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	Z	7		0.0	0.0	
Sugars, total	g	0.05		0	BFZN	4		0.01	0.18	
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g	0.00	0.000	3	AI	13		0.00	0.00	
Lactose	g									
Maltose	g	0.06	0.013	6	AI	13		0.02	0.19	
Galactose	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	0.7		0	BFZN	4		0.2	2.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		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	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
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									

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
16:0 g	0.000		0		1		0.000	0.000	
17:0 g									
18:0 g	0.000		0		1		0.000	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0		1		0.000	0.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.000		0		1		0.000	0.000	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		1		0.000	0.000	
18:2 undifferentiated g	0.000		0		1		0.000	0.000	
18:3 undifferentiated g	0.000		0		1		0.000	0.000	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 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	0		0	z	7		0	0	
Theobromine mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta mcg	0		0	z	7		0.000	0.000	
Carotene, alpha mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	z	7		0.000	0.000	
Lycopene mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	z	7		0.000	0.000	

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

NDB No. 14006
Alcoholic beverage, beer, light

Common Measures:

Measure 1 = 29.5g: 1 fl oz

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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				
Energy	kcal	41		0	NC	4				
Energy	kj	173		0	NC	4				
Protein	g	0.30		78		1				
Total lipid (fat)	g	0.00		1		1				
Ash	g	0.10		25		1				
Carbohydrate, by difference	g	3.70		0	NC	4				
Fiber, total dietary	g	0.1	0.067	7	AI	13				
Sugars, total	g	0.05	0.030	4	AI	13				
Sucrose	g	0.00		1	AI	13				
Glucose (dextrose)	g	0.08	0.057	7	AI	13				
Fructose	g	0.00		1	AI	13				
Lactose	g	0.00		1	AI	13				
Maltose	g	0.07	0.021	3	AI	13				
Galactose	g									
Starch	g	0.55		1	AI	13				
Minerals:										
Calcium, Ca	mg	5	0.380	335	JA	6				
Iron, Fe	mg	0.02	0.015	247	JA	6				
Magnesium, Mg	mg	6	0.217	378	JA	6				
Phosphorus, P	mg	13	1.197	46	JA	6				
Potassium, K	mg	25	0.243	286	JA	6				
Sodium, Na	mg	4	1.145	265	JA	6				
Zinc, Zn	mg	0.01	0.009	246	JA	6				
Copper, Cu	mg	0.005	0.005	306	JA	6				
Manganese, Mn	mg	0.007	0.005	98	JA	6				
Selenium, Se	mcg	0.7	0.486	5	JO	11				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1				
Thiamin	mg	0.006		13		1				
Riboflavin	mg	0.026		13		1				
Niacin	mg	0.453		13		1				
Pantothenic acid	mg	0.058		13		1				
Vitamin B-6	mg	0.050		10		1				
Folate, total	mcg	6		60		1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	6		60		1				
Folate, DFE	mcg_DFE	6		0	NC	4				
Vitamin B-12	mcg	0.02	0.001	33		1				
Vitamin A, IU	IU	0		0		1				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.00	0.000	5	A	1				
Tocopherol, beta	mg	0.00	0.000	5	A	1				
Tocopherol, gamma	mg	0.00	0.000	5	A	1				
Tocopherol, delta	mg	0.00	0.000	5	A	1				
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	JA	6				
Lipids:										
Fatty acids, total saturated	g	0.000		0		1				
4:0	g	0.000		0		1				
6:0	g	0.000		0		1				
8:0	g	0.000		0		1				
10:0	g	0.000		0		1				
12:0	g	0.000		0		1				
13:0	g									
14:0	g	0.000		0		1				
15:0	g									

NDB No. 14003
Alcoholic beverage, beer, regular

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
16:0 ... g	0.000		0		1				
17:0 ... g									
18:0 ... g	0.000		0		1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0		1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		1				
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1				
20:1 ... g	0.000		0		1				
22:1 undifferentiated ... g	0.000		0		1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1				
18:2 undifferentiated ... g	0.000		0		1				
18:3 undifferentiated ... g	0.000		0		1				
18:4 ... g	0.000		0		1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1				
20:5 n-3 ... g	0.000		0		1				
22:5 n-3 ... g	0.000		0		1				
22:6 n-3 ... g	0.000		0		1				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	3.6	0.000	68		1				
Caffeine ... mg	0		0	z	7				
Theobromine ... mg	0		0	z	7				
Carotenoids:									
Carotene, beta ... mcg	0		0	z	7				
Carotene, alpha ... mcg	0		0	z	7				
Cryptoxanthin, beta ... mcg	0		0	z	7				
Lycopene ... mcg	0		0	z	7				
Lutein + zeaxanthin ... mcg	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 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

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	41.60		0	NR	4		13.98	20.80	
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
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									

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
Fatty acids, total monounsaturated.....g	0.015		0		1		0.005	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.005	0.008	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1		0.056	0.084	
18:2 undifferentiated.....g	0.058		0		1		0.019	0.029	
18:3 undifferentiated.....g	0.109		0		1		0.037	0.055	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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	9.6		1		1		2.9	19.9	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 30.5g: 1 fl oz

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	69.74		0	RA	4		21.06	41.84	
Energy	kcal	186		0	RA	4		56	111	
Energy	kj	777		0	RA	4		235	466	
Protein (N x 0)	g	0.06		0	RA	4		0.02	0.04	
Total lipid (fat)	g	0.06		0	RA	4		0.02	0.04	
Ash	g	0.08		0	RA	4		0.02	0.05	
Carbohydrate, by difference	g	6.94		0	RA	4		2.09	4.16	
Fiber, total dietary	g	0.1		0	RA	4		0.0	0.1	
Sugars, total	g	5.58		0	RA	4		1.68	3.35	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RA	4		1	2	
Iron, Fe	mg	0.09		0	RA	4		0.03	0.05	
Magnesium, Mg	mg	2		0	RA	4		1	1	
Phosphorus, P	mg	5		0	RA	4		2	3	
Potassium, K	mg	21		0	RA	4		6	12	
Sodium, Na	mg	5		0	RA	4		1	3	
Zinc, Zn	mg	0.04		0	RA	4		0.01	0.03	
Copper, Cu	mg	0.022		0	RA	4		0.007	0.013	
Manganese, Mn	mg	0.015		0	RA	4		0.004	0.009	
Selenium, Se	mcg	0.1		0	RA	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0	RA	4		0.5	1.0	
Thiamin	mg	0.013		0	RA	4		0.004	0.008	
Riboflavin	mg	0.005		0	RA	4		0.001	0.003	
Niacin	mg	0.051		0	RA	4		0.015	0.030	
Pantothenic acid	mg	0.017		0	RA	4		0.005	0.010	
Vitamin B-6	mg	0.008		0	RA	4		0.002	0.005	
Folate, total	mcg	2		0	RA	4		1	1	
Folic acid	mcg	0		0	RA	4		0	0	
Folate, food	mcg	2		0	RA	4		1	1	
Folate, DFE	mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12	mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, IU	IU	4		0	RA	4		1	2	
Vitamin A, RAE	mcg_RAE	0		0	RA	4		0	0	
Retinol	mcg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.03		0	RA	4		0.01	0.02	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	RA	4		0.0	0.1	
Lipids:										
Fatty acids, total saturated	g	0.006		0	RA	4		0.002	0.004	
4:0	g	0.000		0	RA	4		0.000	0.000	
6:0	g	0.000		0	RA	4		0.000	0.000	
8:0	g	0.000		0	RA	4		0.000	0.000	
10:0	g	0.000		0	RA	4		0.000	0.000	
12:0	g	0.000		0	RA	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	RA	4		0.000	0.000	
15:0	g									
16:0	g	0.006		0	RA	4		0.002	0.004	
17:0	g									
18:0	g	0.000		0	RA	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

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

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
Fatty acids, total monounsaturated.....g	0.006		0	RA	4		0.002	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.005		0	RA	4		0.001	0.003	
20:1.....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0	RA	4		0.005	0.010	
18:2 undifferentiated.....g	0.011		0	RA	4		0.003	0.006	
18:3 undifferentiated.....g	0.006		0	RA	4		0.002	0.003	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	23.1		0	RA	4		7.0	13.9	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	RA	4		0.740	1.470	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.00		0	NR	4		0.00	0.00	
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: 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		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	0.00		0	Z	7		0.00	0.00	
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	NR	4		0.0	0.0	
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: 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		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	0.00		0	Z	7		0.00	0.00	
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: 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	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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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

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	0.00		0	NR	4		0.00	0.00	
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.00		0	NR	4		0.00	0.00	
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

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		69	105	
Energy	kj	1046		0	NC	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	0.086	244	JA	6		0	0	
Iron, Fe	mg	0.02	0.015	117	JA	6		0.00	0.01	
Magnesium, Mg	mg	0	0.032	242	JA	6		0	0	
Phosphorus, P	mg	3	2.735	28	JA	6		1	1	
Potassium, K	mg	1	0.597	258	JA	6		0	1	
Sodium, Na	mg	0	0.050	261	JA	6		0	0	
Zinc, Zn	mg	0.02	0.023	81	JA	6		0.01	0.01	
Copper, Cu	mg	0.014	0.008	117	JA	6		0.004	0.006	
Manganese, Mn	mg	0.008	0.008	27	JA	6		0.002	0.003	
Selenium, Se	mcg	0.0	0.000	18	A	1		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	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	FLC	4		0.0	0.0	
Sugars, total	g	9.45		0	FLC	4		2.94	4.44	
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	0.006		0	FLC	4		0.002	0.003	
Selenium, Se	mcg	0.4		0	FLC	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLC	4		0.1	0.1	
Thiamin	mg	0.011		0	FLC	4		0.004	0.005	
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	0.011		0	FLC	4		0.003	0.005	
Folate, total	mcg	2		0	FLC	4		0	1	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	2		0	FLC	4		0	1	
Folate, DFE	mcg_DFE	2		0	NC	4		0	1	
Vitamin B-12	mcg	0.08		0	FLC	4		0.02	0.04	
Vitamin A, IU	IU	620		0	FLC	4		193	291	
Vitamin A, RAE	mcg_RAE	173		0	FLC	4		54	81	
Retinol	mcg	171		0	FLC	4		53	80	
Vitamin E (alpha-tocopherol)	mg	0.45		0	FLC	4		0.14	0.21	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.3		0	FLC	4		0.4	0.6	
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									

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

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
Fatty acids, total monounsaturated....g	4.458		0		1		1.386	2.095	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.340		0		1		0.106	0.160	
17:1....g									
18:1 undifferentiated....g	3.886		0		1		1.209	1.826	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.669		0		1		0.208	0.314	
18:2 undifferentiated....g	0.439		0		1		0.137	0.206	
18:3 undifferentiated....g	0.232		0		1		0.072	0.109	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3....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	58		0	FLC	4		18	27	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0		1		0.012	0.019	
Threonine....g	0.127		0		1		0.039	0.060	
Isoleucine....g	0.170		0		1		0.053	0.080	
Leucine....g	0.275		0		1		0.086	0.129	
Lysine....g	0.223		0		1		0.069	0.105	
Methionine....g	0.070		0		1		0.022	0.033	
Cystine....g	0.026		0		1		0.008	0.012	
Phenylalanine....g	0.136		0		1		0.042	0.064	
Tyrosine....g	0.136		0		1		0.042	0.064	
Valine....g	0.188		0		1		0.058	0.088	
Arginine....g	0.102		0		1		0.032	0.048	
Histidine....g	0.076		0		1		0.024	0.036	
Alanine....g	0.097		0		1		0.030	0.046	
Aspartic acid....g	0.213		0		1		0.066	0.100	
Glutamic acid....g	0.588		0		1		0.183	0.276	
Glycine....g	0.059		0		1		0.018	0.028	
Proline....g	0.272		0		1		0.085	0.128	
Serine....g	0.153		0		1		0.048	0.072	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	13.8		0		1		4.3	6.5	
Caffeine....mg	8		0	FLC	4		3	4	
Theobromine....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta....mcg	30		0	FLC	4		9.423	14.241	
Carotene, alpha....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0.000	0.000	
Lycopene....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0.000	0.000	

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	1405		0	NC	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	FLA	4		0.0	0.0	
Sugars, total	g	46.43		0	FLA	4		16.16	24.14	
Sucrose	g	27.18	3.405	4	JO	11		9.46	14.13	
Glucose (dextrose)	g	4.83	1.967	3	JO	11		1.68	2.51	
Fructose	g	4.47	1.833	3	JO	11		1.55	2.32	
Lactose	g									
Maltose	g	1.80		2	JO	11		0.63	0.94	
Galactose	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	0.014		0	FLA	4		0.005	0.007	
Selenium, Se	mcg	0.4		0	FLA	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		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	FLA	4		0.000	0.000	
Folate, total	mcg	0		0	FLA	4		0	0	
Folic acid	mcg	0		0	FLA	4		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	FLA	4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
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									

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

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
16:0....g	0.078		0		1		0.027	0.041	
17:0....g									
18:0....g	0.019		0		1		0.007	0.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.008	0.011	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.021		0		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	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	21.7		0		1		7.6	11.3	
Caffeine....mg	26		0	FLA	4		9	13	
Theobromine....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0.000	0.000	
Lycopene....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.022		0		1		0.008	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.007	0.011	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.105		0		1		0.037	0.055	
18:2 undifferentiated.....g	0.097		0		1		0.034	0.050	
18:3 undifferentiated.....g	0.008		0		1		0.003	0.004	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14014
Alcoholic beverage, martini, 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	63.93		0	RC	4		18.03		
Energy	kcal	243		0	RC	4		69		
Energy	kj	1018		0	RC	4		287		
Protein (N x 0)	g	0.04		0	RC	4		0.01		
Total lipid (fat)	g	0.00		0	RC	4		0.00		
Ash	g	0.05		0	RC	4		0.01		
Carbohydrate, by difference	g	2.04		0	RC	4		0.58		
Fiber, total dietary	g	0.0		0	RC	4		0.0		
Sugars, total	g	0.19		0	RC	4		0.05		
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0	RC	4		0		
Iron, Fe	mg	0.04		0	RC	4		0.01		
Magnesium, Mg	mg	2		0	RC	4		0		
Phosphorus, P	mg	2		0	RC	4		0		
Potassium, K	mg	16		0	RC	4		5		
Sodium, Na	mg	3		0	RC	4		1		
Zinc, Zn	mg	0.01		0	RC	4		0.00		
Copper, Cu	mg	0.011		0	RC	4		0.003		
Manganese, Mn	mg	0.021		0	RC	4		0.006		
Selenium, Se	mcg	0.1		0	RC	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.003		0	RC	4		0.001		
Riboflavin	mg	0.003		0	RC	4		0.001		
Niacin	mg	0.037		0	RC	4		0.011		
Pantothenic acid	mg	0.006		0	RC	4		0.002		
Vitamin B-6	mg	0.000		0	RC	4		0.000		
Folate, total	mcg	0		0	RC	4		0		
Folic acid	mcg	0		0	RC	4		0		
Folate, food	mcg	0		0	RC	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	RC	4		0.00		
Vitamin A, IU	IU	0		0	RC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	RC	4		0		
Retinol	mcg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	RC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RC	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0	RC	4		0.000		
4:0	g	0.000		0	RC	4		0.000		
6:0	g	0.000		0	RC	4		0.000		
8:0	g	0.000		0	RC	4		0.000		
10:0	g	0.000		0	RC	4		0.000		
12:0	g	0.000		0	RC	4		0.000		
13:0	g									
14:0	g	0.000		0	RC	4		0.000		
15:0	g									
16:0	g	0.000		0	RC	4		0.000		
17:0	g									
18:0	g	0.000		0	RC	4		0.000		
20:0	g									
22:0	g									
24:0	g									

NDB No. 14014
Alcoholic beverage, martini, prepared-from-recipe

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
Fatty acids, total monounsaturated.....g	0.000		0	RC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RC	4		0.000		
20:1.....g	0.000		0	RC	4		0.000		
22:1 undifferentiated.....g	0.000		0	RC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RC	4		0.000		
18:2 undifferentiated.....g	0.000		0	RC	4		0.000		
18:3 undifferentiated.....g	0.000		0	RC	4		0.000		
18:4.....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000		
20:5 n-3.....g	0.000		0	RC	4		0.000		
22:5 n-3.....g	0.000		0	RC	4		0.000		
22:6 n-3.....g	0.000		0	RC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	33.9		0	RC	4		9.6		
Caffeine.....mg	0		0	RC	4		0		
Theobromine.....mg	0		0	RC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	RC	4		0.000		
Carotene, alpha.....mcg	0		0	RC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0.000		
Lycopene.....mcg	0		0	RC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	RC	4		0.000		

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

Common Measures:

Measure 1 = 28.2g: 1 fl oz

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14015
Alcoholic beverage, pina colada, 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
Fatty acids, total monounsaturated.....g	0.442		0		1		0.144	0.981	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.442		0		1		0.144	0.981	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.137		0		1		0.045	0.304	
18:2 undifferentiated.....g	0.137		0		1		0.045	0.304	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

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		0	RC	4		20.41	91.64	
Energy	kcal	174		0	RC	4		55	245	
Energy	kj	728		0	RC	4		229	1027	
Protein (N x 0)	g	0.42		0	RC	4		0.13	0.59	
Total lipid (fat)	g	1.88		0	RC	4		0.59	2.65	
Ash	g	0.14		0	RC	4		0.04	0.19	
Carbohydrate, by difference	g	22.66		0	RC	4		7.11	31.94	
Fiber, total dietary	g	0.3		0	RC	4		0.1	0.4	
Sugars, total	g	22.33		0	RC	4		7.01	31.48	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	RC	4		2	11	
Iron, Fe	mg	0.21		0	RC	4		0.06	0.29	
Magnesium, Mg	mg	8		0	RC	4		2	11	
Phosphorus, P	mg	7		0	RC	4		2	10	
Potassium, K	mg	71		0	RC	4		22	100	
Sodium, Na	mg	6		0	RC	4		2	8	
Zinc, Zn	mg	0.13		0	RC	4		0.04	0.19	
Copper, Cu	mg	0.079		0	RC	4		0.025	0.112	
Manganese, Mn	mg	0.528		0	RC	4		0.166	0.744	
Selenium, Se	mcg	0.7		0	RC	4		0.2	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.9		0	RC	4		1.5	6.9	
Thiamin	mg	0.029		0	RC	4		0.009	0.041	
Riboflavin	mg	0.017		0	RC	4		0.005	0.024	
Niacin	mg	0.118		0	RC	4		0.037	0.166	
Pantothenic acid	mg	0.061		0	RC	4		0.019	0.086	
Vitamin B-6	mg	0.045		0	RC	4		0.014	0.064	
Folate, total	mcg	12		0	RC	4		4	16	
Folic acid	mcg	0		0	RC	4		0	0	
Folate, food	mcg	12		0	RC	4		4	16	
Folate, DFE	mcg_DFE	12		0	NC	4		4	16	
Vitamin B-12	mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, IU	IU	2		0	RC	4		1	3	
Vitamin A, RAE	mcg_RAE	0		0	RC	4		0	0	
Retinol	mcg	0		0	RC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	RC	4		0.01	0.03	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	RC	4		0.0	0.2	
Lipids:										
Fatty acids, total saturated	g	1.636		0	RC	4		0.514	2.307	
4:0	g	0.000		0	RC	4		0.000	0.000	
6:0	g	0.011		0	RC	4		0.003	0.015	
8:0	g	0.129		0	RC	4		0.041	0.182	
10:0	g	0.103		0	RC	4		0.032	0.145	
12:0	g	0.818		0	RC	4		0.257	1.153	
13:0	g									
14:0	g	0.323		0	RC	4		0.101	0.455	
15:0	g									
16:0	g	0.158		0	RC	4		0.049	0.222	
17:0	g									
18:0	g	0.096		0	RC	4		0.030	0.136	
20:0	g									
22:0	g									
24:0	g									

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

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
Fatty acids, total monounsaturated.....g	0.082		0	RC	4		0.026	0.116	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.082		0	RC	4		0.026	0.116	
20:1.....g	0.000		0	RC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0	RC	4		0.010	0.046	
18:2 undifferentiated.....g	0.027		0	RC	4		0.009	0.038	
18:3 undifferentiated.....g	0.005		0	RC	4		0.002	0.007	
18:4.....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	9.9		0	RC	4		3.1	14.0	
Caffeine.....mg	0		0	RC	4		0	0	
Theobromine.....mg	0		0	RC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	RC	4		0.416	1.870	
Carotene, alpha.....mcg	0		0	RC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RC	4		0.000	0.000	
Lycopene.....mcg	0		0	RC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RC	4		0.000	0.000	

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43479
Alcoholic beverage, rice (sake)

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	78.40				1		22.81		
Energy	kcal	134				4		39		
Energy	kj	561				4		163		
Protein	g	0.50				1		0.15		
Total lipid (fat)	g	0.00				1		0.00		
Ash	g	0.00		0	Z	7		0.00		
Carbohydrate, by difference	g	5.00			NC	4		1.46		
Fiber, total dietary	g	0.0				7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	5				1		1		
Iron, Fe	mg	0.10				1		0.03		
Magnesium, Mg	mg	6				4		2		
Phosphorus, P	mg	6				1		2		
Potassium, K	mg	25				4		7		
Sodium, Na	mg	2				4		1		
Zinc, Zn	mg	0.02				4		0.01		
Copper, Cu	mg	0.009				4		0.003		
Manganese, Mn	mg									
Selenium, Se	mcg	1.4		0	BFPN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				1		0.0		
Thiamin	mg	0.000				1		0.000		
Riboflavin	mg	0.000				1		0.000		
Niacin	mg	0.000				1		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000				4		0.000		
Folate, total	mcg	0				4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00				7		0.00		
Vitamin A, IU	IU	0				1		0		
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	T	4		0.0		
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									

NDB No. 43479
Alcoholic beverage, rice (sake)

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
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		
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				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	16.1				1		4.7		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 29.1g: 1 fl oz

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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	9.4		1		1		2.9	19.8	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 31.1g: 1 fl oz

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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	9.5		1		1		2.9	19.9	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 30.8g: 1 fl oz

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	72.44		0	RPA	1		22.02	76.78	
Energy	kcal	153		0	RPI	6		46	162	
Energy	kj	638		0	RPI	6		194	677	
Protein (N x 0)	g	0.06		0	RPA	1		0.02	0.06	
Total lipid (fat)	g	0.06		0	RPA	1		0.02	0.06	
Ash	g	0.12		0	RPA	1		0.04	0.13	
Carbohydrate, by difference	g	12.82		0	RPI	6		3.90	13.59	
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0	
Sugars, total	g	12.78		0	RPI	6		3.88	13.54	
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0	RPA	1		0	1	
Iron, Fe	mg	0.08		0	RPA	1		0.02	0.09	
Magnesium, Mg	mg	1		0	RPA	1		0	1	
Phosphorus, P	mg	5		0	RPA	1		2	6	
Potassium, K	mg	18		0	RPA	1		5	19	
Sodium, Na	mg	61		0	RPA	1		19	65	
Zinc, Zn	mg	0.06		0	RPA	1		0.02	0.06	
Copper, Cu	mg	0.008		0	RPA	1		0.003	0.009	
Manganese, Mn	mg	0.007		0	RPA	1		0.002	0.008	
Selenium, Se	mcg	0.2		0	RPI	6		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0	RPA	1		0.5	1.7	
Thiamin	mg	0.010		0	RPA	1		0.003	0.011	
Riboflavin	mg	0.008		0	RPA	1		0.002	0.008	
Niacin	mg	0.005		0	RPA	1		0.002	0.006	
Pantothenic acid	mg	0.008		0	RPA	1		0.002	0.008	
Vitamin B-6	mg	0.000		0	RPA	1		0.000	0.000	
Folate, total	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	NC	4		0	0	
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, IU	IU	0		0	RPI	6		0	0	
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	
Retinol	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.005		0	RPA	1		0.001	0.005	
4:0	g	0.000		0	RPA	1		0.000	0.000	
6:0	g	0.000		0	RPA	1		0.000	0.000	
8:0	g	0.000		0	RPA	1		0.000	0.000	
10:0	g	0.000		0	RPA	1		0.000	0.000	
12:0	g	0.000		0	RPA	1		0.000	0.000	
13:0	g									
14:0	g	0.000		0	RPA	1		0.000	0.000	
15:0	g									
16:0	g	0.005		0	RPA	1		0.001	0.005	
17:0	g									
18:0	g	0.000		0	RPA	1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	0.001		0	RPA	1		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPA	1		0.000	0.001	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.011		0	RPA	1		0.003	0.011	
18:2 undifferentiated.....g	0.008		0	RPA	1		0.002	0.008	
18:3 undifferentiated.....g	0.003		0	RPA	1		0.001	0.003	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	14.5		0	RPI	6		4.4	15.4	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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

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	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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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

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
Fatty acids, total monounsaturated.....g	0.001		0		1		0.000	0.001	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000	0.001	0.001
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.012		0		1		0.004	0.008	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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	69.15		0	RPI	6		20.33	71.23	
Energy	kcal	164		0	RPI	6		48	168	
Energy	kj	684		0	RPI	6		201	705	
Protein	g	0.10		0	RPI	6		0.03	0.10	
Total lipid (fat)	g	0.02		0	RPI	6		0.00	0.02	
Ash	g	0.27		0	RPI	6		0.08	0.28	
Carbohydrate, by difference	g	15.85		0	RPI	6		4.66	16.33	
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0	
Sugars, total	g	15.81		0	RPI	6		4.65	16.29	
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0	RPA	1		13	47	
Iron, Fe	mg	0.08		0	RPA	1		0.02	0.08	
Magnesium, Mg	mg	3		0	RPA	1		1	3	
Phosphorus, P	mg	4		0	RPA	1		1	4	
Potassium, K	mg	4		0	RPA	1		1	4	
Sodium, Na	mg	46		0	RPA	1		13	47	
Zinc, Zn	mg	0.04		0	RPA	1		0.01	0.04	
Copper, Cu	mg	0.033		0	RPA	1		0.010	0.034	
Manganese, Mn	mg	0.007		0	RPA	1		0.002	0.008	
Selenium, Se	mcg	0.1		0	RPI	6		0.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	RPI	6		0.1	0.5	
Thiamin	mg	0.003		0	RPI	6		0.001	0.003	
Riboflavin	mg	0.002		0	RPI	6		0.000	0.002	
Niacin	mg	0.005		0	RPI	6		0.002	0.005	
Pantothenic acid	mg	0.010		0	RPI	6		0.003	0.010	
Vitamin B-6	mg	0.000		0	RPI	6		0.000	0.000	
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	NC	4		0	0	
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, IU	IU	5		0	RPI	6		1	5	
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	
Retinol	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.002		0	RPA	1		0.001	0.002	
4:0	g	0.000		0	RPA	1		0.000	0.000	
6:0	g	0.000		0	RPA	1		0.000	0.000	
8:0	g	0.000		0	RPA	1		0.000	0.000	
10:0	g	0.000		0	RPA	1		0.000	0.000	
12:0	g	0.000		0	RPA	1		0.000	0.000	
13:0	g									
14:0	g	0.000		0	RPA	1		0.000	0.000	
15:0	g									
16:0	g	0.002		0	RPA	1		0.001	0.002	
17:0	g									
18:0	g	0.000		0	RPA	1		0.000	0.000	
20:0	g									
22:0	g									

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
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.001		0	RPA	1		0.000	0.001	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RPA	1		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.001		0	RPA	1		0.000	0.001	
20:1 ... g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	RPA	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.006		0	RPA	1		0.002	0.006	
18:2 undifferentiated ... g	0.004		0	RPA	1		0.001	0.004	
18:3 undifferentiated ... g	0.002		0	RPA	1		0.001	0.002	
18:4 ... g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3 ... g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3 ... g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3 ... g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RPA	1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	14.6		0	RPI	6		4.3	15.0	
Caffeine ... mg	0		0	RPI	6		0	0	
Theobromine ... mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta ... mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha ... mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta ... mcg	0		0	RPI	6		0.000	0.000	
Lycopene ... mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin ... mcg	0		0	RPI	6		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43154
Alcoholic beverage, wine, cooking

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				4		4.36	25.78	
Energy	kcal	50		0	NC	4		2	15	
Energy	kj	209		0	NC	4		10	61	
Protein (N x 6.25)	g	0.50				4		0.02	0.15	
Total lipid (fat)	g	0.00				4		0.00	0.00	
Ash	g	1.00		0	NR	4		0.05	0.29	
Carbohydrate, by difference	g	6.30		0	NC	4		0.31	1.83	
Fiber, total dietary	g	0.0				4		0.0	0.0	
Sugars, total	g	1.55		0	BFSN	4		0.08	0.45	
Starch	g									
Minerals:										
Calcium, Ca	mg	9				4		0	3	
Iron, Fe	mg	0.40				4		0.02	0.12	
Magnesium, Mg	mg	10				4		0	3	
Phosphorus, P	mg	15				4		1	4	
* Potassium, K	mg	88				4		4	26	
* Sodium, Na	mg	626				4		31	182	
Zinc, Zn	mg	0.08				4		0.00	0.02	
Copper, Cu	mg	0.011				4		0.001	0.003	
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				4		0.0	0.0	
Thiamin	mg	0.000				4		0.000	0.000	
Riboflavin	mg	0.010				4		0.000	0.003	
Niacin	mg	0.100				4		0.005	0.029	
Pantothenic acid	mg									
Vitamin B-6	mg	0.020				4		0.001	0.006	
Folate, total	mcg	1				4		0	0	
Folic acid	mcg	0		0	BFSN	4		0	0	
Folate, food	mcg	1		0	BFSN	4		0	0	
Folate, DFE	mcg_DFE	1		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	BFSN	4		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000				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									

NDB No. 43154
Alcoholic beverage, wine, cooking

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
Fatty acids, total monounsaturated.....g	0.000				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				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				4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.3				4		0.2	1.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.9g: 1 tsp

Measure 2 = 29.0g: 1 fl oz

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	72.53	0.173	6	AI	13		21.40	74.70	
Energy	kcal	152		0	NC	4		45	157	
Energy	kj	638		0	NC	4		188	657	
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	11.67		0	NC	4		3.44	12.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	1.09	0.040	6	AI	13		0.32	1.12	
Sucrose	g	0.00		1	AI	13		0.00	0.00	
Glucose (dextrose)	g	0.58	0.040	6	AI	13		0.17	0.60	
Fructose	g	0.47	0.018	6	AI	13		0.14	0.48	
Lactose	g									
Maltose	g	0.10		2	AI	13		0.03	0.10	
Galactose	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	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
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									

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

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
16:0 ... g	0.000		0		1		0.000	0.000	
17:0 ... g									
18:0 ... g	0.000		0		1		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0		1		0.000	0.000	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... 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	0		0	z	7		0	0	
Theobromine ... mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta ... mcg	0		0	z	7		0.000	0.000	
Carotene, alpha ... mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta ... mcg	0		0	z	7		0.000	0.000	
Lycopene ... mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin ... mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	70.51	0.442	9	AI	13		20.80	72.62	
Energy	kcal	160		0	NC	4		47	165	
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	13.69		0	NC	4		4.04	14.11	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	7.78	0.769	6	AI	13		2.30	8.02	
Sucrose	g	0.05	0.050	3	AI	13		0.01	0.05	
Glucose (dextrose)	g	2.60	0.789	6	AI	13		0.77	2.68	
Fructose	g	5.15	0.206	6	AI	13		1.52	5.31	
Lactose	g									
Maltose	g									
Galactose	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	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		1	AI	13		0.0	0.0	
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									

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

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
16:0 ... g	0.000		0		1		0.000	0.000	
17:0 ... g									
18:0 ... g	0.000		0		1		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0		1		0.000	0.000	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... 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	0		0	z	7		0	0	
Theobromine ... mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta ... mcg	0		0	z	7		0.000	0.000	
Carotene, alpha ... mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta ... mcg	0		0	z	7		0.000	0.000	
Lycopene ... mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin ... mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43155
Alcoholic beverage, wine, 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	91.80				4		27.08	94.55	
Energy	kcal	50				4		15	52	
Energy	kj	209				4		62	215	
Protein	g	0.50				1		0.15	0.52	
Total lipid (fat)	g	0.00				1		0.00	0.00	
Ash	g	0.13		0	BFSN	4		0.04	0.13	
Carbohydrate, by difference	g	1.17		0	O	4		0.35	1.21	
Fiber, total dietary	g	0.0				4		0.0	0.0	
Sugars, total	g	1.15		0	BFSN	4		0.34	1.18	
Starch	g									
Minerals:										
Calcium, Ca	mg	9				1		3	9	
Iron, Fe	mg	0.40				1		0.12	0.41	
Magnesium, Mg	mg	10				1		3	10	
Phosphorus, P	mg	15				1		4	15	
Potassium, K	mg	88				1		26	91	
Sodium, Na	mg	7				1		2	7	
Zinc, Zn	mg	0.08				1		0.02	0.08	
Copper, Cu	mg	0.011				1		0.003	0.011	
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				4		0.0	0.0	
Thiamin	mg	0.000				4		0.000	0.000	
Riboflavin	mg	0.010				1		0.003	0.010	
Niacin	mg	0.100				1		0.030	0.103	
Pantothenic acid	mg									
Vitamin B-6	mg	0.020				1		0.006	0.021	
Folate, total	mcg	1				1		0	1	
Folic acid	mcg	0		0	BFSN	4		0	0	
Folate, food	mcg	1		0	BFSN	4		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12	mcg	0.00				1		0.00	0.00	
Vitamin A, IU	IU	0				4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	BFSN	4		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000				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									

NDB No. 43155
Alcoholic beverage, wine, light

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
Fatty acids, total monounsaturated.....g	0.000				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				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				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	6.4				4		1.9	6.6	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 **Fat** **Carbohydrate**

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	87.10	1.803	303	JO	11		25.69	89.71	
Energy	kcal	77		0	NC	4		23	79	
Energy	kj	321		0	NC	4		95	330	
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	3.20		0	NC	4		0.94	3.30	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	1.81		0	NP	4		0.53	1.86	
Sucrose	g	0.08	0.038	3	AI	13		0.02	0.08	
Glucose (dextrose)	g	0.81	0.181	8	AI	13		0.24	0.83	
Fructose	g	0.78	0.192	8	AI	13		0.23	0.80	
Lactose	g									
Maltose	g	0.14	0.053	6	AI	13		0.04	0.15	
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.199	1760	JA	6		2	8	
Iron, Fe	mg	0.35	0.064	1568	JA	6		0.10	0.36	
Magnesium, Mg	mg	9	0.578	1839	JA	6		3	10	
Phosphorus, P	mg	13	0.775	387	JA	6		4	13	
Potassium, K	mg	84	4.570	2899	JA	6		25	87	
Sodium, Na	mg	6	1.789	2864	JA	6		2	6	
Zinc, Zn	mg	0.06	0.011	1569	JA	6		0.02	0.06	
Copper, Cu	mg	0.008	0.006	1467	JA	6		0.002	0.008	
Manganese, Mn	mg	0.127	0.018	900	JA	6		0.038	0.131	
Selenium, Se	mcg	0.3	0.221	19	JA	6		0.1	0.3	
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	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		1	AI	13		0.0	0.0	
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									

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

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
16:0....g	0.000		0		1		0.000	0.000	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		1		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		1		0.000	0.000	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....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	0		0	z	7		0	0	
Theobromine....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	z	7		0.000	0.000	
Lycopene....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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

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	88.50	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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43372
Apple cider-flavored drink, powder, added vitamin C and sugar

