg	1		1		1		2	0	
Phosphorus, P	mg	9		3		1		22	3	
Potassium, K	mg	11		5		1		27	3	
Sodium, Na	mg	40		5		1		96	12	
Zinc, Zn	mg	0.02		1		1		0.05	0.01	
Copper, Cu	mg	0.020		1		1		0.048	0.006	
Manganese, Mn	mg	0.000		0		1		0.000	0.000	
Selenium, Se	mcg	0.3		1	A	1		0.7	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.005		1		1		0.012	0.002	
Riboflavin	mg	0.000		0		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		1		1		0.000	0.000	
Folate, total	mcg	0		1		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		7		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		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	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14382
Thirst quencher drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
22:5 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	0.000		0		1		0.000	0.000	
Threonine ... g	0.000		0		1		0.000	0.000	
Isoleucine ... g	0.000		0		1		0.000	0.000	
Leucine ... g	0.000		0		1		0.000	0.000	
Lysine ... g	0.000		0		1		0.000	0.000	
Methionine ... g	0.000		0		1		0.000	0.000	
Cystine ... g	0.000		0		1		0.000	0.000	
Phenylalanine ... g	0.000		0		1		0.000	0.000	
Tyrosine ... g	0.000		0		1		0.000	0.000	
Valine ... g	0.000		0		1		0.000	0.000	
Arginine ... g	0.000		0		1		0.000	0.000	
Histidine ... g	0.000		0		1		0.000	0.000	
Alanine ... g	0.000		0		1		0.000	0.000	
Aspartic acid ... g	0.000		0		1		0.000	0.000	
Glutamic acid ... g	0.000		0		1		0.000	0.000	
Glycine ... g	0.000		0		1		0.000	0.000	
Proline ... g	0.000		0		1		0.000	0.000	
Serine ... g	0.000		0		1		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14122

VERYFINE APPLE QUENCHERS Apple Raspberry Cherry Juice Cocktail, ready-to-drink

Veryfine Products, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.80		1	A	1				
Energy	kcal	52		0	NC	4				
Energy	kj	219				4				
Protein	g	0.10		1	A	1				
Total lipid (fat)	g	0.00		1	A	1				
Ash	g	0.10		1	A	1				
Carbohydrate, by difference	g	13.00		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g	10.00		1	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	5		1	A	1				
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	32.3		1	A	1				
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									
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									

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

Common Measures:

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14141

WELCH'S ORCHARD TROPICALS Passion Fruit Drink, frozen concentrate

Welch Foods, Inc.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.00		1	A	1				
Energy	kcal	198		0	NC	4				
Energy	kj	830				4				
Protein	g	0.30		1	A	1				
Total lipid (fat)	g	0.00		1	A	1				
Ash	g	0.40		1	A	1				
Carbohydrate, by difference	g	49.30		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g	38.40		1	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	44		1	A	1				
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.5		1	A	1				
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									
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									

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

Common Measures:

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14384
Water, bottled, PERRIER
The PERRIER Group of America

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.90		1		1		236.76	29.57	191.81
Energy	kcal	0		0	NC	4		0	0	0
Energy	kj	0				4		0	0	0
Protein (N x 6.25)	g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		4		0.00	0.00	0.00
Ash	g	0.10		1		1		0.24	0.03	0.19
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		41		1		33	4	27
Iron, Fe	mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg	mg	0	0.024	40		1		0	0	0
Phosphorus, P	mg	0		1		1		0	0	0
Potassium, K	mg	0		42		1		0	0	0
Sodium, Na	mg	1		44		1		2	0	2
Zinc, Zn	mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		1		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		1		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14384
Water, bottled, PERRIER

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
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									
Amino Acids:									
Tryptophan g	0.000		0		1		0.000	0.000	0.000
Threonine g	0.000		0		1		0.000	0.000	0.000
Isoleucine g	0.000		0		1		0.000	0.000	0.000
Leucine g	0.000		0		1		0.000	0.000	0.000
Lysine g	0.000		0		1		0.000	0.000	0.000
Methionine g	0.000		0		1		0.000	0.000	0.000
Cystine g	0.000		0		1		0.000	0.000	0.000
Phenylalanine g	0.000		0		1		0.000	0.000	0.000
Tyrosine g	0.000		0		1		0.000	0.000	0.000
Valine g	0.000		0		1		0.000	0.000	0.000
Arginine g	0.000		0		1		0.000	0.000	0.000
Histidine g	0.000		0		1		0.000	0.000	0.000
Alanine g	0.000		0		1		0.000	0.000	0.000
Aspartic acid g	0.000		0		1		0.000	0.000	0.000
Glutamic acid g	0.000		0		1		0.000	0.000	0.000
Glycine g	0.000		0		1		0.000	0.000	0.000
Proline g	0.000		0		1		0.000	0.000	0.000
Serine g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline g									

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 192g: 1 bottle (6.5 fl oz)

Footnotes

1 One fl oz = 29.57 g.

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14385
Water, bottled, POLAND SPRING
The PERRIER Group of America

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	100.00	0.002	3		1		237.00		
Energy	kcal	0		0	NC	4		0		
Energy	kj	0				4		0		
Protein (N x 6.25)	g	0.00		0		4		0.00		
Total lipid (fat)	g	0.00		0		4		0.00		
Ash	g	0.00		2		1		0.00		
Carbohydrate, by difference	g	0.00		0		1		0.00		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1		1		2		
Iron, Fe	mg	0.01		2		1		0.02		
Magnesium, Mg	mg	1		1		1		2		
Phosphorus, P	mg	0		0		4		0		
Potassium, K	mg	0		1		1		0		
Sodium, Na	mg	1		3		1		2		
Zinc, Zn	mg	0.00		0		4		0.00		
Copper, Cu	mg	0.000		0		4		0.000		
Manganese, Mn	mg	0.000		0		4		0.000		
Selenium, Se	mcg	0.0		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.000		0		4		0.000		
Riboflavin	mg	0.000		0		4		0.000		
Niacin	mg	0.000		0		4		0.000		
Pantothenic acid	mg	0.000		0		4		0.000		
Vitamin B-6	mg	0.000		0		4		0.000		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		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		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.000		0		1		0.000		
17:0	g									
18:0	g	0.000		0		1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 14385
Water, bottled, POLAND SPRING

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		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		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		
22:5 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	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000		
Threonine ... g	0.000		0		1		0.000		
Isoleucine ... g	0.000		0		1		0.000		
Leucine ... g	0.000		0		1		0.000		
Lysine ... g	0.000		0		1		0.000		
Methionine ... g	0.000		0		1		0.000		
Cystine ... g	0.000		0		1		0.000		
Phenylalanine ... g	0.000		0		1		0.000		
Tyrosine ... g	0.000		0		1		0.000		
Valine ... g	0.000		0		1		0.000		
Arginine ... g	0.000		0		1		0.000		
Histidine ... g	0.000		0		1		0.000		
Alanine ... g	0.000		0		1		0.000		
Aspartic acid ... g	0.000		0		1		0.000		
Glutamic acid ... g	0.000		0		1		0.000		
Glycine ... g	0.000		0		1		0.000		
Proline ... g	0.000		0		1		0.000		
Serine ... g	0.000		0		1		0.000		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Footnotes

1 One fl oz = 29.57 g.

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14429
Water, municipal

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.90		0		4		236.76	29.57	63.94
Energy	kcal	0		0		4		0	0	0
Energy	kj	0				4		0	0	0
Protein (N x 0)	g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		4		0.00	0.00	0.00
Ash	g	0.10		0		4		0.24	0.03	0.06
Carbohydrate, by difference	g	0.00		0		4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2	0.300	7		1		5	1	1
Iron, Fe	mg	0.01	0.005	4		1		0.02	0.00	0.01
Magnesium, Mg	mg	1	0.149	8		1		2	0	1
Phosphorus, P	mg	0	0.021	7		1		0	0	0
Potassium, K	mg	0	0.123	8		1		0	0	0
Sodium, Na	mg	3	0.910	8		1		7	1	2
Zinc, Zn	mg	0.03	0.019	4		1		0.07	0.01	0.02
Copper, Cu	mg	0.006	0.002	8		1		0.014	0.002	0.004
Manganese, Mn	mg	0.001	0.001	4		1		0.002	0.000	0.001
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 14429
Water, municipal