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		1	AI	13		0.02	0.06	
Energy	kcal	395		0	NC	4		32	83	
Energy	kj	1654		0	NC	4		132	347	
Protein (N x 6.25)	g	0.00		1	AI	13		0.00	0.00	
Total lipid (fat)	g	0.00		1	AI	13		0.00	0.00	
Ash	g	0.90		1	AI	13		0.07	0.19	
Carbohydrate, by difference	g	98.80		0	NC	4		7.90	20.75	
Fiber, total dietary	g	0.1		0	FLA	4		0.0	0.0	
Sugars, total	g	80.95		1	LC	8		6.48	17.00	
Starch	g									
Minerals:										
* Calcium, Ca	mg	465		0	FLA	4		37	98	
Iron, Fe	mg	0.06		0	FLA	4		0.00	0.01	
Magnesium, Mg	mg	0		0	FLA	4		0	0	
* Phosphorus, P	mg	130				4		10	27	
Potassium, K	mg	7		0	FLA	4		1	2	
* Sodium, Na	mg	95		1	LC	8		8	20	
Zinc, Zn	mg	0.00		0	FLA	4		0.00	0.00	
Copper, Cu	mg	0.001		0	FLA	4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.6		0	FLA	4		0.0	0.1	
Vitamins:										
* Vitamin C, total ascorbic acid	mg	363.0		1	AI	13		29.0	76.2	
Thiamin	mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin	mg	0.019		0	FLA	4		0.002	0.004	
Niacin	mg	0.003		0	FLA	4		0.000	0.001	
Pantothenic acid	mg	0.002		0	FLA	4		0.000	0.001	
Vitamin B-6	mg	0.002		0	FLA	4		0.000	0.000	
Folate, total	mcg	0		0	FLA	4		0	0	
Folic acid	mcg	0		0	FLA	4		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	FLA	4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLA	4		0.000	0.000	
4:0	g	0.000		0	FLA	4		0.000	0.000	
6:0	g	0.000		0	FLA	4		0.000	0.000	
8:0	g	0.000		0	FLA	4		0.000	0.000	
10:0	g	0.000		0	FLA	4		0.000	0.000	
12:0	g	0.000		0	FLA	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	FLA	4		0.000	0.000	
15:0	g									
16:0	g	0.000		0	FLA	4		0.000	0.000	
17:0	g									
18:0	g	0.000		0	FLA	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

NDB No. 43372
Apple cider-flavored drink, powder, added vitamin C and sugar

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
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....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	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.003	0.008	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.020	0.051	
Lycopene.....mcg	0		0	FLA	4		0.002	0.006	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0.074	0.194	

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

Common Measures:

Measure 1 = 8.0g: 1 tsp

Measure 2 = 21g: 1 packet

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43388

Apple cider-flavored drink, powder, low calorie, with vitamin C, 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				4		239.28	29.91	
Energy	kcal	1				4		2	0	
Energy	kj	4				4		10	1	
Protein	g	0.00				4		0.00	0.00	
Total lipid (fat)	g	0.00				4		0.00	0.00	
Ash	g	0.10		0	RPI	6		0.24	0.03	
Carbohydrate, by difference	g	0.30				4		0.72	0.09	
Fiber, total dietary	g	0.0				4		0.0	0.0	
Sugars, total	g	0.00		0	RPI	6		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11				4		26	3	
Iron, Fe	mg	0.03				4		0.07	0.01	
Magnesium, Mg	mg	1				4		2	0	
Phosphorus, P	mg	12				4		29	4	
Potassium, K	mg	0				4		0	0	
Sodium, Na	mg	14		0	O	4		33	4	
Zinc, Zn	mg	0.03				4		0.07	0.01	
Copper, Cu	mg	0.015				4		0.036	0.005	
Manganese, Mn	mg	0.000		0	RPI	6		0.001	0.000	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	25.0		0	O	4		60.0	7.5	
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		0	RPI	6		0.000	0.000	
Vitamin B-6	mg	0.000				4		0.000	0.000	
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	NC	4		0	0	
Vitamin B-12	mcg	0.00				7		0.00	0.00	
Vitamin A, IU	IU	0		0	RPI	6		0	0	
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	
Retinol	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000				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									

NDB No. 43388

Apple cider-flavored drink, powder, low calorie, with vitamin C, 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
Fatty acids, total monounsaturated.....g	0.000				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				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				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14114
Beef broth and tomato juice, 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
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	
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	NC	4		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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000		0	Z	7		0.000	0.000	0.000
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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									

NDB No. 14552
Carbonated beverage, chocolate-flavored 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
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
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
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 31.0g: 1 fl oz

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.00		0	NR	4		0.00	0.00	0.00
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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									

NDB No. 14121
Carbonated beverage, club soda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

NDB No. 14121
Carbonated beverage, club soda

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14400
Carbonated beverage, cola, contains caffeine

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	0.300	17	JA	6		27.62	329.67	438.37
Energy	kcal	42		0	NC	4		13	155	206
Energy	kj	175		0	NC	4		54	647	860
Protein	g	0.05	0.050	14	JA	6		0.02	0.19	0.25
Total lipid (fat)	g	0.00	0.000	12	JA	6		0.00	0.00	0.00
Ash	g	0.10	0.000	11	JA	6		0.03	0.37	0.49
Carbohydrate, by difference	g	10.75		0	NC	4		3.33	39.78	52.89
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	10.75		0	NR	4		3.33	39.78	52.89
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.164	41	JA	6		1	10	14
Iron, Fe	mg	0.02	0.013	47	JA	6		0.01	0.06	0.08
Magnesium, Mg	mg	1	0.235	40	JA	6		0	3	4
Phosphorus, P	mg	13	1.291	52	JA	6		4	49	65
Potassium, K	mg	1	0.088	83	JA	6		0	3	4
Sodium, Na	mg	4	0.343	99	JO	11		1	14	18
Zinc, Zn	mg	0.01	0.004	48	JA	6		0.00	0.02	0.03
Copper, Cu	mg	0.006	0.006	39	JA	6		0.002	0.020	0.027
Manganese, Mn	mg	0.018	0.018	22	JA	6		0.005	0.065	0.086
Selenium, Se	mcg	0.1	0.048	20	JO	11		0.0	0.2	0.3
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	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	JA	6		0.0	0.0	0.1
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									

NDB No. 14400
Carbonated beverage, cola, 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
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....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	37	49
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 370g: 1 can 12 fl oz

Measure 3 = 492g: 1 bottle 16 fl oz

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	89.10		0	BFZN	4		27.62	438.37	329.67
Energy	kcal	42		0	BFZN	4		13	206	155
Energy	kj	175		0	BFZN	4		54	860	647
Protein	g	0.05		0	BFZN	4		0.02	0.25	0.19
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	10.75		0	BFZN	4		3.33	52.89	39.78
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	10.75		0	BFZN	4		3.33	52.89	39.78
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		1	14	10
Iron, Fe	mg	0.02		0	BFZN	4		0.01	0.08	0.06
Magnesium, Mg	mg	1		0	BFZN	4		0	4	3
Phosphorus, P	mg	13		0	BFZN	4		4	65	49
Potassium, K	mg	1		0	BFZN	4		0	4	3
Sodium, Na	mg	4		0	BFZN	4		1	18	14
Zinc, Zn	mg	0.01		0	BFZN	4		0.00	0.03	0.02
Copper, Cu	mg	0.006		0	BFZN	4		0.002	0.027	0.020
Manganese, Mn	mg	0.018		0	BFZN	4		0.005	0.086	0.065
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.3	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	0.000		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 (alpha-tocopherol)	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.1	0.0
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									

NDB No. 14148
Carbonated beverage, cola, with higher 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
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....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
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14147
Carbonated beverage, cola, 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	89.10		0	BFZN	4		27.62	438.37	329.67
Energy	kcal	42		0	BFZN	4		13	206	155
Energy	kj	175		0	BFZN	4		54	860	647
Protein	g	0.05		0	BFZN	4		0.02	0.25	0.19
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	10.75		0	BFZN	4		3.33	52.89	39.78
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	10.75		0	BFZN	4		3.33	52.89	39.78
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		1	14	10
Iron, Fe	mg	0.02		0	BFZN	4		0.01	0.08	0.06
Magnesium, Mg	mg	1		0	BFZN	4		0	4	3
Phosphorus, P	mg	13		0	BFZN	4		4	65	49
Potassium, K	mg	1		0	BFZN	4		0	4	3
Sodium, Na	mg	4		0	BFZN	4		1	18	14
Zinc, Zn	mg	0.01		0	BFZN	4		0.00	0.03	0.02
Copper, Cu	mg	0.006		0	BFZN	4		0.002	0.027	0.020
Manganese, Mn	mg	0.018		0	BFZN	4		0.005	0.086	0.065
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.3	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	0.000		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 (alpha-tocopherol)	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.1	0.0
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									

NDB No. 14147
Carbonated beverage, cola, without 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
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....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
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	13.30		0	NR	4		4.11	65.70	49.34
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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									

NDB No. 14130
Carbonated beverage, cream soda

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

NDB No. 14130
Carbonated beverage, cream soda

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	91.23		1	AI	13		27.83	445.20	333.90
Energy	kcal	34		0	NC	4		10	166	124
Energy	kj	142		0	NC	4		43	693	520
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	8.77		0	NC	4		2.67	42.80	32.10
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	8.70		0	NP	4		2.65	42.46	31.84
Sucrose	g	1.90		1	AI	13		0.58	9.27	6.95
Glucose (dextrose)	g	3.10		1	AI	13		0.95	15.13	11.35
Fructose	g	3.70		1	AI	13		1.13	18.06	13.54
Lactose	g									
Maltose	g									
Galactose	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	Z	7		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	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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									

NDB No. 14136
Carbonated beverage, ginger ale

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
16:0....g	0.000		0		4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3....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
Carotenoids:									
Carotene, beta....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14142
Carbonated beverage, grape 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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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

NDB No. 14145
Carbonated beverage, lemon-lime soda

soft drink, pop, white soda
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	89.50		2	AI	13		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	10.20		0	NP	4		3.13	50.08	37.54
Sucrose	g									
Glucose (dextrose)	g	4.10		2	AI	13		1.26	20.13	15.09
Fructose	g	6.10		2	AI	13		1.87	29.95	22.45
Lactose	g									
Maltose	g									
Galactose	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	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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									

NDB No. 14145
Carbonated beverage, lemon-lime 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
16:0 g	0.000		0		1		0.000	0.000	0.000
17:0 g									
18:0 g	0.000		0		1		0.000	0.000	0.000
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0		1		0.000	0.000	0.000
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 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
Carotenoids:									
Carotene, beta mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0		0	z	7		0.000	0.000	0.000
Lycopene mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	z	7		0.000	0.000	0.000

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

NDB No. 14145
Carbonated beverage, lemon-lime soda

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 National Nutrient Database for Standard Reference, Release 16 (2003)

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

soft drink, pop, white 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	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	10.20		0	BFZN	4		3.13	50.08	37.54
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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									

NDB No. 14144
Carbonated beverage, lemon-lime soda, 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
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....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
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 30.7g: 1 fl oz

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

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

NDB No. 14144

Carbonated beverage, lemon-lime soda, contains caffeine

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14416

Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine

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	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	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.400	18	A	1		1	16	12
Iron, Fe	mg	0.03		1		1		0.01	0.14	0.11
Magnesium, Mg	mg	1	0.098	18	A	1		0	3	2
Phosphorus, P	mg	11	1.127	18	A	1		3	51	38
Potassium, K	mg	6	0.748	18	A	1		2	31	23
Sodium, Na	mg	5	0.568	18	A	1		1	24	18
Zinc, Zn	mg	0.00	0.002	18	A	1		0.00	0.01	0.01
Copper, Cu	mg	0.011		0		4		0.003	0.052	0.039
Manganese, Mn	mg	0.000	0.000	18	A	1		0.000	0.000	0.000
Selenium, Se	mcg	0.0	0.000	18	A	1		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	0.005		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	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0	0.001	3	JA	6		0.0	0.0	0.0
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									

NDB No. 14416

Carbonated beverage, low calorie, cola or pepper-type, 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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 bottle 16 fl oz

Measure 3 = 355g: 1 can 12 fl oz

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14166

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

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	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	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	4	0.344	74	JA	6		1	17	13
Iron, Fe	mg	0.02	0.020	28	JA	6		0.01	0.09	0.07
Magnesium, Mg	mg	1	0.224	74	JA	6		0	4	3
Phosphorus, P	mg	11	0.162	41	JA	6		3	51	38
Potassium, K	mg	4	2.235	74	JA	6		1	20	15
* Sodium, Na	mg	16	0.766	72		1		5	76	57
Zinc, Zn	mg	0.03	0.024	30	JA	6		0.01	0.13	0.09
Copper, Cu	mg	0.013	0.013	29	JA	6		0.004	0.059	0.044
Manganese, Mn	mg	0.009	0.009	25	JA	6		0.003	0.040	0.030
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	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0	0.001	3	JA	6		0.0	0.0	0.0
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									

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
24:0 g									
Fatty acids, total monounsaturated g	0.000		0		1		0.000	0.000	0.000
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 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
Carotenoids:									
Carotene, beta mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0		0	z	7		0.000	0.000	0.000
Lycopene mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

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

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

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: 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	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	0.00		0	Z	7		0.00	0.00	0.00
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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									

NDB No. 14146

Carbonated beverage, low calorie, cola, with aspartame, without 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
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....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
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14143
Carbonated beverage, low calorie, other than cola or pepper, 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	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	0.00		0	Z	7		0.00	0.00	
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	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		1	AI	13		0.0	0.0	
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									

NDB No. 14143

Carbonated beverage, low calorie, other than cola or pepper, without 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
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....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	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.00		0	Z	7		0.00	0.00	
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
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									

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
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	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14150
Carbonated beverage, orange

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14153
Carbonated beverage, pepper-type, 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
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	0.000		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)

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	10.60		0	NR	4		3.26	52.26	39.22
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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									

NDB No. 14157
Carbonated beverage, root beer

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 30.8g: 1 fl oz

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.00		0	Z	7		0.00	0.00	0.00
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 30.5g: 1 fl oz

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

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

NDB No. 14155
Carbonated beverage, tonic water

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.060		0		1		0.007		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.059		0		1		0.007		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0		1		0.008		
18:2 undifferentiated.....g	0.066		0		1		0.008		
18:3 undifferentiated.....g	0.002		0		1		0.000		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	84.32		0	RPA	1		215.86		
Energy	kcal	75		0	RPI	6		192		
Energy	kj	313		0	RPI	6		801		
Protein	g	3.16		0	RPA	1		8.08		
Total lipid (fat)	g	3.11		0	RPI	6		7.95		
Ash	g	0.75		0	RPA	1		1.91		
Carbohydrate, by difference	g	8.68		0	RPI	6		22.21		
Fiber, total dietary	g	0.4		0	RPI	6		1.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	98		0	RPI	6		250		
Iron, Fe	mg	0.25		0	RPA	1		0.63		
Magnesium, Mg	mg	10		0	RPI	6		25		
Phosphorus, P	mg	80		0	RPI	6		205		
Potassium, K	mg	131		0	RPI	6		336		
Sodium, Na	mg	46		0	RPA	1		118		
Zinc, Zn	mg	0.37		0	RPI	6		0.94		
Copper, Cu	mg	0.025		0	RPI	6		0.063		
Manganese, Mn	mg	0.006		0	RPI	6		0.015		
Selenium, Se	mcg	3.6		0	RPI	6		9.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPA	1		0.0		
Thiamin	mg	0.042		0	RPA	1		0.108		
Riboflavin	mg	0.174		0	RPI	6		0.446		
Niacin	mg	0.138		0	RPA	1		0.353		
Pantothenic acid	mg	0.346		0	RPI	6		0.885		
Vitamin B-6	mg	0.040		0	RPA	1		0.103		
Folate, total	mcg	5		0	RPI	6		12		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0	RPI	6		12		
Folate, DFE	mcg_DFE	5		0	NC	4		12		
Vitamin B-12	mcg	0.42		0	RPI	6		1.07		
Vitamin A, IU	IU	97		0	RPI	6		249		
Vitamin A, RAE	mcg_RAE	27		0	NC	4		68		
Retinol	mcg	27		0	RPI	6		68		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.779		0	RPI	6		4.555		
4:0	g	0.071		0	RPA	1		0.182		
6:0	g	0.071		0	RPA	1		0.182		
8:0	g	0.071		0	RPA	1		0.182		
10:0	g	0.071		0	RPA	1		0.182		
12:0	g	0.073		0	RPA	1		0.187		
13:0	g									
14:0	g	0.283		0	RPA	1		0.724		
15:0	g									
16:0	g	0.791		0	RPA	1		2.025		
17:0	g									
18:0	g	0.348		0	RPA	1		0.891		
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	0.777		0	RPI	6		1.989		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.777		0	RPA	1		1.989		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.189		0	RPI	6		0.483		
18:2 undifferentiated.....g	0.118		0	RPA	1		0.301		
18:3 undifferentiated.....g	0.071		0	RPA	1		0.182		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	RPA	1		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0	RPA	1		0.183		
Threonine.....g	0.136		0	RPA	1		0.349		
Isoleucine.....g	0.157		0	RPA	1		0.403		
Leucine.....g	0.253		0	RPA	1		0.648		
Lysine.....g	0.134		0	RPA	1		0.342		
Methionine.....g	0.071		0	RPA	1		0.183		
Cystine.....g	0.016		0	RPA	1		0.041		
Phenylalanine.....g	0.140		0	RPA	1		0.359		
Tyrosine.....g	0.145		0	RPA	1		0.370		
Valine.....g	0.183		0	RPA	1		0.469		
Arginine.....g	0.071		0	RPA	1		0.183		
Histidine.....g	0.071		0	RPA	1		0.183		
Alanine.....g	0.098		0	RPA	1		0.251		
Aspartic acid.....g	0.226		0	RPA	1		0.579		
Glutamic acid.....g	0.618		0	RPA	1		1.581		
Glycine.....g	0.071		0	RPA	1		0.183		
Proline.....g	0.326		0	RPA	1		0.834		
Serine.....g	0.102		0	RPA	1		0.261		
Hydroxyproline.....g									

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

Common Measures:

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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		
Energy	kcal	279		0	NC	4		109		
Energy	kj	1167				4		455		
Protein (N x 6.25)	g	2.10	0.120	14	A	1		0.82		
Total lipid (fat)	g	1.13	0.120	14	A	1		0.44		
Ash	g	0.67	0.070	13	A	1		0.26		
Carbohydrate, by difference	g	65.10		0	NC	4		25.39		
Fiber, total dietary	g	2.6	0.465	4	JO	11		1.0		
Sugars, total	g	49.65		2	AI	13		19.36		
Starch	g									
Minerals:										
Calcium, Ca	mg	14		3		1		5		
Iron, Fe	mg	2.11		13		1		0.82		
Magnesium, Mg	mg	65		3		1		25		
Phosphorus, P	mg	129		2		1		50		
* Potassium, K	mg	224		3		1		87		
Sodium, Na	mg	72	13.460	15	A	1		28		
Zinc, Zn	mg	0.73		3		1		0.28		
Copper, Cu	mg	0.512		4		1		0.200		
Manganese, Mn	mg	0.382		3		1		0.149		
Selenium, Se	mcg	1.9		0	FLA	4		0.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		11		1		0.1		
Thiamin	mg	0.009		12		1		0.004		
Riboflavin	mg	0.050		1		1		0.020		
Niacin	mg	0.322		12		1		0.126		
Pantothenic acid	mg	0.013		1		1		0.005		
Vitamin B-6	mg	0.006		11		1		0.002		
Folate, total	mcg	2		0	FLA	4		1		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	2		0	FLA	4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	1		0	FLA	4		1		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.519		0		1		0.202		
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	0.001		0		1		0.000		
15:0	g									
16:0	g	0.221		0		1		0.086		
17:0	g									
18:0	g	0.289		0		1		0.113		
20:0	g									
22:0	g									
24:0	g									

NDB No. 14181
Chocolate syrup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.286		0		1		0.112		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.283		0		1		0.110		
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	0.026		0		1		0.010		
18:2 undifferentiated.....g	0.025		0		1		0.010		
18:3 undifferentiated.....g	0.001		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	0.026		0		1		0.010		
Threonine.....g	0.064		0		1		0.025		
Isoleucine.....g	0.063		0		1		0.025		
Leucine.....g	0.099		0		1		0.039		
Lysine.....g	0.082		0		1		0.032		
Methionine.....g	0.015		0		1		0.006		
Cystine.....g	0.020		0		1		0.008		
Phenylalanine.....g	0.080		0		1		0.031		
Tyrosine.....g	0.063		0		1		0.025		
Valine.....g	0.096		0		1		0.037		
Arginine.....g	0.091		0		1		0.035		
Histidine.....g	0.028		0		1		0.011		
Alanine.....g	0.072		0		1		0.028		
Aspartic acid.....g	0.163		0		1		0.064		
Glutamic acid.....g	0.240		0		1		0.094		
Glycine.....g	0.074		0		1		0.029		
Proline.....g	0.065		0		1		0.025		
Serine.....g	0.066		0		1		0.026		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	14		1		1		5		
Theobromine.....mg	471		0	FLA	4		184		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

*Vitamin or mineral added for enrichment or fortification

NDB No. 14181
Chocolate syrup

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	80.51		0	RPA	1		227.03		
Energy	kcal	90		0	RPI	6		254		
Energy	kj	377		0	RPI	6		1062		
Protein	g	3.07		0	RPA	1		8.66		
Total lipid (fat)	g	2.96		0	RPI	6		8.35		
Ash	g	0.69		0	RPA	1		1.94		
Carbohydrate, by difference	g	12.78		0	RPI	6		36.03		
Fiber, total dietary	g	0.3		0	RPI	6		1.0		
Sugars, total	g	11.31		0	RPI	6		31.89		
Starch	g									
Minerals:										
Calcium, Ca	mg	89		0	RPA	1		251		
Iron, Fe	mg	0.32		0	RPA	1		0.89		
Magnesium, Mg	mg	18		0	RPA	1		50		
Phosphorus, P	mg	90		0	RPA	1		254		
Potassium, K	mg	145		0	RPA	1		409		
Sodium, Na	mg	47		0	RPA	1		133		
Zinc, Zn	mg	0.43		0	RPA	1		1.21		
Copper, Cu	mg	0.090		0	RPA	1		0.253		
Manganese, Mn	mg	0.055		0	RPA	1		0.154		
Selenium, Se	mcg	3.4		0	RPI	6		9.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPA	1		0.1		
Thiamin	mg	0.039		0	RPA	1		0.110		
Riboflavin	mg	0.165		0	RPA	1		0.464		
Niacin	mg	0.137		0	RPA	1		0.385		
Pantothenic acid	mg	0.315		0	RPA	1		0.887		
Vitamin B-6	mg	0.032		0	RPA	1		0.091		
Folate, total	mcg	5		0	RPI	6		13		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	5		0	RPI	6		13		
Folate, DFE	mcg_DFE	5		0	NC	4		13		
Vitamin B-12	mcg	0.38		0	RPI	6		1.07		
Vitamin A, IU	IU	88		0	RPI	6		249		
Vitamin A, RAE	mcg_RAE	25		0	RPI	6		69		
Retinol	mcg	24		0	RPI	6		68		
Vitamin E (alpha-tocopherol)	mg	0.05		0	RPI	6		0.14		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	RPI	6		0.5		
Lipids:										
Fatty acids, total saturated	g	1.681		0	RPI	6		4.739		
4:0	g	0.064		0	RPA	1		0.181		
6:0	g	0.064		0	RPA	1		0.181		
8:0	g	0.064		0	RPA	1		0.181		
10:0	g	0.064		0	RPA	1		0.181		
12:0	g	0.066		0	RPA	1		0.187		
13:0	g	0.000		0	RPA	1		0.000		
14:0	g	0.257		0	RPA	1		0.723		
15:0	g	0.000		0	RPA	1		0.000		
16:0	g	0.746		0	RPA	1		2.104		
17:0	g	0.000		0	RPA	1		0.000		
18:0	g	0.354		0	RPA	1		1.000		
20:0	g	0.000		0	RPA	1		0.000		
22:0	g	0.000		0	RPA	1		0.000		
24:0	g	0.000		0	RPA	1		0.000		

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
Fatty acids, total monounsaturated.....g	0.740		0	RPI	6		2.088		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.740		0	RPA	1		2.087		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.172		0	RPI	6		0.484		
18:2 undifferentiated.....g	0.107		0	RPA	1		0.302		
18:3 undifferentiated.....g	0.064		0	RPA	1		0.182		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....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	9		0	RPA	1		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0	RPA	1		0.192		
Threonine.....g	0.132		0	RPA	1		0.373		
Isoleucine.....g	0.151		0	RPA	1		0.426		
Leucine.....g	0.243		0	RPA	1		0.685		
Lysine.....g	0.132		0	RPA	1		0.373		
Methionine.....g	0.067		0	RPA	1		0.188		
Cystine.....g	0.017		0	RPA	1		0.049		
Phenylalanine.....g	0.138		0	RPA	1		0.389		
Tyrosine.....g	0.140		0	RPA	1		0.394		
Valine.....g	0.179		0	RPA	1		0.505		
Arginine.....g	0.077		0	RPA	1		0.217		
Histidine.....g	0.068		0	RPA	1		0.193		
Alanine.....g	0.099		0	RPA	1		0.278		
Aspartic acid.....g	0.227		0	RPA	1		0.641		
Glutamic acid.....g	0.592		0	RPA	1		1.671		
Glycine.....g	0.075		0	RPA	1		0.211		
Proline.....g	0.304		0	RPA	1		0.857		
Serine.....g	0.101		0	RPA	1		0.285		
Hydroxyproline.....g									
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		
Carotenoids:									
Carotene, beta.....mcg	4		0	RPI	6		12.661		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000		

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

NDB No. 14182
Chocolate syrup, prepared with whole milk

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14175
Chocolate-flavor beverage mix for milk, powder, without added nutrients

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		0.21		
Energy	kcal	349		0	NC	4		80		
Energy	kj	1460				4		336		
Protein (N x 5.63)	g	3.30		20		1		0.76		
Total lipid (fat)	g	3.10		17		1		0.71		
Ash	g	1.80		14		1		0.41		
Carbohydrate, by difference	g	90.30		0	NC	4		20.77		
Fiber, total dietary	g	4.4		2	LC	8		1.0		
Sugars, total	g	84.66		2	LC	8		19.47		
Starch	g									
Minerals:										
Calcium, Ca	mg	37		16		1		9		
Iron, Fe	mg	3.14		27		1		0.72		
Magnesium, Mg	mg	98		13		1		23		
Phosphorus, P	mg	128		10		1		29		
Potassium, K	mg	591		11		1		136		
Sodium, Na	mg	210		26		1		48		
Zinc, Zn	mg	1.55		12		1		0.36		
Copper, Cu	mg	0.705		11		1		0.162		
Manganese, Mn	mg	0.707		11		1		0.163		
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		0.034		
Niacin	mg	0.511		13		1		0.118		
Pantothenic acid	mg	0.052		0	FLA	4		0.012		
Vitamin B-6	mg	0.010	0.000	10		1		0.002		
Folate, total	mcg	7		0	FLA	4		2		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	7		0	FLA	4		2		
Folate, DFE	mcg_DFE	7		0	NC	4		2		
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	4		0	FLA	4		1		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.05		0	FLA	4		0.01		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.1		0	FLA	4		0.2		
Lipids:										
Fatty acids, total saturated	g	1.834		0		1		0.422		
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		0.180		
17:0	g									
18:0	g	1.020		0		1		0.235		
20:0	g									
22:0	g									
24:0	g									

NDB No. 14175
Chocolate-flavor beverage mix for milk, powder, without added nutrients

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.009		0		1		0.232		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.000		0		1		0.230		
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		0.021		
18:2 undifferentiated.....g	0.087		0		1		0.020		
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	FLA	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.045		0		1		0.010		
Threonine.....g	0.111		0		1		0.026		
Isoleucine.....g	0.108		0		1		0.025		
Leucine.....g	0.171		0		1		0.039		
Lysine.....g	0.142		0		1		0.033		
Methionine.....g	0.025		0		1		0.006		
Cystine.....g	0.035		0		1		0.008		
Phenylalanine.....g	0.137		0		1		0.032		
Tyrosine.....g	0.108		0		1		0.025		
Valine.....g	0.166		0		1		0.038		
Arginine.....g	0.157		0		1		0.036		
Histidine.....g	0.048		0		1		0.011		
Alanine.....g	0.123		0		1		0.028		
Aspartic acid.....g	0.280		0		1		0.064		
Glutamic acid.....g	0.412		0		1		0.095		
Glycine.....g	0.127		0		1		0.029		
Proline.....g	0.112		0		1		0.026		
Serine.....g	0.113		0		1		0.026		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	36		6		1		8		
Theobromine.....mg	1212		0	FLC	4		279		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

Measure 1 = 23g: 1 serving

NDB No. 14175
Chocolate-flavor beverage mix for milk, powder, without added nutrients

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	80.79		0	RPA	1		214.89		
Energy	kcal	85		0	RPI	6		226		
Energy	kj	356		0	RPI	6		946		
Protein	g	3.23		0	RPA	1		8.59		
Total lipid (fat)	g	3.24		0	RPI	6		8.61		
Ash	g	0.78		0	RPA	1		2.09		
Carbohydrate, by difference	g	11.91		0	RPI	6		31.68		
Fiber, total dietary	g	0.4		0	RPI	6		1.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	95		0	RPA	1		254		
Iron, Fe	mg	0.30		0	RPA	1		0.80		
Magnesium, Mg	mg	18		0	RPA	1		47		
Phosphorus, P	mg	88		0	RPA	1		233		
Potassium, K	mg	172		0	RPA	1		458		
Sodium, Na	mg	58		0	RPA	1		153		
Zinc, Zn	mg	0.48		0	RPA	1		1.28		
Copper, Cu	mg	0.082		0	RPA	1		0.217		
Manganese, Mn	mg	0.064		0	RPA	1		0.169		
Selenium, Se	mcg	3.6		0	RPA	1		9.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RPA	1		0.2		
Thiamin	mg	0.043		0	RPA	1		0.114		
Riboflavin	mg	0.180		0	RPA	1		0.478		
Niacin	mg	0.142		0	RPA	1		0.378		
Pantothenic acid	mg	0.336		0	RPI	6		0.893		
Vitamin B-6	mg	0.034		0	RPA	1		0.091		
Folate, total	mcg	5		0	RPI	6		14		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	5		0	RPI	6		14		
Folate, DFE	mcg_DFE	5		0	NC	4		14		
Vitamin B-12	mcg	0.40		0	RPI	6		1.06		
Vitamin A, IU	IU	94		0	RPI	6		249		
Vitamin A, RAE	mcg_RAE	26		0	RPI	6		69		
Retinol	mcg	26		0	RPI	6		68		
Vitamin E (alpha-tocopherol)	mg	0.06		0	RPI	6		0.15		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	RPI	6		0.8		
Lipids:										
Fatty acids, total saturated	g	1.860		0	RPI	6		4.947		
4:0	g	0.068		0	RPA	1		0.181		
6:0	g	0.068		0	RPA	1		0.181		
8:0	g	0.068		0	RPA	1		0.181		
10:0	g	0.068		0	RPA	1		0.181		
12:0	g	0.070		0	RPA	1		0.186		
13:0	g	0.000		0	RPA	1		0.000		
14:0	g	0.272		0	RPA	1		0.722		
15:0	g	0.000		0	RPA	1		0.000		
16:0	g	0.825		0	RPA	1		2.194		
17:0	g	0.000		0	RPA	1		0.000		
18:0	g	0.421		0	RPA	1		1.120		
20:0	g	0.000		0	RPA	1		0.000		
22:0	g	0.000		0	RPA	1		0.000		
24:0	g	0.000		0	RPA	1		0.000		

NDB No. 14177
Chocolate-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
Fatty acids, total monounsaturated.....g	0.829		0	RPI	6		2.206		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPA	1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.829		0	RPA	1		2.204		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186		0	RPI	6		0.494		
18:2 undifferentiated.....g	0.117		0	RPA	1		0.312		
18:3 undifferentiated.....g	0.068		0	RPA	1		0.182		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....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	9		0	RPI	6		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0	RPA	1		0.192		
Threonine.....g	0.140		0	RPA	1		0.373		
Isoleucine.....g	0.160		0	RPA	1		0.426		
Leucine.....g	0.257		0	RPA	1		0.684		
Lysine.....g	0.140		0	RPA	1		0.373		
Methionine.....g	0.071		0	RPA	1		0.188		
Cystine.....g	0.018		0	RPA	1		0.049		
Phenylalanine.....g	0.146		0	RPA	1		0.389		
Tyrosine.....g	0.148		0	RPA	1		0.393		
Valine.....g	0.190		0	RPA	1		0.505		
Arginine.....g	0.082		0	RPA	1		0.218		
Histidine.....g	0.073		0	RPA	1		0.193		
Alanine.....g	0.105		0	RPA	1		0.278		
Aspartic acid.....g	0.241		0	RPA	1		0.641		
Glutamic acid.....g	0.628		0	RPA	1		1.670		
Glycine.....g	0.079		0	RPA	1		0.211		
Proline.....g	0.322		0	RPA	1		0.857		
Serine.....g	0.107		0	RPA	1		0.285		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	3		0	RPI	6		8		
Theobromine.....mg	104		0	RPI	6		278		
Carotenoids:									
Carotene, beta.....mcg	5		0	RPI	6		12.636		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000		

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43369
Chocolate-flavored drink, whey and milk based

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	FLC	4		214.97	26.87	
Energy	kcal	47		0	FLC	4		115	14	
Energy	kj	197		0	FLC	4		480	60	
Protein	g	0.64		0	FLC	4		1.57	0.20	
Total lipid (fat)	g	0.40		0	FLC	4		0.98	0.12	
Ash	g	0.56		0	FLC	4		1.37	0.17	
Carbohydrate, by difference	g	10.20		0	FLC	4		24.89	3.11	
Fiber, total dietary	g	0.8		0	FLC	4		2.0	0.3	
Sugars, total	g	8.68		0	FLC	4		21.18	2.65	
Starch	g									
Minerals:										
* Calcium, Ca	mg	100		0	O	4		244	31	
Iron, Fe	mg	0.46		0	FLC	4		1.12	0.14	
Magnesium, Mg	mg	14		0	FLC	4		34	4	
* Phosphorus, P	mg	23		0	FLC	4		57	7	
* Potassium, K	mg	76		0	FLC	4		185	23	
* Sodium, Na	mg	91		0	FLC	4		222	28	
Zinc, Zn	mg	0.21		0	FLC	4		0.51	0.06	
Copper, Cu	mg	0.105		0	FLC	4		0.256	0.032	
Manganese, Mn	mg	0.107		0	FLC	4		0.260	0.032	
Selenium, Se	mcg	0.5		0	FLC	4		1.3	0.2	
Vitamins:										
* Vitamin C, total ascorbic acid	mg	2.2				4		5.4	0.7	
Thiamin	mg	0.006		0	FLC	4		0.015	0.002	
* Riboflavin	mg	0.060				4		0.146	0.018	
* Niacin	mg	0.750				4		1.830	0.229	
Pantothenic acid	mg	0.030		0	FLC	4		0.074	0.009	
Vitamin B-6	mg	0.007		0	FLC	4		0.017	0.002	
Folate, total	mcg	1		0	FLC	4		3	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	FLC	4		3	0	
Folate, DFE	mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12	mcg	0.02		0	FLC	4		0.05	0.01	
* Vitamin A, IU	IU	200		0	FLC	4		488	61	
Vitamin A, RAE	mcg_RAE	60		0	FLC	4		146	18	
* Retinol	mcg	60		0	FLC	4		146	18	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4		0.01	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D	IU	1.134		0	FLC	4		2.768	0.346	
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.310		0	FLC	4		0.756	0.094	
4:0	g	0.001		0	FLC	4		0.002	0.000	
6:0	g	0.000		0	FLC	4		0.000	0.000	
8:0	g	0.000		0	FLC	4		0.000	0.000	
10:0	g	0.000		0	FLC	4		0.001	0.000	
12:0	g	0.000		0	FLC	4		0.001	0.000	
13:0	g									
14:0	g	0.003		0	FLC	4		0.006	0.001	
15:0	g									
16:0	g	0.145		0	FLC	4		0.355	0.044	
17:0	g									
18:0	g	0.160		0	FLC	4		0.390	0.049	
20:0	g									
22:0	g									
24:0	g									

NDB No. 43369
Chocolate-flavored drink, whey and milk based

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
Fatty acids, total monounsaturated.....g	0.049		0	FLC	4		0.119	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.049		0	FLC	4		0.118	0.015	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0	FLC	4		0.022	0.003	
18:2 undifferentiated.....g	0.009		0	FLC	4		0.021	0.003	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.001	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	2		0	FLC	4		5	1	
Theobromine.....mg	72		0	FLC	4		176	22	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.070	0.009	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.2		0	FLC	4		0.1	1.0	
Sugars, total	g	38.74		0	FLC	4		13.64	163.88	
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	0.3		0	FLC	4		0.1	1.4	
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	0.027		0	FLC	4		0.010	0.115	
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	9		0	FLC	4		3	36	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	9		0	FLC	4		3	36	
Folate, DFE	mcg_DFE	9		0	NC	4		3	36	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	15		0	NC	4		5	64	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	3	
Retinol	mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.07		0	FLC	4		0.02	0.29	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	FLC	4		0.0	0.5	
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									

NDB No. 14262
Citrus fruit juice drink, 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
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	
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	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	7		0	FLC	4		2.462	29.588	
Carotene, alpha.....mcg	1		0	FLC	4		0.429	5.154	
Cryptoxanthin, beta.....mcg	3		0	FLC	4		1.070	12.862	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	6		0	FLC	4		2.284	27.448	

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

Common Measures:

Measure 1 = 35.2g: 1 fl oz

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	87.41		0	FLC	4		216.76	27.10	
Energy	kcal	50		0	FLC	4		124	15	
Energy	kj	209		0	FLC	4		518	65	
Protein (N x 0)	g	0.18		0	FLC	4		0.45	0.06	
Total lipid (fat)	g	0.05		0	FLC	4		0.12	0.01	
Ash	g	0.17		0	FLC	4		0.42	0.05	
Carbohydrate, by difference	g	12.19		0	FLC	4		30.24	3.78	
Fiber, total dietary	g	0.1		0	FLC	4		0.2	0.0	
Sugars, total	g	11.38		1	LC	8		28.23	3.53	
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0	FLC	4		12	2	
Iron, Fe	mg	0.05		0	FLC	4		0.12	0.01	
Magnesium, Mg	mg	4		0	FLC	4		9	1	
Phosphorus, P	mg	4		0	FLC	4		10	1	
Potassium, K	mg	49		0	FLC	4		121	15	
Sodium, Na	mg	2		0	FLC	4		5	1	
Zinc, Zn	mg	0.02		0	FLC	4		0.05	0.01	
Copper, Cu	mg	0.017		0	FLC	4		0.043	0.005	
Manganese, Mn	mg	0.007		0	FLC	4		0.017	0.002	
Selenium, Se	mcg	0.1		0	FLC	4		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.6		1	LC	8		36.3	4.5	
Thiamin	mg	0.016		0	FLC	4		0.041	0.005	
Riboflavin	mg	0.008		0	FLC	4		0.020	0.002	
Niacin	mg	0.061		0	FLC	4		0.150	0.019	
Pantothenic acid	mg	0.055		0	FLC	4		0.136	0.017	
Vitamin B-6	mg	0.016		0	FLC	4		0.039	0.005	
Folate, total	mcg	3		0	FLC	4		6	1	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	3		0	FLC	4		6	1	
Folate, DFE	mcg_DFE	3		0	NC	4		6	1	
Vitamin B-12	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, IU	IU	27		0	FLC	4		66	8	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		3	0	
Retinol	mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLC	4		0.05	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.1	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8		0.000	0.000	
4:0	g	0.000		0	FLC	4		0.000	0.000	
6:0	g	0.000		0	FLC	4		0.000	0.000	
8:0	g	0.000		0	FLC	4		0.000	0.000	
10:0	g	0.000		0	FLC	4		0.000	0.000	
12:0	g	0.000		0	FLC	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	FLC	4		0.000	0.000	
15:0	g									
16:0	g	0.000		0	FLC	4		0.000	0.000	
17:0	g									
18:0	g	0.000		0	FLC	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

NDB No. 14263
Citrus fruit juice drink, frozen concentrate, 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
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:1....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	FLC	4		0.000	0.000	
Threonine....g	0.000		0	FLC	4		0.001	0.000	
Isoleucine....g	0.000		0	FLC	4		0.001	0.000	
Leucine....g	0.001		0	FLC	4		0.002	0.000	
Lysine....g	0.001		0	FLC	4		0.001	0.000	
Methionine....g	0.000		0	FLC	4		0.000	0.000	
Cystine....g	0.000		0	FLC	4		0.001	0.000	
Phenylalanine....g	0.001		0	FLC	4		0.001	0.000	
Tyrosine....g	0.000		0	FLC	4		0.001	0.000	
Valine....g	0.001		0	FLC	4		0.002	0.000	
Arginine....g	0.003		0	FLC	4		0.007	0.001	
Histidine....g	0.000		0	FLC	4		0.000	0.000	
Alanine....g	0.001		0	FLC	4		0.002	0.000	
Aspartic acid....g	0.005		0	FLC	4		0.011	0.001	
Glutamic acid....g	0.002		0	FLC	4		0.005	0.001	
Glycine....g	0.001		0	FLC	4		0.001	0.000	
Proline....g	0.003		0	FLC	4		0.007	0.001	
Serine....g	0.001		0	FLC	4		0.002	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta....mcg	13		0	O	4		32.240	4.030	
Carotene, alpha....mcg	0		0	FLC	4		0.888	0.111	
Cryptoxanthin, beta....mcg	1		0	FLC	4		2.215	0.277	
Lycopene....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin....mcg	2		0	FLC	4		4.728	0.591	

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14187
Clam and tomato juice, 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
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	
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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 44203
Cocktail mix, non-alcoholic, concentrated, frozen

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	28.09		0	FLA	4		10.11		
Energy	kcal	287		0	NC	4		103		
Energy	kj	1202		0	NC	4		433		
Protein	g	0.16		0	FLA	4		0.06		
Total lipid (fat)	g	0.02		0	FLA	4		0.01		
Ash	g	0.12		0	FLA	4		0.04		
Carbohydrate, by difference	g	71.60		0	NC	4		25.78		
Fiber, total dietary	g	0.1		0	FLA	4		0.0		
Sugars, total	g	71.26		0	FLA	4		25.65		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	FLA	4		1		
Iron, Fe	mg	0.05		0	FLA	4		0.02		
Magnesium, Mg	mg	3		0	FLA	4		1		
Phosphorus, P	mg	4		0	FLA	4		1		
Potassium, K	mg	47		0	FLA	4		17		
Sodium, Na	mg	0		2	LC	8		0		
Zinc, Zn	mg	0.02		0	FLA	4		0.01		
Copper, Cu	mg	0.026		0	FLA	4		0.009		
Manganese, Mn	mg	0.046		0	FLA	4		0.017		
Selenium, Se	mcg	0.6		0	FLA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2		2	LC	8		1.5		
Thiamin	mg	0.019		0	FLA	4		0.007		
Riboflavin	mg	0.019		0	FLA	4		0.007		
Niacin	mg	0.053		0	FLA	4		0.019		
Pantothenic acid	mg	0.044		0	FLA	4		0.016		
Vitamin B-6	mg	0.011		0	FLA	4		0.004		
Folate, total	mcg	10		0	FLA	4		4		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	10		0	FLA	4		4		
Folate, DFE	mcg_DFE	10		0	NC	4		4		
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	25		0	FLA	4		9		
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.05		0	FLA	4		0.02		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.024		0	FLA	4		0.008		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.000		0	FLA	4		0.000		
13:0	g									
14:0	g	0.001		0	FLA	4		0.000		
15:0	g									
16:0	g	0.022		0	FLA	4		0.008		
17:0	g									
18:0	g	0.001		0	FLA	4		0.000		
20:0	g									
22:0	g									
24:0	g									

NDB No. 44203
Cocktail mix, non-alcoholic, concentrated, frozen

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
Fatty acids, total monounsaturated.....g	0.006		0	FLA	4		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.005		0	FLA	4		0.002		
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	0.060		0	FLA	4		0.022		
18:2 undifferentiated.....g	0.041		0	FLA	4		0.015		
18:3 undifferentiated.....g	0.019		0	FLA	4		0.007		
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		2	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		1.576		
Carotene, alpha.....mcg	1		0	FLA	4		0.237		
Cryptoxanthin, beta.....mcg	20		0	FLA	4		7.264		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	26		0	FLA	4		9.232		

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 = 36.0g: 1 fl oz

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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

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
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	
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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

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
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	
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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

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
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	
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 serving

Measure 2 = 28g: 1 envelope

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14196
Cocoa mix, no sugar added, 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		0.65	0.51	
Energy	kcal	370		0	NC	4		70	56	
Energy	kj	1550		0	NC	4		294	232	
Protein (N x 6.25)	g	16.13		0	FLA	4		3.06	2.42	
Total lipid (fat)	g	3.00		2		1		0.57	0.45	
Ash	g	7.75		0	FLA	4		1.47	1.16	
Carbohydrate, by difference	g	69.73		0	NC	4		13.25	10.46	
Fiber, total dietary	g	6.4		1	LC	8		1.2	1.0	
Sugars, total	g	44.89		1	LC	8		8.53	6.73	
Starch	g									
Minerals:										
Calcium, Ca	mg	576		1		1		109	86	
Iron, Fe	mg	4.96		2		1		0.94	0.74	
Magnesium, Mg	mg	208		2		1		40	31	
Phosphorus, P	mg	893		1		1		170	134	
Potassium, K	mg	2702		2		1		513	405	
Sodium, Na	mg	1121		1		1		213	168	
Zinc, Zn	mg	3.44		2		1		0.65	0.52	
Copper, Cu	mg	0.730		2		1		0.139	0.110	
Manganese, Mn	mg	0.665		2		1		0.126	0.100	
Selenium, Se	mcg	16.7		0	FLA	4		3.2	2.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0	FLA	4		0.3	0.3	
Thiamin	mg	0.267		2		1		0.051	0.040	
Riboflavin	mg	1.400		2		1		0.266	0.210	
Niacin	mg	1.084		2		1		0.206	0.163	
Pantothenic acid	mg	3.826		2		1		0.727	0.574	
Vitamin B-6	mg	0.318		2		1		0.060	0.048	
Folate, total	mcg	15		2		1		3	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		2		1		3	2	
Folate, DFE	mcg_DFE	15		0	NC	4		3	2	
Vitamin B-12	mcg	1.62		0	FLA	4		0.31	0.24	
Vitamin A, IU	IU	0		1	LC	8		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.43		0	FLA	4		0.08	0.06	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	9.1		0	FLA	4		1.7	1.4	
Lipids:										
Fatty acids, total saturated	g	1.777		0		1		0.338	0.267	
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	FLA	4		0.000	0.000	
15:0	g									
16:0	g	0.000		0	FLA	4		0.000	0.000	
17:0	g									
18:0	g	0.000		0	FLA	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

NDB No. 14196
Cocoa mix, no sugar added, 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
Fatty acids, total monounsaturated.....g	0.979		0		1		0.186	0.147	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.969		0		1		0.184	0.145	
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	0.088		0		1		0.017	0.013	
18:2 undifferentiated.....g	0.085		0		1		0.016	0.013	
18:3 undifferentiated.....g	0.004		0		1		0.001	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	6		0	FLA	4		1	1	
Phytosterols.....mg	12		0	FLA	4		2	2	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	17		0	FLA	4		3	2	
Theobromine.....mg	561		0	FLA	4		107	84	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	398		0	NC	4		111		
Energy	kj	1664		0	NC	4		466		
Protein (N x 6.25)	g	5.88		0	FLC	4		1.65		
Total lipid (fat)	g	4.00		8		1		1.12		
Ash	g	4.10	0.050	4		1		1.15		
Carbohydrate, by difference	g	84.52		0	NC	4		23.67		
Fiber, total dietary	g	3.5		2	LC	8		1.0		
Sugars, total	g	74.32	2.617	4	LC	8		20.81		
Starch	g									
Minerals:										
Calcium, Ca	mg	141	28.621	4	LC	8		40		
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	5.0		3	AI	13		1.4		
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	FLC	4		0		
Retinol	mcg	1		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.53		0	FLC	4		0.15		
Tocopherol, beta	mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma	mg	0.94		0	FLC	4		0.26		
Tocopherol, delta	mg	0.03		0	FLC	4		0.01		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.8		0	FLC	4		0.2		
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									

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
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		
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	6	5.879	3	LC	8		2		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0	FLC	4		0.022		
Threonine.....g	0.251		0	FLC	4		0.070		
Isoleucine.....g	0.238		0	FLC	4		0.067		
Leucine.....g	0.383		0	FLC	4		0.107		
Lysine.....g	0.324		0	FLC	4		0.091		
Methionine.....g	0.074		0	FLC	4		0.021		
Cystine.....g	0.103		0		1		0.029		
Phenylalanine.....g	0.212		0	FLC	4		0.059		
Tyrosine.....g	0.176		0	FLC	4		0.049		
Valine.....g	0.296		0	FLC	4		0.083		
Arginine.....g	0.228		0	FLC	4		0.064		
Histidine.....g	0.093		0	FLC	4		0.026		
Alanine.....g	0.232		0	FLC	4		0.065		
Aspartic acid.....g	0.498		0	FLC	4		0.140		
Glutamic acid.....g	0.833		0	FLC	4		0.233		
Glycine.....g	0.175		0	FLC	4		0.049		
Proline.....g	0.271		0	FLC	4		0.076		
Serine.....g	0.234		0	FLC	4		0.065		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	18		10		1		5		
Theobromine.....mg	408		0	FLC	4		114		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.074		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000		

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

*Vitamin or mineral added for enrichment or fortification

NDB No. 14192
Cocoa mix, powder

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	86.34		0	RPI	6		177.87		
Energy	kcal	55		0	RPI	6		113		
Energy	kj	229		0	RPI	6		472		
Protein	g	0.81		0	RPI	6		1.67		
Total lipid (fat)	g	0.55		0	RPI	6		1.14		
Ash	g	0.65		0	RPI	6		1.34		
Carbohydrate, by difference	g	11.64		0	RPI	6		23.99		
Fiber, total dietary	g	0.5		0	RPI	6		1.0		
Sugars, total	g	10.24		0	RPI	6		21.09		
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0	RPI	6		44		
Iron, Fe	mg	0.17		0	RPA	1		0.35		
Magnesium, Mg	mg	12		0	RPA	1		25		
Phosphorus, P	mg	43		0	RPA	1		89		
Potassium, K	mg	98		0	RPA	1		202		
Sodium, Na	mg	71		0	RPA	1		147		
Zinc, Zn	mg	0.21		0	RPA	1		0.42		
Copper, Cu	mg	0.045		0	RPA	1		0.093		
Manganese, Mn	mg	0.037		0	RPA	1		0.077		
Selenium, Se	mcg	0.7		0	RPI	6		1.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RPI	6		0.5		
Thiamin	mg	0.013		0	RPI	6		0.027		
Riboflavin	mg	0.078		0	RPI	6		0.160		
Niacin	mg	0.081		0	RPI	6		0.166		
Pantothenic acid	mg	0.123		0	RPI	6		0.253		
Vitamin B-6	mg	0.016		0	RPI	6		0.032		
Folate, total	mcg	0		0	RPI	6		0		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	0		0	RPI	6		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.18		0	RPI	6		0.37		
Vitamin A, IU	IU	2		0	RPI	6		4		
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0		
Retinol	mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)	mg	0.07		0	RPI	6		0.15		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	RPI	6		0.2		
Lipids:										
Fatty acids, total saturated	g	0.326		0	RPA	1		0.672		
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	0.001		0	RPA	1		0.001		
15:0	g									
16:0	g	0.141		0	RPA	1		0.291		
17:0	g									
18:0	g	0.185		0	RPA	1		0.380		
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	0.182		0	RPA	1		0.375		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPA	1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.181		0	RPA	1		0.373		
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	0.017		0	RPA	1		0.034		
18:2 undifferentiated.....g	0.016		0	RPA	1		0.033		
18:3 undifferentiated.....g	0.001		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	1		0	RPI	6		2		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		0	RPI	6		0.022		
Threonine.....g	0.035		0	RPI	6		0.071		
Isoleucine.....g	0.033		0	RPI	6		0.068		
Leucine.....g	0.053		0	RPI	6		0.109		
Lysine.....g	0.045		0	RPI	6		0.092		
Methionine.....g	0.010		0	RPI	6		0.021		
Cystine.....g	0.014		0	RPA	1		0.029		
Phenylalanine.....g	0.029		0	RPI	6		0.060		
Tyrosine.....g	0.024		0	RPI	6		0.050		
Valine.....g	0.041		0	RPI	6		0.084		
Arginine.....g	0.031		0	RPI	6		0.065		
Histidine.....g	0.013		0	RPI	6		0.026		
Alanine.....g	0.032		0	RPI	6		0.066		
Aspartic acid.....g	0.069		0	RPI	6		0.141		
Glutamic acid.....g	0.115		0	RPI	6		0.236		
Glycine.....g	0.024		0	RPI	6		0.050		
Proline.....g	0.037		0	RPI	6		0.077		
Serine.....g	0.032		0	RPI	6		0.066		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	2		0	RPI	6		5		
Theobromine.....mg	56		0	RPI	6		116		
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.075		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000		

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14538

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

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	0.65	
Energy	kcal	359		0	NC	4		54	68	
Energy	kj	1504		0	NC	4		226	286	
Protein (N x 6.25)	g	25.10		2		1		3.77	4.77	
Total lipid (fat)	g	3.00		2		1		0.45	0.57	
Ash	g	10.50		2		1		1.58	2.00	
Carbohydrate, by difference	g	58.00		0	NC	4		8.70	11.02	
Fiber, total dietary	g	1.2		0	FLA	4		0.2	0.2	
Sugars, total	g	54.26		0	FLA	4		8.14	10.31	
Starch	g									
Minerals:										
* Calcium, Ca	mg	1440		1		1		216	274	
Iron, Fe	mg	4.96		2		1		0.74	0.94	
Magnesium, Mg	mg	208		2		1		31	40	
* Phosphorus, P	mg	1630		1		1		245	310	
Potassium, K	mg	2702		2		1		405	513	
Sodium, Na	mg	653		1		1		98	124	
Zinc, Zn	mg	3.44		2		1		0.52	0.65	
Copper, Cu	mg	0.730		2		1		0.110	0.139	
Manganese, Mn	mg	0.665		2		1		0.100	0.126	
Selenium, Se	mcg	23.4		0	FLA	4		3.5	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.267		2		1		0.040	0.051	
Riboflavin	mg	1.400		2		1		0.210	0.266	
Niacin	mg	1.084		2		1		0.163	0.206	
Pantothenic acid	mg	3.826		2		1		0.574	0.727	
Vitamin B-6	mg	0.318		2		1		0.048	0.060	
Folate, total	mcg	27		0	FLA	4		4	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	27		0	FLA	4		4	5	
Folate, DFE	mcg_DFE	27		0	NC	4		4	5	
Vitamin B-12	mcg	2.72		0	FLA	4		0.41	0.52	
* Vitamin A, IU	IU	1600		1		1		240	304	
Vitamin A, RAE	mcg_RAE	479		0	FLA	4		72	91	
* Retinol	mcg	479		0	FLA	4		72	91	
Vitamin E (alpha-tocopherol)	mg	0.21		0	FLA	4		0.03	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	187.929		0	FLA	4		28.189	35.707	
Vitamin K (phylloquinone)	mcg	4.2		0	FLA	4		0.6	0.8	
Lipids:										
Fatty acids, total saturated	g	1.777		0		1		0.267	0.338	
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	0.003		0		1		0.000	0.001	
15:0	g									
16:0	g	0.757		0		1		0.114	0.144	
17:0	g									
18:0	g	0.989		0		1		0.148	0.188	
20:0	g									
22:0	g									
24:0	g									

NDB No. 14538

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.979		0		1		0.147	0.186	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.969		0		1		0.145	0.184	
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	0.088		0		1		0.013	0.017	
18:2 undifferentiated.....g	0.085		0		1		0.013	0.016	
18:3 undifferentiated.....g	0.004		0		1		0.001	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	10		0	FLA	4		2	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	34		0	BFZN	4		5	6	
Theobromine.....mg	1159		0	BFZN	4		174	220	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.183	0.232	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.059	0.075	

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

Common Measures:

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

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

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	29		0	RPI	6		55		
Energy	kj	121		0	RPI	6		232		
Protein	g	1.26		0	RPI	6		2.41		
Total lipid (fat)	g	0.23		0	RPI	6		0.45		
Ash	g	0.70		0	RPI	6		1.34		
Carbohydrate, by difference	g	5.44		0	RPI	6		10.44		
Fiber, total dietary	g	0.5		0	RPI	6		1.0		
Sugars, total	g	3.50		0	RPI	6		6.72		
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0	RPA	1		91		
Iron, Fe	mg	0.39		0	RPA	1		0.75		
Magnesium, Mg	mg	17		0	RPA	1		32		
Phosphorus, P	mg	70		0	RPA	1		134		
Potassium, K	mg	211		0	RPA	1		405		
Sodium, Na	mg	89		0	RPA	1		172		
Zinc, Zn	mg	0.27		0	RPA	1		0.52		
Copper, Cu	mg	0.063		0	RPA	1		0.121		
Manganese, Mn	mg	0.052		0	RPA	1		0.100		
Selenium, Se	mcg	1.3		0	RPI	6		2.5		
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	0.13		0	RPI	6		0.24		
Vitamin A, IU	IU	48		0	RPI	6		92		
Vitamin A, RAE	mcg_RAE	14		0	RPI	6		27		
Retinol	mcg	14		0	RPI	6		27		
Vitamin E (alpha-tocopherol)	mg	0.03		0	RPI	6		0.06		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.7		0	RPI	6		1.4		
Lipids:										
Fatty acids, total saturated	g	0.000		0	RPA	1		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									

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

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
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		
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	0		0	RPI	6		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	1		0	RPI	6		2		
Theobromine.....mg	44		0	RPI	6		84		
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.065		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....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 = 192g: 1 packet dry mix with 6 fl oz water

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43343
Coffee and cocoa (mocha) powder, with whitener and low calorie 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	3.10				4		0.20		
Energy	kcal	257		0	LC	8		16		
Energy	kj	1075		0	LC	8		69		
Protein	g	9.00				4		0.58		
Total lipid (fat)	g	13.21		0	NR	4		0.85		
Ash	g	3.29		0	FLC	4		0.21		
Carbohydrate, by difference	g	71.40		0	LC	8		4.57		
Fiber, total dietary	g	4.8		0	FLC	4		0.3		
Sugars, total	g	34.98		0	FLC	4		2.24		
Starch	g									
Minerals:										
Calcium, Ca	mg	60		0	FLC	4		4		
Iron, Fe	mg	3.06		0	FLC	4		0.20		
Magnesium, Mg	mg	122		0	FLC	4		8		
Phosphorus, P	mg	451				4		29		
Potassium, K	mg	1856				4		119		
Sodium, Na	mg	500		1	LC	8		32		
Zinc, Zn	mg	1.01		0	FLC	4		0.06		
Copper, Cu	mg	0.560		0	FLC	4		0.036		
Manganese, Mn	mg	0.807		0	FLC	4		0.052		
Selenium, Se	mcg	4.0		0	FLC	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0		
Thiamin	mg	0.021		0	FLC	4		0.001		
Riboflavin	mg	0.109		0	FLC	4		0.007		
Niacin	mg	4.655		0	FLC	4		0.298		
Pantothenic acid	mg	0.063		0	FLC	4		0.004		
Vitamin B-6	mg	0.030		0	FLC	4		0.002		
Folate, total	mcg	5		0	FLC	4		0		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	5		0	FLC	4		0		
Folate, DFE	mcg_DFE	5		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	FLC	4		0.00		
Vitamin A, IU	IU	4		0	FLC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.09		0	FLC	4		0.01		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.7		0	FLC	4		0.1		
Lipids:										
Fatty acids, total saturated	g	11.376		0	NC	4		0.728		
4:0	g	0.002				4		0.000		
6:0	g	0.077				4		0.005		
8:0	g	0.954				4		0.061		
10:0	g	0.764				4		0.049		
12:0	g	5.672				4		0.363		
13:0	g									
14:0	g	2.140				4		0.137		
15:0	g									
16:0	g	1.233				4		0.079		
17:0	g									
18:0	g	0.535				4		0.034		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43343

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

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
Fatty acids, total monounsaturated.....g	0.954		0	NC	4		0.061		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.952				4		0.061		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.349		0	NC	4		0.022		
18:2 undifferentiated.....g	0.338				4		0.022		
18:3 undifferentiated.....g	0.011				4		0.001		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	218		0	FLC	4		14		
Theobromine.....mg	178		0	FLC	4		11		
Carotenoids:									
Carotene, beta.....mcg	2		0	FLC	4		0.154		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	6		0	FLC	4		0.358		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 **Fat** **Carbohydrate**

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (N x 6.25)	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	50.70		0	NR	4		3.24		
Fiber, total dietary	g	2.2		0	BFZN	4		0.1		
Sugars, total	g	48.50		0	NR	4		3.10		
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	0.032		0	FLC	4		0.002		
Vitamin B-6	mg	0.000		0	BFZN	4		0.000		
Folate, total	mcg	4		0	FLC	4		0		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	4		0	FLC	4		0		
Folate, DFE	mcg_DFE	4		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00		
Vitamin A, IU	IU	12		0	FLC	4		1		
Vitamin A, RAE	mcg_RAE	1		0	FLC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	FLC	4		0.01		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.6		0	FLC	4		0.2		
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									

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
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		
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	FLC	4		1		
Theobromine.....mg	237		0	FLC	4		15		
Carotenoids:									
Carotene, beta.....mcg	7		0	FLC	4		0.464		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	3		0	FLC	4		0.218		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	7.99	1.713	26	JO	11		0.18		
Energy	kcal	360		0	NC	4		8		
Energy	kj	1508		0	NC	4		35		
Protein (N x 6.25)	g	6.01	0.335	26	JO	11		0.14		
Total lipid (fat)	g	2.52	0.595	26	JO	11		0.06		
Ash	g	5.06	0.894	26	JO	11		0.12		
Carbohydrate, by difference	g	78.42		0	NC	4		1.80		
Fiber, total dietary	g	23.3		0	FLA	4		0.5		
Sugars, total	g	4.63		0	FLA	4		0.11		
Starch	g									
Minerals:										
Calcium, Ca	mg	52		2		1		1		
Iron, Fe	mg	4.60	1.615	11	JO	11		0.11		
Magnesium, Mg	mg	244	107.000	11	JO	11		6		
Phosphorus, P	mg	580	144.100	11	JO	11		13		
Potassium, K	mg	2443	860.000	11	JO	11		56		
Sodium, Na	mg	83	19.500	11	JO	11		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	64.1		0	FLA	4		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	mg	0.413		0	FLA	4		0.010		
Riboflavin	mg	0.095		1		1		0.002		
Niacin	mg	17.664	2.046	16	JO	11		0.406		
Pantothenic acid	mg	1.410		0	FLA	4		0.032		
Vitamin B-6	mg	0.747		0	FLA	4		0.017		
Folate, total	mcg	52		0	FLA	4		1		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	52		0	FLA	4		1		
Folate, DFE	mcg_DFE	52		0	NC	4		1		
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	8		0	FLA	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.98		0	FLA	4		0.02		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.6		0	FLA	4		0.0		
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									

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
Fatty acids, total monounsaturated.....g	0.358		0	FLA	4		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.346		0	FLA	4		0.008		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.229		0	FLA	4		0.028		
18:2 undifferentiated.....g	1.142		0	FLA	4		0.026		
18:3 undifferentiated.....g	0.084		0	FLA	4		0.002		
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	0.003		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	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	19	3.114	10	JO	11		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	5		0	FLA	4		0.105		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	194		0	FLA	4		4.473		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14421

Coffee substitute, cereal grain beverage, 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
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		
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	98.72		0	RPI	6		236.94	29.62	177.70
Energy	kcal	5		0	RPI	6		11	1	8
Energy	kj	19		0	RPI	6		46	6	35
Protein (N x 0)	g	0.08		0	RPI	6		0.18	0.02	0.14
Total lipid (fat)	g	0.03		0	RPI	6		0.08	0.01	0.06
Ash	g	0.16		0	RPI	6		0.39	0.05	0.29
Carbohydrate, by difference	g	1.00		0	RPI	6		2.41	0.30	1.81
Fiber, total dietary	g	0.3		0	RPI	6		0.7	0.1	0.5
Sugars, total	g	0.06		0	RPI	6		0.14	0.02	0.11
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RPA	1		7	1	6
Iron, Fe	mg	0.06		0	RPI	6		0.15	0.02	0.11
Magnesium, Mg	mg	4		0	RPI	6		9	1	7
Phosphorus, P	mg	7		0	RPI	6		18	2	13
Potassium, K	mg	31		0	RPI	6		75	9	57
Sodium, Na	mg	3		0	RPI	6		8	1	6
Zinc, Zn	mg	0.01		0	RPA	1		0.03	0.00	0.02
Copper, Cu	mg	0.009		0	RPA	1		0.022	0.003	0.017
Manganese, Mn	mg	0.014		0	RPA	1		0.035	0.004	0.026
Selenium, Se	mcg	0.8		0	RPI	6		2.0	0.2	1.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0	0.0	0.0
Thiamin	mg	0.005		0	RPI	6		0.013	0.002	0.010
Riboflavin	mg	0.001		0	RPI	6		0.003	0.000	0.002
Niacin	mg	0.226		0	RPI	6		0.543	0.068	0.407
Pantothenic acid	mg	0.018		0	RPI	6		0.043	0.005	0.032
Vitamin B-6	mg	0.010		0	RPI	6		0.023	0.003	0.017
Folate, total	mcg	1		0	RPI	6		2	0	1
Folic acid	mcg	0		0	RPI	6		0	0	0
Folate, food	mcg	1		0	RPI	6		2	0	1
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	1
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	RPI	6		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	0
Retinol	mcg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01		0	RPI	6		0.03	0.00	0.02
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.008		0	RPA	1		0.019	0.002	0.015
4:0	g	0.000		0	RPA	1		0.000	0.000	0.000
6:0	g	0.000		0	RPA	1		0.000	0.000	0.000
8:0	g	0.000		0	RPA	1		0.000	0.000	0.000
10:0	g	0.000		0	RPA	1		0.000	0.000	0.000
12:0	g	0.000		0	RPA	1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	RPA	1		0.001	0.000	0.001
15:0	g									
16:0	g	0.007		0	RPA	1		0.018	0.002	0.013
17:0	g									
18:0	g	0.000		0	RPA	1		0.001	0.000	0.001
20:0	g									
22:0	g									
24:0	g									

NDB No. 14237
Coffee substitute, cereal grain beverage, 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
Fatty acids, total monounsaturated.....g	0.005		0	RPI	6		0.011	0.001	0.008
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.004		0	RPI	6		0.011	0.001	0.008
20:1.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0	RPI	6		0.038	0.005	0.028
18:2 undifferentiated.....g	0.015		0	RPI	6		0.035	0.004	0.026
18:3 undifferentiated.....g	0.001		0	RPI	6		0.003	0.000	0.002
18:4.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		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	RPI	6		0.0	0.0	0.0
Caffeine.....mg	0		0	RPI	6		1	0	0
Theobromine.....mg	0		0	RPI	6		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.140	0.018	0.105
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2		0	RPI	6		5.974	0.747	4.480

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14209
Coffee, brewed from grounds, 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	99.46	0.028	7	A	1		235.71	29.44	177.03
Energy	kcal	4		0	NC	4		8	1	6
Energy	kj	15		0	NC	4		35	4	27
Protein (N x 6.25)	g	0.14	0.000	7	A	1		0.33	0.04	0.25
Total lipid (fat)	g	0.76	0.141	7	A	1		1.80	0.23	1.35
Ash	g	0.45	0.036	7	A	1		1.07	0.13	0.80
Carbohydrate, by difference	g	0.00		0	NR	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	1	0.034	10	A	1		2	0	2
Iron, Fe	mg	0.01	0.001	10	A	1		0.02	0.00	0.01
Magnesium, Mg	mg	2	0.058	10	A	1		6	1	4
Phosphorus, P	mg	3	0.038	10	A	1		6	1	5
Potassium, K	mg	48	0.779	10	A	1		114	14	86
Sodium, Na	mg	1	0.182	10	A	1		2	0	1
Zinc, Zn	mg	0.01	0.001	10	A	1		0.04	0.00	0.03
Copper, Cu	mg	0.000	0.000	18	A	1		0.000	0.000	0.000
Manganese, Mn	mg	0.019	0.001	10	A	1		0.045	0.006	0.034
Selenium, Se	mcg	0.0	0.004	8	A	1		0.1	0.0	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin	mg	0.000		1		1		0.000	0.000	0.000
Riboflavin	mg	0.050	0.009	3	A	1		0.118	0.015	0.088
Niacin	mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Pantothenic acid	mg	0.493	0.051	3	A	1		1.168	0.146	0.877
Vitamin B-6	mg	0.001	0.000	3	A	1		0.002	0.000	0.002
Folate, total	mcg	2	0.164	3	A	1		6	1	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2	0.164	3	A	1		6	1	4
Folate, DFE	mcg_DFE	2		0	NC	4		6	1	4
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	Z	7		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	O	4		0.05	0.01	0.04
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1	0.066	9	JA	6		0.2	0.0	0.1
Lipids:										
Fatty acids, total saturated	g	0.000		0	NC	4		0.000	0.000	0.000
4:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0	g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 14209
Coffee, brewed from grounds, 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
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	36		0	MC	9		85	11	64
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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

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	99.46		0	BFZN	4		235.71	29.44	177.03
Energy	kcal	4		0	NC	4		10	1	7
Energy	kj	17		0	NC	4		41	5	31
Protein	g	0.14		0	BFZN	4		0.33	0.04	0.25
Total lipid (fat)	g	0.76		0	BFZN	4		1.80	0.23	1.35
Ash	g	0.45		0	BFZN	4		1.07	0.13	0.80
Carbohydrate, by difference	g	0.00		0	NR	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0	BFZN	4		2	0	2
Iron, Fe	mg	0.01		0	BFZN	4		0.02	0.00	0.01
Magnesium, Mg	mg	2		0	BFZN	4		6	1	4
Phosphorus, P	mg	3		0	BFZN	4		6	1	5
Potassium, K	mg	48		0	BFZN	4		114	14	86
Sodium, Na	mg	1		0	BFZN	4		2	0	1
Zinc, Zn	mg	0.01		0	BFZN	4		0.04	0.00	0.03
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg	0.027		0	BFZN	4		0.064	0.008	0.048
Selenium, Se	mcg	0.0		0	BFZN	4		0.1	0.0	0.1
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	0.050		0	BFZN	4		0.118	0.015	0.088
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.001		0	BFZN	4		0.002	0.000	0.002
Vitamin B-6	mg	0.001		0	BFZN	4		0.002	0.000	0.002
Folate, total	mcg	2		0	BFZN	4		6	1	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0	BFZN	4		6	1	4
Folate, DFE	mcg_DFE	2		0	NC	4		6	1	4
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 (alpha-tocopherol)	mg	0.02		0	BFZN	4		0.05	0.01	0.04
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	BFZN	4		0.2	0.0	0.1
Lipids:										
Fatty acids, total saturated	g	0.000		0	NC	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	Z	7		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									

NDB No. 14201
Coffee, brewed from grounds, 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
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	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	0.001		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	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.00		0	BFZN	4				
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 (alpha-tocopherol)	mg	0.02		0	BFZN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	BFZN	4				
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									

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
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				
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	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	BFZN	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:

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14202
Coffee, brewed, espresso, restaurant-prepared, 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	97.80		0	BFZN	4				
Energy	kcal	9		0	BFZN	4				
Energy	kj	38				4				
Protein	g	0.01		0	BFZN	4				
Total lipid (fat)	g	0.18		0	BFZN	4				
Ash	g	0.23		0	BFZN	4				
Carbohydrate, by difference	g	1.53		0	BFZN	4				
Fiber, total dietary	g	0.0		0	BFZN	4				
Sugars, total	g	0.00		0	BFZN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	BFZN	4				
Iron, Fe	mg	0.13		0	BFZN	4				
Magnesium, Mg	mg	80		0	BFZN	4				
Phosphorus, P	mg	7		0	BFZN	4				
Potassium, K	mg	115		0	BFZN	4				
Sodium, Na	mg	14		0	BFZN	4				
Zinc, Zn	mg	0.05		0	BFZN	4				
Copper, Cu	mg	0.050		0	BFZN	4				
Manganese, Mn	mg	0.050		0	BFZN	4				
Selenium, Se	mcg	0.0		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	BFZN	4				
Thiamin	mg	0.001		0	BFZN	4				
Riboflavin	mg	0.177		0	BFZN	4				
Niacin	mg	5.207		0	BFZN	4				
Pantothenic acid	mg	0.028		0	BFZN	4				
Vitamin B-6	mg	0.002		0	BFZN	4				
Folate, total	mcg	1		0	BFZN	4				
Folic acid	mcg	0		0	BFZN	4				
Folate, food	mcg	1		0	BFZN	4				
Folate, DFE	mcg_DFE	1		0	NC	4				
Vitamin B-12	mcg	0.00		0	BFZN	4				
Vitamin A, IU	IU	0		0	BFZN	4				
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4				
Retinol	mcg	0		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFZN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	0.092		0	BFZN	4				
4:0	g	0.000		0	BFZN	4				
6:0	g	0.000		0	BFZN	4				
8:0	g	0.000		0	BFZN	4				
10:0	g	0.000		0	BFZN	4				
12:0	g	0.000		0	BFZN	4				
13:0	g									
14:0	g	0.000		0	BFZN	4				
15:0	g									
16:0	g	0.046		0	BFZN	4				
17:0	g									
18:0	g	0.000		0	BFZN	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 14202
Coffee, brewed, espresso, restaurant-prepared, 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
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4				
20:1.....g	0.000		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0	BFZN	4				
18:2 undifferentiated.....g	0.092		0	BFZN	4				
18:3 undifferentiated.....g	0.000		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4				
Caffeine.....mg	1		0	BFZN	4				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	BFZN	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:

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43401
Coffee, dry, powder, with whitener and low calorie 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	6.16		0	FLA	4		0.10		
Energy	kcal	509		0	NC	4		9		
Energy	kj	2132		0	NC	4		36		
Protein (N x 6.25)	g	1.96		0	FLA	4		0.03		
Total lipid (fat)	g	29.10				4		0.49		
Ash	g	2.84		0	FLA	4		0.05		
Carbohydrate, by difference	g	59.94		0	NC	4		1.02		
Fiber, total dietary	g	0.5		0	FLA	4		0.0		
Sugars, total	g	59.00		0	NR	4		1.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0	FLA	4		0		
Iron, Fe	mg	0.06		0	FLA	4		0.00		
Magnesium, Mg	mg	2		0	FLA	4		0		
Phosphorus, P	mg	135		0	FLA	4		2		
Potassium, K	mg	909		0	FLA	4		15		
Sodium, Na	mg	819		0	FLA	4		14		
Zinc, Zn	mg	0.02		0	FLA	4		0.00		
Copper, Cu	mg	0.011		0	FLA	4		0.000		
Manganese, Mn	mg	0.011		0	FLA	4		0.000		
Selenium, Se	mcg	0.9		0	FLA	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	mg	0.000		0	FLA	4		0.000		
Riboflavin	mg	0.000		0	FLA	4		0.000		
Niacin	mg	0.188		0	FLA	4		0.003		
Pantothenic acid	mg	0.001		0	FLA	4		0.000		
Vitamin B-6	mg	0.000		0	FLA	4		0.000		
Folate, total	mcg	1		0	FLA	4		0		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	1		0	FLA	4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	14		0	FLA	4		0		
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.26		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.8		0	FLA	4		0.1		
Lipids:										
Fatty acids, total saturated	g	25.128		0	FLA	4		0.427		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.000		0	FLA	4		0.000		
13:0	g									
14:0	g	0.000		0	FLA	4		0.000		
15:0	g									
16:0	g	7.368		0	FLA	4		0.125		
17:0	g									
18:0	g	17.761		0	FLA	4		0.302		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43401
Coffee, dry, powder, with whitener and low calorie sweetener

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
Fatty acids, total monounsaturated.....g	1.705		0	FLA	4		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	1.705		0	FLA	4		0.029		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.576		0	FLA	4		0.010		
18:2 undifferentiated.....g	0.576		0	FLA	4		0.010		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....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	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	21		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	9		0	FLA	4		0.148		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

Measure 1 = 1.7g: 1 tsp dry

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	NC	4		0.77		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	0.00		0	FLA	4		0.00		
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	17.3		0	FLA	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	mg	0.000		0	FLA	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	FLA	4		0.002		
Vitamin B-6	mg	0.000		0	FLA	4		0.000		
Folate, total	mcg	0		0	FLA	4		0		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	0		0	FLA	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	0		0	FLA	4		0		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.9		0	FLA	4		0.0		
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									

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
Fatty acids, total monounsaturated.....g	0.021		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.000		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.101		0		1		0.002		
18:2 undifferentiated.....g	0.093		0		1		0.002		
18:3 undifferentiated.....g	0.008		0		1		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....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	FLA	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.001		
Threonine.....g	0.136		0		1		0.002		
Isoleucine.....g	0.164		0		1		0.003		
Leucine.....g	0.456		0		1		0.008		
Lysine.....g	0.092		0		1		0.002		
Methionine.....g	0.022		0		1		0.000		
Cystine.....g	0.193		0		1		0.003		
Phenylalanine.....g	0.250		0		1		0.005		
Tyrosine.....g	0.158		0		1		0.003		
Valine.....g	0.263		0		1		0.005		
Arginine.....g	0.050		0		1		0.001		
Histidine.....g	0.158		0		1		0.003		
Alanine.....g	0.320		0		1		0.006		
Aspartic acid.....g	0.456		0		1		0.008		
Glutamic acid.....g	1.937		0		1		0.035		
Glycine.....g	0.421		0		1		0.008		
Proline.....g	0.335		0		1		0.006		
Serine.....g	0.121		0		1		0.002		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	122		10		1		2		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

NDB No. 14218
Coffee, instant, decaffeinated, powder

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14219
Coffee, instant, decaffeinated, 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	98.93		0	RPI	6		177.08		
Energy	kcal	2		0	RPI	6		4		
Energy	kj	9		0	RPI	6		16		
Protein (N x 0)	g	0.12		0	RPI	6		0.21		
Total lipid (fat)	g	0.00		0	RPI	6		0.00		
Ash	g	0.19		0	RPI	6		0.34		
Carbohydrate, by difference	g	0.43		0	RPI	6		0.77		
Fiber, total dietary	g	0.0		0	RPI	6		0.0		
Sugars, total	g	0.00		0	RPI	6		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.200	18	A	1		5		
Iron, Fe	mg	0.06	0.010	18	A	1		0.10		
Magnesium, Mg	mg	5	0.329	18	A	1		9		
Phosphorus, P	mg	4	0.281	18	A	1		7		
Potassium, K	mg	46	3.417	17	A	1		82		
Sodium, Na	mg	2	0.272	18	A	1		3		
Zinc, Zn	mg	0.00	0.001	18	A	1		0.00		
Copper, Cu	mg	0.007		0	RPA	1		0.013		
Manganese, Mn	mg	0.030	0.002	18	A	1		0.054		
Selenium, Se	mcg	0.2	0.178	18	A	1		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0		
Thiamin	mg	0.000		0	RPI	6		0.000		
Riboflavin	mg	0.014		0	RPI	6		0.024		
Niacin	mg	0.282		0	RPI	6		0.505		
Pantothenic acid	mg	0.001		0	RPI	6		0.002		
Vitamin B-6	mg	0.000		0	RPI	6		0.000		
Folate, total	mcg	0		0	RPI	6		0		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	0		0	RPI	6		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	RPI	6		0.00		
Vitamin A, IU	IU	0		0	RPI	6		0		
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0		
Retinol	mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		1	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	0.001		0	RPA	1		0.002		
4:0	g	0.000		0	RPI	6		0.000		
6:0	g	0.000		0	RPI	6		0.000		
8:0	g	0.000		0	RPI	6		0.000		
10:0	g	0.000		0	RPI	6		0.000		
12:0	g	0.000		0	RPI	6		0.000		
13:0	g									
14:0	g	0.000		0	RPI	6		0.000		
15:0	g									
16:0	g	0.001		0	RPA	1		0.001		
17:0	g									
18:0	g	0.000		0	RPA	1		0.000		
20:0	g									
22:0	g									
24:0	g									

NDB No. 14219
Coffee, instant, decaffeinated, 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
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPA	1		0.002		
18:2 undifferentiated.....g	0.001		0	RPA	1		0.002		
18:3 undifferentiated.....g	0.000		0	RPA	1		0.000		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....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	0		0	RPI	6		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.001		
Threonine.....g	0.001		0	RPA	1		0.002		
Isoleucine.....g	0.002		0	RPA	1		0.003		
Leucine.....g	0.005		0	RPA	1		0.008		
Lysine.....g	0.001		0	RPA	1		0.002		
Methionine.....g	0.000		0	RPA	1		0.000		
Cystine.....g	0.002		0	RPA	1		0.003		
Phenylalanine.....g	0.003		0	RPA	1		0.004		
Tyrosine.....g	0.002		0	RPA	1		0.003		
Valine.....g	0.003		0	RPA	1		0.005		
Arginine.....g	0.001		0	RPA	1		0.001		
Histidine.....g	0.002		0	RPA	1		0.003		
Alanine.....g	0.003		0	RPA	1		0.006		
Aspartic acid.....g	0.005		0	RPA	1		0.008		
Glutamic acid.....g	0.019		0	RPA	1		0.035		
Glycine.....g	0.004		0	RPA	1		0.008		
Proline.....g	0.003		0	RPA	1		0.006		
Serine.....g	0.001		0	RPA	1		0.002		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	1		0	RPI	6		2		
Theobromine.....mg	0		0	RPI	6		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000		

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.06	0.05
Energy	kcal	241		0	NC	4		2	4	4
Energy	kj	1008				4		9	18	15
Protein (N x 6.25)	g	12.20		10		1		0.11	0.22	0.18
Total lipid (fat)	g	0.50		8		1		0.00	0.01	0.01
Ash	g	8.80		10		1		0.08	0.16	0.13
Carbohydrate, by difference	g	41.10		5	NC	4		0.37	0.74	0.62
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	141		28		1		1	3	2
Iron, Fe	mg	4.41		18		1		0.04	0.08	0.07
Magnesium, Mg	mg	327		23		1		3	6	5
Phosphorus, P	mg	303		28		1		3	5	5
Potassium, K	mg	3535		32		1		32	64	53
Sodium, Na	mg	37		32		1		0	1	1
Zinc, Zn	mg	0.35		12		1		0.00	0.01	0.01
Copper, Cu	mg	0.139		12		1		0.001	0.003	0.002
Manganese, Mn	mg	1.712	0.244	24		1		0.015	0.031	0.026
Selenium, Se	mcg	12.6	0.398	10	A	1		0.1	0.2	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.008	0.005	3		1		0.000	0.000	0.000
Riboflavin	mg	0.074	0.012	3		1		0.001	0.001	0.001
Niacin	mg	28.173		10		1		0.254	0.507	0.423
Pantothenic acid	mg	0.097	0.031	3		1		0.001	0.002	0.001
Vitamin B-6	mg	0.029	0.002	3		1		0.000	0.001	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	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 (alpha-tocopherol)	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.9		0	BFZN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.197		0		1		0.002	0.004	0.003
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.146		0		1		0.001	0.003	0.002
17:0	g									
18:0	g	0.035		0		1		0.000	0.001	0.001
20:0	g									
22:0	g									
24:0	g									

NDB No. 14214
Coffee, instant, regular, 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
Fatty acids, total monounsaturated.....g	0.041		0		1		0.000	0.001	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.040		0		1		0.000	0.001	0.001
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	0.196		0		1		0.002	0.004	0.003
18:2 undifferentiated.....g	0.180		0		1		0.002	0.003	0.003
18:3 undifferentiated.....g	0.015		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	0.030		0		1		0.000	0.001	0.000
Threonine.....g	0.142		0		1		0.001	0.003	0.002
Isoleucine.....g	0.172		0		1		0.002	0.003	0.003
Leucine.....g	0.478		0		1		0.004	0.009	0.007
Lysine.....g	0.096		0		1		0.001	0.002	0.001
Methionine.....g	0.023		0		1		0.000	0.000	0.000
Cystine.....g	0.202		0		1		0.002	0.004	0.003
Phenylalanine.....g	0.262		0		1		0.002	0.005	0.004
Tyrosine.....g	0.165		0		1		0.001	0.003	0.002
Valine.....g	0.276		0		1		0.002	0.005	0.004
Arginine.....g	0.053		0		1		0.000	0.001	0.001
Histidine.....g	0.165		0		1		0.001	0.003	0.002
Alanine.....g	0.335		0		1		0.003	0.006	0.005
Aspartic acid.....g	0.478		0		1		0.004	0.009	0.007
Glutamic acid.....g	2.030		0		1		0.018	0.037	0.030
Glycine.....g	0.441		0		1		0.004	0.008	0.007
Proline.....g	0.351		0		1		0.003	0.006	0.005
Serine.....g	0.126		0		1		0.001	0.002	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	3142		15		1		28	57	47
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 1.8g: 1 tsp, rounded

Measure 3 = 1.5g: 1 serving (1 round tsp)

NDB No. 14214
Coffee, instant, regular, powder

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14203
Coffee, instant, regular, powder, half the caffeine

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		0.03	0.06	0.05
Energy	kcal	350		0	FLC	4		3	6	5
Energy	kj	1464				4		13	26	22
Protein (N x 6.25)	g	14.42		0	FLC	4		0.13	0.26	0.22
Total lipid (fat)	g	0.50		0	BFZN	4		0.00	0.01	0.01
Ash	g	8.80		0	BFZN	4		0.08	0.16	0.13
Carbohydrate, by difference	g	70.60		0	FLC	4		0.64	1.27	1.06
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	141		0	BFZN	4		1	3	2
Iron, Fe	mg	4.41		0	BFZN	4		0.04	0.08	0.07
Magnesium, Mg	mg	327		0	BFZN	4		3	6	5
Phosphorus, P	mg	303		0	BFZN	4		3	5	5
Potassium, K	mg	3535		0	BFZN	4		32	64	53
Sodium, Na	mg	37		0	BFZN	4		0	1	1
Zinc, Zn	mg	0.35		0	BFZN	4		0.00	0.01	0.01
Copper, Cu	mg	0.139		0	BFZN	4		0.001	0.003	0.002
Manganese, Mn	mg	1.712		0	BFZN	4		0.015	0.031	0.026
Selenium, Se	mcg	12.6		0	BFZN	4		0.1	0.2	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.008		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.074		0	BFZN	4		0.001	0.001	0.001
Niacin	mg	28.173		0	BFZN	4		0.254	0.507	0.423
Pantothenic acid	mg	0.097		0	BFZN	4		0.001	0.002	0.001
Vitamin B-6	mg	0.029		0	BFZN	4		0.000	0.001	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		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	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.9		0	BFZN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.197		0	BFZN	4		0.002	0.004	0.003
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	0.146		0	BFZN	4		0.001	0.003	0.002
17:0	g									
18:0	g	0.035		0	BFZN	4		0.000	0.001	0.001
20:0	g									
22:0	g									
24:0	g									

NDB No. 14203
Coffee, instant, regular, powder, half the 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
Fatty acids, total monounsaturated.....g	0.041		0	BFZN	4		0.000	0.001	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.040		0	BFZN	4		0.000	0.001	0.001
20:1.....g	0.001		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	0.196		0	BFZN	4		0.002	0.004	0.003
18:2 undifferentiated.....g	0.180		0	BFZN	4		0.002	0.003	0.003
18:3 undifferentiated.....g	0.015		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	1571		0	FLC	4		14	28	24
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 1.8g: 1 tsp, rounded

Measure 3 = 1.5g: 1 serving (1 round tsp)

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	99.09		0	RPI	6		29.53	177.37	
Energy	kcal	2		0	RPI	6		1	3	
Energy	kj	7		0	RPI	6		2	13	
Protein (N x 0)	g	0.10		0	RPI	6		0.03	0.18	
Total lipid (fat)	g	0.00		0	RPI	6		0.00	0.01	
Ash	g	0.17		0	RPI	6		0.05	0.31	
Carbohydrate, by difference	g	0.34		0	RPI	6		0.10	0.62	
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0	
Sugars, total	g	0.00		0	RPI	6		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	RPA	1		1	6	
Iron, Fe	mg	0.04		0	RPA	1		0.01	0.07	
Magnesium, Mg	mg	3		0	RPA	1		1	6	
Phosphorus, P	mg	3		0	RPA	1		1	5	
Potassium, K	mg	30		0	RPA	1		9	53	
Sodium, Na	mg	2		0	RPA	1		1	4	
Zinc, Zn	mg	0.01		0	RPA	1		0.00	0.01	
Copper, Cu	mg	0.008		0	RPA	1		0.002	0.014	
Manganese, Mn	mg	0.015		0	RPA	1		0.004	0.026	
Selenium, Se	mcg	0.1		0	RPI	6		0.0	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0	0.0	
Thiamin	mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin	mg	0.001		0	RPI	6		0.000	0.001	
Niacin	mg	0.236		0	RPI	6		0.070	0.423	
Pantothenic acid	mg	0.001		0	RPI	6		0.000	0.001	
Vitamin B-6	mg	0.000		0	RPI	6		0.000	0.000	
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	NC	4		0	0	
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, IU	IU	0		0	RPI	6		0	0	
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	
Retinol	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.002		0	RPA	1		0.000	0.003	
4:0	g	0.000		0	RPA	1		0.000	0.000	
6:0	g	0.000		0	RPA	1		0.000	0.000	
8:0	g	0.000		0	RPA	1		0.000	0.000	
10:0	g	0.000		0	RPA	1		0.000	0.000	
12:0	g	0.000		0	RPA	1		0.000	0.000	
13:0	g									
14:0	g	0.000		0	RPA	1		0.000	0.000	
15:0	g									
16:0	g	0.001		0	RPA	1		0.000	0.002	
17:0	g									
18:0	g	0.000		0	RPA	1		0.000	0.001	
20:0	g									
22:0	g									
24:0	g									

NDB No. 14215
Coffee, instant, regular, 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
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.001	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0	RPA	1		0.000	0.003	
18:2 undifferentiated.....g	0.002		0	RPA	1		0.000	0.003	
18:3 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPA	1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.000	0.000	
Threonine.....g	0.001		0	RPA	1		0.000	0.002	
Isoleucine.....g	0.001		0	RPA	1		0.000	0.003	
Leucine.....g	0.004		0	RPA	1		0.001	0.007	
Lysine.....g	0.001		0	RPA	1		0.000	0.001	
Methionine.....g	0.000		0	RPA	1		0.000	0.000	
Cystine.....g	0.002		0	RPA	1		0.001	0.003	
Phenylalanine.....g	0.002		0	RPA	1		0.001	0.004	
Tyrosine.....g	0.001		0	RPA	1		0.000	0.002	
Valine.....g	0.002		0	RPA	1		0.001	0.004	
Arginine.....g	0.000		0	RPA	1		0.000	0.001	
Histidine.....g	0.001		0	RPA	1		0.000	0.002	
Alanine.....g	0.003		0	RPA	1		0.001	0.005	
Aspartic acid.....g	0.004		0	RPA	1		0.001	0.007	
Glutamic acid.....g	0.017		0	RPA	1		0.005	0.030	
Glycine.....g	0.004		0	RPA	1		0.001	0.007	
Proline.....g	0.003		0	RPA	1		0.001	0.005	
Serine.....g	0.001		0	RPA	1		0.000	0.002	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	26		0	RPI	6		8	47	
Theobromine.....mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.015		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.000		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.001		
18:2 undifferentiated.....g	0.065		0		1		0.001		
18:3 undifferentiated.....g	0.005		0		1		0.000		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	98.94		0	RPI	6		177.10		
Energy	kcal	3		0	RPI	6		6		
Energy	kj	14		0	RPI	6		25		
Protein (N x 0)	g	0.09		0	RPI	6		0.17		
Total lipid (fat)	g	0.00		0	RPI	6		0.00		
Ash	g	0.17		0	RPI	6		0.31		
Carbohydrate, by difference	g	0.75		0	RPI	6		1.33		
Fiber, total dietary	g	0.0		0	RPI	6		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RPA	1		6		
Iron, Fe	mg	0.05		0	RPA	1		0.09		
Magnesium, Mg	mg	3		0	RPA	1		5		
Phosphorus, P	mg	3		0	RPA	1		5		
Potassium, K	mg	34		0	RPA	1		61		
Sodium, Na	mg	5		0	RPA	1		9		
Zinc, Zn	mg	0.01		0	RPA	1		0.01		
Copper, Cu	mg	0.007		0	RPA	1		0.013		
Manganese, Mn	mg	0.012		0	RPA	1		0.022		
Selenium, Se	mcg	0.1		0	RPI	6		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0		
Thiamin	mg	0.000		0	RPI	6		0.000		
Riboflavin	mg	0.003		0	RPI	6		0.005		
Niacin	mg	0.218		0	RPI	6		0.390		
Pantothenic acid	mg	0.001		0	RPI	6		0.002		
Vitamin B-6	mg	0.000		0	RPI	6		0.001		
Folate, total	mcg	0		0	RPI	6		0		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	0		0	RPI	6		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	RPI	6		0.00		
Vitamin A, IU	IU	0		0	RPI	6		0		
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0		
Retinol	mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.001		0	RPA	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	0.001		0	RPA	1		0.001		
17:0	g									
18:0	g	0.000		0	RPA	1		0.000		
20:0	g									
22:0	g									
24:0	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
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPA	1		0.001		
18:2 undifferentiated.....g	0.001		0	RPA	1		0.001		
18:3 undifferentiated.....g	0.000		0	RPA	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	RPA	1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.000		
Threonine.....g	0.001		0	RPA	1		0.002		
Isoleucine.....g	0.001		0	RPA	1		0.002		
Leucine.....g	0.003		0	RPA	1		0.006		
Lysine.....g	0.001		0	RPA	1		0.001		
Methionine.....g	0.000		0	RPA	1		0.000		
Cystine.....g	0.001		0	RPA	1		0.003		
Phenylalanine.....g	0.002		0	RPA	1		0.003		
Tyrosine.....g	0.001		0	RPA	1		0.002		
Valine.....g	0.002		0	RPA	1		0.004		
Arginine.....g	0.000		0	RPA	1		0.001		
Histidine.....g	0.001		0	RPA	1		0.002		
Alanine.....g	0.002		0	RPA	1		0.004		
Aspartic acid.....g	0.003		0	RPA	1		0.006		
Glutamic acid.....g	0.015		0	RPA	1		0.026		
Glycine.....g	0.003		0	RPA	1		0.006		
Proline.....g	0.003		0	RPA	1		0.005		
Serine.....g	0.001		0	RPA	1		0.002		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	21		0	RPI	6		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 = 179g: 6 fl oz

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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		0.33		
Energy	kcal	428		0	NC	4		107		
Energy	kj	1791		0	NC	4		448		
Protein (N x 6.25)	g	5.32	1.057	3	LC	8		1.33		
Total lipid (fat)	g	9.92	3.680	3	LC	8		2.48		
Ash	g	4.10		6		1		1.03		
Carbohydrate, by difference	g	79.36		0	NC	4		19.84		
Fiber, total dietary	g	1.2	1.235	3	LC	8		0.3		
Sugars, total	g	68.67	2.560	3	LC	8		17.17		
Starch	g									
Minerals:										
Calcium, Ca	mg	220	37.289	3	LC	8		55		
Iron, Fe	mg	1.02		1		1		0.26		
Magnesium, Mg	mg	52		1		1		13		
* Phosphorus, P	mg	183		6		1		46		
Potassium, K	mg	831		6		1		208		
* Sodium, Na	mg	298	55.402	3	LC	8		75		
Zinc, Zn	mg	0.25		1		1		0.06		
Copper, Cu	mg	0.110		1		1		0.028		
Manganese, Mn	mg	0.200		1		1		0.050		
Selenium, Se	mcg	4.8		0	FLA	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	FLA	4		0.2		
Thiamin	mg	0.111		1		1		0.028		
Riboflavin	mg	0.037		1		1		0.009		
Niacin	mg	2.262		6		1		0.566		
Pantothenic acid	mg	0.073		1		1		0.018		
Vitamin B-6	mg	0.043		0	FLA	4		0.011		
Folate, total	mcg	6		0	FLA	4		1		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	6		0	FLA	4		1		
Folate, DFE	mcg_DFE	6		0	NC	4		1		
Vitamin B-12	mcg	0.47		0	FLA	4		0.12		
Vitamin A, IU	IU	3		0	FLA	4		1		
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.79		0	FLA	4		0.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	FLA	4		0.6		
Lipids:										
Fatty acids, total saturated	g	4.925		0	FLA	4		1.231		
4:0	g	0.010		0	FLA	4		0.002		
6:0	g	0.002		0	FLA	4		0.001		
8:0	g	0.003		0	FLA	4		0.001		
10:0	g	0.006		0	FLA	4		0.002		
12:0	g	0.005		0	FLA	4		0.001		
13:0	g									
14:0	g	0.061		0	FLA	4		0.015		
15:0	g									
16:0	g	3.219		0	FLA	4		0.805		
17:0	g									
18:0	g	1.618		0	FLA	4		0.404		
20:0	g									
22:0	g									
24:0	g									

NDB No. 14228
Coffee, instant, with sugar, cappuccino-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
Fatty acids, total monounsaturated.....g	2.411		0	FLA	4		0.603		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0	FLA	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	2.387		0	FLA	4		0.597		
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	2.108		0	FLA	4		0.527		
18:2 undifferentiated.....g	1.961		0	FLA	4		0.490		
18:3 undifferentiated.....g	0.147		0	FLA	4		0.037		
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	2		0	FLA	4		1		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0	FLA	4		0.015		
Threonine.....g	0.200		0	FLA	4		0.050		
Isoleucine.....g	0.266		0	FLA	4		0.067		
Leucine.....g	0.451		0	FLA	4		0.113		
Lysine.....g	0.336		0	FLA	4		0.084		
Methionine.....g	0.106		0	FLA	4		0.026		
Cystine.....g	0.058		0	FLA	4		0.014		
Phenylalanine.....g	0.225		0	FLA	4		0.056		
Tyrosine.....g	0.215		0	FLA	4		0.054		
Valine.....g	0.303		0	FLA	4		0.076		
Arginine.....g	0.155		0	FLA	4		0.039		
Histidine.....g	0.128		0	FLA	4		0.032		
Alanine.....g	0.175		0	FLA	4		0.044		
Aspartic acid.....g	0.360		0	FLA	4		0.090		
Glutamic acid.....g	1.062		0	FLA	4		0.266		
Glycine.....g	0.130		0	FLA	4		0.033		
Proline.....g	0.434		0	FLA	4		0.108		
Serine.....g	0.237		0	FLA	4		0.059		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	307		0	FLA	4		77		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 1 serving envelope

*Vitamin or mineral added for enrichment or fortification

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	459		0	NC	4		53		
Energy	kj	1922		0	NC	4		221		
Protein (N x 6.25)	g	4.50		5		1		0.52		
Total lipid (fat)	g	17.64		1	LC	8		2.03		
Ash	g	4.80	0.097	5		1		0.55		
Carbohydrate, by difference	g	70.66		0	NC	4		8.13		
Fiber, total dietary	g	0.0		0	FLA	4		0.0		
Sugars, total	g	56.44		1	LC	8		6.49		
Starch	g									
Minerals:										
Calcium, Ca	mg	36	2.449	5		1		4		
Iron, Fe	mg	1.07		0	FLA	4		0.12		
Magnesium, Mg	mg	45		0	FLA	4		5		
Phosphorus, P	mg	354	9.273	5		1		41		
Potassium, K	mg	1184	61.693	5		1		136		
Sodium, Na	mg	388		1	LC	8		45		
Zinc, Zn	mg	0.26		0	FLA	4		0.03		
Copper, Cu	mg	0.067		0	FLA	4		0.008		
Manganese, Mn	mg	0.320		0	FLA	4		0.037		
Selenium, Se	mcg	2.2		0	FLA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	mg	0.001		0	FLA	4		0.000		
Riboflavin	mg	0.088		0	FLA	4		0.010		
Niacin	mg	5.859	0.197	7		1		0.674		
Pantothenic acid	mg	0.013		0	FLA	4		0.002		
Vitamin B-6	mg	0.004		0	FLA	4		0.000		
Folate, total	mcg	0		0	FLA	4		0		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	0		0	FLA	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	86		0	FLA	4		10		
Vitamin A, RAE	mcg_RAE	4		0	NC	4		0		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	3.527		1	LC	8		0.406		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.009		0	FLM	4		0.001		
10:0	g	0.023		0	FLM	4		0.003		
12:0	g	0.107		0	FLM	4		0.012		
13:0	g									
14:0	g	0.033		0	FLM	4		0.004		
15:0	g									
16:0	g	1.544		0	FLM	4		0.178		
17:0	g									
18:0	g	1.695		0	FLM	4		0.195		
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	13.114		0	NC	4		1.508		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	13.114		0	FLM	4		1.508		
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	0.053		0	NC	4		0.006		
18:2 undifferentiated.....g	0.051		0	FLM	4		0.006		
18:3 undifferentiated.....g	0.001		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	FLA	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	415		0	FLA	4		48		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	51		0	O	4		5.865		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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		0.43	0.46	
Energy	kcal	438		0	NC	4		110	118	
Energy	kj	1833		0	NC	4		458	495	
Protein (N x 6.25)	g	4.20		12		1		1.05	1.13	
Total lipid (fat)	g	11.48		2	LC	8		2.87	3.10	
Ash	g	3.10		12		1		0.78	0.84	
Carbohydrate, by difference	g	79.52		0	NC	4		19.88	21.47	
Fiber, total dietary	g	1.4		0	FLA	4		0.3	0.4	
Sugars, total	g	59.78		2	LC	8		14.94	16.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	271		2	LC	8		68	73	
Iron, Fe	mg	0.59		0	FLA	4		0.15	0.16	
Magnesium, Mg	mg	68		2		1		17	18	
* Phosphorus, P	mg	251		9		1		63	68	
Potassium, K	mg	1033		9		1		258	279	
* Sodium, Na	mg	371		2	LC	8		93	100	
Zinc, Zn	mg	0.96		2		1		0.24	0.26	
Copper, Cu	mg	0.435		2		1		0.109	0.117	
Manganese, Mn	mg	0.445		2		1		0.111	0.120	
Selenium, Se	mcg	6.5		0	FLA	4		1.6	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0	FLA	4		0.3	0.3	
Thiamin	mg	0.031		5		1		0.008	0.008	
Riboflavin	mg	0.028		2		1		0.007	0.008	
Niacin	mg	2.263		14		1		0.566	0.611	
Pantothenic acid	mg	0.052		2		1		0.013	0.014	
Vitamin B-6	mg	0.070		0	FLA	4		0.017	0.019	
Folate, total	mcg	10		0	FLA	4		3	3	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	10		0	FLA	4		3	3	
Folate, DFE	mcg_DFE	10		0	NC	4		3	3	
Vitamin B-12	mcg	0.77		0	FLA	4		0.19	0.21	
Vitamin A, IU	IU	34		0	FLA	4		8	9	
Vitamin A, RAE	mcg_RAE	9		0	FLA	4		2	2	
Retinol	mcg	9		0	FLA	4		2	2	
Vitamin E (alpha-tocopherol)	mg	0.48		0	FLA	4		0.12	0.13	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.5		0	FLA	4		0.4	0.4	
Lipids:										
Fatty acids, total saturated	g	7.487		0	FLA	4		1.872	2.021	
4:0	g	0.065		0	FLA	4		0.016	0.017	
6:0	g	0.024		0	FLA	4		0.006	0.006	
8:0	g	0.018		0	FLA	4		0.004	0.005	
10:0	g	0.121		0	FLA	4		0.030	0.033	
12:0	g	0.340		0	FLA	4		0.085	0.092	
13:0	g									
14:0	g	0.330		0	FLA	4		0.083	0.089	
15:0	g									
16:0	g	3.633		0	FLA	4		0.908	0.981	
17:0	g									
18:0	g	2.956		0	FLA	4		0.739	0.798	
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	2.180		0	FLA	4		0.545	0.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0	FLA	4		0.007	0.008	
17:1.....g									
18:1 undifferentiated.....g	2.151		0	FLA	4		0.538	0.581	
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	1.235		0	FLA	4		0.309	0.333	
18:2 undifferentiated.....g	1.146		0	FLA	4		0.287	0.309	
18:3 undifferentiated.....g	0.089		0	FLA	4		0.022	0.024	
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	7		0	FLA	4		2	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.012	0.013	
Threonine.....g	0.121		0		1		0.030	0.033	
Isoleucine.....g	0.120		0		1		0.030	0.032	
Leucine.....g	0.208		0		1		0.052	0.056	
Lysine.....g	0.146		0		1		0.037	0.039	
Methionine.....g	0.026		0		1		0.007	0.007	
Cystine.....g	0.051		0		1		0.013	0.014	
Phenylalanine.....g	0.156		0		1		0.039	0.042	
Tyrosine.....g	0.120		0		1		0.030	0.032	
Valine.....g	0.186		0		1		0.047	0.050	
Arginine.....g	0.158		0		1		0.040	0.043	
Histidine.....g	0.062		0		1		0.016	0.017	
Alanine.....g	0.148		0		1		0.037	0.040	
Aspartic acid.....g	0.315		0		1		0.079	0.085	
Glutamic acid.....g	0.575		0		1		0.144	0.155	
Glycine.....g	0.161		0		1		0.040	0.043	
Proline.....g	0.139		0		1		0.035	0.038	
Serine.....g	0.122		0		1		0.031	0.033	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	191		0	FLA	4		48	52	
Theobromine.....mg	30		0	FLA	4		7	8	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.376	0.406	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 1 serving envelope

Measure 2 = 27g: 1 serving 2-1/2 tbsp

*Vitamin or mineral added for enrichment or fortification

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42181
Corn 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	90.00				4		27.18		
Energy	kcal	29				4		9		
Energy	kj	121				4		37		
Protein	g	0.80				4		0.24		
Total lipid (fat)	g	0.00				4		0.00		
Ash	g	0.16		0	FLA	4		0.05		
Carbohydrate, by difference	g	8.70				4		2.63		
Fiber, total dietary	g	0.0				4		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	3				4		1		
Iron, Fe	mg	0.00				4		0.00		
Magnesium, Mg	mg	10				4		3		
Phosphorus, P	mg	29				4		9		
Potassium, K	mg	84				4		25		
Sodium, Na	mg	140				4		42		
Zinc, Zn	mg	0.32				4		0.10		
Copper, Cu	mg	0.053				4		0.016		
Manganese, Mn	mg									
Selenium, Se	mcg	1.3		0	BFPN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.7				4		1.1		
Thiamin	mg	0.020				4		0.006		
Riboflavin	mg	0.030				4		0.009		
Niacin	mg	0.520				4		0.157		
Pantothenic acid	mg	0.035		0	FLA	4		0.011		
Vitamin B-6	mg	0.020				4		0.006		
Folate, total	mcg	5		0	FLA	4		2		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	5		0	FLA	4		2		
Folate, DFE	mcg_DFE	5		0	NC	4		2		
Vitamin B-12	mcg	0.00				4		0.00		
Vitamin A, IU	IU	24		0	FLA	4		7		
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.01		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0		
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									