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:1	g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
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									
Amino Acids:										
Tryptophan	g	0.000		0		1		0.000	0.000	0.000
Threonine	g	0.000		0		1		0.000	0.000	0.000
Isoleucine	g	0.000		0		1		0.000	0.000	0.000
Leucine	g	0.000		0		1		0.000	0.000	0.000
Lysine	g	0.000		0		1		0.000	0.000	0.000
Methionine	g	0.000		0		1		0.000	0.000	0.000
Cystine	g	0.000		0		1		0.000	0.000	0.000
Phenylalanine	g	0.000		0		1		0.000	0.000	0.000
Tyrosine	g	0.000		0		1		0.000	0.000	0.000
Valine	g	0.000		0		1		0.000	0.000	0.000
Arginine	g	0.000		0		1		0.000	0.000	0.000
Histidine	g	0.000		0		1		0.000	0.000	0.000
Alanine	g	0.000		0		1		0.000	0.000	0.000
Aspartic acid	g	0.000		0		1		0.000	0.000	0.000
Glutamic acid	g	0.000		0		1		0.000	0.000	0.000
Glycine	g	0.000		0		1		0.000	0.000	0.000
Proline	g	0.000		0		1		0.000	0.000	0.000
Serine	g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg									
Theobromine	mg									

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

Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 64g: 3 ice cube (3/4 fl oz)

Footnotes

1 One fl oz = 29.57 g.

Calories Factors: Protein Fat Carbohydrate

NDB No. 14429
Water, municipal

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14530
Whiskey sour mix, bottled, with added potassium and sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.20		2		1		25.26	50.83	
Energy	kcal	84		0	NC	4		27	55	
Energy	kj	351				4		114	228	
Protein (N x 6.25)	g	0.10		2		1		0.03	0.07	
Total lipid (fat)	g	0.10		2		1		0.03	0.07	
Ash	g	0.20		2		1		0.06	0.13	
Carbohydrate, by difference	g	21.40		0	NC	4		6.91	13.91	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		2		1		1	1	
Iron, Fe	mg	0.11		2		1		0.04	0.07	
Magnesium, Mg	mg	1		2		1		0	1	
Phosphorus, P	mg	6		2		1		2	4	
Potassium, K	mg	7		1		1		2	5	
Sodium, Na	mg	33		1		1		11	21	
Zinc, Zn	mg	0.07		2		1		0.02	0.05	
Copper, Cu	mg	0.000		0		1		0.000	0.000	
Manganese, Mn	mg	0.000		0		1		0.000	0.000	
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		2		1		0.9	1.8	
Thiamin	mg	0.013		2		1		0.004	0.008	
Riboflavin	mg	0.010		2		1		0.003	0.007	
Niacin	mg	0.000		0		1		0.000	0.000	
Pantothenic acid	mg	0.013		2		1		0.004	0.008	
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	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	21		2		1		7	14	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.008		0		1		0.003	0.005	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.008		0		1		0.003	0.005	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.002		0		1		0.001	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14530
Whiskey sour mix, bottled, with added potassium and sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.002		0		1		0.001	0.001	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.020		0		1		0.006	0.013	
18:2 undifferentiated ... g	0.013		0		1		0.004	0.008	
18:3 undifferentiated ... g	0.005		0		1		0.002	0.003	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... 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									
Others:									
Alcohol, ethyl ... g	0.0		0		4		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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32.3g: 1 fl oz