NDB No. 42181
Corn 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
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		
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				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	11		0	FLA	4		3.271		
Carotene, alpha.....mcg	7		0	FLA	4		2.141		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	152		0	FLA	4		45.832		

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	13.50		10	AI	13		34.16	4.27	
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	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	T	4		0.0	0.0	
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									

NDB No. 14242
Cranberry juice cocktail, bottled

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
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	
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	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	MC	9		225.62	28.18	
Energy	kcal	19		0	NC	4		44	5	
Energy	kj	77		0	NC	4		184	23	
Protein (N x 6.25)	g	0.02		0	FLC	4		0.04	0.00	
Total lipid (fat)	g	0.01		0	FLC	4		0.01	0.00	
Ash	g	0.18		1	AI	13		0.43	0.05	
Carbohydrate, by difference	g	4.60		0	NC	4		10.90	1.36	
Fiber, total dietary	g	0.0		0	FLC	4		0.0	0.0	
Sugars, total	g	4.59		0	NR	4		10.89	1.36	
Starch	g									
Minerals:										
* Calcium, Ca	mg	9		1	MC	9		22	3	
Iron, Fe	mg	0.04		1	MC	9		0.09	0.01	
Magnesium, Mg	mg	2		1	MC	9		4	1	
Phosphorus, P	mg	1		1	MC	9		2	0	
Potassium, K	mg	25		1	AI	13		58	7	
Sodium, Na	mg	3		1	MC	9		8	1	
Zinc, Zn	mg	0.02		1	MC	9		0.05	0.01	
Copper, Cu	mg	0.010		0	FLC	4		0.024	0.003	
Manganese, Mn	mg	0.006		0	FLC	4		0.013	0.002	
Selenium, Se	mcg	0.0		0	FLC	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	32.2		2		1		76.3	9.5	
Thiamin	mg	0.000		0	FLC	4		0.001	0.000	
Riboflavin	mg	0.002		0	FLC	4		0.004	0.001	
Niacin	mg	0.004		0	FLC	4		0.009	0.001	
Pantothenic acid	mg	0.001		0	FLC	4		0.001	0.000	
Vitamin B-6	mg	0.002		0	FLC	4		0.005	0.001	
Folate, total	mcg	0		0	FLC	4		0	0	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	0		0	FLC	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, IU	IU	2		0	FLC	4		4	1	
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0	0	
Retinol	mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.05		0	FLC	4		0.12	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	FLC	4		0.5	0.1	
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLC	4		0.000	0.000	
4:0	g	0.000		0	FLC	4		0.000	0.000	
6:0	g	0.000		0	FLC	4		0.000	0.000	
8:0	g	0.000		0	FLC	4		0.000	0.000	
10:0	g	0.000		0	FLC	4		0.000	0.000	
12:0	g	0.000		0	FLC	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	FLC	4		0.000	0.000	
15:0	g									
16:0	g	0.000		0	FLC	4		0.000	0.000	
17:0	g									
18:0	g	0.000		0	FLC	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		2.680	0.335	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	3		0	FLC	4		6.774	0.846	

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

*Vitamin or mineral added for enrichment or fortification

NDB No. 14243

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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 = 36.2g: 1 fl oz

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.2g: 1 fl oz

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	81.75		2	MC	9		200.29	25.02	
Energy	kcal	71		0	NC	4		175	22	
Energy	kj	298		0	NC	4		731	91	
Protein (N x 6.25)	g	0.07		1	MC	9		0.17	0.02	
Total lipid (fat)	g	0.05		1	MC	9		0.12	0.02	
Ash	g	0.02		1	MC	9		0.05	0.01	
Carbohydrate, by difference	g	18.11		0	NC	4		44.37	5.54	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g	18.00		0	NR	4		44.10	5.51	
Starch	g									
Minerals:										
Calcium, Ca	mg	5		2	MC	9		12	1	
Iron, Fe	mg	0.12		2	MC	9		0.28	0.04	
Magnesium, Mg	mg	2		2	MC	9		4	1	
Phosphorus, P	mg	2		2	MC	9		6	1	
Potassium, K	mg	28	2.084	5	JO	11		69	9	
Sodium, Na	mg	7	1.383	5	JO	11		16	2	
Zinc, Zn	mg	0.18	0.071	3	JO	11		0.45	0.06	
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	MC	9		0.012	0.002	
Riboflavin	mg	0.020		1	MC	9		0.049	0.006	
Niacin	mg	0.060		1	MC	9		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	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
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									

NDB No. 14238
Cranberry-apple juice drink, bottled

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
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43404
Cranberry-apple juice drink, low calorie, with vitamin C added

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				4		228.48	28.56	
Energy	kcal	19				4		46	6	
Energy	kj	79				4		191	24	
Protein	g	0.10				4		0.24	0.03	
Total lipid (fat)	g	0.00				4		0.00	0.00	
Ash	g	0.12		1	MC	9		0.29	0.04	
Carbohydrate, by difference	g	4.70				4		11.28	1.41	
Fiber, total dietary	g	0.1				4		0.2	0.0	
Sugars, total	g	4.60		0	NR	4		11.04	1.38	
Starch	g									
Minerals:										
* Calcium, Ca	mg	10		1	MC	9		23	3	
Iron, Fe	mg	0.06				4		0.14	0.02	
Magnesium, Mg	mg	3		1	MC	9		7	1	
Phosphorus, P	mg	1		1	MC	9		3	0	
Potassium, K	mg	45		1	MC	9		107	13	
Sodium, Na	mg	5		1	MC	9		11	1	
Zinc, Zn	mg	0.02		1	MC	9		0.04	0.00	
Copper, Cu	mg	0.007				4		0.017	0.002	
Manganese, Mn	mg	0.014		0	FLC	4		0.034	0.004	
Selenium, Se	mcg	0.1		0	FLC	4		0.1	0.0	
Vitamins:										
* Vitamin C, total ascorbic acid	mg	32.0				4		76.8	9.6	
Thiamin	mg	0.003		0	FLC	4		0.007	0.001	
Riboflavin	mg	0.007		0	FLC	4		0.017	0.002	
Niacin	mg	0.028		0	FLC	4		0.068	0.009	
Pantothenic acid	mg	0.014		0	FLC	4		0.033	0.004	
Vitamin B-6	mg	0.019		0	FLC	4		0.045	0.006	
Folate, total	mcg	0		0	FLC	4		0	0	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	0		0	FLC	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, IU	IU	10		0	FLC	4		24	3	
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		1	0	
Retinol	mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.27		0	FLC	4		0.64	0.08	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.1		0	FLC	4		2.7	0.3	
Lipids:										
Fatty acids, total saturated	g	0.000				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									

NDB No. 43404
Cranberry-apple juice drink, low calorie, with vitamin C added

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
Fatty acids, total monounsaturated.....g	0.000				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				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	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	6		0	FLC	4		14.242	1.780	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	19		0	FLC	4		44.524	5.565	

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

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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 = 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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 = 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	9.4		1	LC	8		2.0		
Sugars, total	g	32.94		1	LC	8		6.92		
Starch	g									
Minerals:										
* Calcium, Ca	mg	1412		1	LC	8		296		
Iron, Fe	mg	7.70		1		1		1.62		
Magnesium, Mg	mg	210		1		1		44		
Phosphorus, P	mg	893		0	FLA	4		187		
* Potassium, K	mg	2240		1		1		470		
* Sodium, Na	mg	659		1	LC	8		138		
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	16.7		0	FLC	4		3.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.6		1	LC	8		1.2		
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	33		0	FLA	4		7		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	33		0	FLA	4		7		
Folate, DFE	mcg_DFE	33		0	NC	4		7		
Vitamin B-12	mcg	2.39		1		1		0.50		
Vitamin A, IU	IU	526		0	FLC	4		111		
Vitamin A, RAE	mcg_RAE	156		0	FLC	4		33		
Retinol	mcg	156		0	FLC	4		33		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	188.235		1	LC	8		39.529		
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0		
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									

NDB No. 14422
Dairy drink mix, chocolate, reduced 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
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		
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	24		1	LC	8		5		
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	FLA	4		0.0		
Caffeine.....mg	18		0	FLC	4		4		
Theobromine.....mg	622		0	FLC	4		131		
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		0.146		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000		

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

*Vitamin or mineral added for enrichment or fortification

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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		
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.4		0	FLM	4		0.1		
Sugars, total	g	76.21		0	FLM	4		21.34		
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	FLM	4		3		
Iron, Fe	mg	0.90		2		1		0.25		
Magnesium, Mg	mg	4		0	FLM	4		1		
Phosphorus, P	mg	18		0	FLM	4		5		
Potassium, K	mg	16		0	FLM	4		5		
Sodium, Na	mg	155		2		1		43		
Zinc, Zn	mg	0.07		0	FLM	4		0.02		
Copper, Cu	mg	0.016		0	FLM	4		0.005		
Manganese, Mn	mg	0.043		0	FLM	4		0.012		
Selenium, Se	mcg	1.4		0	FLM	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0		
Thiamin	mg	0.004		2		1		0.001		
Riboflavin	mg	0.024		0	FLM	4		0.007		
Niacin	mg	0.155		2		1		0.043		
Pantothenic acid	mg	0.051		0	FLM	4		0.014		
Vitamin B-6	mg	0.005		2		1		0.001		
Folate, total	mcg	3		0	FLM	4		1		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	3		0	FLM	4		1		
Folate, DFE	mcg_DFE	3		0	NC	4		1		
Vitamin B-12	mcg	0.03		0	FLM	4		0.01		
Vitamin A, IU	IU	26		0	FLM	4		7		
Vitamin A, RAE	mcg_RAE	7		0	FLM	4		2		
Retinol	mcg	6		0	FLM	4		2		
Vitamin E (alpha-tocopherol)	mg	0.04		0	FLM	4		0.01		
Tocopherol, beta	mg	0.00		0	FLM	4		0.00		
Tocopherol, gamma	mg	0.02		0	FLM	4		0.01		
Tocopherol, delta	mg	0.00		0	FLM	4		0.00		
Vitamin D	IU	1.849		0	FLM	4		0.518		
Vitamin K (phylloquinone)	mcg	0.0		0	FLM	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.287		0	FLM	4		0.080		
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	0.003		0	FLM	4		0.001		
13:0	g									
14:0	g	0.178		0	FLM	4		0.050		
15:0	g	0.000		0	FLM	4		0.000		
16:0	g	0.081		0	FLM	4		0.023		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.024		0	FLM	4		0.007		
20:0	g	0.000		0	FLM	4		0.000		
22:0	g	0.000		0	FLM	4		0.000		
24:0	g	0.000		0	FLM	4		0.000		

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
Fatty acids, total monounsaturated.....g	0.373		0	FLM	4		0.105		
14:1.....g	0.001		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.055		0	FLM	4		0.015		
17:1.....g									
18:1 undifferentiated.....g	0.316		0	FLM	4		0.088		
20:1.....g	0.002		0	FLM	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.112		0	FLM	4		0.031		
18:2 undifferentiated.....g	0.095		0	FLM	4		0.027		
18:3 undifferentiated.....g	0.003		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	0.011		0	FLM	4		0.003		
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	0.003		0	FLM	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	FLM	4		6		
Phytosterols.....mg	1		0	FLM	4		0		
Amino Acids:									
Tryptophan.....g	0.003		0	FLM	4		0.001		
Threonine.....g	0.012		0	FLM	4		0.003		
Isoleucine.....g	0.015		0	FLM	4		0.004		
Leucine.....g	0.024		0	FLM	4		0.007		
Lysine.....g	0.021		0	FLM	4		0.006		
Methionine.....g	0.006		0	FLM	4		0.002		
Cystine.....g	0.005		0	FLM	4		0.001		
Phenylalanine.....g	0.012		0	FLM	4		0.003		
Tyrosine.....g	0.012		0	FLM	4		0.003		
Valine.....g	0.016		0	FLM	4		0.005		
Arginine.....g	0.019		0	FLM	4		0.005		
Histidine.....g	0.007		0	FLM	4		0.002		
Alanine.....g	0.014		0	FLM	4		0.004		
Aspartic acid.....g	0.027		0	FLM	4		0.007		
Glutamic acid.....g	0.034		0	FLM	4		0.009		
Glycine.....g	0.008		0	FLM	4		0.002		
Proline.....g	0.011		0	FLM	4		0.003		
Serine.....g	0.023		0	FLM	4		0.006		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	2		0	FLM	4		0.426		
Carotene, alpha.....mcg	1		0	FLM	4		0.182		
Cryptoxanthin, beta.....mcg	1		0	FLM	4		0.161		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	19		0	FLM	4		5.271		

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

NDB No. 14244
Eggnog-flavor mix, powder

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	79.16		0	RPA	1		215.32		
Energy	kcal	95		0	RPI	6		258		
Energy	kj	396		0	RPI	6		1077		
Protein	g	2.93		0	RPA	1		7.97		
Total lipid (fat)	g	3.02		0	RPI	6		8.20		
Ash	g	0.69		0	RPA	1		1.88		
Carbohydrate, by difference	g	14.20		0	RPI	6		38.64		
Fiber, total dietary	g	0.0		0	RPI	6		0.1		
Sugars, total	g	12.66		0	RPI	6		34.43		
Starch	g									
Minerals:										
Calcium, Ca	mg	92		0	RPI	6		249		
Iron, Fe	mg	0.12		0	RPA	1		0.34		
Magnesium, Mg	mg	10		0	RPI	6		26		
Phosphorus, P	mg	77		0	RPI	6		210		
Potassium, K	mg	121		0	RPI	6		328		
Sodium, Na	mg	55		0	RPA	1		149		
Zinc, Zn	mg	0.35		0	RPI	6		0.95		
Copper, Cu	mg	0.022		0	RPI	6		0.060		
Manganese, Mn	mg	0.007		0	RPI	6		0.020		
Selenium, Se	mcg	3.4		0	RPI	6		9.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPA	1		0.0		
Thiamin	mg	0.040		0	RPA	1		0.108		
Riboflavin	mg	0.166		0	RPI	6		0.452		
Niacin	mg	0.112		0	RPA	1		0.306		
Pantothenic acid	mg	0.330		0	RPI	6		0.897		
Vitamin B-6	mg	0.033		0	RPA	1		0.090		
Folate, total	mcg	5		0	RPI	6		13		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	5		0	RPI	6		13		
Folate, DFE	mcg_DFE	5		0	NC	4		13		
Vitamin B-12	mcg	0.39		0	RPI	6		1.07		
Vitamin A, IU	IU	94		0	RPI	6		256		
Vitamin A, RAE	mcg_RAE	26		0	RPI	6		71		
Retinol	mcg	26		0	RPI	6		70		
Vitamin E (alpha-tocopherol)	mg	0.06		0	RPI	6		0.15		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	RPI	6		0.6		
Lipids:										
Fatty acids, total saturated	g	1.701		0	RPI	6		4.626		
4:0	g	0.067		0	RPI	6		0.182		
6:0	g	0.067		0	RPI	6		0.182		
8:0	g	0.067		0	RPI	6		0.182		
10:0	g	0.067		0	RPI	6		0.182		
12:0	g	0.069		0	RPI	6		0.188		
13:0	g									
14:0	g	0.284		0	RPI	6		0.774		
15:0	g	0.000		0	RPI	6		0.000		
16:0	g	0.751		0	RPI	6		2.042		
17:0	g									
18:0	g	0.329		0	RPI	6		0.895		
20:0	g	0.000		0	RPI	6		0.000		
22:0	g	0.000		0	RPI	6		0.000		
24:0	g	0.000		0	RPI	6		0.000		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.767		0	RPI	6		2.085		
14:1.....g	0.000		0	RPI	6		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		0	RPI	6		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.761		0	RPI	6		2.069		
20:1.....g	0.000		0	RPI	6		0.001		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186		0	RPI	6		0.506		
18:2 undifferentiated.....g	0.118		0	RPI	6		0.320		
18:3 undifferentiated.....g	0.067		0	RPI	6		0.182		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	RPI	6		0.003		
20:5 n-3.....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		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RPI	6		31		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0	RPI	6		0.183		
Threonine.....g	0.129		0	RPI	6		0.352		
Isoleucine.....g	0.149		0	RPI	6		0.406		
Leucine.....g	0.240		0	RPI	6		0.654		
Lysine.....g	0.128		0	RPI	6		0.348		
Methionine.....g	0.068		0	RPI	6		0.184		
Cystine.....g	0.015		0	RPI	6		0.042		
Phenylalanine.....g	0.133		0	RPI	6		0.361		
Tyrosine.....g	0.137		0	RPI	6		0.373		
Valine.....g	0.174		0	RPI	6		0.473		
Arginine.....g	0.069		0	RPI	6		0.188		
Histidine.....g	0.068		0	RPI	6		0.184		
Alanine.....g	0.094		0	RPI	6		0.254		
Aspartic acid.....g	0.215		0	RPI	6		0.586		
Glutamic acid.....g	0.584		0	RPI	6		1.589		
Glycine.....g	0.068		0	RPI	6		0.185		
Proline.....g	0.307		0	RPI	6		0.836		
Serine.....g	0.098		0	RPI	6		0.267		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		
Carotenoids:									
Carotene, beta.....mcg	5		0	RPI	6		13.097		
Carotene, alpha.....mcg	0		0	RPI	6		0.184		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.163		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	2		0	RPI	6		5.339		

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

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14154
Energy drink, with caffeine, niacin, pantothenic acid, vitamins B6 and B12

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	88.19		0	NR	4				
Energy	kcal	43		1	LC	8				
Energy	kj	180		0	LC	8				
Protein (N x 6.25)	g	0.39		1	LC	8				
Total lipid (fat)	g	0.00		1	LC	8				
Ash	g	0.45		0	FLC	4				
Carbohydrate, by difference	g	10.97		1	LC	8				
Fiber, total dietary	g	0.0		1	LC	8				
Sugars, total	g	10.58		1	LC	8				
Starch	g									
Minerals:										
Calcium, Ca	mg	82		0	FLC	4				
Iron, Fe	mg	0.15		0	FLC	4				
Magnesium, Mg	mg	11		0	FLC	4				
Phosphorus, P	mg	10		0	FLC	4				
Potassium, K	mg	114		0	FLC	4				
Sodium, Na	mg	78		1	LC	8				
Zinc, Zn	mg	0.02		0	FLC	4				
Copper, Cu	mg	0.010		0	FLC	4				
Manganese, Mn	mg	0.055		0	FLC	4				
Selenium, Se	mcg	0.5		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4				
Thiamin	mg	0.000		0	FLC	4				
Riboflavin	mg	0.004		0	FLC	4				
* Niacin	mg	7.836		1	LC	8				
* Pantothenic acid	mg	1.959		1	LC	8				
* Vitamin B-6	mg	1.959		1	LC	8				
Folate, total	mcg	0		0	FLC	4				
Folic acid	mcg	0		0	FLC	4				
Folate, food	mcg	0		0	FLC	4				
Folate, DFE	mcg_DFE	0		0	NC	4				
* Vitamin B-12	mcg	1.96		0	LC	8				
Vitamin A, IU	IU	0		0	FLC	4				
Vitamin A, RAE	mcg_RAE	0		0	FLC	4				
Retinol	mcg	0		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8				
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	0.000		0	FLC	4				
17:0	g									
18:0	g	0.000		0	FLC	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 14154

Energy drink, with caffeine, niacin, pantothenic acid, vitamins B6 and B12

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		1	LC	8				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		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	0.000		1	LC	8				
18:2 undifferentiated.....g	0.000		0	FLC	4				
18:3 undifferentiated.....g	0.000		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		1	LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4				
* Caffeine.....mg	31		1	LC	8				
Theobromine.....mg	0		0	FLC	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4				
Carotene, alpha.....mcg	0		0	FLC	4				
Cryptoxanthin, beta.....mcg	0		0	FLC	4				
Lycopene.....mcg	0		0	FLC	4				
Lutein + zeaxanthin.....mcg	0		0	FLC	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:

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14268
Fruit punch drink, 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
Fatty acids, total monounsaturated.....g	0.003		0		1		0.001	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.008	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0		1		0.002	0.025	
18:2 undifferentiated.....g	0.005		0		1		0.002	0.021	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.008	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	88.15		0	RPI	6		217.73	27.24	
Energy	kcal	46		0	RPI	6		113	14	
Energy	kj	191		0	RPI	6		472	59	
Protein (N x 0)	g	0.06		0	RPI	6		0.14	0.02	
Total lipid (fat)	g	0.00		0	RPI	6		0.00	0.00	
Ash	g	0.13		0	RPI	6		0.32	0.04	
Carbohydrate, by difference	g	11.66		0	RPI	6		28.81	3.60	
Fiber, total dietary	g	0.1		0	RPI	6		0.3	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	RPA	1		10	1	
Iron, Fe	mg	0.09		0	RPA	1		0.22	0.03	
Magnesium, Mg	mg	2		0	RPA	1		5	1	
Phosphorus, P	mg	1		0	RPA	1		1	0	
Potassium, K	mg	13		0	RPA	1		31	4	
Sodium, Na	mg	4		0	RPA	1		9	1	
Zinc, Zn	mg	0.02		0	RPA	1		0.06	0.01	
Copper, Cu	mg	0.030		0	RPA	1		0.075	0.009	
Manganese, Mn	mg	0.102		0	RPA	1		0.251	0.031	
Selenium, Se	mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	43.8		0	RPI	6		108.3	13.5	
Thiamin	mg	0.010		0	RPI	6		0.024	0.003	
Riboflavin	mg	0.013		0	RPI	6		0.032	0.004	
Niacin	mg	0.021		0	RPI	6		0.051	0.006	
Pantothenic acid	mg	0.008		0	RPI	6		0.019	0.002	
Vitamin B-6	mg	0.006		0	RPI	6		0.015	0.002	
Folate, total	mcg	1		0	RPI	6		2	0	
Folic acid	mcg	0		0	RPI	6		0	0	
Folate, food	mcg	1		0	RPI	6		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, IU	IU	11		0	RPI	6		27	3	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.001		0	RPA	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	RPA	1		0.000	0.000	
15:0	g									
16:0	g	0.001		0	RPA	1		0.002	0.000	
17:0	g									
18:0	g	0.000		0	RPA	1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

NDB No. 14269
Fruit punch drink, frozen concentrate, 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
Fatty acids, total monounsaturated.....g	0.001		0	RPA	1		0.001	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPA	1		0.001	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0	RPA	1		0.005	0.001	
18:2 undifferentiated.....g	0.001		0	RPA	1		0.003	0.000	
18:3 undifferentiated.....g	0.001		0	RPA	1		0.001	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	RPA	1		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 = 247g: 1 cup (8 fl oz)

Measure 2 = 30.9g: 1 fl oz

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14267
Fruit punch drink, with added nutrients, 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	87.97	0.231	6	JO	11		218.17	27.27	
Energy	kcal	47		0	NC	4		116	14	
Energy	kj	195		0	NC	4		485	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	0.05	0.016	6	JO	11		0.13	0.02	
Carbohydrate, by difference	g	11.97		0	NC	4		29.70	3.71	
Fiber, total dietary	g	0.2		0	FLC	4		0.5	0.1	
Sugars, total	g	11.29		1	AI	13		28.00	3.50	
Starch	g									
Minerals:										
Calcium, Ca	mg	8	1.370	15	A	1		20	3	
Iron, Fe	mg	0.09	0.014	18	A	1		0.22	0.03	
Magnesium, Mg	mg	3	0.433	18	A	1		8	1	
Phosphorus, P	mg	3	0.744	17	A	1		8	1	
Potassium, K	mg	25		14		1		62	8	
* Sodium, Na	mg	38		1	LC	8		95	12	
Zinc, Zn	mg	0.01	0.004	18	A	1		0.03	0.00	
Copper, Cu	mg	0.010		2	AI	13		0.025	0.003	
Manganese, Mn	mg	0.084	0.018	18	A	1		0.209	0.026	
Selenium, Se	mcg	0.2	0.141	18	A	1		0.5	0.1	
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	0.011		2	JO	11		0.027	0.003	
Folate, total	mcg	4		0	FLC	4		10	1	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	4		0	FLC	4		10	1	
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	28		0	FLC	4		69	9	
Vitamin A, RAE	mcg_RAE	2		0	FLC	4		4	0	
Retinol	mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLC	4		0.05	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		1	A	1		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8		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		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									

NDB No. 14267
Fruit punch drink, with added nutrients, 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
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	
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	FLC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta....mcg	10		0	O	4		24.800	3.100	
Carotene, alpha....mcg	0		0	FLC	4		0.520	0.065	
Cryptoxanthin, beta....mcg	11		0	FLC	4		28.357	3.545	
Lycopene....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin....mcg	10		0	FLC	4		25.278	3.160	

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

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14264
Fruit punch drink, without added nutritents, 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	87.97		0	BFZN	4				
Energy	kcal	48		0	NC	4				
Energy	kj	200		0	NC	4				
Protein	g	0.00		2	LC	8				
Total lipid (fat)	g	0.00		2	LC	8				
Ash	g	0.05		0	BFZN	4				
Carbohydrate, by difference	g	11.97		0	NC	4				
Fiber, total dietary	g	0.0		2	LC	8				
Sugars, total	g	11.29		0	BFZN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	BFZN	4				
Iron, Fe	mg	0.09		0	BFZN	4				
Magnesium, Mg	mg	3		0	BFZN	4				
Phosphorus, P	mg	3		0	BFZN	4				
Potassium, K	mg	25		0	BFZN	4				
Sodium, Na	mg	10		2	LC	8				
Zinc, Zn	mg	0.01		0	BFZN	4				
Copper, Cu	mg	0.010		0	BFZN	4				
Manganese, Mn	mg	0.084		0	BFZN	4				
Selenium, Se	mcg	0.2		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	FLC	4				
Thiamin	mg	0.022		0	BFZN	4				
Riboflavin	mg	0.023		0	BFZN	4				
Niacin	mg	0.021		0	BFZN	4				
Pantothenic acid	mg	0.014		0	BFZN	4				
Vitamin B-6	mg	0.011		0	BFZN	4				
Folate, total	mcg	4		0	BFZN	4				
Folic acid	mcg	0		0	BFZN	4				
Folate, food	mcg	4		0	BFZN	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.00		0	BFZN	4				
Vitamin A, IU	IU	0		0	FLC	4				
Vitamin A, RAE	mcg_RAE	0		0	FLC	4				
Retinol	mcg	0		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFZN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8				
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	0.000		0	FLC	4				
17:0	g									
18:0	g	0.000		0	FLC	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 14264
Fruit punch drink, without added nutritents, 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
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		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	0.000		0	FLC	4				
18:2 undifferentiated.....g	0.000		0	FLC	4				
18:3 undifferentiated.....g	0.000		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		1	LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	0		0	FLC	4				
Theobromine.....mg	0		0	FLC	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4				
Carotene, alpha.....mcg	0		0	FLC	4				
Cryptoxanthin, beta.....mcg	0		0	FLC	4				
Lycopene.....mcg	0		0	FLC	4				
Lutein + zeaxanthin.....mcg	0		0	FLC	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:

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.086		0		1		0.030	0.364	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.002	0.030	
17:1.....g									
18:1 undifferentiated.....g	0.047		0		1		0.017	0.199	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.173		0		1		0.061	0.732	
18:2 undifferentiated.....g	0.126		0		1		0.044	0.533	
18:3 undifferentiated.....g	0.047		0		1		0.017	0.199	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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	
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.0		0	FLA	4		0.0	0.0	
Sugars, total	g	95.20		0	FLA	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	0		0	FLA	4		0	0	
Phosphorus, P	mg	0		0	FLA	4		0	0	
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	0.7		0	FLA	4		0.2	1.4	
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	FLA	4		0.000	0.000	
Folate, total	mcg	0		0	FLA	4		0	0	
Folic acid	mcg	0		0	FLA	4		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		1		1		0.00	0.00	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.057		0		1		0.014	0.117	
4:0	g	0.000		0	FLA	4		0.000	0.000	
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									

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

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
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	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.002	0.014	
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	0.011		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	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	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	90.35		0	RPI	6		236.72		
Energy	kcal	37		0	RPI	6		97		
Energy	kj	155		0	RPI	6		406		
Protein (N x 0)	g	0.00		0	RPI	6		0.00		
Total lipid (fat)	g	0.01		0	RPI	6		0.03		
Ash	g	0.17		0	RPI	6		0.44		
Carbohydrate, by difference	g	9.47		0	RPI	6		24.82		
Fiber, total dietary	g	0.0		0	RPI	6		0.0		
Sugars, total	g	9.23		0	RPI	6		24.18		
Starch	g									
Minerals:										
* Calcium, Ca	mg	18		0	RPI	6		47		
Iron, Fe	mg	0.01		0	RPI	6		0.03		
Magnesium, Mg	mg	1		0	RPI	6		1		
Phosphorus, P	mg	0		0	RPI	6		0		
Potassium, K	mg	1		0	RPA	1		2		
Sodium, Na	mg	3		0	RPI	6		7		
Zinc, Zn	mg	0.01		0	RPA	1		0.04		
Copper, Cu	mg	0.019		0	RPA	1		0.049		
Manganese, Mn	mg	0.003		0	RPA	1		0.007		
Selenium, Se	mcg	0.1		0	RPI	6		0.2		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	3.4		0	RPI	6		9.0		
Thiamin	mg	0.000		0	RPI	6		0.001		
Riboflavin	mg	0.002		0	RPI	6		0.006		
Niacin	mg	0.001		0	RPI	6		0.004		
Pantothenic acid	mg	0.000		0	RPI	6		0.000		
Vitamin B-6	mg	0.000		0	RPI	6		0.000		
Folate, total	mcg	0		0	RPI	6		0		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	0		0	RPI	6		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	RPI	6		0.00		
Vitamin A, IU	IU	0		0	RPI	6		0		
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0		
Retinol	mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0		
Lipids:										
Fatty acids, total saturated	g	0.006		0	RPA	1		0.014		
4:0	g	0.000		0	RPI	6		0.000		
6:0	g	0.000		0	RPA	1		0.000		
8:0	g	0.000		0	RPA	1		0.001		
10:0	g	0.000		0	RPA	1		0.001		
12:0	g	0.003		0	RPA	1		0.007		
13:0	g									
14:0	g	0.001		0	RPA	1		0.003		
15:0	g									
16:0	g	0.001		0	RPA	1		0.002		
17:0	g									
18:0	g	0.000		0	RPA	1		0.001		
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	0.001		0	RPA	1		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPA	1		0.002		
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	0.001		0	RPA	1		0.003		
18:2 undifferentiated.....g	0.001		0	RPA	1		0.003		
18:3 undifferentiated.....g	0.000		0	RPA	1		0.000		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....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	0		0	RPI	6		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.000		
Threonine.....g	0.000		0	RPA	1		0.000		
Isoleucine.....g	0.000		0	RPA	1		0.000		
Leucine.....g	0.000		0	RPA	1		0.000		
Lysine.....g	0.000		0	RPA	1		0.000		
Methionine.....g	0.000		0	RPA	1		0.000		
Cystine.....g	0.000		0	RPA	1		0.000		
Phenylalanine.....g	0.000		0	RPA	1		0.000		
Tyrosine.....g	0.000		0	RPA	1		0.000		
Valine.....g	0.000		0	RPA	1		0.000		
Arginine.....g	0.000		0	RPA	1		0.000		
Histidine.....g	0.000		0	RPA	1		0.000		
Alanine.....g	0.000		0	RPA	1		0.000		
Aspartic acid.....g	0.000		0	RPA	1		0.000		
Glutamic acid.....g	0.000		0	RPA	1		0.000		
Glycine.....g	0.000		0	RPA	1		0.000		
Proline.....g	0.000		0	RPA	1		0.000		
Serine.....g	0.000		0	RPA	1		0.000		
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		
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000		

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

*Vitamin or mineral added for enrichment or fortification

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 47011
Fruit-flavored drink mix, powder, unsweetened

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	0.96		0	FLM	4		0.24		
Energy	kcal	226		0	NC	4		56		
Energy	kj	944		0	NC	4		236		
Protein (N x 6.25)	g	0.00		0	FLM	4		0.00		
Total lipid (fat)	g	0.00		0	FLM	4		0.00		
Ash	g	7.74		0	FLM	4		1.93		
Carbohydrate, by difference	g	91.30		0	NC	4		22.82		
Fiber, total dietary	g	0.0		1	LC	8		0.0		
Sugars, total	g	0.00		1	LC	8		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	1105			BFZN	4		276		
Iron, Fe	mg	0.03		0	FLM	4		0.01		
Magnesium, Mg	mg	0		0	FLM	4		0		
Phosphorus, P	mg	509			BFZN	4		127		
Potassium, K	mg	1		0	FLM	4		0		
Sodium, Na	mg	2727		1	LC	8		682		
Zinc, Zn	mg	0.01		0	FLM	4		0.00		
Copper, Cu	mg	0.003		0	FLM	4		0.001		
Manganese, Mn	mg	0.007		0	FLM	4		0.002		
Selenium, Se	mcg	0.0		0	FLM	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1090.9		1	LC	8		272.7		
Thiamin	mg	0.000		0	FLM	4		0.000		
Riboflavin	mg	0.000		0	FLM	4		0.000		
Niacin	mg	0.001		0	FLM	4		0.000		
Pantothenic acid	mg	0.000		0	FLM	4		0.000		
Vitamin B-6	mg	0.000		0	FLM	4		0.000		
Folate, total	mcg	0		0	FLM	4		0		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	0		0	FLM	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU	IU	0		1	LC	8		0		
Vitamin A, RAE	mcg_RAE	0		0	FLM	4		0		
Retinol	mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLM	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLM	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8		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									

NDB No. 47011
Fruit-flavored drink mix, powder, unsweetened

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
Fatty acids, total monounsaturated.....g	0.000		0	FLM	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLM	4		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		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 tsp, rounded

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 2.471

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42055
Fruit-flavored drink, dry powdered mix, low calorie, with aspartame

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	1.84		0	FLC	4		0.15		
Energy	kcal	217		0	NC	4		17		
Energy	kj	907		0	NC	4		73		
Protein (N x 6.25)	g	0.45		0	FLC	4		0.04		
Total lipid (fat)	g	0.04		0	FLC	4		0.00		
Ash	g	10.30		0	FLC	4		0.82		
Carbohydrate, by difference	g	86.85		0	FLC	4		6.95		
Fiber, total dietary	g	0.1		0	FLC	4		0.0		
Sugars, total	g	0.00		0	FLC	4		0.00		
Starch	g									
Minerals:										
* Calcium, Ca	mg	1047				4		84		
Iron, Fe	mg	0.08		0	FLC	4		0.01		
Magnesium, Mg	mg	3		0	FLC	4		0		
* Phosphorus, P	mg	1239				4		99		
* Potassium, K	mg	498				4		40		
Sodium, Na	mg	404		0	FLC	4		32		
Zinc, Zn	mg	0.00		0	FLC	4		0.00		
Copper, Cu	mg	0.000		0	FLC	4		0.000		
Manganese, Mn	mg	0.001		0	FLC	4		0.000		
Selenium, Se	mcg	0.0		0	FLC	4		0.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	560.0		0	BFZN	4		44.8		
Thiamin	mg	0.000		0	FLC	4		0.000		
Riboflavin	mg	0.000		0	FLC	4		0.000		
Niacin	mg	0.000		0	FLC	4		0.000		
Pantothenic acid	mg	0.000		0	FLC	4		0.000		
Vitamin B-6	mg	0.000		0	FLC	4		0.000		
Folate, total	mcg	0		0	FLC	4		0		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	0		0	FLC	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	FLC	4		0.00		
Vitamin A, IU	IU	0		0	FLC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLC	4		0.000		
4:0	g	0.000		0	FLC	4		0.000		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.000		0	FLC	4		0.000		
10:0	g	0.000		0	FLC	4		0.000		
12:0	g	0.000		0	FLC	4		0.000		
13:0	g									
14:0	g	0.000		0	FLC	4		0.000		
15:0	g									
16:0	g	0.000		0	FLC	4		0.000		
17:0	g									
18:0	g	0.000		0	FLC	4		0.000		
20:0	g									
22:0	g									
24:0	g									

NDB No. 42055
Fruit-flavored drink, dry powdered mix, low calorie, with aspartame

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
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000		

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

Common Measures:

Measure 1 = 8.0g: 1 tsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 2.471

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43345
Fruit-flavored drink, powder, with high vitamin C, 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	1.32				9		0.03		
Energy	kcal	227		0	NC	4		5		
Energy	kj	951		0	NC	4		19		
Protein (N x 6.25)	g	0.25		0	FLA	4		0.01		
Total lipid (fat)	g	0.16				9		0.00		
Ash	g	7.27				9		0.15		
Carbohydrate, by difference	g	91.00		0	NC	4		1.82		
Fiber, total dietary	g	2.2		0	FLA	4		0.0		
Sugars, total	g	0.00		1	LC	8		0.00		
Starch	g									
Minerals:										
* Calcium, Ca	mg	800		1	LC	8		16		
Iron, Fe	mg	0.08		0	FLA	4		0.00		
Magnesium, Mg	mg	245				9		5		
Phosphorus, P	mg	493				9		10		
Potassium, K	mg	2518				9		50		
Sodium, Na	mg	14		0	FLA	4		0		
Zinc, Zn	mg	0.01				9		0.00		
Copper, Cu	mg	0.011				9		0.000		
Manganese, Mn	mg	0.008		0	FLA	4		0.000		
Selenium, Se	mcg	0.0		0	FLA	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2400.0				8		48.0		
Thiamin	mg	0.009		0	FLA	4		0.000		
* Riboflavin	mg	6.800		1	LC	8		0.136		
* Niacin	mg	80.000		1	LC	8		1.600		
Pantothenic acid	mg	0.018		0	FLA	4		0.000		
* Vitamin B-6	mg	8.000		1	LC	8		0.160		
Folate, total	mcg	5		0	FLA	4		0		
Folic acid	mcg			0	FLA	4				
Folate, food	mcg	5		0	FLA	4		0		
Folate, DFE	mcg_DFE	5		0	FLA	4		0		
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	20000		0	FLA	4		400		
Vitamin A, RAE	mcg_RAE	5997		0	FLA	4		120		
Retinol	mcg	5996		0	FLA	4		120		
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.011				9		0.000		
4:0	g	0.000				4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.000				4		0.000		
10:0	g	0.000				4		0.000		
12:0	g	0.000				4		0.000		
13:0	g									
14:0	g	0.000				4		0.000		
15:0	g									
16:0	g	0.010				4		0.000		
17:0	g									
18:0	g	0.000				4		0.000		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43345
Fruit-flavored drink, powder, with high vitamin C, low calorie

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
Fatty acids, total monounsaturated.....g	0.008				9		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.037				4		0.001		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.034				9		0.001		
18:2 undifferentiated.....g	0.025				4		0.001		
18:3 undifferentiated.....g	0.009				4		0.000		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.039		
Carotene, alpha.....mcg	0		0	FLA	4		0.007		
Cryptoxanthin, beta.....mcg	10		0	FLA	4		0.200		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	13		0	FLA	4		0.254		

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

Common Measures:

Measure 1 = 2.0g: 1 tsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 2.471

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.00		0	BFSN	4		0.00	0.00	
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 (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
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									

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

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
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	
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14271
Gelatin, drinking, orange-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
Fatty acids, total monounsaturated.....g	0.290		0		1		0.049		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.037		0		1		0.050		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
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									

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Common Measures:

Measure 1 = 136g: 1 packet, prepared

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	88.38		0	FLA	4		220.96	27.66	
Energy	kcal	45		0	NC	4		113	14	
Energy	kj	189		0	NC	4		472	59	
Protein (N x 6.25)	g	0.01		2	MC	9		0.02	0.00	
Total lipid (fat)	g	0.00		0	FLA	4		0.01	0.00	
Ash	g	0.06		2	AI	13		0.14	0.02	
Carbohydrate, by difference	g	11.55		0	NC	4		28.87	3.61	
Fiber, total dietary	g	0.0		0	FLA	4		0.0	0.0	
Sugars, total	g	11.50		0	FLA	4		28.74	3.60	
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	FLA	4		6	1	
Iron, Fe	mg	0.18		1	AI	13		0.44	0.05	
Magnesium, Mg	mg	1		0	FLA	4		2	0	
Phosphorus, P	mg	0		0	FLA	4		1	0	
Potassium, K	mg	12	3.148	5	JO	11		30	4	
Sodium, Na	mg	6	2.026	3	JO	11		16	2	
Zinc, Zn	mg	0.12		1	AI	13		0.29	0.04	
Copper, Cu	mg	0.013		1	AI	13		0.033	0.004	
Manganese, Mn	mg	0.027		0	FLA	4		0.068	0.009	
Selenium, Se	mcg	0.1		0	FLA	4		0.3	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	34.1		2		1		85.3	10.7	
Thiamin	mg	0.001		0	FLA	4		0.002	0.000	
Riboflavin	mg	0.004		0	FLA	4		0.010	0.001	
Niacin	mg	0.010		0	FLA	4		0.024	0.003	
Pantothenic acid	mg	0.003		0	FLA	4		0.008	0.001	
Vitamin B-6	mg	0.002		0	FLA	4		0.006	0.001	
Folate, total	mcg	0		0	FLA	4		0	0	
Folic acid	mcg	0		0	FLA	4		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	FLA	4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLA	4		1	0	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.001		0	NC	4		0.003	0.000	
4:0	g	0.000		0	FLA	4		0.000	0.000	
6:0	g	0.000		0	FLA	4		0.000	0.000	
8:0	g	0.000		0	FLA	4		0.000	0.000	
10:0	g	0.000		0	FLA	4		0.000	0.000	
12:0	g	0.000		0	FLA	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	FLA	4		0.000	0.000	
15:0	g									
16:0	g	0.001		0	FLA	4		0.002	0.000	
17:0	g									
18:0	g	0.000		0	FLA	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	NC	4		0.002	0.000	
18:2 undifferentiated.....g	0.001		0	FLA	4		0.001	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....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	0		0	FLA	4		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	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.437	0.055	
Carotene, alpha.....mcg	0		0	FLA	4		0.007	0.001	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.006	0.001	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		3.203	0.401	

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

NDB No. 14277
Grape drink, canned

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	210		0	NC	4		525	66	395
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	0.12	0.032	7	AI	13		0.30	0.04	0.23
Carbohydrate, by difference	g	12.78		0	NC	4		31.95	4.00	24.02
Fiber, total dietary	g	0.0		0	FLA	4		0.1	0.0	0.0
Sugars, total	g	12.75		0	NR	4		31.88	3.99	23.97
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	3		0	FLA	4		8	1	6
Phosphorus, P	mg	4		0		1		10	1	8
Potassium, K	mg	33	4.043	6	AI	13		82	10	62
Sodium, Na	mg	1		0		1		3	0	2
Zinc, Zn	mg	0.02		0	FLA	4		0.05	0.01	0.03
Copper, Cu	mg	0.015		0	FLA	4		0.037	0.005	0.028
Manganese, Mn	mg	0.107		0	FLA	4		0.266	0.033	0.200
Selenium, Se	mcg	0.1		0	FLA	4		0.3	0.0	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.0		0		1		40.0	5.0	30.1
Thiamin	mg	0.007		0	FLA	4		0.017	0.002	0.013
Riboflavin	mg	0.012		0	FLA	4		0.030	0.004	0.023
Niacin	mg	0.069		0	FLA	4		0.173	0.022	0.130
Pantothenic acid	mg	0.012		0	FLA	4		0.030	0.004	0.023
Vitamin B-6	mg	0.017		0	FLA	4		0.043	0.005	0.032
Folate, total	mcg	1		0	FLA	4		2	0	1
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food	mcg	1		0	FLA	4		2	0	1
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	1
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU	IU	2		0	FLA	4		5	1	4
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	0
Retinol	mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	FLA	4		0.3	0.0	0.2
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLA	4		0.000	0.000	0.000
4:0	g	0.000		0	FLA	4		0.000	0.000	0.000
6:0	g	0.000		0	FLA	4		0.000	0.000	0.000
8:0	g	0.000		0	FLA	4		0.000	0.000	0.000
10:0	g	0.000		0	FLA	4		0.000	0.000	0.000
12:0	g	0.000		0	FLA	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	FLA	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0	FLA	4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0	FLA	4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									

NDB No. 14282
Grape juice 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
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		3.130	0.392	2.353
Carotene, alpha.....mcg	0		0	FLA	4		0.047	0.006	0.035
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.040	0.005	0.030
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	9		0	FLA	4		22.949	2.873	17.258

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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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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**

NDB No. 14272
KRAFT, CAPRI SUN ALL NATURAL Juice Drink Fruit Punch, ready-to-drink

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14377

KRAFT, CRYSTAL LIGHT Sugar Free Low Calorie Iced Tea Mix, with aspartame, 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	2.40		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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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Common Measures:

Measure 1 = 1.0g: 1 NLEA Serving

Footnotes

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

NDB No. 14377
KRAFT, CRYSTAL LIGHT Sugar Free Low Calorie Iced Tea Mix, with aspartame, powder

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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Common Measures:

Measure 1 = 2.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components such as acids.

NDB No. 14273

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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Common Measures:

Measure 1 = 13.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 14230
KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Cafe Francais Flavored Instant Coffee, powder

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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.

NDB No. 14231
KRAFT, GENERAL FOODS INTERNATIONAL COFFEES French Vanilla Cafe Flavored Instant Coffee, powder

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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						Amount in edible portion 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		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 (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
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.

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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.

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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Common Measures:

Measure 1 = 13.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 14225
KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Suisse Mocha Flavored Instant Coffee, powder

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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Common Measures:

Measure 1 = 210g: 1 NLEA Serving

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

NDB No. 14276
KRAFT, KOOL-AID BURSTS Soft Drink Tropical Punch, ready-to-drink

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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Common Measures:

Measure 1 = 252g: 1 NLEA serving

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

NDB No. 14178
KRAFT, KOOL-AID SPLASH Soft Drink Grape Berry Punch, ready-to-drink

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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Common Measures:

Measure 1 = 17g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 14275

KRAFT, KOOL-AID Sugar Sweetened Soft Drink Mix Tropical Punch, powder

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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.

NDB No. 14274

KRAFT, KOOL-AID Unsweetened Soft Drink Mix Tropical Punch, powder

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	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 = 1.9g: 1 portion (1/8 cap/tub)

Footnotes

1 Contains citric acid.

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 2.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	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 = 1.2g: .125 envelope

Footnotes

1 Contains citric acid.

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 3.1

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	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 = 18g: 1 portion (1/8 cap/tub)

Footnotes

1 Contains citric acid.

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 3.5

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.008		0		1		0.003	0.035	0.017
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.004	0.002
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.003	0.031	0.015
20:1.....g									
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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	
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.2		0	FLA	4		0.1	0.9	0.4
Sugars, total	g	45.03		0	FLA	4		16.43	197.21	98.61
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	FLA	4		0.1	1.6	0.8
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	5		0	FLA	4		2	21	10
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food	mcg	5		0	FLA	4		2	21	10
Folate, DFE	mcg_DFE	5		0	NC	4		2	21	10
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	7		0	FLA	4		2	29	14
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	1	1
Retinol	mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.04		0	FLA	4		0.01	0.18	0.09
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.026		0		1		0.009	0.114	0.057
4:0	g	0.000		0		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									

NDB No. 14292
Lemonade, frozen concentrate, 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
Fatty acids, total monounsaturated.....g	0.008		0		1		0.003	0.035	0.018
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.004	0.002
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.003	0.031	0.015
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.022	0.258	0.129
18:2 undifferentiated.....g	0.042		0		1		0.015	0.184	0.092
18:3 undifferentiated.....g	0.017		0		1		0.006	0.074	0.037
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.340	4.078	2.039
Carotene, alpha.....mcg	0		0	FLA	4		0.053	0.637	0.319
Cryptoxanthin, beta.....mcg	6		0	FLA	4		2.124	25.490	12.745
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	4		0	FLA	4		1.328	15.935	7.968

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	86.02		0	RPI	6		213.34	26.67	
Energy	kcal	53		0	RPI	6		131	16	
Energy	kj	222		0	RPI	6		549	69	
Protein (N x 0)	g	0.09		0	RPI	6		0.22	0.03	
Total lipid (fat)	g	0.06		0	RPI	6		0.14	0.02	
Ash	g	0.13		0	RPI	6		0.32	0.04	
Carbohydrate, by difference	g	13.73		0	RPI	6		34.05	4.26	
Fiber, total dietary	g	0.1		0	RPI	6		0.1	0.0	
Sugars, total	g	13.13		0	RPI	6		32.55	4.07	
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	RPA	1		9	1	
Iron, Fe	mg	0.21		0	RPA	1		0.53	0.07	
Magnesium, Mg	mg	2		0	RPA	1		5	1	
Phosphorus, P	mg	3		0	RPA	1		7	1	
Potassium, K	mg	20		0	RPA	1		49	6	
Sodium, Na	mg	3		0	RPA	1		7	1	
Zinc, Zn	mg	0.03		0	RPA	1		0.07	0.01	
Copper, Cu	mg	0.022		0	RPA	1		0.055	0.007	
Manganese, Mn	mg	0.006		0	RPA	1		0.015	0.002	
Selenium, Se	mcg	0.1		0	RPI	6		0.3	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.2		0	RPI	6		12.8	1.6	
Thiamin	mg	0.008		0	RPI	6		0.019	0.002	
Riboflavin	mg	0.028		0	RPI	6		0.069	0.009	
Niacin	mg	0.022		0	RPI	6		0.053	0.007	
Pantothenic acid	mg	0.017		0	RPI	6		0.041	0.005	
Vitamin B-6	mg	0.007		0	RPI	6		0.018	0.002	
Folate, total	mcg	1		0	RPI	6		3	0	
Folic acid	mcg	0		0	RPI	6		0	0	
Folate, food	mcg	1		0	RPI	6		3	0	
Folate, DFE	mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, IU	IU	2		0	RPI	6		5	1	
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	
Retinol	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01		0	RPI	6		0.03	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.008		0	RPA	1		0.019	0.002	
4:0	g	0.000		0	RPA	1		0.000	0.000	
6:0	g	0.000		0	RPA	1		0.000	0.000	
8:0	g	0.000		0	RPA	1		0.000	0.000	
10:0	g	0.000		0	RPA	1		0.000	0.000	
12:0	g	0.000		0	RPA	1		0.000	0.000	
13:0	g									
14:0	g	0.000		0	RPA	1		0.001	0.000	
15:0	g									
16:0	g	0.007		0	RPA	1		0.017	0.002	
17:0	g									
18:0	g	0.000		0	RPA	1		0.001	0.000	
20:0	g									
22:0	g									
24:0	g									

NDB No. 14293
Lemonade, frozen concentrate, white, 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
Fatty acids, total monounsaturated.....g	0.002		0	RPA	1		0.006	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0	RPA	1		0.005	0.001	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.017		0	RPA	1		0.043	0.005	
18:2 undifferentiated.....g	0.012		0	RPA	1		0.030	0.004	
18:3 undifferentiated.....g	0.005		0	RPA	1		0.012	0.002	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPA	1		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	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.673	0.084	
Carotene, alpha.....mcg	0		0	RPI	6		0.105	0.013	
Cryptoxanthin, beta.....mcg	2		0	RPI	6		4.207	0.526	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	RPI	6		2.630	0.329	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.00		0	Z	7		0.00	0.00	
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
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									

NDB No. 14289
Lemonade, low 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
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	
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	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	99.29		0	RPI	6		235.31	29.39	
Energy	kcal	2		0	RPI	6		5	1	
Energy	kj	9		0	RPI	6		21	3	
Protein (N x 0)	g	0.02		0	RPI	6		0.05	0.01	
Total lipid (fat)	g	0.00		0	RPI	6		0.00	0.00	
Ash	g	0.17		0	RPI	6		0.39	0.05	
Carbohydrate, by difference	g	0.52		0	RPI	6		1.24	0.15	
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0	
Sugars, total	g	0.00		0	RPI	6		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0	RPA	1		52	6	
Iron, Fe	mg	0.04		0	RPA	1		0.09	0.01	
Magnesium, Mg	mg	1		0	RPA	1		2	0	
Phosphorus, P	mg	10		0	RPA	1		23	3	
Potassium, K	mg	0		0	RPA	1		1	0	
Sodium, Na	mg	2		0	RPA	1		5	1	
Zinc, Zn	mg	0.01		0	RPA	1		0.01	0.00	
Copper, Cu	mg	0.007		0	RPA	1		0.018	0.002	
Manganese, Mn	mg	0.001		0	RPA	1		0.003	0.000	
Selenium, Se	mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.5		0	RPI	6		5.8	0.7	
Thiamin	mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin	mg	0.000		0	RPI	6		0.001	0.000	
Niacin	mg	0.000		0	RPI	6		0.000	0.000	
Pantothenic acid	mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6	mg	0.000		0	RPI	6		0.000	0.000	
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	NC	4		0	0	
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, IU	IU	0		0	RPI	6		0	0	
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	
Retinol	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		0	RPI	6		0.001	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		0.001	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									

NDB No. 14290
Lemonade, low calorie, with aspartame, 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
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPI	6		0.001	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.001	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	RPA	1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.000	0.000	
Threonine.....g	0.000		0	RPA	1		0.000	0.000	
Isoleucine.....g	0.000		0	RPA	1		0.000	0.000	
Leucine.....g	0.000		0	RPA	1		0.000	0.000	
Lysine.....g	0.000		0	RPA	1		0.000	0.000	
Methionine.....g	0.000		0	RPA	1		0.000	0.000	
Cystine.....g	0.000		0	RPA	1		0.000	0.000	
Phenylalanine.....g	0.000		0	RPA	1		0.000	0.000	
Tyrosine.....g	0.000		0	RPA	1		0.000	0.000	
Valine.....g	0.000		0	RPA	1		0.000	0.000	
Arginine.....g	0.000		0	RPA	1		0.000	0.000	
Histidine.....g	0.000		0	RPA	1		0.000	0.000	
Alanine.....g	0.000		0	RPA	1		0.000	0.000	
Aspartic acid.....g	0.000		0	RPA	1		0.000	0.000	
Glutamic acid.....g	0.000		0	RPA	1		0.000	0.000	
Glycine.....g	0.000		0	RPA	1		0.000	0.000	
Proline.....g	0.000		0	RPA	1		0.000	0.000	
Serine.....g	0.000		0	RPA	1		0.000	0.000	
Hydroxyproline.....g									
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

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

NDB No. 14290
Lemonade, low calorie, with aspartame, powder, prepared with water

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	98.80		0	NR	4		215.38	26.68	26.68
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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									

NDB No. 14287
Lemonade, 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
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
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	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

NDB No. 14287
Lemonade, powder

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	89.65		0	RPI	6		236.67		
Energy	kcal	39		0	RPI	6		102		
Energy	kj	162		0	RPI	6		427		
Protein (N x 0)	g	0.00		0	RPI	6		0.00		
Total lipid (fat)	g	0.00		0	RPI	6		0.00		
Ash	g	0.17		0	RPI	6		0.45		
Carbohydrate, by difference	g	10.17		0	RPI	6		26.85		
Fiber, total dietary	g	0.0		0	RPI	6		0.0		
Sugars, total	g	10.17		0	RPI	6		26.85		
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0	RPA	1		72		
Iron, Fe	mg	0.06		0	RPA	1		0.15		
Magnesium, Mg	mg	1		0	RPA	1		2		
Phosphorus, P	mg	13		0	RPA	1		34		
Potassium, K	mg	12		0	RPA	1		33		
Sodium, Na	mg	4		0	RPA	1		11		
Zinc, Zn	mg	0.02		0	RPA	1		0.05		
Copper, Cu	mg	0.008		0	RPI	6		0.021		
Manganese, Mn	mg	0.000		0	RPI	6		0.001		
Selenium, Se	mcg	0.1		0	RPI	6		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.2		0	RPI	6		8.5		
Thiamin	mg	0.002		0	RPI	6		0.004		
Riboflavin	mg	0.000		0	RPI	6		0.000		
Niacin	mg	0.013		0	RPI	6		0.035		
Pantothenic acid	mg	0.006		0	RPI	6		0.016		
Vitamin B-6	mg	0.003		0	RPI	6		0.007		
Folate, total	mcg	1		0	RPI	6		4		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	1		0	RPI	6		4		
Folate, DFE	mcg_DFE	1		0	NC	4		4		
Vitamin B-12	mcg	0.00		0	RPI	6		0.00		
Vitamin A, IU	IU	0		0	RPI	6		0		
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0		
Retinol	mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0	RPA	1		0.001		
4:0	g	0.000		0	RPI	6		0.000		
6:0	g	0.000		0	RPI	6		0.000		
8:0	g	0.000		0	RPI	6		0.000		
10:0	g	0.000		0	RPI	6		0.000		
12:0	g	0.000		0	RPI	6		0.000		
13:0	g									
14:0	g	0.000		0	RPA	1		0.000		
15:0	g									
16:0	g	0.000		0	RPA	1		0.001		
17:0	g									
18:0	g	0.000		0	RPA	1		0.000		
20:0	g									
22:0	g									
24:0	g									

NDB No. 14288
Lemonade, 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
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
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	0.001		0	RPA	1		0.002		
18:2 undifferentiated.....g	0.000		0	RPA	1		0.001		
18:3 undifferentiated.....g	0.000		0	RPA	1		0.001		
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	0		0	RPA	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	FLA	4		0.0	0.0	
Sugars, total	g	98.79		0	FLA	4		230.19	28.65	
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	0.003		0	FLA	4		0.006	0.001	
Selenium, Se	mcg	0.6		0	FLA	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	FLA	4		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	FLA	4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
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									

NDB No. 14296
Lemonade-flavor drink, 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
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	
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	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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		
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	49.82		0	FLA	4		18.14	217.73	108.61
Energy	kcal	196		0	FLA	4		71	858	428
Energy	kj	821		0	FLA	4		299	3589	1790
Protein (N x 6.25)	g	0.17		0	FLA	4		0.06	0.74	0.37
Total lipid (fat)	g	0.04		0	FLA	4		0.01	0.17	0.08
Ash	g	0.47		0	FLA	4		0.17	2.05	1.02
Carbohydrate, by difference	g	48.82		0	FLA	4		17.77	213.33	106.42
Fiber, total dietary	g	0.2		0	FLA	4		0.1	0.7	0.3
Sugars, total	g	41.39		0	FLA	4		15.06	180.86	90.22
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0	FLA	4		5	57	28
Iron, Fe	mg	0.03		0	FLA	4		0.01	0.15	0.07
Magnesium, Mg	mg	5		0	FLA	4		2	20	10
Phosphorus, P	mg	3		0	FLA	4		1	12	6
Potassium, K	mg	43		0	FLA	4		16	190	95
Sodium, Na	mg	9		0	FLA	4		3	39	19
Zinc, Zn	mg	0.04		0	FLA	4		0.02	0.18	0.09
Copper, Cu	mg	0.039		0	FLA	4		0.014	0.169	0.084
Manganese, Mn	mg	0.005		0	FLA	4		0.002	0.020	0.010
Selenium, Se	mcg	0.3		0	FLA	4		0.1	1.4	0.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.3		0	FLA	4		4.1	49.2	24.6
Thiamin	mg	0.008		0	FLA	4		0.003	0.034	0.017
Riboflavin	mg	0.013		0	FLA	4		0.005	0.055	0.028
Niacin	mg	0.038		0	FLA	4		0.014	0.168	0.084
Pantothenic acid	mg	0.053		0	FLA	4		0.019	0.232	0.116
Vitamin B-6	mg	0.017		0	FLA	4		0.006	0.074	0.037
Folate, total	mcg	3		0	FLA	4		1	14	7
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food	mcg	3		0	FLA	4		1	14	7
Folate, DFE	mcg_DFE	3		0	NC	4		1	14	7
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU	IU	4		0	FLA	4		1	17	8
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	1	0
Retinol	mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLA	4		0.000	0.000	0.000
4:0	g	0.000		0	FLA	4		0.000	0.000	0.000
6:0	g	0.000		0	FLA	4		0.000	0.000	0.000
8:0	g	0.000		0	FLA	4		0.000	0.000	0.000
10:0	g	0.000		0	FLA	4		0.000	0.000	0.000
12:0	g	0.000		0	FLA	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	FLA	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0	FLA	4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0	FLA	4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	FLA	4		0.000	0.000	0.000
Threonine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Leucine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Lysine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Methionine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Cystine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Valine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Arginine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Histidine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Alanine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	FLA	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	FLA	4		0.000	0.000	0.000
Glycine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Proline.....g	0.000		0	FLA	4		0.000	0.000	0.000
Serine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	0.000

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

NDB No. 14302
Limeade, frozen concentrate

Calories Factors: **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	89.14		0	FLC	4		220.17	27.63	
Energy	kcal	42		0	NC	4		105	13	
Energy	kj	178		0	NC	4		439	55	
Protein (N x 0)	g	0.04		0	FLC	4		0.09	0.01	
Total lipid (fat)	g	0.01		0	FLC	4		0.02	0.00	
Ash	g	0.10		0	FLC	4		0.25	0.03	
Carbohydrate, by difference	g	10.57		1	LC	8		26.10	3.28	
Fiber, total dietary	g	0.0		0	FLC	4		0.1	0.0	
Sugars, total	g	8.96		0	FLC	4		22.13	2.78	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	FLC	4		7	1	
Iron, Fe	mg	0.01		0	FLC	4		0.02	0.00	
Magnesium, Mg	mg	1		0	FLC	4		2	0	
Phosphorus, P	mg	1		0	FLC	4		1	0	
Potassium, K	mg	9		0	FLC	4		23	3	
Sodium, Na	mg	2		0	FLC	4		5	1	
Zinc, Zn	mg	0.01		0	FLC	4		0.02	0.00	
Copper, Cu	mg	0.008		0	FLC	4		0.021	0.003	
Manganese, Mn	mg	0.001		0	FLC	4		0.002	0.000	
Selenium, Se	mcg	0.1		0	FLC	4		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4		1	LC	8		6.0	0.8	
Thiamin	mg	0.002		0	FLC	4		0.004	0.001	
Riboflavin	mg	0.003		0	FLC	4		0.007	0.001	
Niacin	mg	0.008		0	FLC	4		0.021	0.003	
Pantothenic acid	mg	0.011		0	FLC	4		0.028	0.004	
Vitamin B-6	mg	0.004		0	FLC	4		0.009	0.001	
Folate, total	mcg	1		0	FLC	4		2	0	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	1		0	FLC	4		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, IU	IU	1		0	FLC	4		2	0	
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0	0	
Retinol	mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLC	4		0.000	0.000	
4:0	g	0.000		0	FLC	4		0.000	0.000	
6:0	g	0.000		0	FLC	4		0.000	0.000	
8:0	g	0.000		0	FLC	4		0.000	0.000	
10:0	g	0.000		0	FLC	4		0.000	0.000	
12:0	g	0.000		0	FLC	4		0.000	0.000	
13:0	g									
14:0	g	0.000		0	FLC	4		0.000	0.000	
15:0	g									
16:0	g	0.000		0	FLC	4		0.000	0.000	
17:0	g									
18:0	g	0.000		0	FLC	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

NDB No. 14303
Limeade, frozen concentrate, 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
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14305
Malt beverage

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	91.15	2.976	4	JO	11		216.03	26.98	
Energy	kcal	37		0	NC	4		89	11	
Energy	kj	156		0	NC	4		371	46	
Protein (N x 6.25)	g	0.21	0.050	3	JO	11		0.50	0.06	
Total lipid (fat)	g	0.12		2	A	1		0.28	0.04	
Ash	g	0.12	0.017	3	JO	11		0.28	0.03	
Carbohydrate, by difference	g	8.05		0	NC	4		19.08	2.38	
Fiber, total dietary	g	0.0		2	AI	13		0.0	0.0	
Sugars, total	g	8.05		0	NR	4		19.08	2.38	
Starch	g									
Minerals:										
Calcium, Ca	mg	7	1.139	4	JO	11		16	2	
Iron, Fe	mg	0.06	0.025	4	JO	11		0.14	0.02	
Magnesium, Mg	mg	7	0.941	3	JO	11		16	2	
Phosphorus, P	mg	16	7.533	3	JO	11		37	5	
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	0.008		2	JO	11		0.019	0.002	
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	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
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									

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
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	
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	0.048	3	JO	11		0.8	0.1	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		2	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		2	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		2	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	6.7		0	FLA	4		1.4		
Sugars, total	g	23.04		0	FLA	4		4.84		
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	FLA	4		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	0.958		0	FLA	4		0.201		
Selenium, Se	mcg	25.4		0	FLA	4		5.3		
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	0.254		0	FLA	4		0.053		
Vitamin B-6	mg	0.156		7		1		0.033		
Folate, total	mcg	51		0	FLA	4		11		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	51		0	FLA	4		11		
Folate, DFE	mcg_DFE	51		0	NC	4		11		
Vitamin B-12	mcg	0.20		1		1		0.04		
Vitamin A, IU	IU	14		0	FLA	4		3		
Vitamin A, RAE	mcg_RAE	4		0	FLA	4		1		
Retinol	mcg	4		0	FLA	4		1		
Vitamin E (alpha-tocopherol)	mg	0.10		0	FLA	4		0.02		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	4.774		0	FLA	4		1.002		
Vitamin K (phylloquinone)	mcg	1.8		0	FLA	4		0.4		
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									

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
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		
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	1		0	FLA	4		0		
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	FLA	4		0.0		
Caffeine.....mg	37		2		1		8		
Theobromine.....mg	345		0	BFZN	4		72		
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.150		
Carotene, alpha.....mcg	0		0	FLA	4		0.006		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.008		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	14		0	FLA	4		2.963		

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

NDB No. 14317
Malted drink mix, chocolate, powder

Calories Factors: **Protein** 3.4 **Fat** 8.5 **Carbohydrate** 3.7

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	81.34		0	RPA	1		215.56		
Energy	kcal	85		0	RPI	6		226		
Energy	kj	357		0	RPI	6		947		
Protein	g	3.37		0	RPA	1		8.94		
Total lipid (fat)	g	3.29		0	RPI	6		8.73		
Ash	g	0.79		0	RPA	1		2.08		
Carbohydrate, by difference	g	11.20		0	RPI	6		29.67		
Fiber, total dietary	g	0.5		0	RPI	6		1.4		
Sugars, total	g	6.68		0	RPI	6		17.71		
Starch	g									
Minerals:										
Calcium, Ca	mg	98		0	RPA	1		259		
Iron, Fe	mg	0.21		0	RPA	1		0.57		
Magnesium, Mg	mg	15		0	RPA	1		40		
Phosphorus, P	mg	91		0	RPA	1		242		
Potassium, K	mg	172		0	RPI	6		455		
Sodium, Na	mg	60		0	RPA	1		159		
Zinc, Zn	mg	0.41		0	RPA	1		1.10		
Copper, Cu	mg	0.037		0	RPA	1		0.098		
Manganese, Mn	mg	0.080		0	RPI	6		0.211		
Selenium, Se	mcg	5.4		0	RPI	6		14.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RPA	1		0.3		
Thiamin	mg	0.054		0	RPA	1		0.143		
Riboflavin	mg	0.184		0	RPA	1		0.488		
Niacin	mg	0.259		0	RPA	1		0.687		
Pantothenic acid	mg	0.354		0	RPI	6		0.937		
Vitamin B-6	mg	0.046		0	RPA	1		0.122		
Folate, total	mcg	9		0	RPI	6		23		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	9		0	RPI	6		23		
Folate, DFE	mcg_DFE	9		0	NC	4		23		
Vitamin B-12	mcg	0.42		0	RPA	1		1.11		
Vitamin A, IU	IU	95		0	RPI	6		252		
Vitamin A, RAE	mcg_RAE	26		0	RPI	6		70		
Retinol	mcg	26		0	RPI	6		69		
Vitamin E (alpha-tocopherol)	mg	0.06		0	RPI	6		0.16		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	RPI	6		0.9		
Lipids:										
Fatty acids, total saturated	g	1.883		0	RPI	6		4.989		
4:0	g	0.076		0	RPA	1		0.202		
6:0	g	0.073		0	RPA	1		0.194		
8:0	g	0.071		0	RPA	1		0.189		
10:0	g	0.075		0	RPA	1		0.198		
12:0	g	0.077		0	RPA	1		0.205		
13:0	g	0.000		0	RPA	1		0.000		
14:0	g	0.297		0	RPA	1		0.788		
15:0	g	0.000		0	RPA	1		0.000		
16:0	g	0.838		0	RPA	1		2.222		
17:0	g	0.000		0	RPA	1		0.000		
18:0	g	0.375		0	RPA	1		0.993		
20:0	g	0.000		0	RPA	1		0.000		
22:0	g	0.000		0	RPA	1		0.000		
24:0	g	0.000		0	RPA	1		0.000		

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
Fatty acids, total monounsaturated.....g	0.827		0	RPI	6		2.192		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		0	RPA	1		0.015		
17:1.....g									
18:1 undifferentiated.....g	0.822		0	RPA	1		2.178		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.208		0	RPI	6		0.550		
18:2 undifferentiated.....g	0.133		0	RPA	1		0.353		
18:3 undifferentiated.....g	0.074		0	RPA	1		0.197		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....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	10		0	RPI	6		26		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0	RPA	1		0.195		
Threonine.....g	0.143		0	RPA	1		0.379		
Isoleucine.....g	0.165		0	RPA	1		0.436		
Leucine.....g	0.268		0	RPA	1		0.709		
Lysine.....g	0.142		0	RPA	1		0.376		
Methionine.....g	0.074		0	RPA	1		0.196		
Cystine.....g	0.023		0	RPA	1		0.061		
Phenylalanine.....g	0.150		0	RPA	1		0.398		
Tyrosine.....g	0.152		0	RPA	1		0.402		
Valine.....g	0.193		0	RPA	1		0.510		
Arginine.....g	0.085		0	RPA	1		0.226		
Histidine.....g	0.077		0	RPA	1		0.203		
Alanine.....g	0.109		0	RPA	1		0.290		
Aspartic acid.....g	0.252		0	RPA	1		0.666		
Glutamic acid.....g	0.677		0	RPA	1		1.794		
Glycine.....g	0.079		0	RPA	1		0.211		
Proline.....g	0.350		0	RPA	1		0.926		
Serine.....g	0.119		0	RPA	1		0.316		
Hydroxyproline.....g									
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		
Carotenoids:									
Carotene, beta.....mcg	5		0	RPI	6		12.823		
Carotene, alpha.....mcg	0		0	RPI	6		0.006		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.008		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	1		0	RPI	6		2.997		

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

NDB No. 14318
Malted drink mix, chocolate, powder, prepared with whole milk

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	4.7		1	LC	8		3.7	1.0	
Sugars, total	g	70.56		1	LC	8		55.03	14.82	
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	16.4		0	FLA	4		12.8	3.4	
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	26		0	FLA	4		21	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	26		0	FLA	4		21	6	
Folate, DFE	mcg_DFE	26		0	NC	4		21	6	
Vitamin B-12	mcg	0.37		0	FLA	4		0.29	0.08	
* Vitamin A, IU	IU	13098		2		1		10216	2751	
Vitamin A, RAE	mcg_RAE	3929		0	FLA	4		3065	825	
* Retinol	mcg	3929		0	FLA	4		3065	825	
Vitamin E (alpha-tocopherol)	mg	0.06		0	FLA	4		0.05	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.1		0	FLA	4		0.9	0.2	
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									

NDB No. 14315
Malted drink mix, chocolate, with added nutrients, 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
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	
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	1		0	FLA	4		1	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	28		1		1		22	6	
Theobromine.....mg	345		0	FLA	4		269	72	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.230	0.062	
Carotene, alpha.....mcg	0		0	FLA	4		0.009	0.002	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.012	0.003	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	11		0	FLA	4		8.523	2.295	