Measure 2 = 65g: 2 fl oz

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14028
Whiskey sour mix, bottled, without added potassium and sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.20		2		1		24.16	50.83	
Energy	kcal	84		0	NC	4		26	55	
Energy	kj	351				4		109	228	
Protein (N x 6.25)	g	0.10		2		1		0.03	0.07	
Total lipid (fat)	g	0.10		2		1		0.03	0.07	
Ash	g	0.20		2		1		0.06	0.13	
Carbohydrate, by difference	g	21.40		0	NC	4		6.61	13.91	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		2		1		1	1	
Iron, Fe	mg	0.11		2		1		0.03	0.07	
Magnesium, Mg	mg	1		2		1		0	1	
Phosphorus, P	mg	6		2		1		2	4	
Potassium, K	mg	28		1		1		9	18	
Sodium, Na	mg	102		1		1		32	66	
Zinc, Zn	mg	0.07		2		1		0.02	0.05	
Copper, Cu	mg	0.000		0		1		0.000	0.000	
Manganese, Mn	mg	0.000		0		1		0.000	0.000	
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		2		1		0.8	1.8	
Thiamin	mg	0.013		2		1		0.004	0.008	
Riboflavin	mg	0.010		2		1		0.003	0.007	
Niacin	mg	0.000		0		1		0.000	0.000	
Pantothenic acid	mg	0.013		2		1		0.004	0.008	
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	Z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	21		2		1		6	14	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.008		0		1		0.002	0.005	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.008		0		1		0.002	0.005	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.002		0		1		0.001	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 14028
Whiskey sour mix, bottled, without added potassium and sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.002		0		1		0.001	0.001	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.020		0		1		0.006	0.013	
18:2 undifferentiated ... g	0.013		0		1		0.004	0.008	
18:3 undifferentiated ... g	0.005		0		1		0.002	0.003	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
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									
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. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.9g: 1 fl oz

Measure 2 = 65g: 2 fl oz

Calories Factors: **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 14553
Wine, non-alcoholic

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	98.20				4		28.48		
Energy	kcal	6				4		2		
Energy	kj	25				4		7		
Protein	g	0.50				4		0.15		
Total lipid (fat)	g	0.00				4		0.00		
Ash	g	0.20			CAZN	4		0.06		
Carbohydrate, by difference	g	1.10				4		0.32		
Fiber, total dietary	g	0.0				4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9				4		3		
Iron, Fe	mg	0.40				4		0.12		
Magnesium, Mg	mg	10				4		3		
Phosphorus, P	mg	15				4		4		
Potassium, K	mg	88				4		26		
Sodium, Na	mg	7				4		2		
Zinc, Zn	mg	0.08				4		0.02		
Copper, Cu	mg	0.011				4		0.003		
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				4		0.0		
Thiamin	mg	0.000				4		0.000		
Riboflavin	mg	0.010				4		0.003		
Niacin	mg	0.100				4		0.029		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020				4		0.006		
Folate, total	mcg	1				4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1				4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Vitamin B-12	mcg	0.00				7		0.00		
Vitamin A, IU	IU	0				4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.000				4		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000				4		0.000		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.000		0		4		0.000		
15:0	g									
16:0	g	0.000		0		4		0.000		
17:0	g									
18:0	g	0.000		0		4		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000				4		0.000		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000		

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Wine, non-alcoholic

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.000		0		4		0.000		
20:1	g	0.000		0		4		0.000		
22:1 undifferentiated	g	0.000		0		4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.000				4		0.000		
18:2 undifferentiated	g	0.000		0		4		0.000		
18:3 undifferentiated	g	0.000		0		4		0.000		
18:4	g	0.000		0		4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000		
20:5 n-3	g	0.000		0		4		0.000		
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		7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		4		0.0		
Caffeine	mg	0		0	z	7		0		
Theobromine	mg	0		0	z	7		0		

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

Common Measures:

Measure 1 = 29.0g: 1 fl oz

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

Food Group: 14 Beverages

USDA Nutrient Database for Standard Reference, Release 15 (2002)