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.4 **Fat** 8.5 **Carbohydrate** 3.7

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	81.44		0	RPA	1		215.81		
Energy	kcal	84		0	RPI	6		223		
Energy	kj	352		0	RPI	6		932		
Protein	g	3.36		0	RPA	1		8.90		
Total lipid (fat)	g	3.26		0	RPI	6		8.64		
Ash	g	1.00		0	RPA	1		2.66		
Carbohydrate, by difference	g	10.92		0	RPI	6		28.95		
Fiber, total dietary	g	0.4		0	RPI	6		1.0		
Sugars, total	g	10.49		0	RPI	6		27.80		
Starch	g									
Minerals:										
Calcium, Ca	mg	128		0	RPA	1		340		
Iron, Fe	mg	1.42		0	RPA	1		3.77		
Magnesium, Mg	mg	17		0	RPA	1		45		
Phosphorus, P	mg	109		0	RPA	1		290		
Potassium, K	mg	218		0	RPA	1		577		
Sodium, Na	mg	87		0	RPA	1		231		
Zinc, Zn	mg	0.44		0	RPA	1		1.16		
Copper, Cu	mg	0.072		0	RPA	1		0.191		
Manganese, Mn	mg	0.053		0	RPA	1		0.141		
Selenium, Se	mcg	4.7		0	RPI	6		12.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.0		0	RPA	1		31.9		
Thiamin	mg	0.285		0	RPA	1		0.755		
Riboflavin	mg	0.497		0	RPA	1		1.318		
Niacin	mg	4.182		0	RPA	1		11.081		
Pantothenic acid	mg	0.388		0	RPA	1		1.028		
Vitamin B-6	mg	0.383		0	RPA	1		1.016		
Folate, total	mcg	7		0	RPI	6		18		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	7		0	RPI	6		18		
Folate, DFE	mcg_DFE	7		0	NC	4		18		
Vitamin B-12	mcg	0.43		0	RPI	6		1.15		
Vitamin A, IU	IU	1144		0	RPI	6		3031		
Vitamin A, RAE	mcg_RAE	341		0	RPI	6		904		
Retinol	mcg	341		0	RPI	6		903		
Vitamin E (alpha-tocopherol)	mg	0.06		0	RPI	6		0.15		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	RPI	6		0.8		
Lipids:										
Fatty acids, total saturated	g	1.868		0	RPI	6		4.950		
4:0	g	0.076		0	RPA	1		0.200		
6:0	g	0.073		0	RPA	1		0.193		
8:0	g	0.071		0	RPA	1		0.188		
10:0	g	0.074		0	RPA	1		0.196		
12:0	g	0.077		0	RPA	1		0.203		
13:0	g	0.000		0	RPA	1		0.000		
14:0	g	0.295		0	RPA	1		0.782		
15:0	g	0.000		0	RPA	1		0.000		
16:0	g	0.831		0	RPA	1		2.203		
17:0	g	0.000		0	RPA	1		0.000		
18:0	g	0.371		0	RPA	1		0.984		
20:0	g	0.000		0	RPA	1		0.000		
22:0	g	0.000		0	RPA	1		0.000		
24:0	g	0.000		0	RPA	1		0.000		

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
Fatty acids, total monounsaturated.....g	0.820		0	RPI	6		2.173		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.005		0	RPA	1		0.013		
17:1.....g									
18:1 undifferentiated.....g	0.815		0	RPA	1		2.160		
20:1.....g	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	0.205		0	RPI	6		0.543		
18:2 undifferentiated.....g	0.131		0	RPA	1		0.348		
18:3 undifferentiated.....g	0.074		0	RPA	1		0.195		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....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	10		0	RPI	6		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0	RPA	1		0.182		
Threonine.....g	0.131		0	RPA	1		0.348		
Isoleucine.....g	0.152		0	RPA	1		0.402		
Leucine.....g	0.244		0	RPA	1		0.647		
Lysine.....g	0.129		0	RPA	1		0.342		
Methionine.....g	0.069		0	RPA	1		0.182		
Cystine.....g	0.015		0	RPA	1		0.041		
Phenylalanine.....g	0.135		0	RPA	1		0.358		
Tyrosine.....g	0.139		0	RPA	1		0.370		
Valine.....g	0.177		0	RPA	1		0.468		
Arginine.....g	0.069		0	RPA	1		0.182		
Histidine.....g	0.069		0	RPA	1		0.182		
Alanine.....g	0.095		0	RPA	1		0.251		
Aspartic acid.....g	0.218		0	RPA	1		0.579		
Glutamic acid.....g	0.596		0	RPA	1		1.580		
Glycine.....g	0.069		0	RPA	1		0.182		
Proline.....g	0.314		0	RPA	1		0.833		
Serine.....g	0.098		0	RPA	1		0.260		
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		
Carotenoids:									
Carotene, beta.....mcg	5		0	RPI	6		12.734		
Carotene, alpha.....mcg	0		0	RPI	6		0.002		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.003		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	1		0	RPI	6		2.321		

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

NDB No. 14316
Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	1.0		0	FLM	4		0.2		
Sugars, total	g	58.96		0	O	4		12.38		
Sucrose	g	0.32		0	FLM	4		0.07		
Glucose (dextrose)	g	2.86		0	FLM	4		0.60		
Fructose	g	0.48		0	FLM	4		0.10		
Lactose	g	0.00		0	FLM	4		0.00		
Maltose	g	13.52		0	FLM	4		2.84		
Galactose	g	0.00		0	FLM	4		0.00		
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	0.231		0	FLM	4		0.049		
Selenium, Se	mcg	23.2		0	FLM	4		4.9		
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	0.862		0	FLM	4		0.181		
Vitamin B-6	mg	0.410		7		1		0.086		
Folate, total	mcg	46		1		1		10		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	46		0	FLM	4		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		0	FLM	4		61		
Vitamin A, RAE	mcg_RAE	82		0	FLM	4		17		
Retinol	mcg	80		0	FLM	4		17		
Vitamin E (alpha-tocopherol)	mg	0.31		0	FLM	4		0.07		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.7		0	FLM	4		0.8		
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									

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
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		
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	31		0	FLM	4		6		
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	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta mcg	14		0	FLM	4		2.863		
Carotene, alpha mcg	0		0	FLM	4		0.005		
Cryptoxanthin, beta mcg	0		0	FLM	4		0.007		
Lycopene mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin mcg	6		0	FLM	4		1.211		

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

NDB No. 14311
Malted drink mix, natural, powder

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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	81.40		0	RPA	1		215.70		
Energy	kcal	88		0	RPI	6		234		
Energy	kj	369		0	RPI	6		977		
Protein	g	3.86		0	RPA	1		10.24		
Total lipid (fat)	g	3.62		0	RPI	6		9.60		
Ash	g	0.89		0	RPA	1		2.36		
Carbohydrate, by difference	g	10.23		0	RPI	6		27.12		
Fiber, total dietary	g	0.1		0	RPI	6		0.2		
Sugars, total	g	9.56		0	RPI	6		25.34		
Starch	g									
Minerals:										
Calcium, Ca	mg	117		0	RPA	1		309		
Iron, Fe	mg	0.09		0	RPA	1		0.23		
Magnesium, Mg	mg	17		0	RPA	1		44		
Phosphorus, P	mg	106		0	RPA	1		280		
Potassium, K	mg	183		0	RPA	1		485		
Sodium, Na	mg	79		0	RPA	1		210		
Zinc, Zn	mg	0.43		0	RPA	1		1.14		
Copper, Cu	mg	0.037		0	RPA	1		0.098		
Manganese, Mn	mg	0.021		0	RPI	6		0.057		
Selenium, Se	mcg	5.2		0	RPI	6		13.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RPA	1		0.6		
Thiamin	mg	0.081		0	RPA	1		0.214		
Riboflavin	mg	0.242		0	RPA	1		0.641		
Niacin	mg	0.519		0	RPA	1		1.376		
Pantothenic acid	mg	0.402		0	RPI	6		1.066		
Vitamin B-6	mg	0.066		0	RPA	1		0.176		
Folate, total	mcg	8		0	RPA	1		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	0.46		0	RPA	1		1.23		
Vitamin A, IU	IU	117		0	RPI	6		310		
Vitamin A, RAE	mcg_RAE	33		0	RPI	6		87		
Retinol	mcg	32		0	RPI	6		85		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.5		0	RPI	6		1.3		
Lipids:										
Fatty acids, total saturated	g	2.039		0	RPI	6		5.403		
4:0	g	0.085		0	RPA	1		0.224		
6:0	g	0.078		0	RPA	1		0.207		
8:0	g	0.074		0	RPA	1		0.196		
10:0	g	0.081		0	RPA	1		0.215		
12:0	g	0.085		0	RPA	1		0.224		
13:0	g	0.000		0	RPA	1		0.000		
14:0	g	0.324		0	RPA	1		0.858		
15:0	g	0.000		0	RPA	1		0.000		
16:0	g	0.916		0	RPA	1		2.426		
17:0	g	0.000		0	RPA	1		0.000		
18:0	g	0.397		0	RPA	1		1.053		
20:0	g	0.000		0	RPA	1		0.000		
22:0	g	0.000		0	RPA	1		0.000		
24:0	g	0.000		0	RPA	1		0.000		

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
Fatty acids, total monounsaturated.....g	0.903		0	RPI	6		2.394		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.012		0	RPA	1		0.031		
17:1.....g									
18:1 undifferentiated.....g	0.892		0	RPA	1		2.363		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0	RPI	6		0.731		
18:2 undifferentiated.....g	0.191		0	RPA	1		0.507		
18:3 undifferentiated.....g	0.085		0	RPA	1		0.224		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....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	12		0	RPI	6		32		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0	RPA	1		0.209		
Threonine.....g	0.155		0	RPA	1		0.412		
Isoleucine.....g	0.180		0	RPA	1		0.476		
Leucine.....g	0.298		0	RPA	1		0.789		
Lysine.....g	0.154		0	RPA	1		0.409		
Methionine.....g	0.082		0	RPA	1		0.216		
Cystine.....g	0.034		0	RPA	1		0.090		
Phenylalanine.....g	0.167		0	RPA	1		0.441		
Tyrosine.....g	0.165		0	RPA	1		0.438		
Valine.....g	0.209		0	RPA	1		0.553		
Arginine.....g	0.103		0	RPA	1		0.274		
Histidine.....g	0.087		0	RPA	1		0.232		
Alanine.....g	0.127		0	RPA	1		0.338		
Aspartic acid.....g	0.291		0	RPA	1		0.770		
Glutamic acid.....g	0.796		0	RPA	1		2.108		
Glycine.....g	0.089		0	RPA	1		0.236		
Proline.....g	0.407		0	RPA	1		1.078		
Serine.....g	0.150		0	RPA	1		0.398		
Hydroxyproline.....g									
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		
Carotenoids:									
Carotene, beta.....mcg	6		0	RPI	6		15.568		
Carotene, alpha.....mcg	0		0	RPI	6		0.005		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.007		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		1.225		

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

NDB No. 14312
Malted drink mix, natural, powder, prepared with whole milk

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14309
Malted drink mix, natural, 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	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	44.10		0	FLA	4		9.26		
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	0.245		0	FLA	4		0.052		
* Vitamin B-6	mg	3.634		3		1		0.763		
Folate, total	mcg	15		0	FLA	4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	15		0	FLA	4		3		
Folate, DFE	mcg_DFE	15		0	NC	4		3		
Vitamin B-12	mcg	0.02		0	FLA	4		0.01		
* Vitamin A, IU	IU	10582		1		1		2222		
Vitamin A, RAE	mcg_RAE	3174		0	FLA	4		667		
* Retinol	mcg	3174		0	FLA	4		667		
Vitamin E (alpha-tocopherol)	mg	0.26		0	FLA	4		0.06		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.1		0	FLA	4		0.4		
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									

NDB No. 14309
Malted drink mix, natural, with added nutrients, 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
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		
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	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.074		
Carotene, alpha.....mcg	0		0	FLA	4		0.019		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.030		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	33		0	FLA	4		6.966		

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Common Measures:

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.4 **Fat** 8.5 **Carbohydrate** 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14310

Malted drink mix, natural, 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	81.49		0	RPA	1		215.94		
Energy	kcal	86		0	RPI	6		227		
Energy	kj	359		0	RPI	6		951		
Protein	g	3.67		0	RPA	1		9.73		
Total lipid (fat)	g	3.21		0	RPI	6		8.52		
Ash	g	0.97		0	RPA	1		2.57		
Carbohydrate, by difference	g	10.67		0	RPI	6		28.27		
Fiber, total dietary	g	0.0		0	RPI	6		0.1		
Sugars, total	g	8.37		0	RPI	6		22.19		
Starch	g									
Minerals:										
Calcium, Ca	mg	123		0	RPA	1		326		
Iron, Fe	mg	1.36		0	RPA	1		3.61		
Magnesium, Mg	mg	15		0	RPA	1		39		
Phosphorus, P	mg	107		0	RPA	1		284		
Potassium, K	mg	200		0	RPA	1		529		
Sodium, Na	mg	72		0	RPA	1		191		
Zinc, Zn	mg	0.41		0	RPA	1		1.08		
Copper, Cu	mg	0.044		0	RPA	1		0.116		
Manganese, Mn	mg	0.037		0	RPA	1		0.097		
Selenium, Se	mcg	4.2		0	RPI	6		11.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.4		0	RPA	1		27.5		
Thiamin	mg	0.277		0	RPA	1		0.734		
Riboflavin	mg	0.455		0	RPA	1		1.204		
Niacin	mg	3.993		0	RPA	1		10.583		
Pantothenic acid	mg	0.353		0	RPI	6		0.935		
Vitamin B-6	mg	0.325		0	RPA	1		0.860		
Folate, total	mcg	6		0	RPI	6		15		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	6		0	RPI	6		15		
Folate, DFE	mcg_DFE	6		0	NC	4		15		
Vitamin B-12	mcg	0.40		0	RPI	6		1.07		
Vitamin A, IU	IU	942		0	RPI	6		2496		
Vitamin A, RAE	mcg_RAE	281		0	RPI	6		744		
Retinol	mcg	280		0	RPI	6		743		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.4		0	RPI	6		1.0		
Lipids:										
Fatty acids, total saturated	g	1.830		0	RPI	6		4.849		
4:0	g	0.074		0	RPA	1		0.197		
6:0	g	0.072		0	RPA	1		0.191		
8:0	g	0.070		0	RPA	1		0.187		
10:0	g	0.073		0	RPA	1		0.193		
12:0	g	0.075		0	RPA	1		0.200		
13:0	g	0.000		0	RPA	1		0.000		
14:0	g	0.291		0	RPA	1		0.771		
15:0	g	0.000		0	RPA	1		0.000		
16:0	g	0.817		0	RPA	1		2.164		
17:0	g	0.000		0	RPA	1		0.000		
18:0	g	0.357		0	RPA	1		0.947		
20:0	g	0.000		0	RPA	1		0.000		
22:0	g	0.000		0	RPA	1		0.000		

NDB No. 14310
Malted drink mix, natural, with added nutrients, 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
24:0 g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated g	0.802		0	RPI	6		2.127		
14:1 g	0.000		0	RPA	1		0.000		
15:1 g									
16:1 undifferentiated g	0.004		0	RPA	1		0.011		
17:1 g									
18:1 undifferentiated g	0.798		0	RPA	1		2.116		
20:1 g	0.000		0	RPA	1		0.000		
22:1 undifferentiated g	0.000		0	RPA	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.213		0	RPI	6		0.565		
18:2 undifferentiated g	0.139		0	RPA	1		0.368		
18:3 undifferentiated g	0.074		0	RPA	1		0.197		
18:4 g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RPA	1		0.000		
20:5 n-3 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	11		0	RPI	6		30		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	RPI	6		0.0		
Caffeine mg	0		0	RPI	6		0		
Theobromine mg	0		0	RPI	6		0		
Carotenoids:									
Carotene, beta mcg	5		0	RPI	6		12.747		
Carotene, alpha mcg	0		0	RPI	6		0.019		
Cryptoxanthin, beta mcg	0		0	RPI	6		0.030		
Lycopene mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin 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 = 265g: 1 cup (8 fl oz)

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	71.38		0	FLA	4				
Energy	kcal	113		0	FLA	4				
Energy	kj	474		0	FLA	4				
Protein	g	0.25		0	FLA	4				
Total lipid (fat)	g	0.05		0	FLA	4				
Ash	g	0.28		0	FLA	4				
Carbohydrate, by difference	g	28.00		0	LC	8				
Fiber, total dietary	g	0.6		0	FLA	4				
Sugars, total	g	17.83		0	FLA	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	FLA	4				
Iron, Fe	mg	0.23		0	FLA	4				
Magnesium, Mg	mg	5		0	FLA	4				
Phosphorus, P	mg	7		0	FLA	4				
Potassium, K	mg	180		0	LC	8				
Sodium, Na	mg	20		0	LC	8				
Zinc, Zn	mg	0.09		0	FLA	4				
Copper, Cu	mg	0.048		0	FLA	4				
Manganese, Mn	mg	0.205		0	FLA	4				
Selenium, Se	mcg	0.2		0	FLA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	25.0		0	LC	8				
Thiamin	mg	0.011		0	FLA	4				
Riboflavin	mg	0.015		0	FLA	4				
Niacin	mg	0.154		0	FLA	4				
Pantothenic acid	mg	0.057		0	FLA	4				
Vitamin B-6	mg	0.036		0	FLA	4				
Folate, total	mcg	4		0	FLA	4				
Folic acid	mcg	0		0	FLA	4				
Folate, food	mcg	4		0	FLA	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.00		0	FLA	4				
Vitamin A, IU	IU	2083		0	FLA	4				
Vitamin A, RAE	mcg_RAE	104		0	FLA	4				
Retinol	mcg	0		0	FLA	4				
Vitamin E (alpha-tocopherol)	mg	0.16		0	FLA	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.1		0	FLA	4				
Lipids:										
Fatty acids, total saturated	g	0.006		0	FLA	4				
4:0	g	0.000		0	FLA	4				
6:0	g	0.000		0	FLA	4				
8:0	g	0.000		0	FLA	4				
10:0	g	0.000		0	FLA	4				
12:0	g	0.000		0	FLA	4				
13:0	g									
14:0	g	0.000		0	FLA	4				
15:0	g									
16:0	g	0.005		0	FLA	4				
17:0	g									
18:0	g	0.001		0	FLA	4				
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	0.003		0	FLA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4				
17:1.....g									
18:1 undifferentiated.....g	0.003		0	FLA	4				
20:1.....g	0.000		0	FLA	4				
22:1 undifferentiated.....g	0.000		0	FLA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0	FLA	4				
18:2 undifferentiated.....g	0.016		0	FLA	4				
18:3 undifferentiated.....g	0.004		0	FLA	4				
18:4.....g	0.000		0	FLA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4				
20:5 n-3.....g	0.000		0	FLA	4				
22:5 n-3.....g	0.000		0	FLA	4				
22:6 n-3.....g	0.000		0	FLA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4				
Caffeine.....mg			0	FLA	4				
Theobromine.....mg			0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	998		0	FLA	4				
Carotene, alpha.....mcg	503		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	8		0	FLA	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:

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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

NDB No. 14118

NABISCO, KNOX DRINKING GELATIN, Orange Flavor, with aspartame, low calorie, powder

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	FLA	4		0.3	0.0	
Sugars, total	g	12.06		0	FLA	4		30.16	3.76	
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	5		0	FLA	4		13	2	
Phosphorus, P	mg	8		0		1		20	2	
Potassium, K	mg	80		1		1		200	25	
Sodium, Na	mg	2		0	FLA	4		5	1	
Zinc, Zn	mg	0.04		0	FLA	4		0.09	0.01	
Copper, Cu	mg	0.032		0	FLA	4		0.080	0.010	
Manganese, Mn	mg	0.009		0	FLA	4		0.021	0.003	
Selenium, Se	mcg	0.1		0	FLA	4		0.2	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	0.068		0	FLA	4		0.171	0.021	
Vitamin B-6	mg	0.037		0	FLA	4		0.093	0.012	
Folate, total	mcg	7		0	FLA	4		18	2	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	7		0	FLA	4		18	2	
Folate, DFE	mcg_DFE	7		0	NC	4		18	2	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	183		0	FLA	4		456	57	
Vitamin A, RAE	mcg_RAE	9		0	FLA	4		23	3	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.11		0	FLA	4		0.27	0.03	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	FLA	4		0.3	0.0	
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									

NDB No. 14327
Orange and apricot juice 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
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	
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	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	79		0	FLA	4		196.631	24.540	
Carotene, alpha.....mcg	2		0	FLA	4		4.829	0.603	
Cryptoxanthin, beta.....mcg	60		0	FLA	4		149.580	18.668	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	47		0	FLA	4		117.964	14.722	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14435
Orange breakfast drink, ready-to-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	88.90				4		222.25	27.83	
Energy	kcal	44				4		110	14	
Energy	kj	184				4		460	58	
Protein	g	0.00				4		0.00	0.00	
Total lipid (fat)	g	0.00				4		0.00	0.00	
Ash	g	0.30				4		0.75	0.09	
Carbohydrate, by difference	g	10.80				4		27.00	3.38	
Fiber, total dietary	g	0.0				4		0.0	0.0	
Sugars, total	g	10.73		0	FLA	4		26.83	3.36	
Starch	g									
Minerals:										
Calcium, Ca	mg	4				4		10	1	
Iron, Fe	mg	0.04				4		0.10	0.01	
Magnesium, Mg	mg	1		0	FLA	4		1	0	
Phosphorus, P	mg	4				4		10	1	
Potassium, K	mg	41				4		103	13	
Sodium, Na	mg	64				4		160	20	
Zinc, Zn	mg	0.01		0	FLA	4		0.02	0.00	
Copper, Cu	mg	0.010		0	FLA	4		0.025	0.003	
Manganese, Mn	mg	0.014		0	FLA	4		0.034	0.004	
Selenium, Se	mcg	0.1		0	FLA	4		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.0				4		32.5	4.1	
Thiamin	mg	0.120				4		0.300	0.038	
Riboflavin	mg	0.006				4		0.015	0.002	
Niacin	mg	0.040				4		0.100	0.013	
Pantothenic acid	mg	0.002		0	FLA	4		0.004	0.001	
Vitamin B-6	mg	0.000		0	FLA	4		0.001	0.000	
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	FLA	4		0.00	0.00	
Vitamin A, IU	IU	400		0	FLA	4		1001	125	
Vitamin A, RAE	mcg_RAE	20		0	FLA	4		50	6	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLA	4		0.01	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000				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									

NDB No. 14435
Orange breakfast drink, ready-to-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
Fatty acids, total monounsaturated.....g	0.000				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				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	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	240		0	FLA	4		600.028	75.123	
Carotene, alpha.....mcg	0		0	FLA	4		0.011	0.001	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.175	0.022	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.197	0.025	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14436
Orange breakfast drink, ready-to-drink, calcium fortified

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	85.40				4		216.06	26.99	
Energy	kcal	54				4		137	17	
Energy	kj	226				4		572	71	
Protein	g	0.00				4		0.00	0.00	
Total lipid (fat)	g	0.00				4		0.00	0.00	
Ash	g	1.40				4		3.54	0.44	
Carbohydrate, by difference	g	13.20				4		33.40	4.17	
Fiber, total dietary	g	0.1				4		0.3	0.0	
Sugars, total	g	10.73		0	BFZN	4		27.15	3.39	
Starch	g									
Minerals:										
Calcium, Ca	mg	100				4		253	32	
Iron, Fe	mg	0.05				4		0.13	0.02	
Magnesium, Mg	mg	5				4		13	2	
Phosphorus, P	mg	7				4		18	2	
Potassium, K	mg	83				4		210	26	
Sodium, Na	mg	54				4		137	17	
Zinc, Zn	mg	0.05				4		0.13	0.02	
Copper, Cu	mg	0.027				4		0.068	0.009	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	24.0				4		60.7	7.6	
Thiamin	mg	0.120				4		0.304	0.038	
Riboflavin	mg	0.010				4		0.025	0.003	
Niacin	mg	0.090				4		0.228	0.028	
Pantothenic acid	mg									
Vitamin B-6	mg	0.020				4		0.051	0.006	
Folate, total	mcg	19				4		48	6	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	19				4		48	6	
Folate, DFE	mcg_DFE	19		0	NC	4		48	6	
Vitamin B-12	mcg	0.00				7		0.00	0.00	
Vitamin A, IU	IU	400				4		1012	126	
Vitamin A, RAE	mcg_RAE	20		0	BFZN	4		51	6	
Retinol	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFZN	4		0.04	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000				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									

NDB No. 14436
Orange breakfast drink, ready-to-drink, calcium fortified

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
Fatty acids, total monounsaturated.....g	0.000				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				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				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	240		0	BFZN	4		607.216	75.842	
Carotene, alpha.....mcg	0		0	BFZN	4		0.006	0.001	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.106	0.013	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.145	0.018	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 **Fat** **Carbohydrate**

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	38.05		0	BFCN	4		13.81	165.88	
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	BFZN	4		0	0	
Folate, food	mcg	0		0	Z	7		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		1		1		0	5	
Retinol	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.09		0	BFZN	4		0.03	0.37	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	BFZN	4		0.0	0.2	
Lipids:										
Fatty acids, total saturated	g	0.002		0		1		0.001	0.009	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated....g	0.003		0		1		0.001	0.013	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		1		0.000	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.004		0		1		0.001	0.017	
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3....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	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta....mcg	11		0	O	4		3.993	47.960	
Carotene, alpha....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0.000	0.000	

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

NDB No. 14426
Orange drink, breakfast type, with juice and pulp, frozen concentrate

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	88.08		0	RPI	6		220.20	27.57	
Energy	kcal	45		0	RPI	6		111	14	
Energy	kj	186		0	RPI	6		466	58	
Protein (N x 0)	g	0.12		0	RPI	6		0.29	0.04	
Total lipid (fat)	g	0.00		0	RPI	6		0.00	0.00	
Ash	g	0.48		0	RPI	6		1.19	0.15	
Carbohydrate, by difference	g	11.32		0	RPI	6		28.31	3.54	
Fiber, total dietary	g	0.0		0	RPI	6		0.1	0.0	
Sugars, total	g	11.05		0	RPI	6		27.62	3.46	
Starch	g									
Minerals:										
Calcium, Ca	mg	118		0	RPA	1		294	37	
Iron, Fe	mg	0.08		0	RPA	1		0.20	0.02	
Magnesium, Mg	mg	10		0	RPA	1		26	3	
Phosphorus, P	mg	33		0	RPA	1		84	10	
Potassium, K	mg	167	17.976	3	AI	13		417	52	
Sodium, Na	mg	10	3.005	3	AI	13		26	3	
Zinc, Zn	mg	0.04		0	RPA	1		0.10	0.01	
Copper, Cu	mg	0.098		0	RPA	1		0.244	0.031	
Manganese, Mn	mg	0.014		0	RPI	6		0.036	0.004	
Selenium, Se	mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	55.1		0	RPI	6		137.7	17.2	
Thiamin	mg	0.105		0	RPI	6		0.264	0.033	
Riboflavin	mg	1.042		0	RPI	6		2.606	0.326	
Niacin	mg	0.253		0	RPI	6		0.632	0.079	
Pantothenic acid	mg	0.189		0	RPI	6		0.472	0.059	
Vitamin B-6	mg	0.071		0	RPI	6		0.177	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	RPI	6		0.00	0.00	
Vitamin A, IU	IU	6		0	RPI	6		15	2	
Vitamin A, RAE	mcg_RAE	0		0	RPA	1		1	0	
Retinol	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	RPI	6		0.06	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		0	RPA	1		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	RPA	1		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									

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
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		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	RPA	1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPA	1		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	RPA	1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.001	0.000	
Threonine.....g	0.001		0	RPA	1		0.003	0.000	
Isoleucine.....g	0.001		0	RPA	1		0.003	0.000	
Leucine.....g	0.002		0	RPA	1		0.005	0.001	
Lysine.....g	0.001		0	RPA	1		0.004	0.000	
Methionine.....g	0.001		0	RPA	1		0.001	0.000	
Cystine.....g	0.001		0	RPA	1		0.002	0.000	
Phenylalanine.....g	0.001		0	RPA	1		0.004	0.000	
Tyrosine.....g	0.001		0	RPA	1		0.001	0.000	
Valine.....g	0.002		0	RPA	1		0.004	0.001	
Arginine.....g	0.007		0	RPA	1		0.018	0.002	
Histidine.....g	0.001		0	RPA	1		0.001	0.000	
Alanine.....g	0.002		0	RPA	1		0.006	0.001	
Aspartic acid.....g	0.012		0	RPA	1		0.029	0.004	
Glutamic acid.....g	0.005		0	RPA	1		0.013	0.002	
Glycine.....g	0.001		0	RPA	1		0.004	0.000	
Proline.....g	0.007		0	RPA	1		0.017	0.002	
Serine.....g	0.002		0	RPA	1		0.005	0.001	
Hydroxyproline.....g									
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

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

NDB No. 14427
Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.0		0	FLA	4		0.1	0.0	
Sugars, total	g	12.82		0	FLA	4		31.78	3.97	
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	4		0	FLA	4		10	1	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	4		0	FLA	4		10	1	
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	10		0	FLA	4		25	3	
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		1	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.05	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
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									

NDB No. 14323
Orange 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
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	
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	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		4.057	0.507	
Carotene, alpha.....mcg	0		0	FLA	4		0.685	0.086	
Cryptoxanthin, beta.....mcg	8		0	FLA	4		21.005	2.626	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	11		0	FLA	4		26.695	3.337	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42270
Orange 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	86.20				4		214.64	26.81	226.71
Energy	kcal	53				4		132	16	139
Energy	kj	222				4		552	69	583
Protein	g	0.20				4		0.50	0.06	0.53
Total lipid (fat)	g	0.00				4		0.00	0.00	0.00
Ash	g	0.19		0	BFSN	4		0.46	0.06	0.49
Carbohydrate, by difference	g	13.40				4		33.37	4.17	35.24
Fiber, total dietary	g	0.0				4		0.0	0.0	0.0
Sugars, total	g	12.47		0	BFSN	4		31.05	3.88	32.80
Starch	g									
Minerals:										
Calcium, Ca	mg	2				4		5	1	5
Iron, Fe	mg	0.11				4		0.27	0.03	0.29
Magnesium, Mg	mg	3				4		7	1	8
Phosphorus, P	mg	4				4		10	1	11
Potassium, K	mg	42				4		105	13	110
Sodium, Na	mg	2				4		5	1	5
Zinc, Zn	mg	0.02				4		0.05	0.01	0.05
Copper, Cu	mg	0.018				4		0.045	0.006	0.047
Manganese, Mn	mg	0.007		0	BFSN	4		0.019	0.002	0.020
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	15.0				4		37.4	4.7	39.5
Thiamin	mg	0.380				4		0.946	0.118	0.999
Riboflavin	mg	0.430				4		1.071	0.134	1.131
Niacin	mg	5.000				4		12.450	1.555	13.150
Pantothenic acid	mg	0.060		0	BFSN	4		0.150	0.019	0.159
Vitamin B-6	mg	0.500				4		1.245	0.156	1.315
Folate, total	mcg	4				4		10	1	11
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4				4		10	1	11
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	11
Vitamin B-12	mcg	1.50				4		3.74	0.47	3.95
Vitamin A, IU	IU	44				4		110	14	116
Vitamin A, RAE	mcg_RAE	2		0	FLC	4		5	1	6
Retinol	mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFSN	4		0.05	0.01	0.06
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.1	0.0	0.1
Lipids:										
Fatty acids, total saturated	g	0.000				4		0.000	0.000	0.000
4:0	g	0.000				4		0.000	0.000	0.000
6:0	g	0.000				4		0.000	0.000	0.000
8:0	g	0.000				4		0.000	0.000	0.000
10:0	g	0.000				4		0.000	0.000	0.000
12:0	g	0.000				4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000				4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000				4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000				4		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									

NDB No. 42270
Orange 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
Fatty acids, total monounsaturated.....g	0.010				4		0.025	0.003	0.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010				4		0.025	0.003	0.026
18:2 undifferentiated.....g	0.000				4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000				4		0.000	0.000	0.000
18:4.....g	0.000				4		0.000	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	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0				4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	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
Carotenoids:									
Carotene, beta.....mcg	7		0	FLC	4		17.897	2.235	18.903
Carotene, alpha.....mcg	1		0	FLC	4		3.023	0.378	3.193
Cryptoxanthin, beta.....mcg	37		0	FLC	4		92.656	11.573	97.865
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	29		0	FLC	4		72.014	8.994	76.063

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Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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

NDB No. 14403
Orange-flavor drink, KRAFT, TANG Drink Mix

Measure 2 = 25g: 1 portion, amount of dry mix to make 8 fl oz prepared

Footnotes
1 Contains citric acid.

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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

NDB No. 14404

Orange-flavor drink, KRAFT, TANG SUGAR FREE Low Calorie Drink Mix

Footnotes

1 Contains citric acid.

*Vitamin or mineral added for enrichment or fortification

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.000		0	MC	9		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	MC	9		0.000		
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.14		5	MC	9		0.03		
Energy	kcal	386		0	NC	4		93		
Energy	kj	1615		0	NC	4		387		
Protein (N x 6.25)	g	0.00	0.000	5	MC	9		0.00		
Total lipid (fat)	g	0.00		0	FLA	4		0.00		
Ash	g	0.92		5	MC	9		0.22		
Carbohydrate, by difference	g	98.94		0	NC	4		23.74		
Fiber, total dietary	g	0.4		0	FLA	4		0.1		
Sugars, total	g	92.31		1	LC	8		22.15		
Starch	g									
Minerals:										
Calcium, Ca	mg	385	61.712	3	AI	13		92		
Iron, Fe	mg	0.02		0	FLA	4		0.01		
Magnesium, Mg	mg	0		0	FLA	4		0		
Phosphorus, P	mg	151		5	MC	9		36		
Potassium, K	mg	190		0	MC	9		46		
Sodium, Na	mg	17		5	MC	9		4		
Zinc, Zn	mg	0.01		0	FLA	4		0.00		
Copper, Cu	mg	0.013		0	FLA	4		0.003		
Manganese, Mn	mg	0.050		1		1		0.012		
Selenium, Se	mcg	0.5		0	FLA	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	230.8		1	LC	8		55.4		
Thiamin	mg	0.001		0	FLA	4		0.000		
Riboflavin	mg	0.680		0	MC	9		0.163		
Niacin	mg	8.000		0	MC	9		1.920		
Pantothenic acid	mg	0.007		0	FLA	4		0.002		
Vitamin B-6	mg	0.800		0	MC	9		0.192		
Folate, total	mcg	0		0	FLA	4		0		
Folic acid	mcg			0	FLA	4				
Folate, food	mcg	0		0	FLA	4		0		
Folate, DFE	mcg_DFE	0		0	FLA	4		0		
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	2000		0	FLA	4		480		
Vitamin A, RAE	mcg_RAE	600		0	FLA	4		144		
Retinol	mcg	599		0	FLA	4		144		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLA	4		0.000		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		
10:0	g	0.000		0	FLA	4		0.000		
12:0	g	0.000		0	FLA	4		0.000		
13:0	g									
14:0	g	0.000		0	FLA	4		0.000		
15:0	g									
16:0	g	0.000		0	FLA	4		0.000		
17:0	g									
18:0	g	0.000		0	FLA	4		0.000		
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....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	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.069		
Carotene, alpha.....mcg	0		0	FLA	4		0.012		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.359		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0.279		

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

Common Measures:

Measure 1 = 24g: 1 serving (3 heaping tsp or 1 envelope)

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	87.15		0	RPI	6		236.17	29.54	
Energy	kcal	49		0	RPI	6		134	17	
Energy	kj	206		0	RPI	6		559	70	
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	0.20		0	RPI	6		0.56	0.07	
Carbohydrate, by difference	g	12.65		0	RPI	6		34.27	4.29	
Fiber, total dietary	g	0.1		0	RPI	6		0.1	0.0	
Sugars, total	g	11.80		0	RPI	6		31.97	4.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	51		0	RPI	6		139	17	
Iron, Fe	mg	0.01		0	RPI	6		0.02	0.00	
Magnesium, Mg	mg	1		0	RPI	6		2	0	
Phosphorus, P	mg	19		0	RPI	6		52	7	
Potassium, K	mg	24		0	RPI	6		66	8	
Sodium, Na	mg	4		0	RPI	6		11	1	
Zinc, Zn	mg	0.01		0	RPI	6		0.01	0.00	
Copper, Cu	mg	0.008		0	RPI	6		0.020	0.003	
Manganese, Mn	mg	0.007		0	RPA	1		0.018	0.002	
Selenium, Se	mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	29.5		0	RPI	6		79.9	10.0	
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	0.001		0	RPI	6		0.003	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	RPI	6				
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 (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	
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									

NDB No. 14408

Orange-flavor drink, breakfast type, 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
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....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	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.100	0.013	
Carotene, alpha.....mcg	0		0	RPI	6		0.017	0.002	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.518	0.065	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.402	0.050	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	FLA	4		0.1	0.7	
Sugars, total	g	41.85		0	FLA	4		14.77	177.45	
Starch	g									
Minerals:										
Calcium, Ca	mg	130		1	AI	13		46	551	
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	0.039		0	FLA	4		0.014	0.165	
Manganese, Mn	mg	0.028		0	FLA	4		0.010	0.120	
Selenium, Se	mcg	0.3		0	FLA	4		0.1	1.5	
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	30		0	FLA	4		11	129	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	30		0	FLA	4		11	129	
Folate, DFE	mcg_DFE	30		0	NC	4		11	129	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.30		0	FLA	4		0.11	1.28	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	FLA	4		0.1	0.8	
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									

NDB No. 14424
Orange-flavor drink, breakfast type, with 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
Fatty acids, total monounsaturated.....g	0.226		0		1		0.080	0.958	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.223		0		1		0.079	0.946	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197		0		1		0.070	0.835	
18:2 undifferentiated.....g	0.183		0		1		0.065	0.776	
18:3 undifferentiated.....g	0.014		0		1		0.005	0.059	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	87.18		0	RPI	6		216.20	27.02	
Energy	kcal	49		0	RPI	6		121	15	
Energy	kj	205		0	RPI	6		508	63	
Protein (N x 0)	g	0.03		0	RPI	6		0.07	0.01	
Total lipid (fat)	g	0.14		0	RPI	6		0.35	0.04	
Ash	g	0.44		0	RPI	6		1.10	0.14	
Carbohydrate, by difference	g	12.21		0	RPI	6		30.28	3.79	
Fiber, total dietary	g	0.0		0	RPI	6		0.1	0.0	
Sugars, total	g	11.91		0	RPI	6		29.54	3.69	
Starch	g									
Minerals:										
Calcium, Ca	mg	39		0	RPI	6		96	12	
Iron, Fe	mg	0.08		0	RPA	1		0.19	0.02	
Magnesium, Mg	mg	1		0	RPA	1		3	0	
Phosphorus, P	mg	22		0	RPA	1		54	7	
Potassium, K	mg	124		0	RPA	1		307	38	
Sodium, Na	mg	8		0	RPA	1		21	3	
Zinc, Zn	mg	0.02		0	RPA	1		0.05	0.01	
Copper, Cu	mg	0.016		0	RPI	6		0.039	0.005	
Manganese, Mn	mg	0.008		0	RPI	6		0.021	0.003	
Selenium, Se	mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	69.2		0	RPI	6		171.6	21.5	
Thiamin	mg	0.120		0	RPI	6		0.298	0.037	
Riboflavin	mg	0.038		0	RPI	6		0.094	0.012	
Niacin	mg	0.000		0	RPI	6		0.000	0.000	
Pantothenic acid	mg	0.007		0	RPI	6		0.018	0.002	
Vitamin B-6	mg	0.000		0	RPI	6		0.000	0.000	
Folate, total	mcg	9		0	RPI	6		22	3	
Folic acid	mcg	0		0	RPI	6		0	0	
Folate, food	mcg	9		0	RPI	6		22	3	
Folate, DFE	mcg_DFE	9		0	NC	4		22	3	
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, IU	IU	0		0	RPI	6		0	0	
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	
Retinol	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.022		0	RPA	1		0.055	0.007	
4:0	g	0.000		0	RPA	1		0.000	0.000	
6:0	g	0.000		0	RPA	1		0.000	0.000	
8:0	g	0.000		0	RPA	1		0.000	0.000	
10:0	g	0.000		0	RPA	1		0.000	0.000	
12:0	g	0.000		0	RPA	1		0.000	0.000	
13:0	g									
14:0	g	0.000		0	RPA	1		0.001	0.000	
15:0	g									
16:0	g	0.015		0	RPA	1		0.036	0.005	
17:0	g									
18:0	g	0.007		0	RPA	1		0.018	0.002	
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	0.064		0	RPA	1		0.159	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPA	1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.063		0	RPA	1		0.157	0.020	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0	RPA	1		0.139	0.017	
18:2 undifferentiated.....g	0.052		0	RPA	1		0.129	0.016	
18:3 undifferentiated.....g	0.004		0	RPA	1		0.010	0.001	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.000	0.000	
Threonine.....g	0.000		0	RPA	1		0.000	0.000	
Isoleucine.....g	0.000		0	RPA	1		0.000	0.000	
Leucine.....g	0.000		0	RPA	1		0.000	0.000	
Lysine.....g	0.000		0	RPA	1		0.000	0.000	
Methionine.....g	0.000		0	RPA	1		0.000	0.000	
Cystine.....g	0.000		0	RPA	1		0.000	0.000	
Phenylalanine.....g	0.000		0	RPA	1		0.000	0.000	
Tyrosine.....g	0.000		0	RPA	1		0.000	0.000	
Valine.....g	0.000		0	RPA	1		0.000	0.000	
Arginine.....g	0.000		0	RPA	1		0.000	0.000	
Histidine.....g	0.000		0	RPA	1		0.000	0.000	
Alanine.....g	0.000		0	RPA	1		0.000	0.000	
Aspartic acid.....g	0.000		0	RPA	1		0.000	0.000	
Glutamic acid.....g	0.000		0	RPA	1		0.000	0.000	
Glycine.....g	0.000		0	RPA	1		0.000	0.000	
Proline.....g	0.000		0	RPA	1		0.000	0.000	
Serine.....g	0.000		0	RPA	1		0.000	0.000	
Hydroxyproline.....g									
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

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

NDB No. 14425

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	FLA	4		0.2	0.0	
Sugars, total	g	11.52		0	FLA	4		28.79	3.60	
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	0.1		0	FLA	4		0.2	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	9		0	FLA	4		23	3	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	9		0	FLA	4		23	3	
Folate, DFE	mcg_DFE	9		0	NC	4		23	3	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	2		0	FLA	4		6	1	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLA	4		0.03	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	FLA	4		0.3	0.0	
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									

NDB No. 14334
Pineapple and grapefruit juice 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
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	
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	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		3.315	0.415	
Carotene, alpha.....mcg	0		0	FLA	4		0.342	0.043	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.141	0.018	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.900	0.238	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	FLA	4		0.2	0.0	
Sugars, total	g	11.59		0	FLA	4		28.98	3.63	
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	0.1		0	FLA	4		0.2	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	9		0	FLA	4		23	3	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	9		0	FLA	4		23	3	
Folate, DFE	mcg_DFE	9		0	NC	4		23	3	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	19		0	FLA	4		48	6	
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		2	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.03		0	FLA	4		0.07	0.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	FLA	4		0.3	0.0	
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									

NDB No. 14341
Pineapple and orange juice 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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		9.536	1.194	
Carotene, alpha.....mcg	0		0	FLA	4		1.207	0.151	
Cryptoxanthin, beta.....mcg	15		0	FLA	4		37.000	4.632	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	12		0	FLA	4		28.757	3.600	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14342
Rice beverage, RICE DREAM, 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
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	
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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: 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		1	A	1		214.72		
Energy	kcal	48		0	NC	4		116		
Energy	kj	199				4		486		
Protein	g	0.10		1	A	1		0.24		
Total lipid (fat)	g	0.00		1	A	1		0.00		
Ash	g	0.10		1	A	1		0.24		
Carbohydrate, by difference	g	11.80		0	NC	4		28.79		
Fiber, total dietary	g	0.0		1	LC	8		0.0		
Sugars, total	g	9.30		1	A	1		22.69		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1	LC	8		0		
Iron, Fe	mg	0.15		1	LC	8		0.36		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3		1	A	1		6		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		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	123		1	LC	8		300		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1	LC	8		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 = 244g: 8 fl oz

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

NDB No. 14123
SNAPPLE, SNAPPLE Kiwi Strawberry Cocktail, ready-to-drink

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	1.9		0	FLA	4		3.1	0.4	8.6
Sugars, total	g	18.60		0	NR	4		30.88	3.87	85.19
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	5		0	FLA	4		8	1	22
Folic acid	mcg			0	FLA	4				
Folate, food	mcg	5		0	FLA	4		8	1	22
Folate, DFE	mcg_DFE	5		0	FLA	4		8	1	22
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	26		0	FLA	4		43	5	117
Retinol	mcg	25		0	FLA	4		42	5	116
Vitamin E (alpha-tocopherol)	mg	0.11		0	FLA	4		0.19	0.02	0.52
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	34.661		0	FLA	4		57.538	7.210	158.749
Vitamin K (phylloquinone)	mcg	1.5		0	FLA	4		2.5	0.3	6.8
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									

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
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
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	FLA	4		0.0	0.0	0.0
Caffeine....mg	1		0	FLA	4		2	0	6
Theobromine....mg	45		0	FLA	4		75	9	207
Carotenoids:									
Carotene, beta....mcg	5		0	FLA	4		7.646	0.958	21.096
Carotene, alpha....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin....mcg	1		0	FLA	4		1.077	0.135	2.972

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

NDB No. 14346
Shake, fast food, chocolate

Calories Factors: **Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	8.000		0	T	4		22.640		
Vitamin K (phylloquinone)	mcg									
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									

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
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	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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.1		0	FLA	4		0.1	0.0	0.3
Sugars, total	g	17.80		0	NR	4		29.55	3.70	81.52
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	3.4		0	FLA	4		5.6	0.7	15.3
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	5		0	FLA	4		8	1	21
Folic acid	mcg			0	FLA	4				
Folate, food	mcg	5		0	FLA	4		8	1	21
Folate, DFE	mcg_DFE	5		0	FLA	4		8	1	21
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	37		0	FLA	4		61	8	169
Retinol	mcg	36		0	FLA	4		61	8	167
Vitamin E (alpha-tocopherol)	mg	0.06		0	FLA	4		0.10	0.01	0.27
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	36.416		0	FLA	4		60.451	7.575	166.785
Vitamin K (phylloquinone)	mcg	0.3		0	FLA	4		0.5	0.1	1.3
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									

NDB No. 14347
Shake, fast food, vanilla

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
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
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	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	5		0	FLA	4		7.981	1.000	22.019
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	0.000

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

NDB No. 14347
Shake, fast food, vanilla

Calories Factors: **Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.0		0	FLA	4		0.0		
Sugars, total	g	84.93		0	FLA	4		18.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	FLA	4		1		
Iron, Fe	mg	0.44		7		1		0.10		
Magnesium, Mg	mg	1		0	FLA	4		0		
Phosphorus, P	mg	3		0	FLA	4		1		
Potassium, K	mg	5		0	FLA	4		1		
Sodium, Na	mg	38		7		1		8		
Zinc, Zn	mg	0.00		0	FLA	4		0.00		
Copper, Cu	mg	0.000		0	FLA	4		0.000		
Manganese, Mn	mg	0.000		0	FLA	4		0.000		
Selenium, Se	mcg	0.5		0	FLA	4		0.1		
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	FLA	4		0.000		
Vitamin B-6	mg	0.002	0.000	6		1		0.000		
Folate, total	mcg	0		0	FLA	4		0		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	0		0	FLA	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	0		0	FLA	4		0		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0		
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									

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
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		
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	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
Fatty acids, total monounsaturated.....g	0.886		0		1		2.357		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0		1		0.184		
17:1.....g									
18:1 undifferentiated.....g	0.772		0		1		2.054		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.114		0		1		0.303		
18:2 undifferentiated.....g	0.069		0		1		0.184		
18:3 undifferentiated.....g	0.045		0		1		0.120		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....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									

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

Common Measures:

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

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.30		1	A	1		223.37		
Energy....kcal	23		0	NC	4		56		
Energy....kj	97				4		235		
Protein....g	0.90		1	A	1		2.18		
Total lipid (fat)....g	0.00		1	A	1		0.00		
Ash....g	1.90		1	A	1		4.60		
Carbohydrate, by difference....g	4.90		0	NC	4		11.86		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	2.60		1	A	1		6.29		
Starch....g									
Minerals:									
Calcium, Ca....mg	25		1	LC	8		60		
Iron, Fe....mg	0.72		1	A	1		1.74		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	485		1	A	1		1174		
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 = 242g: 8 fl oz

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.0		1	LC	8				
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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1	LC	8				
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:

*Vitamin or mineral added for enrichment or fortification

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

NDB No. 14139
TROPICANA TWISTER Orange Strawberry Banana Drink, frozen concentrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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	
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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14355
Tea, brewed, prepared with tap water

black tea
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.70		4		1		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	0.00		0	Z	7		0.00	0.00	0.00
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	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		1	A	1		0.0	0.0	0.0
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	0.000		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									

NDB No. 14355
Tea, 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
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
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	0.000		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	0.000		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
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

NDB No. 14355
Tea, brewed, prepared with tap water

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.00		0	Z	7		0.00	0.00	0.00
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	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	T	4		0.1	0.0	0.1
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	0.000		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									

NDB No. 14352
Tea, brewed, prepared with tap water, 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
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
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	0.000		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	1		0	BFZN	4		2	0	2
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

NDB No. 14352
Tea, brewed, prepared with tap water, decaffeinated

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.00		0	Z	7		0.00	0.00	0.00
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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	0.000		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									

NDB No. 14545
Tea, herb, chamomile, brewed

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
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
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.012	0.001	0.009
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									
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
Carotenoids:									
Carotene, beta.....mcg	12		0	NR	4		28.440	3.552	21.360
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	0.00		0	Z	7		0.00	0.00	0.00
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 (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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	0.000		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									

NDB No. 14381
Tea, herb, other than chamomile, brewed

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
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
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.012	0.001	0.009
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									
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
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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		0.04	0.50	
Energy	kcal	338		0	NC	4		4	49	
Energy	kj	1412		0	NC	4		17	203	
Protein (N x 6.25)	g	3.30		3		1		0.04	0.48	
Total lipid (fat)	g	0.60		1		1		0.01	0.09	
Ash	g	7.20		3		1		0.09	1.04	
Carbohydrate, by difference	g	85.40		0	NC	4		1.02	12.30	
Fiber, total dietary	g	1.2		0	FLA	4		0.0	0.2	
Sugars, total	g	0.00		1	LC	8		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	21		1		1		0	3	
Iron, Fe	mg	8.87		1		1		0.11	1.28	
Magnesium, Mg	mg	125		1		1		2	18	
Phosphorus, P	mg	140		1		1		2	20	
Potassium, K	mg	2550		3		1		31	367	
* Sodium, Na	mg	412		1	LC	8		5	59	
Zinc, Zn	mg	0.89		1		1		0.01	0.13	
Copper, Cu	mg	0.120		1		1		0.001	0.017	
Manganese, Mn	mg	30.370		1		1		0.364	4.373	
Selenium, Se	mcg	1.6		0	FLA	4		0.0	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	
Thiamin	mg	0.017		0	FLA	4		0.000	0.002	
Riboflavin	mg	0.214		0	FLA	4		0.003	0.031	
Niacin	mg	3.880		1		1		0.047	0.559	
Pantothenic acid	mg	1.134		0	FLA	4		0.014	0.163	
Vitamin B-6	mg	0.225		0	FLA	4		0.003	0.032	
Folate, total	mcg	32		0	FLA	4		0	5	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	32		0	FLA	4		0	5	
Folate, DFE	mcg_DFE	32		0	NC	4		0	5	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
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									

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
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	
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		0.002	0.026	
18:2 undifferentiated.....g	0.060		0		1		0.001	0.009	
18:3 undifferentiated.....g	0.123		0		1		0.001	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	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.032		0		1		0.000	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		0.001	0.014	
Glutamic acid.....g	0.175		0		1		0.002	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	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	1344		0	FLA	4		16	194	
Theobromine.....mg	90		0	FLA	4		1	13	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 1 serving 1 tsp

Measure 2 = 14.4g: 4 tbsp (1/4 cup)

*Vitamin or mineral added for enrichment or fortification

NDB No. 14375
Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	338		0	BFZN	4		5	49	
Energy	kj	1412		0	BFZN	4		23	203	
Protein (N x 6.25)	g	3.30		0	BFZN	4		0.05	0.48	
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	85.40		0	BFZN	4		1.37	12.30	
Fiber, total dietary	g	1.2		0	BFZN	4		0.0	0.2	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
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	412		0	BFZN	4		7	59	
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	0.017		0	BFZN	4		0.000	0.002	
Riboflavin	mg	0.214		0	BFZN	4		0.003	0.031	
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	0.225		0	BFZN	4		0.004	0.032	
Folate, total	mcg	32		0	BFZN	4		1	5	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	32		0	BFZN	4		1	5	
Folate, DFE	mcg_DFE	32		0	NC	4		1	5	
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	BFZN	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
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									

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
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	
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	BFZN	4		0.0	0.0	
Caffeine.....mg	87		0	BFZN	4		1	13	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 14 Beverages

NDB No. 14376

Tea, instant, sweetened with sodium saccharin, lemon-flavored, 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	99.41		0	RPI	6		235.60	29.42	471.20
Energy	kcal	2		0	RPI	6		4	1	8
Energy	kj	7		0	RPI	6		17	2	34
Protein (N x 0)	g	0.02		0	RPI	6		0.04	0.00	0.08
Total lipid (fat)	g	0.00		0	RPI	6		0.01	0.00	0.01
Ash	g	0.14		0	RPI	6		0.32	0.04	0.65
Carbohydrate, by difference	g	0.44		0	RPI	6		1.03	0.13	2.06
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0	0.0
Sugars, total	g	0.00		0	RPI	6		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RPA	1		6	1	12
Iron, Fe	mg	0.05		0	RPA	1		0.12	0.01	0.23
Magnesium, Mg	mg	1		0	RPA	1		3	0	6
Phosphorus, P	mg	1		0	RPA	1		2	0	3
Potassium, K	mg	13		0	RPA	1		31	4	62
Sodium, Na	mg	10		0		1		24	3	47
Zinc, Zn	mg	0.01		0	RPA	1		0.02	0.00	0.04
Copper, Cu	mg	0.007		0	RPA	1		0.017	0.002	0.035
Manganese, Mn	mg	0.155		0	RPA	1		0.368	0.046	0.736
Selenium, Se	mcg	0.0		0	RPI	6		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0	0.0	0.0
Thiamin	mg	0.000		0	RPI	6		0.000	0.000	0.000
Riboflavin	mg	0.001		0	RPI	6		0.003	0.000	0.005
Niacin	mg	0.020		0	RPI	6		0.047	0.006	0.094
Pantothenic acid	mg	0.006		0	RPI	6		0.014	0.002	0.027
Vitamin B-6	mg	0.001		0	RPI	6		0.003	0.000	0.005
Folate, total	mcg	0		0	RPI	6		0	0	1
Folic acid	mcg	0		0	RPI	6		0	0	0
Folate, food	mcg	0		0	RPI	6		0	0	1
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	1
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	RPI	6		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	0
Retinol	mcg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.000		0	RPA	1		0.001	0.000	0.002
4:0	g	0.000		0	RPA	1		0.000	0.000	0.000
6:0	g	0.000		0	RPA	1		0.000	0.000	0.000
8:0	g	0.000		0	RPA	1		0.000	0.000	0.000
10:0	g	0.000		0	RPA	1		0.000	0.000	0.000
12:0	g	0.000		0	RPA	1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	RPA	1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0	RPA	1		0.001	0.000	0.002
17:0	g									
18:0	g	0.000		0	RPA	1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000	0.000	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
20:1.....g	0.000		0	RPA	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPA	1		0.002	0.000	0.004
18:2 undifferentiated.....g	0.000		0	RPA	1		0.001	0.000	0.001
18:3 undifferentiated.....g	0.001		0	RPA	1		0.001	0.000	0.003
18:4.....g	0.000		0	RPA	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	RPA	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.000	0.000	0.001
Threonine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Isoleucine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Leucine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Lysine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Methionine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Cystine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Tyrosine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Valine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Arginine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Histidine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Alanine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	RPA	1		0.001	0.000	0.002
Glutamic acid.....g	0.001		0	RPA	1		0.002	0.000	0.004
Glycine.....g	0.000		0	RPA	1		0.000	0.000	0.001
Proline.....g	0.000		0	RPA	1		0.000	0.000	0.000
Serine.....g	0.000		0	RPA	1		0.000	0.000	0.001
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	7		0	RPI	6		16	2	32
Theobromine.....mg	0		0	RPI	6		1	0	2
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	0.000

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

NDB No. 14376
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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	
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

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

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
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		
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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: 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	0.2		0	FLA	4		0.3	0.0	
Sugars, total	g	95.00		2	JO	11		172.89	21.85	
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	7		0	FLA	4		13	2	
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	0.6		0	FLA	4		1.1	0.1	
Thiamin	mg	0.005		0	FLA	4		0.009	0.001	
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	0.124		0	FLA	4		0.225	0.028	
Vitamin B-6	mg	0.027		0	FLA	4		0.049	0.006	
Folate, total	mcg	4		0	FLA	4		7	1	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	4		0	FLA	4		7	1	
Folate, DFE	mcg_DFE	4		0	NC	4		7	1	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	1		0	FLA	4		2	0	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.03	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
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									

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
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	
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	FLA	4		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	FLA	4		0.0	0.0	
Caffeine.....mg	124	19.934	6		1		226	29	
Theobromine.....mg	9		0	FLA	4		16	2	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.241	0.031	
Carotene, alpha.....mcg	0		0	FLA	4		0.038	0.005	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		1.509	0.191	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.184	0.150	

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

NDB No. 14370

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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						Amount in edible portion 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	BFZN	4		0.55	0.07	
Energy	kcal	396		0	NC	4		720	91	
Energy	kj	1655		0	NC	4		3012	381	
Protein (N x 6.25)	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	95.00		0	BFZN	4		172.89	21.85	
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	7		0	BFZN	4		13	2	
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	0.6		0	BFZN	4		1.1	0.1	
Thiamin	mg	0.005		0	BFZN	4		0.009	0.001	
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	0.027		0	BFZN	4		0.049	0.006	
Folate, total	mcg	4		0	BFZN	4		7	1	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	4		0	BFZN	4		7	1	
Folate, DFE	mcg_DFE	4		0	NC	4		7	1	
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU	IU	1		0	BFZN	4		2	0	
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	
Retinol	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
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									

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
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	
17:1.....g									
18:1 undifferentiated.....g	0.010		0	BFZN	4		0.018	0.002	
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	BFZN	4		0.0	0.0	
Caffeine.....mg	5		0	BFZN	4		9	1	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

NDB No. 14357

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	91.19		0	RPI	6		236.19		
Energy	kcal	34		0	RPI	6		87		
Energy	kj	141		0	RPI	6		364		
Protein (N x 0)	g	0.05		0	RPI	6		0.14		
Total lipid (fat)	g	0.03		0	RPI	6		0.07		
Ash	g	0.19		0	RPI	6		0.49		
Carbohydrate, by difference	g	8.53		0	RPI	6		22.10		
Fiber, total dietary	g	0.0		0	RPI	6		0.0		
Sugars, total	g	8.30		0	RPI	6		21.51		
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	RPA	1		6		
Iron, Fe	mg	0.02		0	RPA	1		0.05		
Magnesium, Mg	mg	2		0	RPA	1		4		
Phosphorus, P	mg	1		0	RPA	1		3		
Potassium, K	mg	19		0	RPA	1		49		
Sodium, Na	mg	3		0	RPI	6		7		
Zinc, Zn	mg	0.01		0	RPA	1		0.03		
Copper, Cu	mg	0.008		0	RPA	1		0.022		
Manganese, Mn	mg	0.260		0	RPA	1		0.672		
Selenium, Se	mcg	0.1		0	RPI	6		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RPI	6		0.1		
Thiamin	mg	0.000		0	RPI	6		0.001		
Riboflavin	mg	0.017		0	RPI	6		0.045		
Niacin	mg	0.036		0	RPI	6		0.092		
Pantothenic acid	mg	0.011		0	RPI	6		0.028		
Vitamin B-6	mg	0.002		0	RPI	6		0.006		
Folate, total	mcg	0		0	RPI	6		1		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food	mcg	0		0	RPI	6		1		
Folate, DFE	mcg_DFE	0		0	NC	4		1		
Vitamin B-12	mcg	0.00		0	RPI	6		0.00		
Vitamin A, IU	IU	0		0	RPI	6		0		
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0		
Retinol	mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0		
Lipids:										
Fatty acids, total saturated	g	0.003		0	RPA	1		0.008		
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	RPA	1		0.000		
15:0	g									
16:0	g	0.003		0	RPA	1		0.007		
17:0	g									
18:0	g	0.000		0	RPA	1		0.001		
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated....g	0.001		0	RPA	1		0.003		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPA	1		0.000		
17:1....g									
18:1 undifferentiated....g	0.001		0	RPA	1		0.002		
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	0.008		0	RPA	1		0.021		
18:2 undifferentiated....g	0.003		0	RPA	1		0.007		
18:3 undifferentiated....g	0.005		0	RPA	1		0.014		
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	0		0	RPI	6		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	RPA	1		0.001		
Threonine....g	0.000		0	RPA	1		0.001		
Isoleucine....g	0.000		0	RPA	1		0.001		
Leucine....g	0.000		0	RPA	1		0.001		
Lysine....g	0.000		0	RPA	1		0.001		
Methionine....g	0.000		0	RPA	1		0.000		
Cystine....g	0.000		0	RPA	1		0.001		
Phenylalanine....g	0.000		0	RPA	1		0.000		
Tyrosine....g	0.000		0	RPA	1		0.001		
Valine....g	0.000		0	RPA	1		0.001		
Arginine....g	0.000		0	RPA	1		0.001		
Histidine....g	0.000		0	RPA	1		0.000		
Alanine....g	0.000		0	RPA	1		0.001		
Aspartic acid....g	0.001		0	RPA	1		0.004		
Glutamic acid....g	0.003		0	RPA	1		0.007		
Glycine....g	0.000		0	RPA	1		0.001		
Proline....g	0.000		0	RPA	1		0.001		
Serine....g	0.000		0	RPA	1		0.001		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	11		0	RPI	6		28		
Theobromine....mg	1		0	RPI	6		2		
Carotenoids:									
Carotene, beta....mcg	0		0	RPI	6		0.000		
Carotene, alpha....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta....mcg	0		0	RPI	6		0.000		
Lycopene....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin....mcg	0		0	RPI	6		0.000		

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

NDB No. 14371

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	2.59		0	FLA	4		0.04	0.29	
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	2.8		0	FLA	4		0.0	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		0	FLA	4		0.0	0.3	
Thiamin	mg	0.045		0	FLA	4		0.001	0.005	
Riboflavin	mg	1.250		1		1		0.018	0.141	
Niacin	mg	6.520		1		1		0.091	0.737	
Pantothenic acid	mg	1.940		0	FLA	4		0.027	0.219	
Vitamin B-6	mg	0.397		0	FLA	4		0.006	0.045	
Folate, total	mcg	56		0	FLA	4		1	6	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	56		0	FLA	4		1	6	
Folate, DFE	mcg_DFE	56		0	NC	4		1	6	
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	4		0	FLA	4		0	1	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
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									

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
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	
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	FLA	4		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	FLA	4		0.0	0.0	
Caffeine.....mg	1794		1		1		25	203	
Theobromine.....mg	121		0		4		2	14	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

NDB No. 14368
Tea, instant, unsweetened, lemon-flavored, powder

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14369

Tea, instant, unsweetened, lemon-flavored, 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
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		
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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	5.03		1	AI	13		0.04		
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	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
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									

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
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		
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		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

NDB No. 14366
Tea, instant, unsweetened, powder

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	BFZN	4		2		
Energy	kj	1071		0	BFZN	4		7		
Protein (N x 6.25)	g	11.70		0	BFZN	4		0.08		
Total lipid (fat)	g	0.40		0	BFZN	4		0.00		
Ash	g	17.10		0	BFZN	4		0.12		
Carbohydrate, by difference	g	65.50		0	NC	4		0.46		
Fiber, total dietary	g	3.7		0	BFZN	4		0.0		
Sugars, total	g	5.03		0	BFZN	4		0.04		
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	BFZN	4		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	BFZN	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
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									

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
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		
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	BFZN	4		0.0		
Caffeine.....mg	169		0	BFZN	4		1		
Theobromine.....mg	11		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 16 (2003)

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	99.62		0	RPI	6		236.10	29.49	177.33
Energy	kcal	1		0	RPI	6		2	0	1
Energy	kj	3		0	RPI	6		7	1	5
Protein (N x 0)	g	0.03		0	RPI	6		0.08	0.01	0.06
Total lipid (fat)	g	0.00		0	RPI	6		0.00	0.00	0.00
Ash	g	0.15		0	RPI	6		0.36	0.04	0.27
Carbohydrate, by difference	g	0.17		0	RPI	6		0.40	0.05	0.30
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0	0.0
Sugars, total	g	0.01		0	RPI	6		0.04	0.00	0.03
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RPA	1		6	1	5
Iron, Fe	mg	0.02		0	RPA	1		0.04	0.00	0.03
Magnesium, Mg	mg	2		0	RPA	1		4	0	3
Phosphorus, P	mg	1		0	RPA	1		3	0	2
Potassium, K	mg	20		0	RPA	1		46	6	35
Sodium, Na	mg	3		0	RPA	1		6	1	5
Zinc, Zn	mg	0.01		0	RPA	1		0.03	0.00	0.02
Copper, Cu	mg	0.009		0	RPA	1		0.022	0.003	0.016
Manganese, Mn	mg	0.218		0	RPA	1		0.518	0.065	0.389
Selenium, Se	mcg	0.0		0	RPI	6		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0	0.0	0.0
Thiamin	mg	0.000		0	RPI	6		0.000	0.000	0.000
Riboflavin	mg	0.002		0	RPI	6		0.005	0.001	0.004
Niacin	mg	0.037		0	RPI	6		0.088	0.011	0.066
Pantothenic acid	mg	0.011		0	RPI	6		0.026	0.003	0.019
Vitamin B-6	mg	0.002		0	RPI	6		0.005	0.001	0.004
Folate, total	mcg	0		0	RPI	6		1	0	1
Folic acid	mcg	0		0	RPI	6		0	0	0
Folate, food	mcg	0		0	RPI	6		1	0	1
Folate, DFE	mcg_DFE	0		0	NC	4		1	0	1
Vitamin B-12	mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	RPI	6		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	RPA	1		0	0	0
Retinol	mcg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.000		0	RPA	1		0.000	0.000	0.000
4:0	g	0.000		0	RPA	1		0.000	0.000	0.000
6:0	g	0.000		0	RPA	1		0.000	0.000	0.000
8:0	g	0.000		0	RPA	1		0.000	0.000	0.000
10:0	g	0.000		0	RPA	1		0.000	0.000	0.000
12:0	g	0.000		0	RPA	1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	RPA	1		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0	RPA	1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0	RPA	1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									

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
Fatty acids, total monounsaturated.....g	0.000		0	RPA	1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
20:1.....g	0.000		0	RPA	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPA	1		0.001	0.000	0.001
18:2 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	RPA	1		0.001	0.000	0.000
18:4.....g	0.000		0	RPA	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	RPA	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPA	1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.001	0.000	0.001
Threonine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Isoleucine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Leucine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Lysine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Methionine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Cystine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Tyrosine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Valine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Arginine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Histidine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Alanine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Aspartic acid.....g	0.001		0	RPA	1		0.002	0.000	0.002
Glutamic acid.....g	0.002		0	RPA	1		0.004	0.001	0.003
Glycine.....g	0.000		0	RPA	1		0.001	0.000	0.000
Proline.....g	0.000		0	RPA	1		0.000	0.000	0.000
Serine.....g	0.000		0	RPA	1		0.001	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	13		0	RPI	6		30	4	23
Theobromine.....mg	1		0	RPI	6		2	0	2
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	0.000

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

NDB No. 14367
Tea, instant, unsweetened, powder, prepared

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	FLA	4		0.0	0.0	
Sugars, total	g	5.40		0	NR	4		13.01	1.63	
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	FLA	4		0.0	0.0	
Thiamin	mg	0.005		1		1		0.012	0.002	
Riboflavin	mg	0.001		0	FLA	4		0.003	0.000	
Niacin	mg	0.000		1		1		0.000	0.000	
Pantothenic acid	mg	0.000		0	FLA	4		0.001	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	FLA	4		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	FLA	4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
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									

NDB No. 14382
Thirst quencher drink, bottled

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

NDB No. 14382
Thirst quencher drink, bottled

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	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 National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14384
Water, bottled, PERRIER
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	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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14384
Water, bottled, PERRIER

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14385
Water, bottled, POLAND SPRING

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
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		
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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14429
Water, municipal

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		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 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		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	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	2	0.132	149	A	1		6	1	2
Iron, Fe	mg	0.00	0.000	153	A	1		0.01	0.00	0.00
Magnesium, Mg	mg	1	0.037	150	A	1		1	0	0
Phosphorus, P	mg	0	0.002	155	A	1		0	0	0
Potassium, K	mg	0	0.007	148	A	1		0	0	0
Sodium, Na	mg	2	0.247	141	A	1		5	1	1
Zinc, Zn	mg	0.00	0.000	151	A	1		0.01	0.00	0.00
Copper, Cu	mg	0.007	0.001	134	A	1		0.016	0.002	0.004
Manganese, Mn	mg	0.000	0.000	151	A	1		0.001	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	Z	7		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	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
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									

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
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

NDB No. 14429
Water, municipal

Footnotes
1 One fl oz = 29.57 g.

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14028
Whiskey sour mix, 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	78.20		2		1		24.16	50.83	
Energy	kcal	87		0	NC	4		27	56	
Energy	kj	364		0	NC	4		112	236	
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	21.40		0	NR	4		6.61	13.91	
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	0.4		0	FLA	4		0.1	0.2	
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	FLA	4		0	0	
Folic acid	mcg	0		0	FLA	4		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	0		0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
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									

NDB No. 14028
Whiskey sour mix, bottled

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
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.006	0.013	
18:2 undifferentiated.....g	0.013		0		1		0.004	0.008	
18:3 undifferentiated.....g	0.005		0		1		0.002	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 4 **Fat** 9 **Carbohydrate** 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14530
Whiskey sour mix, bottled, with added potassium and sodium

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
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.001	
20:1.....g									
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 National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 14024
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	97.30		0	NR	4		16.54		
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 (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
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									

NDB No. 14024
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
Fatty acids, total monounsaturated.....g	0.006		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.037		0		1		0.006		
18:2 undifferentiated.....g	0.025		0		1		0.004		
18:3 undifferentiated.....g	0.012		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		

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

Common Measures:

Measure 1 = 17g: 1 packet

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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		0	BFZN	4		0.06		
Carbohydrate, by difference	g	1.10				4		0.32		
Fiber, total dietary	g	0.0				4		0.0		
Sugars, total	g	1.10		0	NR	4		0.32		
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	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
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									

NDB No. 14553
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
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		
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				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				4		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 29.0g: 1 fl oz

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

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 16 (2003)